

# Rollin' Oats Journal

A BIMONTHLY PUBLICATION OF LINDEN HILLS CO-OP GROCERY & DELI

## Featherstone Farm Goes SOLAR

BY JENNI McHUGH

The flood of 2007 got Featherstone farmer Jack Hedin thinking a lot more about sustainability. His farm—a 140-acre certified organic produce farm in southeast Minnesota—had been nearly wiped off the map. Hedin saw the flooding as an effect of global climate change, so when ruinous rains returned in 2010, he decided it was time to act.

The result: a 2,200-square-foot, 38-kilowatt solar panel array is now in place on the roof of the farm's machine shop in Rushford. This spring, Featherstone Farm enters the new growing season producing the majority of its power directly from the sun.

"We are all so excited about this project," Hedin says. "If we are going to take the notion of sustainability seriously in our day-to-day lives, we have to be willing to make significant changes to business as usual."

### Peak demand

An early audit of Featherstone's energy demands, completed in March 2011, suggested an almost perfect correlation between the farm's seasonal electrical usage and solar energy availability: both grow steadily throughout the spring, peak in summer, and fall with the return of cool weather in the autumn.

"This correlation makes rooftop solar a 'silver bullet' solution to our farm's energy needs," says Hedin.

Getting that solution put in place would require more effort than anyone at the farm could have imagined at that time. Fortunately, an extraordinary project manager stepped forward early on: CSA member and longtime advisor Sharann Watson of Minnetonka. Sharann donated hundreds of hours of her time over the summer and fall to resolve technical and engineering questions, apply for grants, examine vendors, and analyze financial projections.

Then there was the money. In mid-summer, Hedin and Facilities Manager, Evan Meier, decided that the solar array would be located on a new shed roof attached to the farm's equipment building, and that part of the renovation would be the installation of a large new cooler for storage of winter vegetables like carrots and cabbage. This addition pushed the project's overall cost to more than \$400K.

"We knew that there would be some federal grant money available for sure, and a low-cost loan from The Minnesota Department of Agriculture," recalls Sharann. "But a lot of the federal money was not automatic, and we wouldn't find out if we received the big REAP (USDA)



Featherstone facilities manager Evan Meier, office manager Greta Sikorski and farmer Jack Hedin stand proudly in front of their recently installed solar panels. Thank you to all of the Twin Cities co-op members who contributed to this project!

grant until 2012. So we had to raise the rest of the money ourselves."

### Raising the money

Sharann and Featherstone office manager, Greta Sikorski, undertook a month-long capital campaign in the late summer, which raised over \$170,000 in unsecured loans from the farm's friends, customers, and CSA members as well as from Seward, Lakewinds and Eastside Co-ops in the Twin Cities. Another \$100,000 came from Whole Foods Market, and the project moved forward despite the odds and a down economy.

Construction began in early September and continued through the harvest season.

"There were builders, electricians, solar installers, refrigeration guys, and insulation applicators all over the place," says Evan, who oversaw much of the daily work. "There was nowhere to park in the farmyard, and meanwhile we had squash and broccoli coming in from the field. It was a zoo."

### Let the sun shine

When the dust settled, however, Featherstone Farm was left with a truly unique and forward-looking renewable energy system, which Hedin hopes

Construction began in September and continued through the harvest season while the squash and broccoli was coming in from the field.

will be a model for others in the area.

"If we get the REAP grant, the payback on all this will be just seven years," he says, "I'd sure like to see my neighbors jump in and try something like this too. We're all being impacted by climate change. What better way to become part of the solution right away and to save money long term in the process?"

Either way, Hedin says he will take huge comfort this coming season when he sees all the energy being consumed at Featherstone Farm and knows that more than 60% is being generated right on the farm, in the most sustainable way possible.

"Thanks so much to all our friends and customers who helped us pull this all off," he says. "We are so fortunate at Featherstone Farm, to be surrounded by a community which makes 'pipe dreams' like farm solar power into a reality."

# EYI

Co-op Shoppers

### Donate to the Non-GMO Project

In the U.S., genetically modified ingredients are in as much as 80% of conventional processed food. Despite consumer concerns, the federal government does not require labeling of genetically-modified ingredients. The Non-GMO Project is working towards a future when everyone has the ability to make an informed choice about whether or not to consume genetically modified organisms.

