



**Natural Foods
Cooperative Grocery**

Spring, 2006

NEWS BITES

April is Fair Trade Month at Open Harvest!

Look for samples and specials on Fair Trade coffee and other products. Find out more about Fair Trade at www.equalexchange.com

Chiapas Film Night

The premier screening of "Café Chiapas: Fair Trade Coffee Production in Chiapas, Mexico" by Nolan Tredway will be held Monday April 17, at 8 pm at Meadowlark Coffee, next to Open Harvest. Nolan shares the story of his journey to Mexico to learn more about Fair Trade coffee.

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Open Harvest Staff Member Explores Fair Trade Coffee in Chiapas

by Nolan Tredway, Open Harvest Deli Staff

Please go back to the United States and tell anyone who will listen the story of our struggle here in Chiapas.

—member of the coffee production cooperative, CIRSA

This past January, Open Harvest and Equal Exchange Coffee Company sent me to participate in a producer relations trip to meet the coffee producers and learn about their lives in Chiapas, Mexico. In this week, we met with educational and activist leaders, visited a human rights center and a Zapatista community and both growing and export cooperatives. With only eight days, our group of nine cooperative workers from the United States struggled to absorb as much of the complex situation around us; one having both deep, historic roots and still being fought.

Chiapas is in the south of Mexico and is primarily an indigenous area of Mayan descent. Consistent with indigenous struggles worldwide, they battle with government appropriation and destruction of their land, exploitation of its natural resources, and the possibility of death, kidnapping, or jail sentences for anyone

doing anything to resist these measures. This is not to mention the more subtle legislation that allows more environmentally and economically destructive programs to be carried out on or near their land, nor any of the international policies which greatly affect the area without available recourse.

We first met with Miguel Packard, the head of the Center for Economic and Political Research and Community Action (CIEPAC), who gave us an introduction to Chiapas



Coffee producers and their families carrying a load of coffee cherries down the mountain to be depulped, washed, and dried in town.

and the colossal forces standing in opposition to its people. He started by explaining just a few current events of the day such as a known narco-trafficking family's purchase of major television stations, or that \$18 billion came

from Mexican workers in the United States to Mexico, making it one of the largest sources of revenue for the country. All of these important issues would never make the American mainstream press.

Packard continued to talk about many things, most importantly of the negative impact of the North

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2006 Board of Directors:
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 Dave Eckmann
 Kevin Loth
 Maggie Pleskac
 Alene Swinehart
 Tim Arkebauer
 David Murphy
 Andy Witkowski
 Mark Shriner
 Miles Bryant
 Ingrid Kirst
 Terrence Moore

The Board of Directors meets the first Monday of the month at 6:30pm at 2012 S.13 St. 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.

Expansion Committee Report: Feasibility Stage in 2006

by Jean Helms, General Manager and Keith Dubas, Board Chair

An Expansion Committee has been formed of Co-op Board members, staff and longtime member-owners. This dedicated group is building a foundation for supporting an Expansion Project over the next three years. The Expansion Committee members are Alene Swinehart, Bill Locke, Dave Eckmann, Elizabeth Nelson, Jackie Barnhardt, Jean Helms, Keith Dubas, Miles Bryant, Pat Lombardi, and Terrence Moore.

Currently we are in what is known as the Feasibility Stage of Expansion. The subsections in this stage include Commitment/Planning, Strengthening/Positioning, and Site Search/Securing. Some of the actual activities involved in this stage are developing alignment within the organization, conducting market analysis, building profitability, strengthening operations, and developing a financing strategy. We expect to be in this stage for at least the remainder of 2006.

The main role of the Expansion Committee is to support the Board and

Management in its work in these areas. Some of the upcoming work of the committee will be to review the draft Sources and Uses budget, draft guidelines for focus groups, conduct a member-owner survey, and prioritize criteria for a site search.

