



NEWS BITES

NEW! July Summer Friendship Membership Drive

Summer is a great time to introduce a friend to the Co-op. Member-owners who bring a friend to join the Co-op in July will get a new cloth Co-op bag and so will your new Co-op member-owner friend! Or, renew your membership in July and take advantage of this offer. Anyone is welcome to join and get a Co-op bag. If you are new to Open Harvest or a shopper who is not a current member, we invite you to consider becoming a member of Lincoln's only community owned natural foods grocery.

Member-owners receive 10% savings on vitamins and supplements, 5% discount once a month, 5% discounts on pre-ordered case lots and bulk quantities, monthly member-owner specials, and discounts on Open Harvest classes and

events. Additional discounts are available through our optional volunteer program. Ask us about other member benefits!

Co-op membership means so much more than just discounts. A \$40 annual equity investment helps support our community and our mission of good health through good nutrition. Open Harvest teaches healthy snack choices to kids, offers presentations in the community, store tours, and provides information and demonstrations at health and wellness fairs. We support organic producers, local farmers, food banks, and community gardens. Open Harvest has been supporting the Lincoln community in countless ways for over 36 years!

Practicing Sustainability

By Michael Henry, Produce Assistant

Our purchasing policy guides department managers who are responsible for selecting products to sell in the store. Find it on our website and on our bulletin board at the front of the store. It focuses on sustainable practices of organic farming, ecological harvesting, and minimal processing, and more. But our purchasing policy doesn't just apply to our vendors' methods. Our hope is to reduce, as much as possible, the environmental footprint of our retail operation.

In our Deli grab-n-go case, you'll find plastic hinged containers made from 100% post-consumer content, with the #1 recycling symbol. Our paper burrito wrappers are made with chlorine-free pulp; the Deli's delicious soups and hot coffee are served in cups printed with water-based inks and free of chlorine bleach. "The



Our customers care that we use biodegradable containers and utensils for in our deli.

numbered containers that I purchase deli food in, I either recycle or use for short-term storage," said long-time member Keith Dubas. As for the other serving ware, he said, "It's great to know that many [containers] are biodegradable and in time will decompose." This is also true for our carry-out utensils, which are made with a biodegradable corn-based plastic.

Bakery and produce items that are too "tired" to sell, but not too far gone to eat, are donated to local organizations like FoodNet, a food recovery network serving hunger needs.

Food waste from the Produce department and the Deli kitchen is collected in compost bags and made available to local growers for use on their land. From time to time, we give the *really* tired produce to local farmers to feed their animals.

Organic Farmers Sue Monsanto

Source: Organic Consumers Association

NEW YORK: New threats by Monsanto have led to the filing of an amended complaint by the Public Patent Foundation (PUBPAT) in its suit on behalf of family farmers, seed businesses, and organic agricultural organizations challenging Monsanto's patents on genetically modified seed.

Our clients don't want a fight with Monsanto, they merely want to be protected from the threat that they will be contaminated by Monsanto's genetically modified seed and then accused of patent infringement," said PUBPAT Executive Director Daniel B. Ravicher. "We asked Monsanto to give our clients reassurances they wouldn't do such a thing, and in response Monsanto chose to instead reiterate the same implicit threat to organic agriculture that it has made in the past."

Over the years Monsanto has sued farmers alleging they have stolen the corporation's intellectual property by saving their proprietary seed rather than purchasing new seed each year that would include a "technology fee." Because pollen, and genetics, can be spread through the wind, or by insects, farmers are vulnerable to having their crops contaminated and then subsequently being sued by Monsanto.

Soon after the March filing of the lawsuit, Monsanto issued a statement saying that they would not assert their patents against farmers who suffer "trace" amounts of transgenic contamination. In response, and in the hope that the matter could be resolved out of court, PUBPAT attorneys wrote Monsanto's attorneys asking the company to make its promise legally binding.

News Bites is a publication of Open Harvest Cooperative Grocery
1618 South Street
Lincoln, NE 68502
402-475-9069
harvest@openharvest.coop
www.openharvest.coop
Call for advertising rates.

