



# NEWS BITES

## Natural Foods Cooperative Grocery

1618 South Street  
Lincoln, Nebraska

### Feel Like Celebrating?

How do we celebrate 30 years of Open Harvest? As we reflect on our history, we wonder—what is the best way to commemorate this anniversary?

We've been kicking around ideas, but we want to hear from you! We are seeking members who are interested in being part of the planning committee for an event this summer or fall. It is estimated that we will have three meetings, each for 1-2 hours.

Contact Jackie at 475-9033 if you're interested.

## Celebrating 30 Years: 1975-2005

By Jackie Barnhardt, Editor

Thirty years ago, Open Harvest opened its doors for the first time. Our founders recognized the possibilities a natural foods grocery could offer to Lincoln. We are indebted

to the dedicated, visionary women and men that established this cooperative venture. We are grateful for the hundreds of volunteers and dozens of board members that have served us for three decades. We continue to strive to honor the community that has grown and supported Open Harvest.

We invite you to celebrate this landmark year with us. Join us for live



Longtime volunteer Claude Coccodrilli coming out of the old 27th & Randolph store.

music, featured each Member Appreciation Weekend in 2005. The schedule of local performers is on page 8. An anniversary celebration party is in the works. Look for future updates in the newsletter. Flyers will be posted in the store through out the year

announcing celebration events.

As I reflect over the past years and contemplate the new year ahead, I am grateful for the cooperative efforts that weave our community together. In this edition, you can find stories of generosity, global connections, our interdependent relationships with farmers, opportunities to give and receive services, and even romance at Open Harvest.

## Co-ops Helping Co-ops Internationally

By Jean Helms, Open Harvest General Manager and Chris Durkin, Director of Membership and Community Relations at Harvest Co-op Market in Cambridge, MA.

Cooperation Among Cooperatives is the 6th Principle of Cooperatives. One of the ways we cooperate is online through Cooperative Grocers Information Network. This fall, there was an online post sharing the story of Linden Hill Co-op's grocery coordinator Josi Hanson, who was delighted to go to Nicaragua last year as part of an Equal Exchange Fair Trade delegation. Josi stayed with a family that belonged to the local coffee growers' cooperative. We have sponsored many "ambassadors" to Nicaragua through the Co-op network to learn about Fair Trade cooperatives.

Josi received a letter from Equal Exchange appealing for help on behalf

of the CONACADO cocoa cooperative in the Dominican Republic. This producer co-op is comprised of 9,000 small-scale farmers. It was founded in 1988 as a response to low global cocoa prices and to assist farmers in improving their working and living conditions. CONACADO cocoa is produced using organic agricultural techniques under the shade grown canopy of other fruit-producing trees.

The members of the CONACADO co-op are recovering from damage done by Hurricane Jeanne in September, leaving many in need of food and clean water. Equal Exchange began a campaign to raise \$10,000. Co-op manager Abel Fernandez says that the hurricane related flooding damaged at least 25% of the member farms displacing about 13,000 people. The

*continued on page 8*

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## News Bites

is a quarterly publication of Open Harvest Natural Foods Cooperative Grocery

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David Murphy  
Andy Witkowski  
Mark Shriner

The Board of Directors meets the first Monday of the month at 6:30 pm at 2012 S. 13th St. Members are welcome to attend. Something you'd like discussed? Call Keith Dubas at 438-0171.

### Open Harvest 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.

# Businesses helping Businesses Locally

By Jean Helms, General Manager

Open Harvest received a generous gift over Thanksgiving. We were in a pinch without enough cooler space for extra dairy and turkeys. After running into many brick walls, I decided to call the Parthenon restaurant. I was aware that they owned a refrigerated truck.



to midnight Thanksgiving eve and the truck needed gas. George made the trip to the Co-op to find that the tank had run so low that it needed re-pressurizing. So, he took the truck to Shoemakers Truck Stop and brought it back for us to finish out the week.

Open Harvest has some history with the Parthenon and their delicious Greek foods. I called and without hesitation George said that they would simply ask us to cover the cost of the gas. He agreed to fill up the truck, deliver it, and loan it to us for a week!

The story doesn't end there. It was close

George and the Parthenon deserve many thanks. Because of their generosity, Open Harvest was able to efficiently serve our customers through the busiest week of the year. I think that Open Harvest and its member/owners can show our thanks by patronizing this local business who truly understands the definition of COOPERATION!

## The Neighborhood Service Exchange

The Neighborhood Service Exchange (NSE) is a service credit program that links neighbor-to-neighbor for volunteer help with occasional tasks and errands. Participants may provide services or receive service or both! For each hour of service donated by volunteers, an hour of service credit is earned. That credit may be used at a later time or donated back to the program for others in need. All services have equal value. Volunteer services are matched to individual needs. Volunteers are encouraged to utilize their individual talents, interests, and creativity as members of the NSE.

The Neighborhood Service Exchange's mission "is to help strengthen the informal support systems of family, neighborhood, and community through activities that promote a network of service credit exchange programs in Lincoln, Nebraska, starting in the South Salt Creek and Everett Neighborhoods." In order to ensure the safety and well being of all participants of the NSE reference and background checks will be completed on all prospective program members.

For more information about the NSE, for examples of neighbor-to-neighbor services, or to get an application for membership please contact the NSE Office at 434-5490.

The Neighborhood Service Exchange is a program of Health Partners Initiative. For information on Health Partners, please call 441-8144 or logon to [www.healthpartnersinitiative.org](http://www.healthpartnersinitiative.org).

### Open Harvest Considers Cooperative Community Fund



Open Harvest is considering a new way of giving to local organizations. A Cooperative Community Fund (CCF) is an endowment fund sponsored by a local food co-op. Each year, the interest is donated to local nonprofits and cooperatives in the community. Many cooperatives around the world make a strong contribution to their community through this type of giving. "Concern for Community" is our 7th Cooperative Principle.