In order to fully engage our member-owners in the process the Expansion Committee will be stepping up our linkage through direct contact, surveys and focus groups. Later in the process, we will also have informational meetings. If you are interested in joining the committee, attending monthly meetings and homework in-between, you may leave a message for Jean at 475-9069 or email us at harvest@openharvest.com. These communication avenues work for general comments and suggestions as well. Please include an email address or phone number.

This is an exciting time in the history of the Cooperative. Sales growth is a good problem to have, however we need to know what our options are when the growth overtakes the capacity of our current location.

Board of Directors Nominations and Election

We are seeking nominations for the open positions on the 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 are 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. Terms are for three years and we meet for 2 hours in the evenings 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, please contact Keith Dubas at 438-0171.

Nominations will be accepted through May 1. Elections will be held the first two weeks of June. Ballot boxes will be in the store.

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Big Corporations out to Eliminate Local Control of our Food

by Jackie Barnhardt, Outreach and Membership Director

Nebraska LB834

The "Monsanto Law" was introduced into the Nebraska legislature in January and was advanced out of committee in March. LB834 would prohibit counties, towns and cities from passing ANY local regulation on seeds. Similar legislation has been sweeping through state governments across the nation. Since 2005, eighteen states have introduced legislation removing local control of plants and seeds, and fourteen of these states passed the provisions into law.

The uniformity of the language in each of the bills and their swift, back-door introduction indicate that this is a coordinated attempt to undermine the growing grassroots Genetic Engineering (GE)-Free movement inspired by the 2005 passage of ordinances in three California counties (Mendocino, Trinity and Marin) to ban GE crop production.

Why should people in Nebraska be concerned? The bill would cause a negative economic impact on organic farmers taking away democratic rights to legislate against damages caused by contamination of genetically engineered seeds. A community's food policies should be determined by public support and local policymakers, not by agribusiness lobbyists in backrooms of the state legislatures.

In the fall of 2002, a contamination incident involving ProdiGene's pharmaceutical-producing crops brought Nebraska agriculture to national news. The USDA mandated destruction of 500,000 bushels of contaminated soybeans in an elevator in Aurora and \$3.5 million in liability for ProdiGene. Local governments should have the right to protect the farming community from irresponsible corporations such as Prodigene.

A report released in December 2005 by the USDA's Inspector General said the department lacks basic information on where field tests are or what happened to crops after harvest. The USDA has failed to properly oversee field trials of genetically engineered crops,

including plants designed to produce chemicals for medical and industrial uses. During the Inspector General's investigation, auditors found that two large harvests of pharmaceutical crops remained in storage at test sites without the USDA's knowledge or approval.

Nebraska's anti-corporate farming law has been overturned. This leaves Nebraska more susceptible to out of state corporations purchasing land to have their experimental GE crops planted in Nebraska. The current situation of corporate control and lack of oversight affects all farmers, both non-GE and GE farmers. Nebraska shouldn't be stripping away the rights of local governments to protect the farmers in their communities.

Instead of focusing on preemptive legislation, our legislature needs to examine real problems of GE crops, such as liability for pollen drift when GE crops contaminate non-GE crops and the legality of seed saving, a centuries-old right, now prohibited by GE corporations.

National Uniformity of Foods Act

On March 9, the U.S. House of Representatives passed HR 4167, the National Uniformity for Foods Act of 2005. This bill voids any state food safety or labeling law that is not identical to federal law. This overrides nearly 200 state laws and gives the Food and Drug Administration the final word for food labeling. If this law passes, no state could ever pass a GE labeling bill in the future.

According to the non-profit, independent Consumers Union, HR 4167 is not a simple food-safety uniformity bill. "Under the guise of national "uniformity," this bill would eliminate critical state laws that protect consumer health while leaving in place an inadequate federal system based on the lowest common denominator protection." The Attorneys General of 39 states have also expressed concerns and have sent a joint letter to Congress noting the uniformity labeling proposal guts important consumer warnings now carried on labels in their states.