The Non-GMO Project is North America's only third party verification and labeling program



for non-genetically modified food. As a non-profit organization, The Non-GMO Project is also committed to preserving sources of non-GMO ingredients and educating consumers. Look for their logo on products that have completed their rigorous verification process. Visit [www.nongmoproject.org](http://www.nongmoproject.org) to learn more.

Making a donation to this critical effort couldn't be easier. Throughout the month of April, you'll be able to make a donation to The Non-GMO Project quickly and easily through our registers.

### Drop Your Used Books to Benefit the Library

Beginning April 15th, Linden Hills Co-op will be accepting used books for the Friends of the Linden Hills Library Used Book Sale, which will be held on Sunday, May 20 as part of the Linden Hills Festival.

All proceeds from the Friends Used Book Sale will benefit the collection and programs of Linden Hills Library.



### The Living Green Expo

Linden Hills Co-op is an official sponsor of the Celebrity Chef Stage at this year's Living Green Expo.

The event takes place May 5 and 6 at the Minnesota State Fairground, showcasing the best of green living from cooking to construction to transportation. Tickets are \$3 online or \$5 at the door. Visit [www.livinggreenexpo.mn](http://www.livinggreenexpo.mn) for more information.

Don't forget to check out our Natural Home booth and Linden Hills Co-op instructor Chef Kate Moore's workshops on the Kitchen Basics Stage.



## Board of Directors 2011-2012

Margo Brownell, Vice President  
L. Peter Erickson, President  
Albert Kolman-Stich, Secretary  
Timothy Olken-Hunt, Treasurer  
Kathy Seipp  
Jennifer Simonson  
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Board meetings are the third Wednesday of each month and any co-op member is welcome to attend—please email or call the co-op a couple of days in advance: [board@lindenhills.coop](mailto:board@lindenhills.coop) or 612-279-2451.

## Co-op Managers

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## International

### Principles of Cooperation

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

## Rollin' Oats Journal

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*Rollin' Oats Journal* is the bimonthly newsletter of Linden Hills Co-op and is published for the benefit of our membership and the community. The opinions expressed herein are those of the authors and not necessarily those of Linden Hills Co-op or its members. For information about submitting articles, artwork, or advertising, call Allie Mentzer at 612-279-2450 or email [allie@lindenhills.coop](mailto:allie@lindenhills.coop). Letters to the Editor are welcome and may be sent to: 3815 Sunnyside Ave., Minneapolis, MN 55410. For information on advertising, visit the website and click on "Rollin' Oats Journal."

Linden Hills Co-op's web site is at [www.lindenhills.coop](http://www.lindenhills.coop). Visit us on Facebook, too!

Linden Hills Co-op is a proud member of the National Cooperative Grocers Association.



## BOARD REPORT

# Listening Sessions Are Here

BY L. PETER ERICKSON, BOARD PRESIDENT



**Y**ou've been hearing about them for a while now—in articles and at the Annual Meeting. They are now happening. Starting on February 18th, we have begun the Listening Sessions! What are they? Put simply: you talk, we listen. Viewed as a way of connecting to our member-owners in a more direct way than through surveys, the Listening Sessions offer a chance to talk to your co-op's Board of Directors about LHC's values, priorities, and future—all over a delicious light meal from our deli.

We are learning as we go how to best do this, but here is how they have been working so far:

Any member-owner of the co-op may sign up for a session. We have sent invitations to our top shoppers, to members who provided loans to help fund our co-op's recent move, and to people who signed up at last year's Annual Meeting. But you don't need an invitation to join a session. Just contact us at 612-279-2451, or at [board@lindenhills.coop](mailto:board@lindenhills.coop). We will get back to you with a selection of session dates.

Member-owners come to the LHC Community Room for their assigned session and enjoy a meal from our deli.

We start with a brief discussion of how our co-op is governed, our currently stated purposes (Ends Policies), and some session ground rules.

Then, from there on: you talk, we listen. We start with some general "What's on your mind?" questions and let it go from there. We have some more specific topics to talk about, if time and interest allows.

