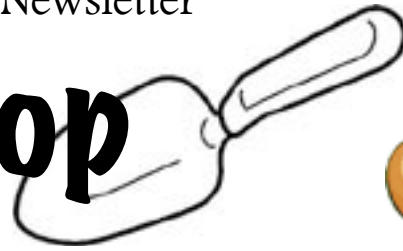




The Scoop



Hello PDT Food Co-op members, volunteers, and patrons!

You may have heard of the many changes our food co-op has gone through over the past few months. Jeremy Hance, the previous Pomme de Terre Foods Manager, left at the beginning of July for Brooklyn, New York—quite a jump from small-town Morris. Jeremy, along with Tiffany Roufs and Morgan Erickson-Davis, jumped on an opportunity to spend a few years out east.

Jeremy and his roommates are getting accustomed to their new fast-paced life in New York, and are enjoying the

diversity, the food, the parks, and the free outdoor movies. “We miss Morris, of course: the co-op, the prairie, the quiet, the community, all of that good stuff. The stark contrast makes you truly appreciate what you left behind (and what you have now),” Jeremy writes.

At the end of June, the Food Co-op hosted a Community Pot Luck—a combined farewell to Jeremy and a chance for me to meet some of our co-op friends. Though the evening was a bit cool, we had a fair turnout. I hope to plan more co-op sponsored community events throughout the year.

If you’ve stopped by the

Co-op recently, you may have noticed a selection of new products. (I was told that becoming a new manager means you get to have a little bit of fun ordering new products). New products are spotlighted in this newsletter—be sure to check them out if you haven’t already! I’ve also been working on restocking the shelves to prepare for returning and new UMM students and staff.

We have done a lot of cleaning in the store over the past two months as well. With help from a few volunteers, the back of the store is a lot more organized. We’re also working

on setting up an inventory system to help things run more smoothly. Overall, the store is doing well—we have had a good number of volunteers this summer, and sales this year are higher than last year!

Inside this issue, you will find an update on our cookbook project, information about an upcoming community pot luck, details about our new website, a list of new products, a product spotlight, and summer recipes.

I look forward to meeting all of our members and volunteers. Thank you for your support!

Jessi Gurr
Co-op Manager

PDT Foods community pot luck and special meeting for members

The Pomme de Terre Food Co-op is hosting a combined Community pot luck and “special meeting” for co-op members. The pot luck will be held at 6:30 p.m. on Tuesday, September 13th at the East Side Park (7th Street) in Morris.

Our pot luck at the end of June had a fair turn out, and we hope that many PDT members, patrons, and volunteers as well as community members will join us. This is a great opportunity for co-op supporters to meet, and for community members to learn more about Pomme de Terre Foods.

The purpose of the pot luck/special meeting is to socialize with old and new co-op members, volunteers, and co-op patrons while enjoying good, healthy food. Also, co-op members will consider an amendment to the PDT Foods by-laws, changing the date of the annual meeting. The amendment is as follows:

ARTICLE III, Section 2, 1st sentence shall be changed to read: “An annual meeting of the members will be held during the month of March each year.”

Amendments to by-laws can only be voted on by current PDT Foods members, but all community members are welcome at the pot luck. Please invite friends, family, roommates, and community members. Don’t forget to bring a dish to share!

Welcome Back UMM Students, Faculty, and Staff!

The Pomme de Terre Food Co-op welcomes back students at staff, and invites new UMM students, faculty, and staff to check out our store!

During the month of September, presenting your U-Card at Pomme de Terre Foods will give you a **5% discount** on general merchandise purchases. We hope you will enjoy the selection of bulk foods, local and organic foods, and natural health care products we have to offer.

Ask the Co-op volunteer for information on becoming a member to enjoy a 5% discount on your purchases year-round. If you have spare time in your schedule this semester, ask about volunteering to receive a **20% discount** at the store!

Cookbook Fundraiser Update

In 1994, Pomme de Terre Foods published a cookbook including recipes collected from the community. Now, the co-op is busy preparing a second cookbook, which will include some old favorites and new recipes.

We started collecting recipes this spring, and have received around 500 recipes from community members. Recipes were collected, and compiled

by our Cookbook Committee: Clare Strand, Barbara Burke, Lonna Fulda, and Diane Hopkins-Whelan. Currently, the committee is in the final stages of proofing and editing the cookbook.

We hope to send the book to print soon, and anticipate copies in the store for sale before Thanksgiving and through the Holiday season. Funds raised from cookbook sales will be put

towards a new freezer for the store. This will allow us to carry a wider selection of local foods, frozen dinners, frozen fruits and vegetables, and many other long-requested frozen goods.

The PDT Food Co-op would like to thank all community members who have submitted recipes and helped make this project possible. Look for cookbook sneak previews in this newsletter!