The bill now has passed to the Senate Health, Education, Labor and Pensions Committee for review.



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Buy Fresh, Buy Local...

You'd be Tired Too if You Traveled 1,300 miles for Dinner

by Corinne Kolm, Buy Fresh, Buy Local Coordinator

Open Harvest has been a pioneering partner in the establishment of Buy Fresh, Buy Local Nebraska. Buy Fresh, Buy Local is a new local food outreach and marketing initiative slated for launch this May. Through promotional material, media outreach and public events, the Buy Fresh, Buy Local mission is to strengthen our local economy and increase the availability of quality food by aiding consumers in recognizing and choosing local farm products. A local food directory will highlight family farmers, restaurants, grocers, farmers markets and institutions who sell locally produced foods. Additionally, an eye-catching Nebraska local food label will help local products stand out in the crowd and encourage Nebraskans to support their local farmers and independent businesses.

The Buy Fresh, Buy Local campaign was initiated by a group of farmers, consumers and area businesses (including Open Harvest) who recognize the challenges facing small Nebraskan farmers today and know that the tastiest food often comes from close to home. The Nebraska campaign is based on similar initiatives that have proven very successful in other areas of the country and is a collaborative effort of the Nebraska Sustainable Agriculture Society, Nebraska Cooperative Development Center and the Great Plains Resource Conservation and Development Area. The campaign currently covers Butler, Cass, Douglas, Lancaster, Polk, Sarpy, Seward, Saunders and York counties.

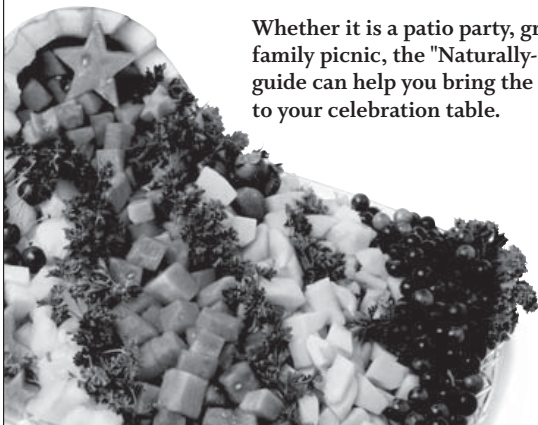
Look for the local food directory and Nebraska local food labels beginning this May. For more information, visit www.buylocalnebraska.org or call (402) 472-5273.

Naturally-Good Celebrations Coming Soon From Co-op Advantage

We know good food and we know how to make your celebrations special. Look for our "Naturally-Good Celebrations" free spring/summer guide at your co-op in May.

This guide features party-planning and grilling tips, an herb guide, food and beverage recipes, and serving size suggestions—all designed to help you easily prepare for food festivities.

Whether it is a patio party, graduation gathering or family picnic, the "Naturally-Good Celebrations" guide can help you bring the freshest foods to your celebration table.



Good Reasons to Buy Locally Grown Food

Exceptional taste and freshness

The average food item travels 1,300 miles to get to the dinner table. Local food is fresher and tastes better than food shipped long distances. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

Strengthen your local economy

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

Support family farms

Each year, Nebraska loses 1% of its farms. This means that one out of every ten farms goes out of business every decade! There has never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

Safeguard your family's health

Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed. Buy food from local farmers you trust.

Protect the environment

Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps make farming more profitable and selling farmland for development less attractive.

Supporting Community Gardeners and Farmers

by Ingrid Kirst, Community CROPS Director

Have you seen the community garden at the corner of 46th and Pioneers or the one at 23rd and P and wondered what was happening? These are just two of the community gardens adding color to Lincoln's landscape and providing food for Lincoln families.

