



The Scoop



PDT Members, Volunteers, Supporters:

It has been a busy winter at the Food Co-op, and we are looking forward to Spring. I am happy to report that our sales continue to increase. I have heard many stories of downward trends in retail, so our continual growth is encouraging.

At the end of 2007, we took on a new Cheese Assistant, Kristin Kearns. Kristen is our dedicated "cheese cutter," and she helps Margaret with our inventory. We are happy to welcome her aboard!

We are currently searching for a Bulk Foods Co-Coordinator (volunteer position). As our sales increase, so does our turnover of bulk foods, and we need one more person to help keep our bins full. We estimate the Bulk Co-Coordinator position to take 2-3 hours each week; there are no set hours

for the position. Our coordinators receive a 20% discount in exchange for the time they put in at the food co-op.

Our Local Foods Intern, Alison Hartke, completed her internship in December. Thanks to her, I have a whole new list of local suppliers, and we hope to start introducing them to our store very soon! We already have some new MN-Grown products (beans and more grains) on order.

We decided to drop our Late Thursday Evening hours. Unfortunately, we haven't had a volunteer (or a customer!) show up after 6:00 p.m. since November. Keeper's is also closing earlier on Thursdays.

We have one volunteer working with a student organization to set up a table in the UMM Student Center every month! If you frequent the University campus, look for our table in the Student Center. We hope

to continue tabling each month; it is an excellent way to recruit volunteers and raise awareness about the food co-op.

And, finally, it is almost time for our Annual Meeting! The meeting will take place at Bello Cucina in Morris, 5:00 p.m. on April 1st. The food co-op will be providing appetizers catered by Bello Cucina.

We will be taking nominations and holding an election for four spots on the Pomme de Terre Food Co-op board at this meeting. Individuals interested in more information about the Food Co-op board can contact me at manager@pdtfoods.org.

As always, thank you for your support and service to the food co-op!

*Jessi Gurr
Manager*

Pomme de Terre Foods Annual Meeting

Tuesday, April 1
5:00 p.m.

Bello Cucina, Morris

Please join us for the Food Co-op's 2008 Annual meeting! Appetizers will be provided by Pomme de Terre Foods.

ON THE AGENDA:

Board Member Elections - We will be holding nominations and elections for four spots on the Food Co-op Board.

Vote on Proposed Changes to the Bylaws - Minor changes to our bylaws to reflect recent changes in the Articles.

Summary of Changes to Articles of Incorporation - As voted on last year.

Finance Report - See how sales have been since we started accepting credit cards.

Local Foods Report - Percentage of Local Food Sales, and a summary of our Local Foods Internship.

Renew Your Membership - You will have an opportunity to renew your membership at the meeting.

Comments & Suggestions - Your input is appreciated!

Proposed Changes to the Bylaws of Pomme de Terre Foods, Inc.

The following proposed changes to our bylaws were approved by the Pomme de Terre Foods Board Members in April, 2007. The members will vote on these changes at our Annual Meeting on April 1, 2008.

ARTICLE II. LOCATION

The principal office of the corporation, at which the general business of the corporation will be transacted, will be at 613 Atlantic Ave, Morris, Minnesota. **[change of address]**

ARTICLE III. MEMBERS

Section 1. Repealed. **[Replaced by ARTICLE VI of the Articles of Incorporation]**

Section 2. An annual meeting of the members will be held during the month of March of each year, as provided by the Articles of Incorporation. Special meetings of the members may be called by the Board of Directors or upon the request of ten voting members of the corporation.

Section 3. The quorum of a meeting of the members will be 15 members **[Replaces a 25% quorum which did not include Directors]**

ARTICLE IV. BOARD OF DIRECTORS

Section 1. There shall be five Directors, as provided by the Articles of Incorporation.

