



*PDT Foods members, volunteers, and supporters:*

Summer is usually a slow time for the food co-op, but our business in June was very close to that in March. Thanks for keeping us in your weekly (or daily, for some) schedule.

As I mentioned in the previous newsletter, we applied for a grant to take on an intern. The funds were approved, and we have decided to start the internship in late August. The intern will be working on local foods and transportation issues: finding ways to increase the number of local products we offer and efficient ways to get products from producers to Morris. The intern must be a University student, and we will start accepting applications through the Center for Small towns in August.

Our Annual Meeting in March was a big success, with a good turnout and lots of delicious food. At the meeting,

members discussed the possibility of accepting credit cards. Overall they were greatly in favor, and the board approved the decision in April. We started accepting Visa and MasterCard on June 21st and we've been pleasantly surprised at the percentage of sales swiped on credit cards. I've gotten a lot of good feedback from members, volunteers, and the community.

Also at the Annual Meeting we passed two amendments to our Articles of Incorporation. The amendments are now on file with the Secretary of State. There are also some changes to our Bylaws that need to be made, and we may hold a special meeting/community potluck this fall to vote on those changes. Watch for more information!

One issue we've been struggling with this season is moving the compressor for our freezer outside. The compressors for our freezer and cooler

are both located in the basement, and we discovered this spring that they were heating up the room into the triple digits. (We had been wondering why the air conditioner was running all winter). A fan motor in the compressor blew due to the heat, and though we've had that replaced we need to have the unit moved before it happens again. This involves some outside help with installation and setting up an enclosure to keep it safe from the weather. By the time you read this, we should have moved the compressor outside already.

On a positive note, the food co-op will have a booth again this year at the Stevens County

Fair! We really need help from our members to keep the booth manned, as many of our volunteers will be spending time keeping the store open during fair hours. Last year was a lot of fun, and we brought in some extra business and introduced new customers to the co-op. We will be selling cold drinks and snacks, offering some free samples, and we will even hold a drawing for gift certificates! If you can help out, please stop by the food co-op and sign up for a shift.

As always, thank you for your continued support.

*Jessi Gurr  
Manager*

## Food co-op now accepting Visa and MasterCard

We did it. We finally entered the 20<sup>th</sup> century.

Instead of increasing your monthly payments impulsively shopping online, you can now use your credit card on more practical purchases at the Pomme de Terre Food Co-op!

We started accepting Visa and MasterCard in June, and have received a lot of good feedback. Our percentage of credit card sales has been higher than we expected, which means that it will definitely be worth the monthly fees associated with

the machine.

We have to pay a transaction fee (per swipe), and Visa/MasterCard also take a percentage of credit card sales. Because of this, we are asking that customers observe a \$5.00 minimum purchase to use their credit card. With so many tempting items for sale at our co-op, we hope this won't be too difficult.

Another reminder for our shoppers: PDT Foods accepts Food Stamps (EBT). And, of course, you're still welcome to pay with cash or write a check.

Join us at the  
Stevens County Fair!

August 8-13  
Lee Community Center  
Morris Fairgrounds

**VOLUNTEER!**

**We need your help at the fair booth. Please consider signing up to volunteer.**

**A fair schedule sign-up sheet is posted at the food co-op.**

# Chocolate

At the Pomme de Terre Food Co-op



Chocolove is manufactured in Boulder, Colorado. Their company imports chocolate and cocoa butter from Belgium to produce its chocolate bars. Chocolove was founded in 1996 by chocolatier Timothy Moley, who is said to faintly remind people of Willy Wonka. Today the company is still owned and operated by Moley. Their packaging resembles a love letter, and each wrapper has a classic romantic poem printed inside.

We have five Chocolove bars at the co-op: Extra Strong Dark Chocolate (77% cocoa), Dark Chocolate with Cherries and Almonds, Dark Chocolate with Crystallized Ginger, Milk Chocolate, and Milk Chocolate with Hazelnuts.



Dagoba was founded in 2001 by Frederick Schilling. Schilling was determined to produce not only great tasting chocolate, but also chocolate that benefited people and the planet. Dagoba chocolate is certified organic and the company is dedicated to sustainable and ethical purchasing practices. Dagoba was purchased by The Hershey Company in 2006.

PDT Foods carries five varieties of Dagoba chocolate: Lime, Lemon Ginger, Lavender, Mon Cherri, and Xocolatl.