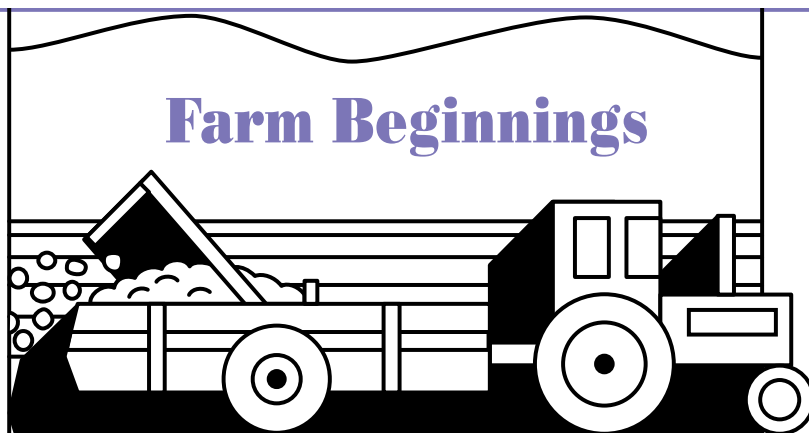
Community CROPS: Combining Resources, Opportunities and People for Sustainability is beginning its fourth season helping families grow food for themselves and for market. This exciting project is making a difference for many people in our community, thanks in large part to donations and volunteers from the community.

Community CROPS has four community garden sites in Lincoln, and plans to open at least two more for 2006. Last year, we had over 100 gardeners from all over the world, each with their own garden plot. We are currently taking applications from gardeners who want to grow nutritious food for their families this summer.

In addition, Community CROPS partners with Sunset Community Farms to provide larger plots to those wanting to grow produce for market. Last year, a Kurdish farmer was able to translate his skills learned in agriculture in his home country into money earned growing and selling tomatoes and other vegetables at the farmers' market and to area grocery stores. Many new participants are preparing for the 2006 season with training and resources provided by Community CROPS and Sunset.

Don't have time to grow your own food? At Sunset Community Farms, we also have a Community Supported Agriculture (CSA) project. Shares of our harvest are now available for purchase to anyone who would like a summer-long supply of fresh, chemical-free vegetables. You will be supporting local farmers, while at the same time eating well and learning about new types of vegetables.

There are lots of ways you can be involved with the project. Sign up for a garden plot of your own, buy a share in the CSA, volunteer your time, make a donation to support the project. For more information on any of these opportunities, please see our website at: www.communitycrops.org or call Ingrid at (402) 730-2532.



by Beth Coufal, Member-owner

Open Harvest recently awarded me a scholarship towards a class called Farm Beginnings. This class is new to Nebraska but has been running successfully in other states. Its purpose is to teach people how to plan so that they can begin an agricultural business or better manage the farm they have. This winter the participants ranged from a young man just graduated from high school to a retired gentleman looking for a career change. There were several couples with conventional farming experience looking to do something more sustainable and profitable. Several of the participants want to raise grass-fed beef. Many are considering organic grain production. One raises natural pork and one raises sheep. A new college graduate has started an orchard, and three people plan to sell vegetables at local farmer's markets. As you can see the group is diverse as well as enthusiastic.

The class began with holistic management. We then learned how to write a business plan, and a marketing plan. The class also provided us with a chance to network with each other and with the many presenters that we can go to in the future for inspiration and help. We will have tours of successful farms of various types this summer.

My name is Beth Coufal. With my husband, I have a business called B & G Gardens. We have four young daughters and do not own a farm, but we have a friend who has given us access to several acres. My plans involve growing vegetables and raising chickens for eggs. This year I will sell at the new Old Cheney Road Farmer's Market and also a little wholesale. My goals for the future include being able to buy some land, and my husband quitting his job to also farm. I would like to add fruit and cut flowers, and be able to pass the business on to my kids. It is my hope that with my new knowledge I will be able to grow a profitable business that will be around to provide quality, nutritious food for a long time. "Real Food - Grown with care for your health and the Earth's."

Another benefit I received was the discipline to "run the numbers" on each of my enterprises, which has helped me to think of myself as a small business owner rather than just a grower.

