



NEWS BITES



Jim invites you to come in and register to win a rain barrel and other great prizes for our 35th Anniversary celebration.



Celebrating 35 years of Community Ownership

by Jim Nelson, General Manager

Join us late July and early August as Open Harvest celebrates 35 years of history and serving our Member-Owners and our customers. From the early beginnings on Randolph Street, to the new expanded space on South Street, many stories have unfolded and many tales have been told. Friends have been made and interesting shopping experiences continue. It is always an adventure.

So what are we going to do to celebrate? We will jumpstart the festivities July 13–27 beginning with a storewide Local Foods Sale. Our plans include a wide array of sampling from all departments with many of our local suppliers here at the store offering their foods and products on the weekend of July 24–25.

We are planning an Anniversary Celebration Weekend July 31 and August 1 with live music, prizes, and drawings for free prizes. Mayor Chris Beutler is scheduled to be here on July 31 from 1:30–2 pm to help us celebrate and meet and greet customers. We will have chair massages with Barb Frank at the store.

Our Anniversary Sale runs July 21 through August 3. You will find extra advertising in the Journal Star as well as other media. Come in and register to win a free bag of groceries and other prizes including rain barrels, gift cards, a picnic table, and Open Harvest Anniversary T-shirts and mugs. Look for grab-bags of goodies and free samples throughout the store.

On Friday July 23, KFOR's "Judy A la Carte" broadcasts live from Open Harvest from 10 to 11 am. That evening, we release *Open Harvest Cooks*, our 35th Anniversary cookbook at a launch party from 6 to 8 pm. The book features carefully selected member-owner recipes, and we will be serving tasty sample recipes.

As our plans continue to develop, we will be hosting many other activities and events for this wonderful celebration. Look for more information on our website, Facebook and Twitter.

Inside this issue:

Future General Manager Selected	2
2010 Board Elections	2
Let the Farm Tours Begin!	3
Eating Well	4
New Open Harvest Cookbook	4
Anniversary Weekend Events	5
Summer Demos	5
30 Years with Margot	6
President's Cancer Panel Report	6
Community CROPS CSA Recipient of Co-op Grant	7
Show your Co-op Card	8

News Bites is a quarterly publication of Open Harvest Cooperative Grocery
1618 South Street
Lincoln, NE 68502
402-475-9069
harvest@openharvest.coop
www.openharvest.coop
Call for advertising rates.

Contributors: BJ Birkel,
Keith Dubas, Ingrid Kirst
Sara Moshman, Jim Nelson
Editor: Jackie Barnhardt
Layout: April Stevenson

2010 Board of Directors

Keith Dubas-Board Chair
Maggie Pleskac
David Murphy
Miles Bryant
Ingrid Kirst
Robert Hutkins
Gail Kendall
Carla McCullough
Sara Moshman
Alisa Kushner
Jon Ferguson
John Christensen
Pepe Fierro
Hank Van den Berg
Jill Wertz

The Board of Directors meets the first Monday of the month, 5:30pm at Irving Rec Center, 20th and Van Dorn. Members are welcome to attend. If you would like to join us, call Keith Dubas at 438-0171.

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.

News Bites is archived at
www.openharvest.coop
and at the Nebraska State
Historical Society.

30% PCW recycled paper

Future General Manager Selected

by Keith Dubas, Board Chair

The Board of Open Harvest is pleased to announce the selection of Kelsi Swanson as the next General Manager of the cooperative. She will assume that position on January 1, 2011. Kelsi acted as the Assistant Project Manager for the expansion of Open Harvest. She joined Open Harvest in 2006 and has served as Merchandising Manager since 2007. She has a Business Management degree from Doane College.

"I am more than honored to have been selected as the next General Manager of Open Harvest. Growing up as a "Co-op kid" helped foster my values of what a cooperative is and what it stands for, and I am proud to be a part of it. Our current management team and staff are a vital part of how the future of the Co-op will transpire, and I have the utmost faith in them. They are, in my opinion, the most important aspect of the Co-op, because without them and their hard efforts and knowledge, the stellar customer service we are able to offer would not be possible. I feel supported, inspired, and comforted by them. I intend to be a great leader to them and our community."

Last year, the current General Manager Jim Nelson announced his intention to retire from the store on December 31, 2010. The Board formed a search committee shortly after he made his intention known. The committee was made up of four board members and two staff members.

