



the dirt.

Open Harvest Co-op Grocery
NOVEMBER 2011

inside:
guide to apples,
gmo labeling project,
open harvest staff,
sustainable holidays



OPEN HARVEST CO-OP GROCERY

1618 south st. lincoln, ne 68502
[phone] 402.475.9069
[fax] 402.475.2912
www.openharvest.coop

General Manager:

Kelsi Swanson

Newsletter:

Contributors: Michael Walter, Kelsi Swanson, Sherri Clark, Lori Allison
Design & Layout: David Ozinga

Board of Directors:

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www.openharvest.coop and at the Nebraska State
Historical Society, and is printed on at least 30%
recycled paper.*

**When finished, please
pass this on to a friend.**



if people knew... they would care.

by **LORI ALLISON**, front end manager

I am grateful I was introduced to whole foods and holistic ways of living in my mid-twenties. It made sense and I took to it, experimenting with different “diets”, i.e. vegetarian, vegan, macrobiotic and many other ways of choosing food that I would consider superior to the Standard American Diet (S.A.D.). At this point my preference is organic ovo-lacto vegetarian which means I eat eggs and dairy with my vegetables. I want pure water and no GMOs.

Many things are happening in today’s world that are ignored or accepted without much thought. This makes me nervous. The TransCanada pipeline and GE crops are my top two current issues. In my mind these two topics are complete “no brainers” and they should not even be up for consideration. Unfortunately, this is not the case. Instead, people with similar beliefs might end up feeling like little hobbits up against the Eye of Sauron, or some

other seemingly hopeless situation. It’s not just good versus evil; it’s more than that. This is about sustainable life on Earth for all. We will have a planet overrun with food devoid of nutrition and a toxic water supply. This sounds drastic, but it really is time to understand how important it is to take care of our Earth and

“It really is time to understand how important it is to take care of our Earth and ourselves.”

ourselves. I am so glad Open Harvest is a part of my community and my every day life. My membership in this community organization provides me and others who feel the way I do, with what we need to live the healthy,

happy, connected life we so desire. I often wonder, “If people knew they would care, right?” We are all at different levels of awareness and understanding, so by all means live a good example and spread the word, plant the seed, it matters what you eat and drink, it matters to your body, and it matters to the Earth. It matters, co-ops matter!



KNOW YOUR APPLE.

BY MICHAEL WALTER, PRODUCE MANAGER

Autumn is my favorite season: walks through Wilderness Park, the leaves crunching under foot; the crisp air, that moment you swear you see vapor from your breath; and finally having a chance to wear your favorite sweater (or, in my case, flannel). It's the best time of year for food, too: soups, squash, potatoes, pies.

You'll notice an increasing variety of apples for sale in the produce department. Each kind is delicious, with a different flavor profile and level of crispness. If you've tried to bake with a

Red Delicious, you know it's probably a good idea to research some of the varieties. Here's a brief and unelaborated overview of what our current varieties taste like. Please keep in mind our supply varies and not all apples listed may be in stock when you stop in.

This autumn, think apple cider, apple pie, and apple sauce. Think caramel apples, or cooking them with turkey. There are so many delicious options. We look forward to seeing you in the produce department this season. As always, if you have any questions, please ask.



BRAEBURN

Crisp, sweet and vaguely tart. It's flavor is reminiscent of "from the orchard" varieties.



FUJI

A crisp, sweet eating apple, and perhaps the most underappreciated variety.



GALA

A sweet, aromatic apple, it makes for a great snack. The soft flesh makes it good for applesauce.



RED DELICIOUS

A once-ubiquitous apple, it's now declining in popularity. Mildly- to moderately-sweet.



JONAGOLD

A delicious eating apple; a crisp flesh with a balanced sweetness.



GOLDEN DELICIOUS

A mild-flavored apple, this variety spawned a great number of others.



PINK LADY

Sweet and tart, crisp flesh and an unmistakable tang. A late-season favorite.



HONEYCRISP

Tastes like it comes directly from an orchard. Crisp and very sweet.



GRANNY SMITH

Your perfect baking apple, but it's a bit tart to eat from hand.

co-op events november 2011

fall cooking classes with
julie caruso of
caruso-rozzano farm

saturday, november 19 Pleasures of the Table

2-3:30pm at Grace Lutheran Church
2225 Washington St., Lincoln

Cooking with in-season produce helps us feel more in tune with nature and our surroundings. Come and enjoy the pleasures of the table with local chef and farmer, Julie Caruso. Julie will start by cooking spaghetti squash with pomodoro sauce. You will learn how to use hardy butternut squash in a white bean soup with greens, and roast a beautiful acorn squash Italian-style. Join your community and get cooking.