I have heard the comment several times that farmers involved with alternative, sustainable programs are different than most farmers, they are happy and optimistic. From my experience this is true. This program is going to be a great way to get more happy farmers in our communities.

If you would like more information on Farm Beginnings, please contact Paul Rohrbaugh at 869-2396 or prohrbaugh@nebsusag.org. If you would like more information about B@G Gardens, call me at 797-8203.

Perspectives from a New Board Member

by Miles Bryant

I wasn't sure if becoming a board member of Open Harvest would make much difference in the way I understood the store. In some ways, it hasn't. I still wander the aisles of the store 4-5 times a week with my wife, Sarah. For her, and for many others I have observed, Open Harvest is a community center and the important act of purchasing groceries does take place there. She knows the people who shop there, she knows the products on the shelves, she knows the staff of the store, and they know her. In an organically grown nutshell, she is comfortable at the store; it is her food place of choice. Mine too.

Still, if my shopping practices remain unchanged by my status as a board member, I think my understandings of the organizational purposes and challenges of Open Harvest have undergone a decided change.

First, this newsletter will be mailed to about half of the people that shop in the store and this is because only half of the people who shop at the store are members. I wasn't very cognizant of this before I became a board member. The profile of the Lincoln people who patronize the store is an important matter for the store. That profile tells me that the store is supported in equal parts by those who are willing to ante up enough each year to support a cooperative membership and the broader values of a co-op (you can see these values written on the walls) as well as by those non-members who want a place to buy healthy and natural food. The store must serve both constituencies and it had not occurred to me before that sometimes these two groups have conflicting interests and conflicting personal values.

A second understanding I have discovered as a new Board member is that a tremendous amount of work has gone into creating a thoughtful

and stable relationship between the Board and the management. I did not see this process as it evolved historically but I can now see the results. These results are expressed in a policy book that guides both board members and the General Manager. The policies in this book and the manner in which the store abides by them form the content of most of the Board meetings I have attended. Policies shield the store from micromanagement by the Board. Operating procedures require that the GM be accountable to Board policies. This work has created a stable relationship in the governance and management of Open Harvest. That is encouraging to me and I think it should be to you as well.

Third, because Board members are invited to an array of Open Harvest functions, I have learned something about the staff members who work at the store. These people like to get together and find creative ways of gathering. I think this is in part because people who come to work at OH do so because they share many values in common. A job at Open Harvest typically does not pay well; but I think that many who work at OH take personal satisfaction in doing so. The source of that satisfaction many of us have in OH is one that needs greater visibility and articulation. I think this will be a coming challenge of the Board and General Manager—to be very clear and articulate about the values that unite the store's patrons.

Finally, I have been asking myself several questions: What other grocery store in Lincoln is so mindful and humble about the size of its footprint on the earth? Does this characteristic not make the store a unique asset to the people of the city? How do we build on this essential nature of Open Harvest? What does the Open Harvest of the future really look like?

Eating Well

Look for more new recipes at our website www.openharvest.coop. Click on "Eating Well".

Enjoy these delightful dishes from Jim Larson, instructor of "Introduction to Foods of Spain". Some may remember Jim as our former Deli Manager, now the Front End Manager.

Marinated Green Olives, Andalusian Style

8 ounces large green un-pitted Spanish olives, or Picholine olives

- 1/2 cup red wine vinegar
- 4 cloves garlic, lightly crushed and peeled
- 2 thin lemon wedges
- 1 teaspoon coriander seeds, lightly crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon dried, crushed red chili pepper

Lightly crush the olives and place them in a jar in which they fit tightly. Add all other ingredients and enough water to cover the olives. Close the jar and shake to blend all ingredients. Leave overnight at room temperature, then refrigerate for several days. Serve at room temperature. They will last in the refrigerator for several months.