That's it. The first sessions have produced some great discussions. We will be reporting on the themes and ideas from our member-owners in future issues of the Rolling Oats Journal. Watch for them. Or better yet, call or email and join one of the Listening Sessions!

## MEMBER SPOTLIGHT

# Angela Gustafson: Cyclomaniac

BY KATHY GERHARDT

**F**or most people, "RAGBRAI" (ragBRI) equals "bragging rights" for anyone who has completed the annual cycling event in Iowa. RAGBRAI is short for the Register's Annual Great Bicycle Ride Across Iowa and it is seven fun and/or grueling (depending on who you ask) days of biking across the state of Iowa.

Linden Hills Co-op member Angela Gustafson can boast among her family—though she seems far too humble in person to do that. Gustafson pedaled all 468 miles last summer in the blazing heat. She not only earned bragging rights, but an apology from her husband, who signed her up for the race as a Christmas gift. After a 50-mile bike ride, he had a far better understanding of the grueling gift he'd presented to his wife.

"He said, 'Honey, I apologize for pushing you to go on the RAGBRAI. I now know just how borderline cruel that was. I can't imagine doing that day after day,'" she recalled smiling.

Even after accomplishing such a feat, she reluctantly acquiesces to being called a "cycling enthusiast." Perhaps that hesitancy is because she's not the type who is decked out from head to toe in fancy, multi-colored cycling gear riding a bike that is as much or more than a monthly mortgage payment.

She views herself more simply as a mom who likes to bike with her kids ages 13, 11, nine and seven years old.

"I just needed to get out when they were really little and I wanted to bike around the lakes. Slowly, I started making them go. We would tackle one lake and then we would treat ourselves. Then we would try two lakes and three lakes," she explained. "What I found was that they could really go a long way. When they would bring a friend or two along, they could go even farther because

they weren't paying any attention; they were just having fun with their friends."

Those early bike rides, coupled with a growing interest from her two oldest sons—who asked why there weren't any summer cycling camps for kids—led to the creation of the Mill City Cyclomaniacs. It's a concept that's perfect for an area like the Twin Cities which is blessed with a wealth of parks, trails and bike paths.

"We sent an email to a bunch of family friends asking if anyone had any interest in a 15-mile bike ride. The first year we did five rides. Sometimes we'd have 30 people, kids and adults," said Gustafson. "Adults were always so surprised that the kids could bike these distances, but they were just having fun with their friends. Then more and more people started to join in. Last summer was the third year of Cyclomaniacs."

While fairly informal, free, and open to all, the group has become organized enough to have a logo, t-shirts and a website where all of the weekly ride information is posted (<http://mccyclomaniacs.us>). The cycling group averages 15-25 riders a week, though nearly 60 people showed up for the ride which included a stop at the Twins Stadium. Last year there were nearly a dozen different rides all departing Fridays from either Lake Calhoun or Lake Harriet.

"It builds community. It's healthy, it's fun, and we support the local small businesses," she added. "For the third straight year we went to Izzy's on the first ride to St. Paul to get ice cream. We always pick some fun place halfway to stop and have a snack."

Now that the group is established and enough adults are involved, perhaps Gustafson can focus on another terrific project she's passionate about—children's books. She wrote and published an award-winning children's book in 2003 called

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Angie and her fellow cyclomaniac kids Zach, Wyatt, Trey and Keegan visit their local bike shop.

"Imagine a House: A Journey to Fascinating Houses Around the World." The idea came to her after she and her husband returned from serving in the Peace Corp in the Dominican Republic.

"When we came back, we wanted to find a way to expose kids to different cultures around the world," she explained. "I was most interested in trying to create a book for kids and decided to start with the topic of houses."

The book includes vivid photos from 15 different countries and of 22 different houses. It explains how they were built and provides maps and discussion questions easy for kids to understand. All along, she has intended for more books to follow, but finding the time has been a challenge.

"This year is the year I'm really hoping to get started on the second book. The list of ideas is long and the series could go in so many different directions. Topic possibilities aren't the problem."

Creating a second book sounds like more fun and far less grueling than competing in the RAGBRAI.