Section 4. The terms of each Director will be three years. **[Deletes the non-consecutive term provision].**

Section 8. The Board of Directors is responsible for hiring, supervising and directing the efforts of a manager and for overseeing the general progress and well-being of the store. **[Deletes unnecessary and unwieldy provisions about the authority and duties of the manager. These provisions have not been followed anyway. Also maintains provisions for suspending or firing a manager].**

Know what you eat: Who Owns Who in Organics

The word “organic” was originally used to describe a small movement whose purpose was to a healthier, more sustainable, and socially just food system. Today, the word “organic” can be seen almost everywhere: from the small Farmers Market where vegetables grown without pesticides or chemicals are sold to the aisles of Wal-Mart on a box of Rice Krispies.

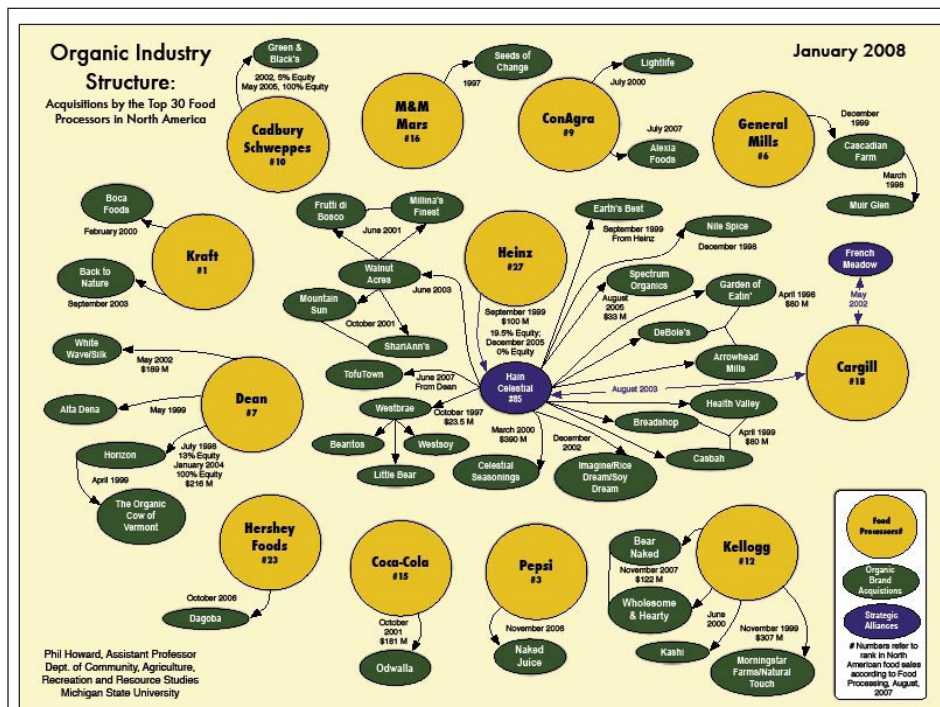
In fact, the vast majority of packaged foods sold to the Natural and Organic Retail Market are owned by the world’s largest conventional producers. Silk (White Wave), and Horizon Organic are owned by Dean Foods: the largest dairy processor and distributor in the world. The Boca Burger and Back to Nature brands are owned by Kraft Foods.

Cargill, the second largest privately owned corporation in the United States, is one of the primary suppliers to Hain Celestial. Hain Celestial, in turn, owns and produces a large percentage of the packaged food in a typical Natural Foods Grocery Store. Garden of Eatin’, Arrowhead Mills, Spectrum Organics, Celestial Seasonings... all Hain Celestial brands.

Naked Juice was purchased by PepsiCo in 2006; Burt’s Bees was purchased by Clorox this past October.

But it isn’t obvious who owns who by reading labels and looking at packaging. A bag of Stacy’s Pita Chips doesn’t mention that it’s a Frito-Lay brand (Pepsi). After the Fall, R.W. Knudsen, and Santa Cruz Organic juices all have the same corporate owner (J. M. Smucker), but the bottles don’t tell you this.

