



Natural Foods Cooperative Grocery

1618 South Street
Lincoln, Nebraska

NEWS BITES

We Want to Hear from You!

Survey and Nominations for the Board of Directors

By Dave Eckmann, Board Chair

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 Co-operatives**

**Seventh Principle: Concern for
Community**

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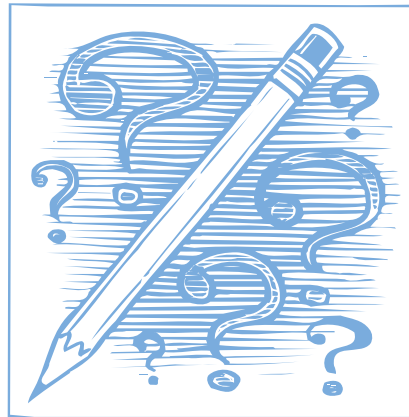
This is an exciting time for Open Harvest as we celebrate our 30th Anniversary and contemplate expansion. We appreciate your membership and your participation. An involved membership is very important to our co-op.

There are two opportunities on the horizon we need your help on. First, a member survey is included in this newsletter. We have lots of new members and need to hear from them as well as members of long-standing. There are several big issues coming up: expansion/relocation, outside competition and re-organization top the list. These aren't the type of things to take lightly. The future of the store is in your hands.

Take just one issue. Expanding or relocating by itself is a complicated business. First, which way do we chose to go? Then, how do we do it? These two questions breakdown into dozens of others. We can't make good decisions without good information. Basically, we need a profile of our membership and a survey will do that. This is your chance to be heard. Please take a few moments to help by completing the enclosed survey.

The second item is the upcoming elections for the store's Board of Directors which is held in July. We are

seeking nominations for our Board of Directors. The current Board is excellent and has done a lot of great work. There's room for additional members and that's good because there's still a lot of exciting challenges ahead.



It's a chance to join an outstanding team, learn about the store, and make a contribution to the Co-op—all at the same time! Terms are for two years and we meet the first Monday of each month.

If you know of someone who could be an asset to our Co-op

Board of Directors or are interested in learning more about the role of the Board, please contact Keith Dubas at 438-0171. Nominations will be accepted through June 1st and elections will be held the first two weeks of July.

I would urge you to read the article, "Vote Co-op—You Own It!" in this newsletter. It addresses another major issue on our plate: re-organization. These are exciting times for our store. We are more professional and, as a result, more profitable. This has presented us with opportunities as well as challenges. We can be bigger and better at what we do. In fact, we already are. Our future is bright. The more of us are involved the brighter that future will be.

News Bites

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The Board of Directors meets the first Monday of the month at 6:30 pm at 2012 S. 13th St. Members are welcome to attend. Something you'd like discussed? 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.

Vote Co-op – You Own It!

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

For the past thirty years Open Harvest has been incorporated as a Non-Profit Corporation governed by the Cooperative Principles. A few years ago the board and management of Open Harvest began discussing the idea of reincorporating as a Cooperative in the State of Nebraska. As member/owners you own Open Harvest and we need your help to take this important step forward. In the coming months, please take the time to educate yourself on this issue and VOTE CO-OP!

Over the past fifty years many Food Co-ops around the United States have been established as general business or nonprofit corporations. Some states have cooperative laws that are not appropriate for certain types of businesses. Only the members of the cooperative determine whether a business is operating as a cooperative in how the bylaws are written. In the introduction of the existing bylaws we have a mission statement that states "Open Harvest is a member-owned retail cooperative..." The founding fathers and mothers of Open Harvest chose the non-profit incorporation option thirty years ago because at that time Nebraska laws governing cooperatives were not conducive to running a retail grocery storefront. We now have new opportunities and compelling reasons to update our incorporation.

A couple of years ago when we installed our Point of Sale System at the registers, this enabled us for the first time to track sales to member/owners. What that means is that if we were incorporated as a Cooperative, and we made a profit, we would have the opportunity to give back to the members in the form of a patronage rebate at the end of the year. A patronage rebate is a portion of the profits that are distributed to each member/

owner proportionately to the total amount of member/owner purchases throughout the year.