\$30 per person, \$25 for Open Harvest Members

saturday, december 3 Holiday Appetizers

2-3:30pm at Grace Lutheran Church
2225 Washington St., Lincoln

Take the headache out of preparing for a holiday party. Julie Caruso will share tips, ideas, and recipes to make your holiday gathering stress free. These appetizers are so easy to prepare. Learn how to create an unforgettable appetizer menu of crostinis, bruschetta, olive tapenade, and delectable baked figs with goat cheese.

\$30 per person, \$25 for Open Harvest Members

friday, december 9 Brunch, Italian Style

7-8:30pm at Grace Lutheran Church
2225 Washington St., Lincoln

Julie Caruso takes us on an adventure to Italy with a brunch menu fit for Rome. Classic Eggs in a Basket with spinach, a frittata, onion tart, potato pentola, and a baked pear tart.

\$30 per person, \$25 for Open Harvest Members

in your store

saturday and sunday, november 5 and 6 Fall Celebration Weekend

11:30am-3pm

Samples, recipes, a holiday planning extravaganza.

saturday, november 5 and friday, november 25 Husker Home Game Grill Out at the Co-op

11am-2pm

Artisan house made burgers, local bratwurst, and fresh Florentine veggie burgers. All meat is Humanely raised, locally grown and always chemical free.

thursday, november 24 Thanksgiving Day

The store will be closed on Thanksgiving Day.

in your community

saturday, november 5 Forks Over Knives Free Screening

7pm at Meadowlark Coffee & Espresso

1624 South St., Lincoln

Despite the most advanced medical technology in the world, we are sicker than ever by nearly every measure. Cases of diabetes are exploding, especially among young people. Heart disease, cancer and stroke are the country's three leading causes of death, even though billions are spent each year to "battle" these very conditions. Could it be there's a single colution to all of these problems?

monday, november 7 Board of Directors Meeting

5:30-7:30pm at Irving Recreation Center

2010 Van Dorn St., Lincoln

All are welcome.

wednesday, november 9 Nebraska Women's Health Symposium

Cornhusker Marriott Hotel

333 S. 13th St., Lincoln

The NWHS brings together women's health care professionals who share an interest in health care trends, education, prevention services, and networking.

thursday, november 17 Wine & Cheese Tasting

At Meier's Cork and Bottle

1244 South St., Lincoln

Select wines from Meier's paired with cheeses from Open Harvest. Please call 402-476-1518 for reservations and pricing.

saturday, december 3 Food Stamped Free Screening

7pm at Meadowlark Coffee & Espresso

1624 South St., Lincoln

This informative and humorous film follows a couple as they attempt to eat a healthy, well-balanced diet on a food stamp budget. Through their adventures, they consult with members of Congress, food justice organizations, nutrition experts, and people living on food stamps, to take a deep look at America's broken food system.

A THANKSGIVING TABLE

WITH A HEALTHY SERVING OF SUSTAINABILITY

BY SHERRI CLARK, MEMBERSHIP AND OUTREACH MANAGER

Thanksgiving is a time for family and friends to come together and recognize all that they are thankful for. There are many ways to enhance traditions with sustainable practices and start a new tradition of sustainability in your holiday celebration.

Shop local.

Support an independently-owned local business and put more of your dollar back into your local economy. Local meats, cheeses, and produce are available here at the Co-op. How much of your Thanksgiving celebration can you source locally?

Spend more time in the kitchen.

Dig out old recipes or discover new favorites for your collection. Cooking and baking from scratch uses less packaging and encourages creativity in the kitchen. Gathering and celebrating Thanksgiving from start to finish is a victory for all. Food is part of us and creating good food together can enrich your holiday experience.

Go disposable-free.

Use real plates, silverware, napkins, and cups at the dinner table, even for leftovers. If you may not have enough dishes for your large gathering, encourage guests to bring their own dinnerware. It might

take a few extra minutes to wash dishes, but the impact of waste from Thanksgiving dinners in the United States each year is staggering. Consider composting all non-meat food scraps instead of throwing them in the garbage. Take the challenge and go waste-free this Thanksgiving.

Get creative with natural decorations and centerpieces.

Instead of purchasing decorations, go outside or visit a local farmer to gather gourds, leaves, pumpkins, branches, and other natural elements to bring the outside in. Get the kids involved too. They may surprise you. When finished with the décor, it can be composted and returned to the Earth.

Carpool.

Coordinate rides and consider driving a couple of extra miles to pick up a friend or family member on the way to the celebration.

Get moving.

The exhaustion you feel on Thanksgiving is from all of the fat, sugar and calories. After dinner table clean-up, consider going on a group walk. You'll feel a lot better and perhaps have a bit more room for pie.



Reiki Training

healing with head, heart & hands



Reiki II - NOV 26

Reiki I - JAN 21, 2012

Reiki II - FEB 25, 2012

Classes held at Unitarian Church
6300 A Street, Lincoln

Master teacher STEVEN MCFADDEN
has over 30 years of experience
in the Usui tradition.