There are still some independent organic brands and food processors that have resisted buyout offers. Eden Foods, Amy’s Kitchen, Lundberg Family Farms, New-



The author of the graphic above is Philip H. Howard, PhD, Assistant Professor of Community, Agriculture, Recreation and Resource Studies at Michigan State University. It shows the acquisitions of organic brands by the top 30 food processors in North America. Dr. Howard researches the relationships between food, agriculture, and public health. He is currently studying consolidation in the food system, in particular that in the rapidly growing organic food industry.

This graphic is only one in his pictorial representations of the organic industry structure. More graphics and information are available on his website: www.msu.edu/~howardp

man’s Own Organics, and Clif Bars are a few. Frontier Natural Products, Equal Exchange, and Organic Valley are still independent cooperatives of organic producers. The big question: How long can these companies hold on? Buyout propositions are tempting, and as the demand for organic foods increases, so will the digits behind the dollar signs that come with proposed acquisitions and merges.

Sources: www.msu.edu/~howardp/ and websites of the brands mentioned above.

Product and Brand information is available on the following producer websites:
www.hain-celestial.com/brands.php
www.kraft.com/Brands/
www.smuckers.com/fc/brands/
www.deanfoods.com/brands/brands.asp

**Pomme de Terre Food Co-op
 Store Hours**

Monday - Friday: 10 a.m. - 6 p.m.
 Saturday: 10 a.m. - 4 p.m.
 Sunday: 12 p.m. - 4 p.m.

Visit us online at www.pdtfoods.org

Thank you for helping us bring local foods to our community.
 Pomme de Terre Foods would like to thank the following farmers and producers for your help in bringing local foods to our store.

- Dry Weather Creek - Milan
- Earthrise Farms - Madison
- Eichten’s Hidden Acres - Center City
- Glacial Ridge Dairy - Osakis
- Honey & Herbs - Benson
- J & L Bison - Willmar
- Moonstone Farms - Montevideo
- Murphy’s Organic Farm - Morris
- Native Harvest - Callaway
- PastureLand Farms - Southwest MN
- Pastures A Plenty - Kerkhoven
- Peace Coffee - Minneapolis
- Stumbeanos Coffee - Fergus Falls
- Whole Farm Co-op - Long Prairie

Pomme de Terre Food Co-op: Product Spotlights



Lundberg Family Farms: A Pioneer in Organic Farming

The Lundberg family has been farming rice since 1937. They are located in Richvale, California, and produce and market natural and organic foods – mostly rice. Lundberg is an independently owned family business, and today is one of the United State’s top brands of organic products. They farm about 14,000 acres of mostly rice.

Founders Albert and Frances Lundberg were originally from Nebraska, and moved to California with their family in the 1930s. They were greatly influenced by their experiences during the Dust Bowl, and started ecological farming very early on. Albert wanted to act as nature’s caretaker, doing all he could to improve the soil and care for the land. Today, his family continues his vision.

Lundberg Family Farm products at Pomme de Terre Foods: bulk brown and white rice; packaged sushi rice, arborio rice, sweet brown rice, rice cakes, and boxed risotto mixes.



Oasis Mediterranean Cuisine Hummus and Baba Ganouj

You asked for it! The perfect dip for chips, pita, and more! Oasis was founded in 1988 in Toledo, Ohio. Their line of Mediterranean foods are made with fresh ingredients, with no additives or preservatives.

Green Tea, Herbal Teas, Cold Season Sampler

Yogi Teas are manufactured by the Golden Temple Company in Eugene, Oregon. We now have a selection of Yogi Teas for you to try, including green tea, berry antioxidant, detox, and licorice teas. Many of these are available by the tea bag on the counter.



Clif and Luna Bars

According to their package, the Clif Bar company started while founder Gary Erickson was on a bike ride. Eating an energy bar, he thought to himself, “I could make a better bar than this!”