Five or ten years ago this wouldn't have been possible because traditionally we have not been profitable. However, the profit that we achieved last fiscal year paid off the last of the negative retained earnings of thirty years in business. Based on the profitability the first half of this year (June – Dec. 2004), we are on track to surpass our goals again this year.

We have hired a Nebraska Cooperative Attorney, Rocky Weber, to give us guidance on new language for the Articles of Incorporation and Bylaws in compliance with Nebraska Cooperative Law. Over the next few months it is our job to take every opportunity to educate and inform our member/owners about reincorporation.

We need your help to make this decision. In compliance with our existing bylaws, we need a two-thirds YES vote of the member/owners to make these changes. This amounts to just over 1500 YES votes. Over the next few months, we will post information in the store, mail an information packet to all of our member/owners, and hold focus groups or town hall meetings to seek feedback. Ultimately ballots will be mailed to all of the member/owners which can be mailed or dropped in a ballot box in the store.

We are available to address any questions or concerns. At any time during the process, please feel free to email us at harvest@openharvest.com, call Jean at 475-9033, or place a question in the suggestion box at the front of the store by the bulletin board.

Open Harvest — *you own it!*

The Peruvian Connection

By Mike Meile, Open Harvest Staff

Named for the last Inca emperor, Tupac Amaru is a small Peruvian farmer-owned cooperative whose members grow coffee in the shadow of the Andes. The hard work and commitment their lifestyle requires leave little time for travel to other continents, so it was with great interest that some of Tupac Amaru's members gathered around Jim Desmond of Equal Exchange (shown on page 8, in the center with a hat) as he showed off a

photograph. What marvels from distant lands did it reveal? None other than the bulk coffee dispensers at Open Harvest. As Jim told OH: "None of the farmers had ever seen a picture of an American store, so this was really a great moment for them."

In 150 years the co-operative ideal has grown from a tiny store in Birmingham, England selling candles and oatmeal to a

continued on page 8

Buying Your Share of the Harvest

By Kim Matthews, Community CROPS Director

In the past 50 years our food system has industrialized, centralized and ultimately minimized the safety and quality of what we eat. As a result, farmers' share of the food dollar has declined from the 41% they enjoyed in 1920 to only 9% by 1990.¹

We, as consumers, can help to change this trend. We do this by paying attention to what we buy. Open Harvest has made special efforts to identify the products that are grown and produced in Nebraska. The small signs tells you the name of the farm and how far your food has traveled. Iowa State University found that the state of Iowa imported 80% of their food, most of it traveling more than 1,000 miles. Locally grown food travels on average 40 miles. That is a savings of 48 gallons of fossil fuel, the emissions into the air and the travel impact on the quality of the produce.²

Another way to support local farms, as well as take control of the food you eat, is by partnering with a farmer who runs a Community Supported Agriculture (CSA) enterprise. There are five in the local area: Shadow Brook Farm, Common Good Farm, Orchard Hill Farm, Sunset Community Farm and Community CROPS. How a CSA works is that a consumer becomes a shareholder in the farm by purchasing a part of the year's harvest in return for a set amount of deliveries or pick-ups of produce. The share is purchased up front each year, usually before the crops are even planted, and helps to offset the cost of farming. Often shareholders and their families are invited to volunteer on the farm to get know the ground where the food is grown and the people who so passionately tend to the crops.

"Our shareholders over the years," said Everett Lunquist of Common Good Farms, "have become our friends."

You take responsibility by sharing the small farmers risk with them. Essentially you become an active participant in our growing community food system. This is an incredibly important step because of farm sustainability. CSA farms are usually located on farms of 200 acres or less. Most of the time, the farmers have other jobs to help support their ability to maintain the land and to produce healthy food for you.