In January, the committee began the selection process with the preparation of a timeline. The process was to extend over several months. In March and April, job postings were placed in newspapers, on our web site, on cooperative listservs, and postcard notices were sent to regional cooperatives. By April 15, using standardized evaluation forms, the committee narrowed the 22 respondents to 4 candidates. Interviews with each



Kelsi Swanson will step up as General Manager in 2011.

of the candidates were scheduled in May. Following the interviews, the committee met and came to consensus on a candidate.

At the June Board meeting, the committee forwarded Kelsi's name to the full Board for consideration. An opportunity was offered to the Board and staff to meet with Kelsi for a question and answer session, after which anonymous comments were collected. The search committee reviewed the comments. The Board's final decision was made in support of hiring Kelsi Swanson as the next General Manager of Open Harvest.

The Search Committee thanks all the applicants and particularly thanks the finalists for their patience, time and commitment to the Co-op and its principles.

2010 Board Elections

Open Harvest Board Elections were held in April. The Board of Open Harvest welcomes three new members: Jill Wertz, Pepe Fierro and Hank Van Den Berg. Incumbents reelected were Bob Hutkins, Gail Kendall, Carla McCullough, Sara Moshman, and Maggie Pleskac. Their bios and statements of interest in the Co-op appeared in the April newsletter and are archived on our website.

Let the Farm Tours Begin!

by BJ Birkel, Marketing/IT Assistant Manager

The new Harvest to Harvest program helps shoppers identify local products in our Co-op. The goal of this program is to provide a connection between the people who grow, raise, and make the products we carry at our Co-op and the consumers who purchase them. The farm tours are another aspect of the Harvest to Harvest program.

Open Harvest staff began the first in a series of farm tours on Tuesday, June 8th. The tours took Open Harvest managers Jim Nelson, Alex Wolfe, and BJ Birkel to Bluff Valley Farm near Rulo, Neb. and Plum Creek Farm near Burchard, Neb.

Our first stop took to us to Bluff Valley Farm where we met Ken Thiltges, owner and operator. Bluff Valley Farm has been in his family for six generations. Ken raises hormone and antibiotic-free lamb that we sell in our meat department. He introduced us to his flock of sheep and showed us his system of rotating grazing pastures. Ken also took us out to the fields where he grows non-GMO



Lambs from Bluff Valley Farm.

Co+op Deals

Starting in September, you'll notice some changes to our sales flyer, sales signs, coupon books and other materials provided by the National Cooperative Grocers Association (NCGA), the national association of which we're a member.

NCGA provides these resources as a benefit of membership, allowing us to focus our time and energy on other areas that provide value to our shoppers, members and the local community.

NCGA is launching a new brand, Co+op, stronger together. Besides the new logo and fresh new look, you'll see more deals, more often, with quarterly coupon books and twice the number of sales flyers. So what's the deal? It's Co+op, stronger together!



Thiltges are remodeling a schoolhouse for an on-site farm store near Rulo.


grains for animal feed. We visited the century old country schoolhouse Ken is in the process of remodeling into his very own at-home store.

The second stop on our farm tour took us to Dean Dvorak's Plum Creek Farm. Dean raises the fresh, cage-free chicken that we sell at our Co-op. The chickens are hormone and antibiotic-free. We toured the open air coops where Dean houses his chickens. Dean also provides delicious local chicken to many restaurants in both Lincoln and Omaha.

We extend our thanks to both Bluff Valley Farm and Plum Creek Farm for their generous hospitality.



Plum Creek Farm raises chickens for Open Harvest.



(402) 464-0501
416 S. 11th Street
Downtown, Lincoln
screenink.com
shout@screenink.com
Give us a shout!
design | screen printing | embroidery

Eating Well

Vegetarian Posole Soup

By Mike Dowty, Assistant Deli Manager

This is an easy (and vegetarian) alternative for a classic pre-Columbian soup (which usually contains pork shoulder). Look for more of his recipes in *Open Harvest Cooks*, our new cookbook.