Contributors: Carla McCullough, Kelsi Swanson, Michael Henry, Nancy Sauer
Editor: Jackie Barnhardt
Layout: April Stevenson

2011 Board of Directors

Carla McCullough, Chair
Miles Bryant, Vice-chair
Robert Hutkins, Scribe
John Christensen
Barbara DiBernard
Keith Dubas
Jon Ferguson
Jon Ihrig
Gail Kendall
Ingrid Kirst
Alisa Kushner
Sara Moshman
David Murphy
Vicki Newman
Maggie Pleskac

The Board of Directors generally meets the first Monday of the month, 5:30pm at Irving Rec Center, 20th and Van Dorn. Members are welcome to attend. The next meeting is July 11. If you would like to join us, call Carla McCullough at 402-325-9918.

Mission Statement:

The goal of Open Harvest is to provide good health through good nutrition. Open Harvest provides high quality and natural foods with a high level of service and a reasonable price to the community of Lincoln. Open Harvest is a member-owned retail cooperative dedicated to equitable employment practices, support of local producers, consumer education, and sustainable agricultural practices.

News Bites is archived at www.openharvest.coop and at the Nebraska State Historical Society.
30% PCW recycled paper

With A Little Help from Our Friends

By Kelsi Swanson, General Manager

Greetings and happy summer to you all! In the last article I wrote for the spring newsletter, I mentioned the inspiring and amazing sense of community within our four walls. However, it is good to remember our greater community. Having had a strong presence in the Lincoln community for close to 36 years, the opportunities we have to partner with local businesses are endless, but one that happened this past April is worth mentioning.

On Earth Day we partnered with Secure Recyclers and held our third Electronic Recycling Event. It was a huge success! The event was held in our parking lot from noon to 5pm. Members and non members were invited to bring in their obsolete, broken, and unused electronics to the FREE event. Over 8.7 tons of electronics were collected, and the proceeds will go towards a new bike rack for the South Street Shopping center later this summer. This "new" bike rack will actually be made from recycled metal materials by a local artist.

Secure Recyclers, a local business since 2007,



is a free one-stop computer and electronics recycling company (E-cycler). They use the most up-to-date technology available and take unused, outdated, or unwanted electronics. They recycle all components while adhering to local, state, and federal regulations. Their primary imperative is to refurbish eligible equipment for resale, which extends its useful life and

keeps waste from the landfills. Secure Recycler's goal is to help companies secure their assets, limit environmental and security liability, and to protect our environment. They constantly strive to keep every element of every piece of equipment that passes through their hands out of the landfills and incinerators. This is the kind of business we stand behind and enjoy working with!

Thank you Secure Recyclers, and thank you to all of our friends who took the time to donate their recyclables. We hope to do another recycling event in the fall!

For more information about Secure Recyclers, visit them online at www.securerecyclers.com

Ask us! Drop your customer comment in the suggestion box!

This month we begin a new feature selecting a terrific comment or suggestion from the customer comment box at the customer service desk to share in this column.

Dear Open Harvest, Could you PLEASE carry Dr. Bronner's unscented baby mild pure castile soap in bulk?

Dear Mr. Natural, Thanks for your suggestion! I have good news for you. You are not the only customer asking for this classic soap. We now have it in on the bottom shelf of our bulk soap section. Aside from the unscented, we have several scented varieties to suit your mood.

Melissa, Body Care Manager

News Flash!

News about News Bites

The Open Harvest newsletter returns to a monthly format! February 2001 was our last monthly edition of News Bites. Since then, we have been publishing quarterly. Pick up your print issues each month at Open Harvest beginning with this July issue. We are updating our online news delivery as well. Sign up for more news and our Co-op Deals sales flyer at harvest@openharvest.coop

Contest: News Bites needs a new name!

Does anyone remember the Nutshell? Our newsletter has had a few names over the years. We are seeking suggestions for a new name.

Submit your ideas to Newsletter Contest at harvest@openharvest.coop or drop it in the suggestion box or mail it to the store. Please date your entries, along with your name and telephone number. In the case of duplicate suggestions, the date of the first suggestion will be considered. You may submit more than one entry. Anyone is eligible to participate. Winner receives a \$25 gift card to Open Harvest.

NatureWorks Country Day Camps

Theatre Arts and Orff Music - July 25 - August 5
*For ages 6-9

NEW - Mini Camp - July 11 - 22 and July 25 - August 5
*For ages 3-6, T-W-Th. 9-12:30

PRAIRIE HILL Learning Center

A Montessori school for children 18 mos. - 8th grade.
402-438-6668 www.prairiehill.com



Eating Well

This month's recipe was featured at the June 22 ice cream demonstration at the Co-op. Home-made ice cream is easier than ever to make with this delicious egg-free recipe.