# You Rocked the Vote!

In late January (post press time for the February/March issue), co-op staff learned that we had approached the limitation on membership stock as set forth by our Articles of Incorporation.\* Surpassing the limitation would mean that the co-op would have to deny any future membership applications. We needed to put this matter to the membership—and fast!

As of February 1, the co-op began asking the membership to vote on a proposed amendment to Article V of the co-op's Articles of Incorporation which specified the limitation on membership stock. We posted signage at all of our registers, encouraged members to vote online via our weekly newsletter and published an announcement in the Southwest Journal.

The final vote was tallied following a special meeting of the membership on February 23. The proposed amendment passed by a wide margin, with more than 95% of voters in favor of increasing the limitation on our membership stock to 200,000 shares each of Class A & B shares. For an explanation of Class A & B shares, visit [www.lindenhills.coop/node/4318](http://www.lindenhills.coop/node/4318). A big thank you to all the co-op members who voted in our special election!

\* During the past few years, your co-op has undergone some major changes. Most obviously, we've moved and expanded our store. But we've also undergone a number of internal transitions in an effort to improve our service to members. One of these has been a serious upgrade to our membership database and the addition of a full-time position dedicated to managing it. Over the past year, we've consolidated all of our records, dating back to some charming hand-written notes from the 1970s.



We regret that we discovered our proximity to the membership stock limitation on short notice and consequently notified the membership on short notice. We appreciate our members' willingness to react quickly on behalf of their co-op. We have already remedied this situation by keeping tally of membership shares on our balance sheet so that co-op staff and board can easily monitor our stock numbers on a yearly basis. This will allow us to bring future votes to the membership during regularly scheduled Annual Meetings.

## April Specials

FOR MORE SPECIALS visit [www.lindenhills.coop](http://www.lindenhills.coop). Or, to receive our weekly specials newsletter, send an email to [allie@lindenhills.coop](mailto:allie@lindenhills.coop) with "Specials" in the subject line.

### Member Specials

#### ORGANIC VALLEY LOCAL Organic Cheddar Cheese

MEMBERS \$3.99  
8 ounces, nonmembers \$4.99  
Sharp or Lowfat Mild

#### GALAXY Vegan Grated Soy Parmesan

MEMBERS \$3.19  
4 ounces, nonmembers \$4.19

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**Tempeh**  
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#### YVES Meatless Deli Slices

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#### AMY'S Toaster Pops

MEMBERS \$2.99  
4 pack, nonmembers \$3.19 - \$3.49

#### CASCADIAN FARM Organic Asparagus Cuts

MEMBERS \$3.29  
9 ounces, nonmembers \$4.29

#### CASCADIAN FARM Select Organic Vegetables

MEMBERS \$2.49  
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Chopped Spinach, Winter Squash Puree or French Cut Green Beans

#### FOOD FOR LIFE Gluten Free Breads

MEMBERS \$4.29  
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Almond Bread or Millet Bread

#### RUDI'S ORGANIC BAKERY Select Organic Bread

MEMBERS \$3.49  
Nonmembers \$4.39 each

#### TRU WHIP Whipped Topping

MEMBERS \$2.99  
10 ounces, nonmembers \$3.59

#### VAN'S Buttermilk Pancakes, Waffles & Gluten Free Waffles

MEMBERS \$2.79  
9 - 12 ounces, nonmembers \$3.29 - \$3.59

#### ANNIE'S HOMEGROWN Bunny Classics Crackers

MEMBERS \$2.99  
6.5 ounces, nonmembers \$3.69  
Saltine or Buttery Rich

#### HUBERT'S LEMONADE Bottled Lemonades & Limeade

MEMBERS \$1.79  
16 ounces, nonmembers \$1.99

#### BOB'S RED MILL Flaxseed Meal

MEMBERS \$3.39  
16 ounces, nonmembers \$4.99-\$5.49  
Brown or Golden

#### CRUNCH MASTER 7-Ancient Grains Crackers

MEMBERS \$1.99  
3.5 ounces, nonmembers \$2.99

#### GHIRARDELLI Chocolate Baking Bars

MEMBERS \$2.49  
4 ounces, nonmembers \$2.99

#### GHIRARDELLI Semi-Sweet Chocolate Chips

MEMBERS \$3.49  
12 ounces, nonmembers \$5.99

#### LET'S DO...ORGANIC Organic Shredded or Flaked Coconut

MEMBERS \$2.49  
Nonmembers \$2.99

#### LET'S DO...ORGANIC Organic Creamed Coconut

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#### MEDITERRANEAN ORGANIC Organic Fruit Preserves