Gimme Lean, Sausage Style, 14-ounce package, thawed
1 1/2 teaspoon salt
1 teaspoon black pepper
2 teaspoons cumin, ground
1 teaspoon oregano
1/2 teaspoon chipotle powder
1 pepper, red bell, diced
3 yellow onions, diced
9 cups water
3 tablespoons garlic, fresh, minced
1/2 cup fresh cilantro, chopped
1/4 cup lime juice
1/2 cup vegetable broth powder
1 can diced green chilis, 4-ounce
2 cans hominy, 115 ounces (save the water)

In a large stockpot, combine *Gimme Lean Sausage Style*, salt, pepper, cumin, oregano, chipotle powder, and water from the cans of hominy. While bringing this mixture to a boil, break up the *Gimme Lean* with a heavy whisk.

Next, add onions, red peppers, hominy, vegetable broth powder, and water. Cover and return to a boil. (this can be finished once it boils, or it can simmer for up to an hour to soften the hominy even more). Add green chilis, garlic, cilantro, and lime juice. This will make about 2 gallons. Serve and enjoy!

Panda Puff Chicken

By Jettie Sorensen, cashier

Serving suggestion: This is good with jasmine rice and steamed asparagus.

4 chicken breasts
1/2 cup EnviroKidz Panda Puffs cereal, crushed
1/2 cup peanut butter
1/2 cup of half and half
1/4 cup coconut milk
2-3 garlic cloves, minced
1 teaspoon vanilla

Preheat oven to 375 degrees. In a blender, combine peanut butter, half and half, coconut milk, garlic and vanilla. Mix until smooth. Pour sauce into baking dish at least 2 1/2 inches deep. Bread chicken in crushed cereal. Place on top of sauce. Bake 45 minutes or until chicken is done.



Mike checks out a new copy of "Open Harvest Cooks". Mike shares a recipe here.

The New Open Harvest Cookbook Arrives!

By Sara Moshman, Board Member and Cookbook Committee Chair

Join us at the Co-op Friday July 23, from 6 to 8 pm for as we launch *Open Harvest Cooks*, our 35th Anniversary cookbook. The book features recipes carefully selected by our Member-Owners reflecting distinctive cooking styles, interests and personalities. We will be serving tasty sample recipes from the cookbook, prepared by our deli and bakery staff.

I want to sincerely thank the members of the cookbook committee, who volunteered their talent, time and expertise. Dika Eckersley was responsible for the design of the cookbook. April Stevenson provided typesetting and management of the printing process. Sarah Bauman coordinated the solicitation of the artwork and contributed beautiful drawings. Jackie Barnhardt foraged and collected the recipes. Alene Swinehart carefully reviewed and helped clarify each recipe. Margot Conrad, Assistant General Manager and 30-year veteran of Open Harvest, wrote a fascinating history. Maggie Pleskac updated recipes when needed and provided indexing and classification advice. Jim McCabe offered good advice all along the way.

The artwork in the cookbook has been provided by Co-op member-owner artists. I am very grateful to Lamont Richards for allowing us to reproduce his beautiful painting for our cover, and to Sarah Bauman, Peggy Gomez, Gail Kendall, Janine Copple, Elisa DiFeo, Dika Eckersley and Sarah Thomas for their generous and beautiful contributions.

Artwork from the original cookbook, by Sherri Cunningham, has also been included and creates a special connection to the first and only other Open Harvest cookbook, published in 1981.

The cookbook was printed by Eagle Printing, a local company. It was produced using recycled paper, local laminating and binding. For technical expertise in production of the cookbook, I thank Lonnie Fulton, MetaLogic, and Kendra Duncan, Eagle Printing. I also want to thank my husband David for editorial and indexing assistance.

Anniversary Weekend Demos and Samples

Friday July 23 through Sunday July 25

Come and meet our farmers and local suppliers as they demonstrate their products and share their stories.

Sample delicious farm-fresh foods and more natural and organic products.



Krista samples cheese from Branched Oak Farm

Friday July 23

Common Good Farm: organic and biodynamic eggs and produce
Clear Creek Farms: cheese
Joe Fizz Natural Coffee Soda
Nature's Logic Pet Foods

Saturday July 24

Branched Oak Farm: cheese
Joe Fizz Natural Coffee Soda
Nature's Logic Pet Foods
Pumpkin Moon Soaps

Sunday July 25

Shadowbrook Farm: cheeses
Barlean's Organic Oils
Wise Oven: breads
If you Dare Salsa
Valhalla Honey

Summer Demos at Open Harvest

Sparkling Kombucha

Thursday August 5, 7 to 8 pm

In this Kombucha making demonstration, we will discuss some of the nutritional benefits of this fermented beverage and you will learn how to brew your own batch. Bring a large glass jar so you can enjoy the satisfaction of making your own. (Quart or bigger is suggested.) A limited number of kombucha starters will be available. Mary Schmidt is a Master Gardener from Minnesota now living in Nebraska, and is currently finishing up a Masters degree in Herbal studies.