Easy Vanilla Ice Cream

- 2 quarts half-and-half cream
- 1/2 pint heavy cream
- 1 1/2 cups white sugar
- 4 teaspoons vanilla extract
- 1 pinch salt



Combine half-and-half, cream, sugar, vanilla and salt in freezer container of ice cream maker. Freeze according to manufacturer's instructions.

Harvest to Harvest: Our Local Suppliers

Grain Place Foods. Marquette, Nebraska 83 miles

Don Vetter and his son David are true Nebraska organic farming pioneers. Their farm became one of Nebraska's first certified organic farms in 1978. Grain cleaning and storage facilities were added to serve small-scale organic farmers and specialty organic food distributors and processors. This was one of the first on-farm operations of its kind in the northern Great Plains. The Grain Place is a certified organic grains distributor. Open Harvest carries Grain Place bulk foods including popcorn, wheat, oats, rye, quinoa, barley, brown rice, soybeans, oats, chia, and more!

July 9 Open House & Farm Tour at Grain Place Foods in Marquette

Local and organic catered lunch at noon. Reservations are required by July 5. Featured speaker is Jane Sooby, Grants Program Director of Organic Farming Research. Jane has worked with the Nebraska Sustainable Agriculture Society and University of Nebraska as a sustainable agriculture organizer and research technician. Her educational background is in biology and agronomy. Find more details and directions at <http://www.grainplacefoods.com>.



MANYA AROND-THOMAS

Life Coaching
Astrological Counseling

www.practicalastrologyforyou.com
402-420-4998

FORWARDING YOUR GROWTH, PURPOSE & DIRECTION

Outreach: Find us in the Community

Indigo Bridge Tread Lightly Film Series: So Right So Smart, Thursday July 14

Indigo Bridge Books will host a free film series this summer, with a focus on agriculture, sustainability and the environment. The theme of the series "Tread Lightly" is a reminder to consider our mark on the natural world. The next film So Right So Smart will show on July 14 at 7:30 pm. The film explores successful models of businesses adopting sustainable practices. Open Harvest and other businesses will be offering tastings at 7 pm.

After the screening, local speakers will share their experience and philosophy concerning environmentally-conscious business practices. Featured speakers will be Ingrid Kirst from Community CROPS, William Powers from the Nebraska Sustainable Agriculture Society and Jackie Barnhardt from Open Harvest.

Indigo Bridge Books is interested creating community, dialogue and awareness. They are on the first floor of The Creamery Building at 701 'P' Street. For more information, call 402-477-7770.

Prescott Summer Festival, Friday July 15

The 2011 Prescott Summer Festival will held July 15th from 5:30-8:30 pm at Prescott Elementary at 1930 South 20th Street. The event features an ice cream social, belly dancers, jugglers and more. This is a great way to unite the community with an evening full of art, music, food, and entertainment. This event is free to the public. Come make healthy snacks with Open Harvest!

Prescott is developing a new playground with a walking path, and outdoor classroom with a stage, a bridge and rain garden, and a place for kids to play sports. A community garden will be added, and a new entrance to the park will be paid for with a \$99,000 federal grant and will feature a lighted bicycle path.

Star City Pride Festival, Saturday July 16

The Fifth Annual Star City Pride Street Festival will be held at 18th and N Streets by The Panic from 2 pm until 2 am and will feature live music, DJ's, belly dancers, and a kids zone. There will be foods vendors and a beer garden for ages 21 and over. The Nebraska AIDS project will provide free AIDS testing. The event is free to public. Come visit the Open Harvest booth!

Bridges to Hope Furniture Drive, Sunday July 17

Bridges to Hope, a local nonprofit that helps men and women released from prison, will host a furniture drive at South Street Plaza at 17th and South Streets on July 17 in cooperation with Open Harvest, Meadowlark Coffee House, Brewsky's and U-Haul. Bridges to Hope is in constant need of sofas, recliners, dressers, dining tables and kitchen items. The organization also accepts cash donations. Bring items to the loading dock from 12 to 6 p.m.