Divine Chocolate was established in the UK in 1998, and currently manufactures Fair Trade chocolate products in both the United Kingdom and the United States. Farmers own a stake in their company and its profits.

PDT Foods carries four Divine chocolate bars: 70% Dark Chocolate, Mint Dark Chocolate, Milk Chocolate, and Hazelnut Milk Chocolate.



10% of Endangered Species profits are donated to help support species, habitat, and humanity. Their chocolate is labeled as Ethically Traded. Until 2006, their chocolate was certified Fair Trade, but in the summer of 2006 they decided to dedicate the money spent on their Fair Trade Certification directly to support the farmers in the Conacado Co-op in the Dominican Republic. Their cocoa is sourced from this co-op, and they continue to ensure a fair wage for farmers in this co-op.

PDT Foods has five Endangered Species bars: Supreme Dark Chocolate (72% cocoa), Dark Chocolate with Deep Forest Mint, Extreme Dark Chocolate (88% cocoa), Dark Chocolate with Espresso Beans, and Dark and White Chocolate Blend.



Rapunzel was founded in Germany in 1974 by three friends whose vision was to promote healthy living and sustainable agriculture. The company was named after the Fairy Tale, which begins with a lady who longs for the delicious salad growing in a witch's garden.

Rapunzel's Pure Swiss Chocolate is 100% organic and certified Fair Trade. PDT Foods also carries Rapunzel Rapadura cane sugar, which is used to sweeten this bar. The chocolate is made by Swiss chocolatier Maestrani, who has been making chocolate especially for Rapunzel since 1987.



Wilbur buds and triple-coated almonds are one of the fastest selling grab-and-go snacks at PDT Foods. We introduced these chocolates a few years ago, and it's hard to keep the shelves stocked. The Wilbur Chocolate Company was founded in 1865 by Henry Oscar Wilbur, and is located in Pennsylvania. The company produces more than 150 million pounds of chocolate each year. The Wilbur Chocolate Company is a subsidiary of Peter's Chocolate, a subsidiary of Cargill Foods.

PDT Foods has bags of Milk Chocolate Wilbur Buds, Semi-Sweet Wilbur Buds, and Wilbur Triple-Coated Almonds in our chocolate section.

## Wild Caught Salmon Shortage

For many months PDT Foods has been working with the Whole Farm Co-op in Long Prairie, MN to introduce more Minnesota-grown foods to our store. We brought in Wild Alaskan Salmon, caught by a fisherman from Long Prairie, to our freezer section last year.

We were just informed that unfortunately there is not much

salmon left from this season. The next fishing season is next spring, so we will have to wait until then to reorder salmon from the Long Prairie Food Co-op.

Don't worry - we are able to get Wild Alaskan Salmon from one of our regular wholesalers. We will be ordering EcoFish salmon until we can get the fish from Long Prairie again.



## Open Daily!

Pomme de Terre Foods is open seven days a week for your convenience.

# New Products at the Pomme de Terre Food Co-op



## Kombucha & Synergy

Kombucha is a fermented sweetened tea that contains probiotics. It's made from a living culture of beneficial bacteria and yeast. GT's Synergy drinks contain 95% kombucha and 5% fruit juice.

## International Harvest

### Double Apricot Granola

Chunks of apricots, oats, and seeds are sure to satisfy your hunger. Try sprinkling some on top of our Stonyfield yogurt!



We have expanded our line of Burt's Bees personal care products. We have added three kinds of shampoo and conditioner pairs: Very Volumizing, More Moisture, and Super Shiny. We've also introduced Burt's Bees shower gel, lip gloss tins, and many more gift sets.



By popular demand! 100% fruit juice with a clever name. The perfect on-the-go refreshment or snack between meals. Stop by and pick up one of our many flavors today!

## Summer Treats!

Cool down with Rice Dream Pies and Nutty Bars. Natural Choice frozen fruit bars are a delicious way to beat the heat—buy them individually or in six-packs!



## Bug Spray and Body Wash

Jason cosmetics is committed to organic personal care without animal testing or animal ingredients. We have added their lavender and chamomile body washes as well as a deet-free insect repellent to our personal care section.



## Annie's Cheddar and Chocolate Chip Bunnies

To complement the Bunny Grams, we've added these two great snacks to our shelves. We also carry a large selection of Annie's macaroni and cheese in many different flavors and sizes. All Annie's Homegrown products come with the official Rabbit of Approval seal.