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#### SAN-J Marinade Sauces

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#### AUBREY NATURALS After Sun Moisturizer

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4 ounces, regularly \$11.99

### Meat & Deli

#### 1000 HILLS CATTLE CO LOCAL Grass Fed Beef Ballpark Franks

SALE \$7.39  
16 ounces, regularly \$8.39

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**R**egister for co-op classes in person at the Customer Service Desk or by phone (612-922-1159). **Pre-registration including payment is required.** If you need to cancel you must do so 48 hours before the scheduled class to receive a full refund. Please note that our classes are not intended to replace your relationship with your primary physician.

**Tuesday, April 3, 6:30 – 8 p.m.**

#### **South Indian Festival Foods**

>> **CLASS** >> Anu Seshadri. Please pre-register; \$30/\$25 members. Learn to make crispy lentil croquettes, spicy lentil-tomato soup and rice pudding perfumed with cardamom pods.

**Thursday, April 5, 6:30 – 8 p.m.**

#### **Wild Edibles = Free Food!**

>> **CLASS** >> Karen Shragg. Please pre-register; \$20/\$15 members. Full of nutrition and flavor, wild plants are often unwanted and free for the taking. Karen, naturalist for Richfield's Wood Lake Nature Center, will show you how to transform wild plants into wonderfully tasty dinners.

**Sunday, April 8**

#### **Easter Sunday**

>> **HOLIDAY HOURS** >> Yes! We're open regular hours on Easter Sunday. Hop on in!

**Tuesday, April 10, 6:30 – 8 p.m.**

#### **Simple & Savory Stir Fry**

>> **CLASS** >> Mary Jo Rasmussen & Kelly Smeltzer, Urban Relish. Please pre-register; \$25/\$20 members. Learn the techniques behind this versatile cooking method. We'll make simple wok appetizers, Chinese/Thai fried rice and quick sauces to accompany your stir fry creations.

**Thursday, April 12, 6 – 8 p.m.**

#### **Seasonal Cooking w/Kate: Fast & Easy Weeknight Meals**

>> **CLASS** >> Kate Moore. Please pre-register; \$25/\$20 members. Learn techniques that are flexible enough to allow for easy, economical, seasonally inspired weeknight meals! Class will end with a family style dinner including a muffuletta sandwich with herbed cream cheese, seasonally inspired soup and salad with homemade dressings.

**Saturday, April 14, 1 – 2 p.m.**

#### **Vegan Options Explored**

>> **STORE TOUR** >> Megan Duke. Please pre-register; FREE. Are you newly vegan or looking to expand your plant-based diet? Join Megan Duke, vegan mentor through Vegan University, on a tour of the coop.

**Sunday, April 15, 3 – 5 p.m.**

#### **Listening Project Session**

>> **CO-OP INVOLVEMENT** >> See page two for details. Can't make it today? Another session will be held on April 25.

**Tuesday, April 17, 6:30 – 8:30 p.m.**

#### **How to Shop Co-op**

>> **CLASS** >> Maia Campbell, Membership & Outreach Coordinator. Please pre-register; FREE. Learn how and why to join the co-op. We'll demystify buying in bulk, taste some local products and share strategies for making the most of your food dollar while enjoying high quality local, organic and fairly traded food.

**Thursday, April 19, 6 – 8 p.m.**

#### **Wellness Wisdom w/Dr. Preston: Dispel the Myths about Cholesterol**

>> **CLASS** >> Rhys Preston, Chiropractic Doctor. Please pre-register; \$15/\$10 members. Made in the liver, cholesterol is a part of every cell in your body and can contribute to increased body fat and other health concerns. Dr. Preston will show you 10 simple steps to raise your good cholesterol and lower the bad; he'll also cover side effects associated with common statin medications.