After the drive, a Grill-n-Chill cookout to increase public awareness about the re-entry process will be held at the Bridges to Hope warehouse, 3107 S. Sixth St., Suite 107, from 6 to 8 p.m. that evening. Veggie dogs will be provided by Open Harvest. A freewill donation will be collected. The 4800-square-foot warehouse stocks the essentials to restart after incarceration and offers connections to community resources and job preparation classes. For more information, call 402-420-5696.



1618 South Street
 Lincoln, NE 68502
 Phone: 402-475-9069
 harvest@openharvest.coop
 www.openharvest.coop

- *Sales, cooking classes, and more can be found on our website!*
- *Follow us on Facebook and Twitter*

2011 Elections and the New Board of Directors

by Carla McCullough, Board Chair

The 2011 board election was unprecedented in many ways. While we have had a couple of contested elections in our 36 year history, never has it been contested to this degree. This year there were 13 candidates for six open seats on the board. Given this large pool of candidates, for the first time, the election committee organized a Candidate Meet and Greet. It was held on Saturday, April 9, at Meadowlark, where candidates briefly introduced themselves to the whole group, followed by informal conversation.

The six open seats for this year's election have been filled by Barbara DiBernard, Miles Bryant (incumbent), David Murphy (incumbent), Steven McFadden, Jon Ihrig, and Vicki Newman. Each of these individuals has a special relationship to our Co-op and the board is excited to welcome the new perspectives and talents of our new board members as well as the knowledge and experience of returning members.

Historically, we have had extremely low member turnout. In 2009, approximately 3% of our members voted and in 2010, only 2%. In an effort to increase voter turnout, for the first time, the election committee sent an electronic ballot to the membership. The e-mailed ballot was to be printed and either postal mailed or brought in to the store. This option was in addition to the historical method of voting – getting your ballot at the store and casting your vote there. This year, an unprecedented 11% of membership voted (total of 331 validated ballots). While still low, we hope to keep up this trajectory of increased member turnout. For more details about the election, vote tally and ballot validation, the 2011 Election Committee Report is on the Open Harvest website http://www.openharvest.coop/events_election_results_2011.php



2011 Board of Directors, left to right: Jon Ihrig, Carla McCullough– Board Chair, Hank Van den Berg, Vicki Newman, Steven McFadden, John Christensen, Miles Bryant, Keith Dubas, Maggie Pleskac, Jon Ferguson, Barbara DiBernard, Bob Hutkins, Ingrid Kirst. Not pictured: Gail Kendall, Sara Moshman, and David Murphy.

Staff Pick of the Month



Nancy Sauer, Bakery Manager

Nancy has been on staff at the Co-op for 14 years. While she admitted it was difficult to choose, her top pick was bulk oil-cured black olives. Why? “Because they are rich, flavorful and intensely olivey.”

New Local Flour, New Lower Bread Prices!

By Nancy Sauer, Bakery Manager

Open Harvest has always believed in the importance of locally-grown foods. This spring we were able to advance our support of this by finding a local source of organic whole wheat bread flour: Fehringer Farms in Sydney, Nebraska grows organic wheat and mills it into flour themselves. Fehringer Farms whole wheat bread flour is now available in our bulk department.

Our Bakery is now using this flour in all of its whole wheat breads. Being organic and local is reason enough to love this flour, but it gets better—it is also cheaper than our previous whole wheat flour. Buying direct from the farmer/miller allows us to cut out a large fraction of distribution and transportation costs, we are passing that savings on to you. Our bulk whole wheat flour has gone from \$1.19 a pound to \$0.69 a pound. We have also been able to decrease the prices of our breads that use whole wheat bread flour. The biggest drop has been in our Whole Wheat bread, which went from \$3.99 a loaf to \$3.49 a loaf, but all of our whole wheat breads have decreased by 20 to 30 cents per loaf. Good food at a reasonable price—that's what we strive for every day at Open Harvest.

Open Harvest Art Show August 5

Please join us on Friday, August 5th at The 815, formerly Box Awesome and Sweep Left, at 815 O Street for the First Friday Reception of our Open Harvest Art Show. Employees, volunteers and board members will be submitting various works of art including painting, henna, clothing, and much more! Non-alcoholic drinks and hor d'oeuvres will be served from 6-9 pm while Open Harvest staff entertains with live music. Bring the whole family!