Garlic Shrimp

- 4 tablespoons olive oil
- 2 tablespoons butter
- 1/2 pound small or medium shrimp, in their shells
- 4 cloves garlic, peeled and sliced
- 2 tablespoons lemon juice
- 2 tablespoons dry sherry
- 1/2 teaspoon Spanish paprika
- 1/4 teaspoon dried thyme
- 1 dried red chili pepper, cut into 3 pieces, seeds removed
- Salt to taste
- Freshly ground pepper to taste
- 1 tablespoon minced parsley

Heat the oil and butter in a small sauté pan. Add the shrimp and garlic and sauté over high heat about 3 minutes. Add the lemon juice, sherry, paprika, thyme, chili pepper, salt and pepper. Sprinkle with parsley and serve immediately.

Fair Trade Coffee in Chiapas, continued

American Free Trade Agreement (NAFTA), the World Trade Organization (WTO), International Monetary Fund (IMF), and other international neoliberal constructs ("neoliberal" in the Adam Smith sense of the word, not Ralph Nader). He described these combined forces as a sort of "monster" that must be fought and overturned by a more humane model, in order to ensure basic human rights for the people of Chiapas.

We also met with a member of the Fray Bartolome de las Casas Human Rights Center. She explained a bit more about some of the different methods of organization by the people to combat this: forming cooperatives on a working level, group marches and protests for land, and the current and past campaigns of the Zapatistas. For nearly a century, many workers who have tried to organize have been killed by plantation owners. Since the Zapatista uprising of 1994, paramilitary groups have been working with government authority (although in many cases, independently) to combat any resistance and have developed several counter-insurgency plans. This has resulted in numerous disappearances, jail sentences, coercion and torture, and straightforward executions. This human rights center investigates these cases, will provide legal assistance when possible, or makes sure they are forwarded to appropriate venues.

However, the most important and striking experience of this trip was visiting the coffee producers themselves. We entered the office of CIRSA, the coffee producers' cooperative, and were welcomed with open arms. We met many of the delegates from the surrounding communities, and later had a meeting with just the Board members, with whom we would spend the majority of our time. They explained a bit about the structure of the cooperative, how it works, and each of their roles. Mostly, they tried their best to prepare us for the days to come of living and working with some of the producers in the village named Jose Castillo Tielemans.

After a three hour ride on a one-lane dirt road through the mountains, standing in the back of a large pickup, I cannot describe what it was like to arrive to an entire village of 800 people waiting for you with live music and expectant faces. I have no idea how many foreigners have visited this village, but I can guarantee it is still in the double digits, as the novelty is very far from having worn off. After the hour-long process of introducing ourselves in English to Spanish to their native language of Tzetal (a Mayan dialect), we attended mass and met with the village elders to hear their history.

Many worked on the land up until the 80's. The workers would organize at night under threat of death, organize marches to Chiapas and Mexico D.F (Mexico City). They would march for a month and a half barefoot, only to have soldiers sent to kill them and their families. The survivors were able to secure a loan in 1981 to buy the land that had been stolen from their ancestors.

This type of land battle happened all over Central and South America during the 1980's, coincidentally during the same time Fair Trade market demand began to rise in the United States from its primarily European and religious roots, making the formation of Equal Exchange and other Fair Trade companies more viable. These companies look toward not solving the problems facing many indigenous cultures worldwide, but rather to provide an alternative and humane business model in which suffering is minimized and the scales are shifted just a little for those who have been without for so long. This includes, among other things, guaranteeing a minimum price for their product, only supporting cooperatives, ensuring their independence, and requiring a percentage of sales to be used for cooperative community projects.

This last requirement has been the most useful in terms of ensuring the longevity of these organizations. The cooperatives that I visited used this money to buy two trucks for transportation, a warehouse to store and process the coffee, and a small storefront for a bit of additional income. In one generation, Fair Trade has brought them from being part of a cyclical plantation worker system to being a significant force in the business world.

I will be presenting video footage from the trip, along with a bit more of the story with a question and answer session on Monday April 17, at 8:00 p.m. at Meadowlark Coffee, next to Open Harvest. I invite you all to please come and hear more of this story.