Refugee and immigrant urban farmers and gardeners of Community CROPS agree that growing pesticide-free crops with good soil practices make a difference. "In our country," said Mirko Zeljko, a Bosnian market gardener, "we grow our food without these chemicals. We believe much of our cancer and poor health in the United States is due to the food. That is why we wish to grow food without the chemicals and pesticides."

Plants work much like the human body. Our bodies require a constant supply of essential nutrients to build and support health. Each nutrient differs in form, function and amount needed by the body. However, they are all vital for our growth, repair, renewal and physical well-being. Essential nutrients do not work in isolation. They work together in perfect harmony, like an orchestra conducting a splendid symphony. This equilibrium gives us energy, builds new

cells, tissues and preserves our health.³

Research is showing us that plants have this same delicate balance. Plants get their food to produce healthy offspring (fruits and vegetables) from the soil. The farming techniques used by all the farms mentioned above use sustainable agricultural practices. This means that they all work very hard to treat the soil with good stewardship. Good land stewardship fills volumes and volumes, but some of the practices that set them apart from conventionally grown produce are:

- ✦ Use of only organic pesticides. Did you know that a concoction of fresh garlic and red pepper diluted with water can help control squash bugs?
- ✦ Use of only organic fertilizers. This is usually done with a composting system, soil testing and a science of balancing the nitrogen, phosphorus, potassium and other soil modifiers with all natural ingredients such as fish meal, alfalfa meal, wood ash and phosphorus rock.
- ✦ Crop rotation. Each plant takes away and puts into the soil certain nutrients and minerals. If the same crop is grown year after year then the soil is sucked dry of that particular plant's diet. Fertilizer can replace what was lost, but ultimately it's not the way Mother Nature does business. Our ecosystem left to itself replenishes itself through plant diversity.

- 1 Garrett, Steven, Washington State University. A direct quote from /Growing A Community Food System. Partnerships in Education and Research. Retrieved from the web 2/27/05.
- 2 1000miles-40miles/20milespergallon
- 3 Direct quote from /Essential Nutrients /found at www.spatrade.com/articles/archive/ds799-3.html



Purchase your share of the harvest grown by refugee and immigrant farmers who are partnered with Community CROPS

Pesticide-free fruit and vegetables for only \$26 per week.

For information on Community CROPS call Kim Matthews 402-438-6056 or cropsinnebraska@earthlink.net

A Community Supported Agriculture (CSA) Project. Food grown at Sunset Community Farm.

OPEN HARVEST



WomenHeart April 9

You are invited to the first annual WomenHeart Health Fair. WomenHeart is a new support network in Lincoln for women with heart disease. This event will be held Saturday April 9 from 8:30 to 11 am at Southwest High School at 7001 South 14 Street. Dr. JoAnn Owens Nausler will speak and a support panel discussion will follow. Open Harvest and other heart healthy organizations will be at this fair.

YMCA Healthy Kids Day April 23

Open Harvest will be offering a hands-on kids' cooking demonstration on Saturday April 23 from 1:00 to 4:00 pm at the Cooper YMCA at 6767 S. 14 St. This free event is open to the public.

Each spring, YMCAs across the country take part in YMCA Healthy Kids Day. It's an opportunity for families to spend fun time together while learning how to improve their health. Featured activities celebrate how to be a Strong Kid, Strong Family, and a Strong Community.



YMCA Healthy Kids Day provides kids and families with information on how to be healthier in all aspects of their lives. For the YMCA, good health involves the spirit, mind and body. A "healthy kid" eats right, exercises, and avoids unhealthy substances like tobacco and alcohol and also demonstrates values such as caring for others and taking responsibility for improving the environment.

Children's health is a concern for the whole family. Parents can be the best role models for their kids, and kids' health habits mirror those of their parents. Please join us!