PDT Foods Product Spotlight

Native Harvest: Local products supporting the White Earth Land Recovery Project

PDT Foods invites you to discover our new selection of Native Harvest soup mixes, syrup, dressing, maple butter, tea, and other products. Native Harvest products are grown and harvested locally, and then processed at the Native Harvest store and Café on a White Earth Reservation in Ogema,



MN. Proceeds from sales go support the White Earth Land Recovery Project.

The White Earth Land Recovery Project's mission is to "facilitate recovery of the original land base of the White Earth Indian Reservation, while preserving and restoring traditional practices of sound land stewardship, language fluency, community development, and strengthening[their]spiritual and cultural heritage."



The Founding Director of the White Earth Land Recovery Project is Winona LaDuke, an Anishinaabekwe (Ojibwe) member of the Mississippi Band Anishinaabeg. LaDuke works on the White Earth Reservations; she is the mother of three children and also the Program Director for the Honor The



Earth Fund. She works on a national level to raise public support and advocate for social change and funding for native environmental groups. In May of 2004, the Native Harvest facility opened on the White Earth Reservation. Native Harvest produces and sells wild rice, hominy, maple syrup, soup mixes, jellies, and other traditional products. Their new facility serves not only as a commercial kitchen, retail store, and cafe, but it is also a meeting ground for workshops and other activities. White Earth Land Recovery Project educational workshops have been held in the new facility over the past year.

Pomme de Terre Foods is proud to carry products from Native Harvest. Currently, we carry various soup mixes, strawberry sumac salad dressing, maple syrup, buffalo summer sausage, raspberry tea, maple butter, and wild rice fry bread mix.



For more information about Native Harvest products and the White Earth Land Recovery Project, visit the Native Harvest website at www.nativeharvest.com.

Gluten-Free Banana Bread

Cookbook Sneak Preview

- 1 c. dark brown sugar*
- 1/3 c. granulated sugar*
- 1/2 c. applesauce*
- 2 eggs*
- dash salt*
- 1/2 c. sour milk*
- 2 large bananas, mashed*
- 2 c. all-purpose gluten-free flour*
- 1/2 tsp. baking powder*
- 1 T. xanthan gum*
- 1 tsp. vanilla*
- 1/2 tsp. brandy flavoring (optional)*

Cream together brown sugar, white sugar, and applesauce. Add salt and eggs. Make milk sour by adding 1/2 tsp. vinegar followed by 2 tsp. baking soda and stir until mixture foams. Add bananas, sour milk, vanilla, and stir well. Add flour, xanthan gum, and baking powder, and stir. Bake 1 hour in 350 degree oven.

Submitted by Lynn Marie Halbakken

Food Facts

There are over 15,000 varieties of rice.

Corn is grown on every continent except Antarctica.

One acre of land can produce up to 14,000 pounds of sweet corn.

One acre of land can produce up to 36,000 pounds of potatoes.

One acre of soybeans can produce 82,368 crayons.

Protein makes up 45% of the calories in broccoli.

Since 1945, pesticide use has increased 3,300%.

Legend has it that whoever eats the last piece of bread at dinner has to kiss the cook.

New Products at the Pomme de Terre Food Co-op

We had some new products show up at the co-op this summer. If you haven't tried them, stop by! It's always exciting to bring variety to your dinner table. Following is a showcase of some of our most recent products.



Gardenburger: Original and Black Bean

Gardenburger began 20 years ago in a small town in Oregon. It started with just one kind of veggie burger. Today, Gardenburger has 8 different veggie burger products, and many other meatless products and frozen meals.

Kiss My Face Swy Flotter

Kiss My Face is an all-natural body care company. The company was founded on a 200-acre organic farm in the Hudson River Valley, and operates out of a converted barn and feed store. Swy Flotter bug spray is deet free, contains no unnecessary chemicals, and is not tested on animals.



Silk Soymilk

Silk Soymilk is made by White Wave; the soymilk was introduced in 1996, and has been populating refrigerators and breakfast tables ever since. We now carry creamy, silky soymilk in original and vanilla flavors.



Dr. Praeger's California Burgers

Dr. Peter Praeger is a Cardiac Surgeon who started a line of natural, health-conscious products. The company strives to create great foods that are low in cholesterol and saturated fats, and free of preservatives and artificial ingredients. These California burgers are true "veggie" burgers; the first ingredients are Carrots, onions, string beans, and zucchini.



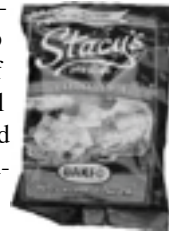
White Wave Seitan and Tempeh

PDT Foods brings back two famous meat alternatives. Seitan, often known as "mock duck" is delicious in a stir fry with baby corn and bamboo shoots. Try tempeh in casseroles or fajitas.



Stacy's Texarkana Hot Chips

The famous Stacy's Pita Chip was a spin-off from a small healthy pita stand run by post-graduate students in Boston. PDT Foods carries many different varieties of Stacy's Pita Chips.



Clearly Natural Glycerine Soaps

Clearly Natural Soaps are vegetable-based and contain 25% glycerine. They naturally help draw water into your skin to help keep it soft and healthy.