In 1990, two years later, Clif Bar was created. The bar is named after Gary’s father. They have two lines of products: Clif Energy Bars which are targeted at men, and Luna Bars, as similar energy bar targeted at women.



Eden Foods: Macrobiotics, Sea Vegetables, and More



In 1968, a group of friends studied macrobiotic foods, and were influenced by its principles of whole grains, plant-based protein sources, and local organic foods. After failing to find these foods at typical grocery stores, they started the Eden food co-op in Ann Arbor, Michigan. At first they placed small orders to only a few suppliers, and sought out local food sources.

They opened a deli, and soon became known as one of the only places in the US where organic, macrobiotic food was available. People traveled long distances for Eden foods, which is how the brand began.

Eden is the oldest natural food company in North America, and it the largest independent manufacturer of natural food grocery items. They package sea vegetables, and produce miso, shoyu, vinegars, and many Japanese condiments.

Eden Foods products at Pomme de Terre Foods: canned beans, soba noodles, udon noodles, plum vinegar, brown rice vinegar, green and chamomile tea.

Pomme de Terre Food Co-op

Buy Two
Get One Free!

Clif Bar • Luna Bar
Eden Tea • Lundberg Rissoto

Buy two of any of these items, and receive one free. Coupon good on only these items; all three items must be the same. (Mix & Match Clif/Luna Bars OK).

Limit one coupon and one free item per customer.
Expires: May 31, 2008

Moonstone Farms: More than Just The Name

Thomas Hiatt
Volunteer Writer

Moonstone Farms: the name is somewhat a misnomer. Farming is only a small part of the package. The 240-acre property also includes a store, a bed and breakfast of sorts and a pottery studio. The thirty-plus year relationship with Pomme de Terre Foods goes both ways. Richard Handeen and Audrey Arner have been purchasing from Pomme de Terre Foods since its inception back in 1975 and they have been selling to Pomme de Terre for about four years with products such as Pastrami and Butter. (They also distribute PastureLand products to various stores around the West central Minnesota area.)

Moonstone's cattle is 100% grass-fed. "We expect them to be grazing until November," says Audrey. The property has been in the Handeen family since 1872. "We returned to farm in '73. Richard had spent a lot of time here (before that). I'm the foreigner. We made the transition to organic in the seventies." All their meat is

Food Alliance Certified. Since they cannot legally butcher on their own property, they bring their livestock to Hancock Meats for processing.

Moonstone Farms is located west of Montevideo in Chippewa County. Visitors are always welcome. Aside from selling to co-ops and directly to customers through their on-site store. The Carriage House features beef, pork, dairy products, coffee, chocolate, books and homemade pottery, flour, baking products and wild rice.

Moonstone also sells to three restaurants: The Java River Cafe in Montevideo, the Cafe Barbette and the Bryant Lake Bowl, both in Minneapolis. They also have a bed and breakfast on the property (Called The Broodio, which is located in the former "brooder" house on the property. It features fresh coffee, canoeing, hiking trails, a campfire site, solar power, traditional furniture.)

The family also makes on-site pottery, which has been sold to the public since 1976.



Audrey Arner and Richard Handeen of Moonstone Farms

Featured as one of the stops on the Arts Meander, a tour of artists in West Central Minnesota, sponsored by the PRCA. Richard has taught tile maling at The Milan Village Arts School. Their daughter Malena and son-in-law Mike Jacobs own and operate the Easy Bean Farm (which also delivers to Pomme de Terre) up the road near Watson.

Examples of the crops they grow are corn and alfalfa, conducive to the gently rolling land. They maintain their land to be self sustaining and

ecologically sound as in pre-European immigration days. As stated on their website (www.prairiefare.com) "We are students and teachers of holistic management, permaculture design, and sustainable community."

Contact Information

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(320)269-8971



Pomme de Terre Food Co-op
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