Ali Burhani

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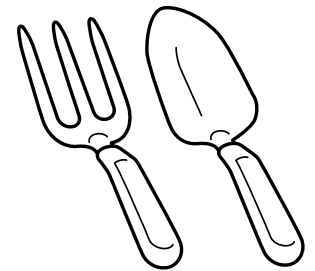
Ecology Now! and Open Harvest Potluck and Movie Night April 24

Open Harvest and UNL's environmental group, Ecology Now! welcome you to a potluck and movie at 5 pm on Sunday April 24. Meet in the basement of the Culture Center at 333 N. 14th St. to enjoy a potluck meal and a movie after dinner. The featured movie, **Mad Cow Disease - Plague of the 21st Century?** with Dr. Michael Greger provides a detailed expose of in-depth investigation and critique of factory farming, Mad Cow's impact on human health and the US government cover-up.

Please bring a food dish and your own place dinnerware. A small kitchen will be available. We would love to see you for an evening of food and fun!

Herbal Society Plant Sale April 30

Pick up common and unusual herbs to plant in your garden. The Nebraska Herbal Society hosts their annual herbal plant sale on Saturday April 30, from 9 am to noon at Whitehall at 5903 Walker Street.



Plant Sale to Benefit Community Gardens May 1

Start some seedlings, repot your houseplants, dig up those crowded perennials and bring them to the Open Harvest Plant Sale on Sunday May 1 from 10am to 2 pm. The sale will be set up in the parking lot in front of the store. Funds raised by the sale will benefit local community gardens. Donations of bedding plants, herbs, seedlings, shrubs, house plants, garden tools and more are welcome. Please bring in plants between 8 and 10 am.

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WEST CARES

Earth Day Week at UNL

This year's Earth Day celebration at UNL will be bigger and better than ever! The Ecology Now! student organization is planning events the entire week leading up to Earth Day on Friday, April 22. Open Harvest invites you come by and visit our booth on Friday.

A recycled art competition is planned with prizes from community businesses for the most creative art project made from recycled materials. A film festival co-sponsored by Wachiska Audubon is planned for Tuesday evening featuring "Chased by the Light." A debate is scheduled for Thursday evening.

Events are scheduled all day Friday with booths and activities during the day and bands in the evening at the City Union. On Friday evening at 11 pm, Pancakes for Peace will once again join Earth Day thanks to Amnesty International and various campus organizations. If you would like more information or are interested in having your business or group present at Earth Day, please contact Ellen Wright at 472-8823.

Farmer Appreciation Day April 17

We welcome local farmers and shoppers to Open Harvest for Farmer Appreciation Day on Sunday, April 17 from 10 am to 2 pm. Come into the co-op and sample tasty farm goods and learn more about local sustainable farms. If you join the Nebraska Sustainable Agriculture Society that day you can enjoy a free cup of organic coffee and a fresh baked Open Harvest muffin. Open Harvest's mission supports local producers and sustainable agriculture.

Featured farmers include:

Bluestem Farm and Herbs – sampling salsa and black-berry habanero jam

Commongood Farm – sampling quiche made from certified organic eggs

Egbers Organic Farms – featuring certified organic beef

ELB's Honey – sampling cut comb honey

Shadowbrook Farm – featuring certified organic produce



Earth Day Celebration at Pioneers Park April 23

Bike the Bison Trail to Pioneers Park and celebrate Earth Day and International Migratory Bird Day (IMBD) on Saturday April 23. Get on the bike trail at 9th and Van Dorn and head west. Shuttle buses will also be available to provide transportation to the park.

This year marks the 35th anniversary of Earth Day. This year's local theme is Soar to New Heights, Celebrate our Achievements! International Migratory Bird Day events will begin the day at 8 am with an early morning bird walk and a Walk/Run for the Birds. A bus tour from 8:30 to 11:30 am will visit the Photovoltaics at Hyde Observatory and the straw bale and green building construction of Prairie Hill Learning Center.

Mayor Coleen Seng will kick off afternoon activities that will include a raptor release and forty hands-on exhibits featuring conservation, natural resources, and recycling. Children's activities include paper making, animal sculptures

from recycled materials, storytelling and a balloon walk. Featured entertainment will be Pangea, the Potscrubbers, Ashanti and Bellydancing.