Pamela's Gluten Free Cookies: Ginger and Chocolate Chip Oatmeal

Pamela's carries a wide line of gluten-free products. They strive to make their wheat-free alternatives light, fluffy, and delicious. PDT Foods also carries Pamela's Shortbread Cookies.



PastureLand Cheese and Butter

Local! PastureLand cheese and butter are made in southeastern Minnesota from four family dairy farms. All PastureLand products are hormone-free and use milk from grass-fed cows. PDT Foods carries a variety of PastureLand cheese, including tomato & basil gouda, jalapeno gouda, baby swiss, mild gouda, and two kinds of cheddar. We also carry PastureLand salted butter.

Gazpacho

Cookbook Sneak Preview

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| <i>1 part sweet red pepper</i> | <i>1 sm. clove garlic per tomato</i> |
| <i>3 parts very ripe tomato</i> | <i>1 T. vinegar per tomato</i> |
| <i>3 parts cucumber, peeled</i> | <i>1 tsp. olive oil per tomato</i> |
| <i>1 scallion, white part only,</i> | <i>Pinch garlic salt, Tabasco,</i> |
| <i>per large tomato</i> | <i>or jalapeno to taste</i> |

Roughly chop pepper, tomato, cucumber, scallion, garlic, vinegar, olive oil, garlic salt and Tabasco. Peel tomatoes if desired. Combine everything in a blender and puree until very smooth. Adjust seasonings. If you like it frothy, then it's done. If you prefer it more like "V8 juice", refrigerate overnight.

Submitted by Kristin Kearns

Pomme de Terre Food Co-op

10% off Coupon

Present this coupon to the cashier to receive a 10% discount on general merchandise at the Pomme de Terre Food Co-op.

No discounts on local meat, milk, kefir, eggs, or produce. Limit one coupon per customer.

Expires: 12/31/2005

PDT Foods is now online

Finally, our Food Co-op has caught up with the times and secured our own website! You can now visit us online at www.pdtfoods.org.

The website has information about PDT Foods, along with our mission, and it will soon display a more complete history composed by Peter Whelan. Our newest products are showcased online, and you can find a complete list of most of the products we carry.

In addition to information about the store, our website contains an expanding section of resources. Visit PDT Foods online for instructions on cooking various whole grains, gluten-free in-



formation, and vegan/vegetarian information. We are also starting to archive recipes online, and feature one recipe each month.

Comments and suggestions, as well as additions to the website are always welcome. If you have recipes, information, or ideas to share please send them our way! You can e-mail contributions to manager@pdtfoods.org.

White Wine Sangria

Cookbook Sneak Preview

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| <i>1 sm. orange</i> | <i>2 c. lemon-lime carbonated beverage, chilled</i> |
| <i>1 med. red apple</i> | |
| <i>1 c. sliced fresh strawberries</i> | <i>1 to 2 c. whole fresh strawberries (optional)</i> |
| <i>1 750 ml bottle dry wine or 3 c. white grape juice, chilled</i> | <i>1 med. apple, sliced (optional)</i> |

Cut the orange in half and cut into thick slices, do not peel; remove any seeds. Cut the apple in half, core, and thinly slice. Fill pitcher half full with ice. Pour wine and lemon-lime beverage atop; add fruit and stir gently. Garnish glasses with whole berries and apple slices, if desired. Serve immediately. Makes 8 to 10 servings.

Submitted by Liz. Anderson

2005-2006 KUMM Sponsorship

Tune into the U-90 Alternative, UMM's campus radio station, to hear updates on your favorite food co-op! Pomme de Terre Foods will sponsor KUMM, 89.7 FM during the 2005-2006 school year.



PDT Foods will donate gift certificates to the radio station to cover the cost of the sponsorship. DJs will give away these certificates twice a week on-air.

Pomme de Terre Foods hopes to bring healthy food to college students' plates, as well as attract students to the store through this sponsorship. You can learn more about the U-90 Alternative by visiting their website, www.kumm.org.

Persian Style Eggplant Dip

Cookbook Sneak Preview

- | | |
|---------------------------------|---------------------------------|
| <i>1 large eggplant</i> | <i>salt to taste</i> |
| <i>2 large onions, chopped</i> | <i>1/2 c. sesame tahini</i> |
| <i>4 cloves garlic, crushed</i> | <i>juice of one large lemon</i> |
| <i>1/2 c. chopped walnuts</i> | |

Bake whole eggplant at 425° F, turning frequently, until soft; about one hour. Cool, peel, mash coarsely, and set aside. Fry onion until transparent. Add garlic, nuts, and salt and sauté until onions turn golden brown. Place in layers in a blender or food processor in this order: eggplant, onion mixture, tahini, lemon juice. Process until well blended but still textured. Serve as a side dish or dip with pita triangles. May be eaten warm or cold.

Submitted by Abdullah Jaradat and Elaine Simonds-Jaradat



PDT Food Co-op
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Morris, MN 56267

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