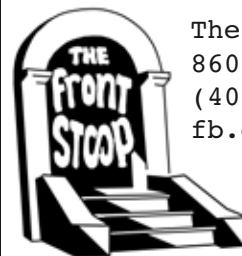
Info & registration: 402-304-6580
www.chiron-communications.com

interested in
advertising in
the dirt?

send us an e-mail at:

harvest@openharvest.coop
for rates and more information

Zines * Small-Press Books
T-Shirts * Magazines
Buttons * Stickers



The Front Stoop
860 S 27th Street
(402) 474-6630
fb.com/LNKstoop

Fri-Sat-Sun
11am-6pm

GRILLING OUT AT THE CO-OP!

all burgers
and brats are:
grass fed
local
humanely
raised
and of course
chemical free

Grill out with Open Harvest every Husker home game Saturday.

Burgers & Brats \$3.00 Add Cheese 50¢

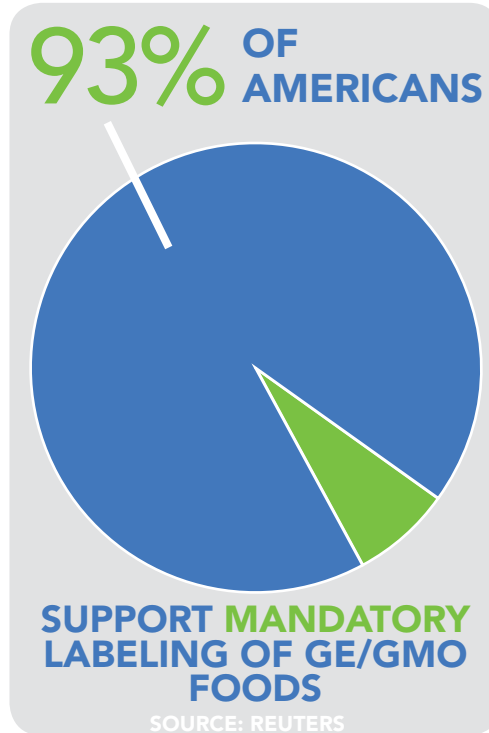
ADD KETTLE CHIPS & BLUE SKY SODA FOR \$1.75

just label it.

Open Harvest is a partner organization in the “Just Label It: We Have a Right to Know” campaign.

This campaign was created to advocate for the labeling of genetically engineered (GE) foods. A recent study by Thomson Reuters found that 93% of Americans support mandatory labeling of GE foods. Yet for 20 years we have been denied that right. While our reasons for wanting to know what's in our food may vary, what unifies many of us is the belief that it's our right to know. Without labeling of GE foods, we cannot make informed choices about the food we eat.

A legal petition calling for the mandatory labeling of GE foods, written by attorneys at the Center for Food Safety, was submitted in September to the FDA. It was created on



the premise that people have a right to know what is in their food, and to give consumers not only a voice, but a choice in how they can take action. The FDA will take public comments on the petition. The FDA carefully considers official comments from the public when drawing up a final ruling.

Hundreds of partner organizations representing the healthcare community, consumer advocates, farmers, concerned parents, environmentalists, food and farming organizations, businesses, the faith-based community, and many more concerned with protecting the consumer's right to know have joined together in support of the petition to the FDA and the mandatory labeling of genetically engineered foods.

We hope to raise awareness of this issue, drive consumers to submit comments to the FDA and let Washington know that Americans want labeling of genetically engineered foods. **Please visit the website and submit your comments at justlabelit.org.**

pumpkin and squash art contest winners



"HOOTY THE CO-OP OWL"
brent schmoker



"MS. ORGANIC"
amy eidenmiller



"RAFFIANA"
mona callies

WELCOME NEW MEMBERS!

- | | |
|-----------------------|----------------------|
| Dru Davidson | Alison Mansfield |
| Caroline Jezierski | Ronicka Schottel |
| Christine Campbell | Regina Thunderhawk |
| Carol Anderson | Debra & Frank Romano |
| Kara Kehoe | Nicholas Lemme |
| Nancy Bernhardson | Ward Curry |
| John Hayden | Julie Filips |
| Diego Riveros | Barbara Queen |
| Allison Jensen | Mary Brownell |
| Anthony Hokanson | Jenni Burbeck |
| Alisa Shonka Smith | Dana Garrison |
| Darin Weiland | Kristina Robinson |
| Jay & Barbara Schmidt | Sue Burkey |
| Kay Kromm | Lindsay Soucek |
| Tim O'Leary | David Zalewski |
| Mary Ann Reeves | Sheri & Greg Hurlbut |
| Nancy Chandlet | Andrew L. Tiedje |
| Sarah Flair | Michel Diccio |
| Cynthia Reece | Kristy Thurber |
| | Michael Thurber |