Open Harvest will be offering up great foods from the bakery and deli. The culminating event will be the 4:30 launch of hot air balloons. For more information go to <http://www.lincoln.ne.gov> or call Pioneers Park Nature Center at 441-7895.

Farm Tours

Saturday June 18, 2005 – Common Good Farm: Joint NSAS & Sierra Club-Cottonwood Group Tour from 10 am to noon. Visit the certified organic/Biodynamic farm of Evrett Lunquist & Ruth Chantry which focuses on Community Supported Agriculture (CSA), as well as laying hens, Jersey cows and llamas. Tour will highlight the CSA, but all will be included. Farm is located at 17201 NW 40th St, Raymond (1 1/2 miles N. of Raymond Rd.). For more information or directions, call 402.783.9005. No pre-registration required; donations to Nebraska Sustainable Agriculture Society welcomed!

Saturday June 25, 2005 – Nissen Brothers Westphalia Vineyard Field Day from noon to 3 pm in their vineyard located in the Bow Valley region of Nebraska. Topics include an introduction to grape growing & the sensitivity of grape cultivars to sulfur which can be used as an organically certified fungicide. Location is 3 miles north of Hartington on Hwy 57 to 886 road. Then 2 1/2 miles East to 566 Ave, turn south onto 566 Ave for 1/2 mile. Sponsored in part by the UNL Viticulture Department, Organic Farming Research Foundation & USDA SARE.



Childhood Obesity: A National Problem

By Gloria Bucco

The statistics are shocking. Obesity rates have doubled in preschool children and tripled in adolescents in the past 25 years. Sixty percent of young people eat too much fat, and less than 20 percent eat the recommended five or more servings of fruits and vegetables each day. More than one-third of young people do not meet recommended guidelines for physical activity. Children are exposed to an average of 40,000 television advertisements each year for candy, high sugar cereals and fast food.

Everyone agrees that childhood obesity is a major public health threat in the U.S. The government appears to be doing something about it, but is it enough?

On June 30, 2004, President Bush signed into law the Child Nutrition and Women, Infants and Children Reauthorization Act. The National School Lunch Program is part of this legislation. Established in 1946 with the goal of reducing malnutrition caused by food shortages, the NSLP now operates in nearly 100,000 schools and serves almost 27 million lunches a day.

Schools participating in the NSLP receive cash and food for each meal served. In return, they must serve lunches that meet federal nutrition requirements as well as offer free or reduced-price lunches to eligible children.

Times have changed, however, and today many American children suffer from an over-consumption of calories, fat, salt and sugar.

Even so, cash-strapped school systems have found new sources of funds in willing manufacturers of soda, candy and snacks who want to install vending machines or even full-scale fast-food operations in schools. A Centers for Disease Control study in 2000 found that 49.9 percent of school districts have signed contracts with soft-drink makers.

In addition to Bush's reauthorization act, a number of senators have introduced their own legislation to combat the problem.

In October 2003, Sen. Edward M. Kennedy (D-Mass.) introduced the Prevention of Childhood Obesity Act. The bill's purpose is to coordinate government policies to prevent childhood obesity, provide for state childhood obesity prevention and control, and establish grant programs to prevent childhood obesity in homes, schools and communities.

In June 2004, U.S. Senate Majority Leader Bill Frist (R-Tenn.) and Sen. Ron Wyden (D-Ore.) introduced the Childhood Obesity Reduction Act which encourages school-aged children to increase their physical activity and make better nutritional choices by promoting school and community-based activities.

California and Illinois have taken the lead by setting goals and limits designed to control childhood obesity. In September 2003, then Gov. Gray Davis signed the California Obesity Prevention Act which set nutrition standards for all beverages sold on elementary, middle and junior high schools. For example, at the elementary level, only water, milk, 100 percent fruit juice or fruit-based drinks with no less than 50 percent fruit juice can be sold.

Illinois is currently the only state in the union that has mandatory daily physical activity for students.

America's obesity epidemic shows no signs of slowing. If nothing changes, today's children are likely to become the first generation of Americans to have a shorter life expectancy than their parents.