## Cannellini Beans

These Mediterranean beans are organically grown on US Family Farms. The sweet white beans, also called white kidney beans, are perfect in cold salads or sauteed with olive oil and fresh herbs. Check out our international food section for other great Eden Foods items.

## New Local Bulk Items

### Millet

#### Whole Grain Milling

#### Welcome, MN

Millet is a small-seeded grass with about 11% protein per weigh. It is rich in B vitamins, calcium, iron, potassium, magnesium, and zinc.

### White & Yellow Popcorn

#### Whole Grain Milling

#### Welcome, MN

Popcorn was developed by Native Americans. We think the Minnesota-grown popcorn is larger and fluffier than our previous source... but we'll let you prove it!

### Hulled Barley Whole Grain Milling Welcome, MN

Hulled barley still contains the bran and germ, the nutritious part of the seed. Pearled barley is processed to remove the bran, stripping the grain of almost all of its nutritional content. Hulled barley is just as good as pearled, it just takes a bit longer to cook.

Pomme de Terre Food Co-op

# Stevens County Fair Special

## 10% Discount on your next purchase

Present this coupon during your next visit to Pomme de Terre Foods and receive a discount on your purchase!

Coupon may not be combined with any other discount or offer. No discounts on local meat, milk, kefir, eggs, or sale items. Limit one coupon per customer.

*Expires August 31, 2007.*

# Eichten's Cheeses: Handmade in Center City, Minnesota

**Margaret Kuchenreuther**  
*Cheese Coordinator*

For years PdT shoppers have been enjoying Eichten's cheeses. In fact, these cheeses were one of the first Minnesota-grown products that the Co-op carried.

Eichten's Hidden Acres is located northeast of the Twin Cities near Center City. It is a family owned business that has been producing cheese since 1976. In the mid-1970s, dairy farmer Joseph Eichten decided to begin making value-added products from his milk. He learned cheese making at the University of Minnesota, Twin Cities, and traveled to the Netherlands to study the craft.

Following European tradition, all of Eichten's cheeses are made by hand, in small batches, with milk from several nearby herds. All of the milk used in their cheese is rGBH (growth hormone) free and their cheese is made without synthetic coloring, flavorings or preservatives.

PdT Foods carries a wide range of Eichten's cheeses, including their signature Dutch gouda cheeses, which come in

a variety of flavors, including herb and spice, chipotle pepper, tomato basil, peppercorn garlic and smoked. Another interesting Eichten's product is their tilsit [TIHL-zihht]. According to the food dictionary at Epicurious.com, tilsit cheese is said to have originated in Tilsit, East Prussia (now part of Russia and Poland), when Dutch immigrants accidentally created it while attempting to make gouda. Tilsit has a medium-firm texture with a pale yellow interior and irregular eyes or cracks. Its flavor is mild and buttery when young but becomes more pungent and a little "stinky" with age.

While you are out and about this summer, you might stop by the Eichten's operation. You'll find it on Hwy 8 between Center City and Taylors Falls. They have a deli and market (open daily) and a new bistro featuring Minnesota favorites, including bison that is raised on their own property (open for dinner Wed.-Sat. 5-9 p.m. and on Sunday for brunch, 10 a.m. to 2 p.m.). In the meantime, stop by PdT to sample some of their great cheeses.



## Eichten's Tilsit Soup

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| <i>3 tablespoons butter</i>              | <i>1/4 cup diced green peppers</i>           |
| <i>3 tablespoons flour</i>               | <i>1/4 cup diced onion</i>                   |
| <i>4 cups chicken or vegetable stock</i> | <i>3 cups grated Eichten's Tilsit cheese</i> |
| <i>1/4 cup diced carrots</i>             | <i>3 cups milk, warmed</i>                   |
| <i>1/4 cup diced celery</i>              | <i>salt, cayenne pepper</i>                  |

Soften the butter and mix with the flour to make a smooth paste. Slowly add the stock, stirring to avoid lumps. Add the carrots, celery, green peppers and onions. Bring the mixture to a simmer and cook slowly for 30 minutes or until the vegetables are tender. Add the cheese and continue to heat and stir until the cheese has melted and is well blended. Add the milk, stirring often, to bring the soup almost to the boiling point. Remove from the heat, season to taste with salt and cayenne pepper, and serve. 6 servings.



Pomme de Terre Food Co-op  
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