Joy of Salads

Wednesday August 18, 7 to 8 pm

Learn to make a variety of delicious salads using fresh vegetables and all natural ingredients with Ingrid Kirst, Director of Community CROPS, local community garden project. Ingrid will share some of her recipes from the new Open Harvest cookbook and discuss tips on using some of the season's garden bounty.

Introduction to Herbs

Thursday September 23, 7 to 8 pm

Are you new to cooking with herbs? Have you tried growing herbs but are not sure how to properly dry and store them? Join Bonnie Bake, past president of the Nebraska Herbal Society, as she introduces you to the pleasures of herbs. We will also discuss using bulk herbs.



Montessori School for Young Children

Educating children since 1978
www.msyc.net

Toddler Program (ages 18 mo. – 3 years)

• Music Therapy

• 3-hour AM schedule

Preschool Program (ages 3 – 6 years)

• Spanish

• AM, PM, or Full-day schedules

It's not too early to start thinking about the 2010 – 2011 school year!
4727 A Street • Lincoln, NE 68510 • 489-4366



Margot Conrad during her time at the Co-op on Randolph Street.

Celebrating 30 Years with Margot

By Jackie Barnhardt, Outreach and Membership Director

On May 28, 1980 Margot Conrad joined Open Harvest at 27th and Randolph Street. She was one of only five paid staff, all co-managers. Much of the work was done by volunteers. Today, Margot is the Assistant General Manager of the cooperative with over 70 working staff. We still appreciate the help of volunteers, who she supervises.

"We have been through many changes over the years, in personnel, in the membership system, in organizational structure, in location and more recently we have expanded and almost doubled our space. We have always tried to stay true to the original cooperative vision and this and our willingness to change and evolve have, I believe, allowed us to grow and thrive", Margot said.

Some of the staff had this to say about Margot. "When I first started working here, we used to have to put price stickers on each and every item, Margot was the fastest price gun-slinger I've ever seen. She could take apart a pallet and heave each product stickered and out on the shelf in a matter of minutes, it seemed. I was always in awe of how fast she was," said Tawnya.

"It's a blur from Expansion, but I remember Margot putting product on the shelves so fast she looked like Star Trek's Data inserting isolinear chips," said Elaine.

Margot said, "I am proud of the longevity and success of the Co-op. We have done together what none of us could have done alone and I am confident about the future with a great crop of energetic young managers coming up. We were offering organic, local and natural products long before it became fashionable. We joke that 'Telling you so for 35 years' is our unofficial slogan. I never thought I would be in this job for 30 years but there has never been a dull moment."

President's Cancer Panel Report:

"environmentally induced cancer has been grossly underestimated."

By Jackie Barnhardt, Outreach and Membership Director

On May 6, The President's Cancer Panel released *Reducing Environmental Cancer Risk: What We Can Do Now*. "The true burden of environmentally induced cancers has been grossly underestimated," said the President's Cancer Panel in the report urging action to reduce Americans' extensive exposure to carcinogens.

The panel advised President Obama "To use the power of your office to remove the carcinogens and other toxins from our food, water, and air that needlessly increase health care costs, cripple our nation's productivity, and devastate American lives."

This 240 page report is the first to emphasize the environmental causes of cancer. The panel was created by an act of Congress in 1971 and is responsible for overseeing the multi-billion-dollar National Cancer Program. It is accountable directly to the President annually. The report was submitted to the president by Dr. LaSalle Leffall, Jr., an oncologist and professor of surgery at Howard University, and Dr. Margaret L. Kripke, an immunologist at the M.D. Anderson Cancer Center in Houston.

The report also recommends that a precautionary, preventative-oriented approach should replace current reactionary approaches to contaminants. "Exposure to pesticides can be decreased by choosing, to the extent possible, food grown without pesticides or chemical fertilizers... Similarly, exposure to antibiotics, growth hormones, and toxic run-off from livestock feed lots can be minimized by eating free-range meat raised without these medications."