Gloria Bucco is an independent journalist who specializes in sustainable agriculture, natural health and alternative medicine. She can be reached at healthyink@earthlink.net.

New from the Deli Corner

BBQ Tofu

Back by popular demand—BBQ Tofu! Due to numerous requests, the deli has brought back an old time favorite, Barbecue Baked Tofu. For those of you who have been coming to the co-op for a while, you may remember how tasty it is. For those who have never tried our BBQ tofu, please stop in for a taste.

Wheatgrass Punchcards

Also available now are new prepaid punchcards for wheatgrass shots. Buy a 10-punch wheatgrass card for \$20 and skip the hassle of having to prepay. Bring back your fully punched card, and receive an 11th shot free. If you have questions, please ask our deli staff.

Breakfast On the Go from the Bakery

Scientists say that Mom was right—breakfast is the most important meal of the day. If you find yourself having breakfast at your dashboard instead of the dining table, skip the fast-food drive through and try some fresh-baked breakfast treats from the Open Harvest Bakery.

Our Breakfast Cookies and Granola Bars are filled with whole-grain goodness and our Bumble Babies are packed with good-for-you nuts and seeds. Add a piece of fresh fruit from our Produce section and you'll have a portable breakfast that will start the day right.



Patricia (Patsy) J. Terpstra, C.N.H.P.

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E-mail: patsyanddan2@aol.com (Subject: C.N.H.P.)

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MIND

BODY

SPIRIT

What are Trans Fatty Acids?

Trans fats are artificially processed fats, which are made by adding hydrogen and pressure to liquid vegetable oil creating a solid fat, like the fat found in margarine and Crisco shortening. Trans fats are also known as hydrogenated oils. They are often found in cookies, crackers, icing, potato chips, margarine and microwave popcorn.

Manufacturers began putting them in products to increase shelf life. Cookies and crackers made with trans fats can stay on the shelf and remain crispy for years in part because of the hydrogenated oils in them.

The human body does not need these man-made fats. Studies have found that trans fats create a higher risk of heart disease than saturated fats, once believed to be the unhealthiest of fats. While saturated fats found in butter, cheese, beef, coconut, and palm oil raise total cholesterol levels, trans fats also can raise total cholesterol levels and deplete the healthy cholesterol (HDL), which helps protect against heart disease.

The more solid fats are, the more they clog your arteries. Trans fats do the same thing in our bodies that grease does to kitchen sinks. Over time, they can clog the pipes that nourish the brain and hear, and can lead to strokes and heart attacks.

Since trans fats increase the risk for heart disease, children who eat a steady diet of fast food, pop tarts, commercially prepared fish sticks, stick margarine, cake, candy, cookies and microwave popcorn are at earlier risk for heart disease than children who are eating foods without trans fats. Parents can help their children avoid heart attacks and strokes by starting healthy eating habits early.

Beginning in 2006, the U.S. Food and Drug Administration will require trans fatty acids to be listed in on nutritional labels.

Bakery News:

Transitioning Away From Trans-Fats

By Nancy Sauer, Bakery Manager

As the evidence linking trans-fatty acids (also known as trans-fats) to increased risks for heart disease continues to accumulate, more and more Open Harvest customers are looking for heart-healthy trans-fat free foods. After spending the fall experimenting, the Bakery is proud to announce that we are switching from a margarine containing trans-fats to Earth Balance Buttery Sticks. We have been finding that the Buttery Sticks give as good a product as the margarine, with a better, healthier fat profile.

Unfortunately, sometimes 'better' and 'healthier' also means 'more expensive', and this is one of those times. If you check our shelves you'll see that Earth Balance Buttery Sticks are more than twice the price of the Co-op brand soy margarine, and this is going to create a cost increase in some of our baked goods. We aren't happy about this, but we figure that in the long run it's still cheaper than heart surgery.

Editor's note: The fatty acid blend in Earth Balance margarine was developed to improve the good to bad cholesterol ratio. Earth Balance is made from non-GMO, expeller-pressed natural vegetable oils, and is vegan, dairy-free, gluten-free, and certified kosher.