# EVENTS

## April–May

**Saturday April, 21st 12 – 3 p.m.**

#### **Earth Day Seed Swap**

>> **CO-OP EVENT** >> FREE. Join us for our second annual Earth Day Seed Swap. Connect with your fellow gardeners and maybe learn a trick or two. Whether you bring your saved seed, used packets, or just your curiosity, we'll have something for everyone.

**Tuesday, April 24, 6:30 – 8 p.m.**

#### **Thai Cooking with Gai Gai Thai: Som Tom & Sticky Rice**

>> **CLASS** >> Kris Petcharawises. Please pre-register; \$21/\$16 members. Kris takes us on a tour of Thailand, guiding us through traditional and innovative Thai cuisine. Sample Som Tom (Papaya Salad) with added ingredients such as red cabbage and bamboo and learn variations including cucumber relish and even Thai kim chi. Kris will also show you how to make sticky rice the easy way.

**Wednesday, April 25, 6 – 8 p.m.**

#### **Fair Food: Growing a Healthy Sustainable Food System for All**

>> **BOOK CLUB** >> Please pre-register, FREE. Dr. Oran Hesterman refocuses the lens away from our nation's obsession with centralization, profits, and convenience to examine a food system based on social justice, environmental health, and good quality food. The LHC Book Club is presented by simplegoodandtasty.com. Meetings are open to all—whether you finish the book or just have fresh ideas about our food system. This is an informal, friendly, group-led discussion, with no designated speaker.

**Wednesday, April 25, Time TBA**

#### **Monthly Board Meeting**

>> **CO-OP INVOLVEMENT** >> All co-op members are welcome. Usually, a light meal is served. Please RSVP 3 days in advance. Call 612-279-2451 or email board@lindenhills.coop to reserve your seat (and plate!).

**Thursday, April 26, 6 – 8 p.m.**

#### **Kitchen Basics w/Kate: Knife Skills**

>> **CLASS** >> Kate Moore. Learn to mince, dice, julienne and slice on the oblique with finesse! Kate will empower you to unleash your inner chef as she covers basic techniques and knife care. Participation is encouraged; you'll prepare some tasty treats to enjoy at the end of class.

**Saturday, April 28, 10:30 a.m. – 12 noon**

#### **Good Health Begins in the Gut**

>> **CLASS** >> Michael Larson. Please pre-register; \$20/\$15 members. If your gut is unhealthy, it can lead to illnesses such as asthma, allergies, Crohn's, colitis and auto-immune disorders. Michael used his knowledge about G.I. health to help his daughter recover from autism, and he would like to share his experience with you. He'll also give a presentation on how to make cultured and fermented vegetables, which contain important nutrients and enzymes to support gut health.

**Tuesday, May 1, 6:30 – 8 p.m.**

#### **Food is Medicine: Daily Detox**

>> **CLASS** >> Andrew Litchy, ND. Food is medicine you eat three times a day. As such, eating provides a terrific opportunity to encourage healing. As a Naturopathic Physician, Andrew has a passion for nutrition. He will show you how balanced meal choices can support good health and gently cleanse your body on a daily basis.

**Thursday, May 3, 12 – 1:30 p.m.**

#### **Lake Harriet Professionals Meeting**

>> **COMMUNITY EVENT** >> If you are a home-based professional in the Lakes area, consider joining the LHP marketing cooperative. Regular meetings are held on first Thursdays, at the co-op. This special meeting features a panel presentation by LHP members who can answer your questions about marketing a home-based business and how to join LHP. Visit <http://lakeharrietprofessionals.com> for more info.

**Thursday, May 3, 6 – 8:30 p.m.**

#### **Vegan in a Hurry**

>> **CLASS** >> Robin Asbell. Please pre-register; \$40/\$35 members. Is cooking a healthy meal a daunting task, one you just don't have time for? Chef Robin Asbell will show you how to create whole meals using recipes from her book, Big Vegan, such as Creamy Avocado Pasta with Asparagus & Arugula with a Quick Spring Green Salad in Pine Nut Vinaigrette. All you need is a hot stove and a sharp knife and you'll be able to put a genuinely delicious, plant-based meal on your table in around 30 minutes!