“OH”

WHAT A TALENTED STAFF WE HAVE!

compiled by kelsi swanson, general manager

With such talented staff it is hard not to share some of their trades and history with you. Currently on staff, we have employees ranging in skills from musicians to science majors, belly dancers to valet drivers and everything in between. Without disclosing anyone's identity, here are some of the many talents our well educated and interesting staff have here at Open Harvest:

BACHELORS IN BIOLOGY preschool teacher ACCOUNTANT
SUBMITTED INVESTMENT TRADES ON A TICKER BOOK ENVIRONMENTAL LABORATORY TECHNOLOGY DEGREE
TAPE MACHINE DESIGNER FLORIDA state-certified in mediation VISITED
ORIGAMI MAKER ENCAUSTIC FLUENT IN LAKOTA VOLUNTEER ATTUNED DELIVERED METALS 46 STATES
P A I N T E R RICE CREAM SCOOPER OF THE YEAR MASTER. WHEELS FIRESTARTER
published poet CERTIFIED SPINNING INSTRUCTOR mountain bike racer WITH FLINT
BARTENDER speaks swahili MICROBIOLOGIST MASTER GARDENER IN TRAINING AND STEEL
CADDY COLLECTION OF 500+ UNIQUE HEART ITEMS FILM juris doctor EDITOR
BEEN INSIDE THE LIVING QUARTERS OF A MEN'S PRISON (NOT AN INMATE) TOWEL BOX FOURTH MACHINIST DIRECTOR BACHELOR CH
BLACK YOGIS birth TAP DANCER INTERN ON BACHELOR SEM
B E L T YOGINIS doula CAPITAL HILL OF ARTS ASSISTANT
fluent in elvish degree in audio engineering BACHELORS IN EXPERIMENTAL PSYCHOLOGY
SINGER MASTERS IN BUSINESS ADMINISTRATION PHD DISSERTATION EDITOR
TRAVELED TO ISRAEL, GREECE, TURKEY, IRAQ, IRAN, AFGHANISTAN, PAKISTAN, INDIA AND ABU DHABI
HURRICANE KATRINA VOLUNTEER APIDARY MASTERS OF horseback rider
PHD IN LEADERSHIP IN HIGHER EDUCATION ballroom dancer EXERCISE TYPESETTER
ORGANIZATIONAL BEHAVIOR FILM EDITOR MASTERS IN EDUCATION SCIENCE finance manager
working musicians VALET DRIVER TREASURER BOOKKEEPER
MASTERS IN LANDSCAPE ARCHITECTURE lived on a kibbutz in israel
ONCE ENCOUNTERED A LEOPARD IN A DARK JUNGLE LATE AT NIGHT, AND KNOWS WHAT LEOPARD BREATH SMELLS LIKE AFA-CERTIFIED FARRIER
typed letters using carbon paper BACHELORS IN BUSINESS MANAGEMENT
BACHELORS IN BUSINESS ADMINISTRATION bachelors in education

Store News

New items in the store

Bakery

In addition to our current non-dairy pumpkin pie, we will now be offering a delicious new pumpkin pie made from Nancy's own recipe! (Nancy is our Bakery Manager)

Meat & Seafood

Ground Elk
Local Turkeys

Produce

Chestnuts
Organic Apple Cider
New varieties of Pears

Supplements

Ycramp by Nature's Plus
Herbal Resistance Liquid Vegetarian Caps by Source Naturals
Liquid Calcium Magnesium Citrate with Vitamin D3 by Solgar

Deli

Many new hummus variations including curried pumpkin
Gluten-free polenta lasagna

Grocery

More beautiful handmade baskets from Ghana

Feed the Hungry; Donate at the register

The season of giving has begun. The Food Bank of Lincoln needs our help and is accepting donations at the register when you check out. You can give a donation as small as \$1. Donate at the register until the end of the year with the help of your friendly Open Harvest cashiers. Thank you for your continued support of our community and those in need. May we all have a blessed holiday season. Thank you for shopping at Open Harvest.

Get the latest Open Harvest news on facebook.
[facebook.com/openharvest](https://www.facebook.com/openharvest)

STAFF PICK

Kelsi Swanson
General Manager



NEW CHAPTER ORGANICS

Every Woman's One Daily Multivitamin

\$22.49 FOR 24 TABLETS

I have taken this women's multivitamin for quite a few years now, and I really like it! It is a whole food vitamin, which means it is easy to digest and can even be taken on an empty stomach.

This product is organic, whole, and probiotic. It also contains an herbal blend which helps with stress and energy.

I like it for all of these reasons, but my favorite part is that it is very convenient; easy to take, easy to digest, and it gives me energy!



At Open Harvest Co-op, fresh food is only the beginning.