In a letter to President Obama, the panel stated "The American people even before they are born are bombarded continually with myriad combinations of these dangerous exposures. The Panel urges you most strongly to use the power of your office to remove the carcinogens and other toxins from our food, water, and air that needlessly increase health care costs, cripple our nation's productivity, and devastate American lives."

This full report is available online at:

http://deainfo.nci.nih.gov/advisory/pcp/pcp08-09rpt/PCP_Report_08-09_508.pdf

Community CROPS CSA "Share-a-share" Program Recipient of Cooperative Community Funds

By Ingrid Kirst, Community CROPS Director

Open Harvest had some funds remaining in its Cooperative Community Fund, which had been donated by Member-Owners in past years. The Board decided to discontinue the project, as the amount of funds raised were not enough to justify administering the program. After a discussion of multiple worthwhile organizations in Lincoln, the Board chose to give the funds to Community CROPS.

Community CROPS, Lincoln's non-profit for helping people work together to grow healthy food, has a Community Supported Agriculture (CSA) program in which families can purchase a share in the harvest from the CROPS farm. Food is grown by beginning farmers and CROPS staff and picked up weekly by shareholders. In addition to paid shares, CROPS offers scholarships for low-income families to participate. Eleven families are receiving these reduced cost shares, four of whom were subsidized by Open Harvest's Cooperative Community Fund.

Families receiving the subsidized shares come from a variety of backgrounds, but all share a love of good, healthy food and lack the means to purchase this wholesome food. Beth, a CSA scholarship recipient said, "can't begin to tell you all how much this program is helping me eat healthy and try out new things!! Yes, I know I tell you all each week how grateful I am, but it's a god send to be able to have healthy greens on the table and I am most grateful!"

In addition to the CSA program, Community CROPS provides community garden spaces and numerous gardening and cooking classes throughout the year.

For more information, call 474-9802 or visit www.communitycrops.org



A basket of local food from a Community CROPS garden

Upcoming Community CROPS events

Farm Dinner on Saturday, August 28th at Sunset Community Farm.

Join us for a beautiful evening enjoying local produce surrounded by farm fields full of more vegetables! Tickets will be \$45 for a meal prepared by local chefs, and you'll have a chance to bid on fabulous artwork and other items in a silent auction.

Annual Farm Walk at Sunset Community Farm, Friday, September 10.

The Farm Walk is a chance for young and old to come out and enjoy an evening on a real working sustainable farm. Tasty soup will be provided again by Thé Cup, CROPS farmers will be there to show off their fields, and there will be plenty of activities for kids.

For more information about these events or any of our upcoming gardening and cooking classes, visit the Community CROPS website at

www.communitycrops.org or call (402) 474-9802.

Elegant 
Optics

Contacts and Family Eye Care, P.C.

Dr. Duane E. Polzien

Dr. Brian L. Adam

Meridian Park

6900 'O' Street, Suite 127

Lincoln, NE 68510-2460

402•466•4111

www.elegantoptics.com

elementary for the whole child

Montessori Method
student service learning
Suzuki piano/violin available
Spanish language opportunities

PRAIRIE HILL Learning Center
A Montessori school for children 18 mos. - 8th grade.
Nebraska's First Wind & Solar Powered School.
A non-profit educational corporation. Since 1981.
Certified Montessori teachers.
438-6668 www.prairiehill.com





1618 South Street
Lincoln, NE 68502
Phone: 402-475-9069
harvest@openharvest.coop
www.openharvest.coop

***Look for sales and sign up for our
email newsletter at our website!***

Now on Facebook and Twitter!



SHOW YOUR CO-OP CARD AND ENJOY A NEW CO-OP BENEFIT

Your new Co-op card is coming! When your membership becomes due, and you renew your Open Harvest membership, you will receive a shiny new scannable Co-op card!

We've had many requests for a key card, and we hope that the new style of card will make it more convenient for our Member-Owners to show their cards each time they shop. Your card set includes one standard and two key cards.

Remember that all members of a household may use the membership benefits, so please share only with your housemates.

Your new Co-op card protects your benefits allowing only your household to access privileges. It features a bar code sticker on the back, which will speed up service to you at our register lines. In addition to all of the benefits you've already come to enjoy, the key card enables us to offer a new Member-Owner benefit. Should you lose your keys and someone finds them, they can put them in any U.S. postal mailbox to be returned to Open Harvest, where we will contact you to pick them up.

Show your card every time you shop in order access your benefits.