Eating Well

Strawberry Soy Smoothie

- 1 cup vanilla flavored soy milk
- 2 cups strawberry yogurt
- 2 cups sliced strawberries

Place strawberries into blender jar and process for about 25 seconds. Add soy milk and yogurt. Continue to process until smooth. Pour into chilled glasses.

Fresh Spinach and Feta Topping

From *Rolling Prairie Cookbook* by Nancy O'Conner

- 3/4 pound fresh spinach leaves
- 1/4 cup green onions, chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 1 cup Feta cheese, crumbled
- 1/3 cup Greek olives, pitted and chopped

Rinse spinach thoroughly. Trim off thick or tough stems. Drop clean spinach into boiling water and cook just until wilted. Drain, squeeze out excess liquid, and chop. Mix spinach with remaining topping ingredients. Serve or use immediately.

Herbed Green Pea Soup

From *Moosewood Cooks at Home*

- 4 green onions, sliced
- 2 Tablespoons canola oil
- 1 teaspoon thyme, dried
- 2 teaspoons tarragon, dried
- 1 pound frozen green peas (3 cups)
- 1/4 teaspoon ground nutmeg
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 3 cups hot water
- 1 cup milk or soymilk

In a soup kettle, sauté the green onions in oil for a minute. Add thyme and tarragon, sauté another minute. Stir in the peas, nutmeg, salt, pepper and water. Cover and bring to a boil. Boil for 2 minutes, until the peas are tender, but still bright green. Pour about half of the soup into a blender and puree. Return to the pot and stir in the milk. Gently reheat. Serve.

Raspberry Asparagus

From www.anniesnaturals.com

- 1 pound asparagus
- 11 oz can mandarin oranges, drained
- 2/3 cup carrots, julienned
- 1/2 cup red peppers, sliced thin

Annie's Naturals Low Fat Raspberry Vinaigrette

Bring 1 1/2 quarts water to boil. Cut tough ends from asparagus, cut in thirds and add to water. Cook 1 1/2 minutes. Drain and rinse immediately under cold water until cool. Set aside. Combine remaining ingredients with one bottle of Annie's Naturals Low Fat Raspberry Vinaigrette, add asparagus and serve.



Natural Foods
Cooperative Grocery

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Happy Anniversary!
Thank you members for
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Member Appreciation Weekends — save 5%!

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Sunday Afternoons

- 🎵 April 2 and 3 – Brian "Pickle" Gerkenmeyer, Acoustic guitar
- 🎵 May 7 and 8 – Jim Pipher and Terry Keefe, Guitar, Fiddle and Mandolin
- 🎵 June 4 and 5 – Lori Allison and Brian McCue, Guitar, Accordion, Banjo

The Peruvian Connection (continued from page 2)

movement spanning continents and cultures. Open Harvest has shared in this growth, putting consumers in touch with producers of such diverse items as chocolate and cheese—even candles and oatmeal. This ability to connect puts Open Harvest, and with it Lincoln and Nebraska, at the forefront of the "grassroots globalization" movement.

Although many items on the OH shelves are produced here in Lancaster County, coffee is not. That's why Open Harvest calls on Equal Exchange, a worker-owned and operated co-op located south of Boston. EE representatives travel all over the world, connecting local producers with buyers,

processors, distributors, and consumers. Every transaction is a "fair trade": farmers are paid honest prices reflecting their needs, not the desire of big corporations for inflated profits. The farmers get better prices; their

nation gets a better balance of trade; and Lincoln coffee drinkers get a superior cup of coffee and a healthier conscience. As Jim Desmond says: "not only is your co-op making a difference in your community, but co-

ops are helping millions of people across the US and around the world." Not bad for a movement that began with a stack of candles and a few bags of oatmeal.

For more information on Equal Exchange, fair trade, or the co-operative movement in our community, contact Mike Meile at Open Harvest, 475-9069.