**Tuesday, May 8, 6:30 – 8 p.m.**

#### **The Dessert Pantry**

>> **CLASS** >> Mary Jo Rasmussen & Kelly Smeltzer, Urban Relish. Please pre-register; \$25/\$20 members. With the right items in your pantry, you can satisfy your sweet tooth with homemade goodies that are quick and easy to make. We'll cook one-pan brownies, scrumptious bars, even a quick cake. When that craving for something sweet strikes, your pantry will be ready!

**Thursday, May 10, 6 – 8 p.m.**

#### **Seasonal Cooking w/Kate: Brunch Made Easy**

>> **CLASS** >> Kate Moore. Please pre-register; \$25/\$20 members. Just in time for Mother's Day, Chef Kate will show you how to host a brunch party while retaining your sanity. She will demonstrate make-ahead dishes (perfect dressed-up potatoes) and easy day-of dishes (savory seasonal egg strata), as well as tips and tricks for effortless entertaining.

**Saturday, May 12, 10:30 a.m. – 12 noon**

#### **Nutrition for Cancer Prevention & Recovery**

>> **CLASS** >> Claudine Arndt & Julie McNearney. Please pre-register; \$30/\$25 members. This class will cover some key components that experts have identified as being the most effective in cancer prevention: anti-cancer superfoods, alkalizing the body, healthy stress management and reducing exposure to toxins. Claudine and Julie are Holistic Health Coaches; Julie is also a cancer survivor and they both want you to be as healthy as possible.

**Tuesday, May 15, 6:30 – 8 p.m.**

#### **Energy Body Mapping**

>> **CLASS** >> Debra Safyre. Please pre-register; \$35/\$30 members. Energy centers on the body (chakras) are the entry points to your physical, emotional, mental and spiritual layers. Debra will help you locate and sense these energy centers. (Please Note: You will be working in pairs during this class.)

**Wednesday, May 16, Time TBA**

#### **Monthly Board Meeting**

>> **CO-OP INVOLVEMENT** >> All co-op members are welcome. Usually, a light meal is served. Please RSVP 3 days in advance. Call 612-279-2451 or email board@lindenhills.coop to reserve your seat (and plate!).

**Thursday, May 17, 6 – 8 p.m.**

#### **Wellness Wisdom w/Dr. Preston: Rejuvenate your Adrenals**

>> **CLASS** >> Rhys Preston, Chiropractic Doctor. Please pre-register; \$15/\$10 members. Adrenal glands enable your body to deal with physical and emotional stress. Dr. Preston will show us how to actively promote the wellbeing of our adrenals, our "anti-stress" glands.

**Tuesday, May 22, 6:30 – 8 p.m.**

#### **Thai Cooking w/Gai Gai Thai: Fried Rice 3 Ways**

>> **CLASS** >> Kris Petcharawises. Please pre-register; \$21/\$16 members. Learn to prepare fried rice "street style." It'll truly stand out from anything you'd find at a takeout joint! Master brown rice, jasmine rice—even sticky rice. As a special treat Kris will also make Thai Fried-Egg Rice Cakes.

**Thursday, May 24, 6 – 8 p.m.**

#### **Kitchen Basics w/Kate: Healthy Cooking for 1**

>> **CLASS** >> Kate Moore. Please pre-register; \$25/\$20 members. With a focus on healthy, easy and intuitive (read: flexible) dishes, you will feel inspired to build your culinary muscles and take ownership of your personal eating experience. Our menu includes rotisserie chicken 4 ways in 4 days, best breakfast for dinner and super salads made simple.

**Wednesday, May 30, 6:30 – 8:30 p.m.**

#### **Farm City: The Education of an Urban Farmer**

>> **BOOK CLUB** >> Please pre-register; FREE. We read Novella Carpenter's utterly charming memoir about becoming an urban farmer. Novella transforms an abandoned lot full of garbage and weeds into a lush farmyard complete with chickens, rabbits, ducks and pigs. If you daydream about becoming a farmer—but are hesitant to forego the city life—this book will surely capture your imagination. The LHC Book Club is presented by simplegoodandtasty.com. Meetings are open to all; you do not need to finish the book to participate. This is an informal, friendly, group-led discussion, with no designated speaker.



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