Children of the village of Jose Castillo Tielemans.



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Natural Foods Cooperative Grocery

Open Harvest Deli Featured on LivinLincoln.com

Nebraska.statepaper.com has officially announced the start of Lincoln's most complete, locally owned and operated online dining guide. At www.livinlincoln.com you can write a review about your favorite dish from the Open Harvest Deli, find out the special of the day and read what others have to say about the Co-op.

Delicious Diabetic Dining Returns

Monday April 10

Due to popular demand, Bonnie Bake returns to share practical tips on cooking, counting carbs, food portions, reading labels, selecting foods when dining out, and how to use stevia, a natural sweetener. Recipes and samples included. The class is \$15 for member-owners and \$20 for non member-owners. Class will be held 6:30 to 8:30 pm at the Trinity United Methodist Church at 16th and A Streets. Pre-register at Open Harvest or call 475-9069.

Ecology Now! Potluck and Movie Night

Open Harvest and UNL's environmental group, Ecology Now! welcome you to a potluck and movie at 5 pm on **Sunday April 16**. 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, "The Power of the Sun" is a short light-hearted film narrated by John Cleese. Please bring a food dish and your own place dinnerware. We would love to see you for an evening of food and fun!

Literary Salon for Organic Farming Book

The University of Nebraska Press will hold a free, public literary salon about the recent book *Good Growing: Why Organic Farming Works* by Leslie A. Duram. Salon co-hosts Jim Bender, organic farmer and author of *Future Harvest: Pesticide-free Farming*, and Chuck Hassebrook, Executive Director, Center for Rural Affairs, will lead a discussion of the book and issues related to organic farming. All participants will have the opportunity to converse with the co-hosts in what is sure to be a spirited evening on **Thursday, April 20**, 5:30-6:30 p.m. at the Lincoln Woman's Club, 407 S 14th St. Organic refreshments will be served. For more information contact Erika Kuebler Rippeteau, 472-1660.

Slow Food Nebraska Earth Day Brunch

Slow Food Nebraska will host an Earth Day Brunch on **Saturday, April 22**, from 10 am to 1 pm at Hillis and Company, 230 N. 7 St. Enjoy a delicious brunch of frittata, crepes, sausage, fruit and more, sourced from Nebraska's sustainable and organic farmers, and locally-owned restaurants. Advance reservations required. For additional information contact Krista Dittman at 783-2124 or Hillis and Company at 474-2333. For more information about the Slow Food Movement, visit www.slowfoodusa.org.

Herbal Society Plant Sale April 29

Pick up common and unusual herbs to plant in your garden. The Nebraska Herbal Society hosts their annual herbal plant sale on Saturday April 29, from 9 am to noon at Whitehall at 5903 Walker Street.

Open Harvest Plant Sale to Benefit Community Gardens April 30

Start some seedlings, repot your houseplants, dig up those crowded perennials and bring them to the Open Harvest Plant Sale on Sunday April from 10am to 2 pm in the parking lot. Funds will benefit local community gardens. Donations of bedding plants, herbs, seedlings, shrubs, house plants, garden tools and more are welcome. Please bring plants between 9 and 10 am.

It's for the birds: May 13

Drop in for a celebration of International Migratory Bird Day, Saturday May 13 at Pioneers Park Nature Center. Begin with an early morning bird walk at 7:30 am followed by bagels, juice and coffee. At 9 am, Laura Erickson presents "The Young and the Restless: Migratory Patterns of Spring Birds". Activities for the whole family start at 10 am, including bird banding, Naturalist Chats, and samples of Fair Trade coffee and cocoa provided by Open Harvest.

Fair Trade helps small farmers maintain diverse tropical forest systems, facilitates technical assistance for reforestation and sustainable farming, and builds markets for organic and shade-grown coffee. For more information, call Pioneers Park Nature Center at 441-7895.