In the long term, an endowment fund is the most member-driven, tax beneficial, and permanently sustainable type of fund. Through this fund, we would be able to build on our mission by giving even more to environmental, food and hunger, cooperative, and other community related organizations.

We want to educate our members about this program and get your feedback. Information is posted on the Open Harvest bulletin board and more details can be found at [www.communityfund.coop](http://www.communityfund.coop). Your comments can be sent to [harvest@openharvest.com](mailto:harvest@openharvest.com).

# You Never Know What You'll Find at Your Co-op: True Love Found on the Open Harvest Bulletin Board

By Ruth Chantry, Open Harvest Board Member

The title is a quote from my husband, Evrett Lunquist...an ever-reticent Minnesota kind-of-guy. I asked him if he had any input into this story. "You never know what you'll find at your co-op," says he. That's it. The rest is up to me. So this is some romantic history of a couple whose life has been bound together by love, destiny and will as well as ideals based on community, food, farming!



My first recollection of Evrett Lunquist, before I ever knew him, was because of an odd sign on the Open Harvest bulletin board years and years ago. It said something about needing a place to live, but the striking thing about the sign was that it stated, "non-allergic cat" and that Evrett's name was spelled "wrong." What's a non-allergic cat? I wondered. Doesn't this guy know how to spell Everett (his spelled without the middle E) or Lundquist (no D in his)? I didn't get it that the cat, based on feeding, didn't create dander and people that were allergic to cats wouldn't react. Wouldn't it be a hypo-allergenic cat? Anyway, there Evrett was, entering my cognition through the Open Harvest bulletin board.

My sign on the OH bulletin board during the same time was for a book group studying a book by Rudolf Steiner. Evrett called me about the study group and soon thereafter started attending. It took me awhile to realize that this was the guy that didn't know how to spell his name and had a non-allergic cat. One of our first interactions beyond book group was a bread exchange. I made him loaves of potato broth bread to lighten him up. He made me sourdough – to sustain me. Food exchanged becomes a meaningful act. It took more years and lots of meals to blend our lives completely.

Jump forward to today. We own and operate Common Good Farm and grow certified Biodynamic and certified organic produce and eggs. Our sons have kept us hopping over the years, as well as the farm, house building, and an active community life. The main focus of what we do is a continuum of how and where we found each other – Rudolf Steiner gave the initial lectures that became the impulses for Biodynamic farming, and our involvement with Open Harvest continues as well.

Cooperatives and Open Harvest have been in our lives in many forms for many years. Evrett initiated efforts for a student-run co-op at the U of Minnesota years ago (never flew) and volunteered at North Country Co-op, then at Open Harvest packaging cheese. I began taking board meeting minutes and organizing files for Open Harvest about nine years ago, then segued into a position on the OH board. I returned to the board two years ago after a break and am also on the finance committee.

Many aspects of Open Harvest are important parts of our way of living and life; as a base for our own food purchases, as farmers with great food to provide, as a store

that is part of a food system and economy providing healthy food choices which allows and expects community participation and involvement. From all I have come to know, our food system is corporate, industrialized, gargantuan, impersonal and corrupt. Contrast this with the beauty and opportunity of participating in something personal, active, and humane, that espouses sustainability and integrity as policy... Open Harvest and the farmers and producers it engages.

Food is obviously a huge part of our marriage and life – partly because we farm and how we farm. We have a CSA (Community Supported Agriculture) farm. We grow food for people we know or come to know. Farming is about soil and food to us: how, when, for whom, where to buy, what to buy and how to celebrate it, cook it, eat it, sell it, donate it, share it.

No guarantees that you'll find love at Open Harvest, but you will find lovingly grown food that you can prepare in a loving way. And you can take loving care of your co-op, since it is part of what gives us the opportunity to bring something with principle and integrity to bear.

In our home, we say food is love. Food grown, processed, bought, sold, prepared and consumed while embracing principles based on sustainability tastes better; food prepared and grown with love more so. Simple exchanges can take on new meaning with food shared. Sharing can be brief – in the co-op aisle or checkout, or longer... tea with friends, suppers, in gardens and fields, or for lifetime.



## LAFTA

Lincoln Association For Traditional Arts

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### Main Stage Schedule

- 1/22/05 Greg Brown\*
- 2/26/05 Cafe Accordion
- 3/12/05 Laurie Lewis & Tom Rozum
- 4/16/05 Tom Russell with Andrew Hardin
- 5/7/05 Tennessee Heartstrings Band

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### House Concert Schedule

- 3/6/05 Annie Gallup
- 4/9/05 Buddy Mondlock

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Main Stage shows are held at the Loff at the MM and begin at 7:30pm. Check our website or call us at 402-580-8656 for details about main stage events and 402-466-4775 about house concerts.

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Admission: \$17, \$10 LAFTA members, \$10 students w/ID, \$1 kids under 12  
\*Special pricing applies

<http://lafta.nebraska.edu>

# Open Harvest Cooking Classes 2005

## **FREE! Introduction to Natural Foods**

**Saturday, January 29, 8-9 am, at Open Harvest**

For those new to natural foods, or just wanting to learn more about them, this FREE class is for you. Meet at Open Harvest for a detailed store tour with Jackie Barnhardt, Outreach Educator. Lots of samples!

## **Cheese Sampler**

**Tuesday, February 1**

Explore the wide variety of domestic and international cheeses that Open Harvest has to offer. In this class, you will have the opportunity to sample and compare an array of different cheeses and learn about nuances of their flavors. Instructed by Jean Helms.

## **Not your Ordinary Sushi**

**Thursday, February 3**

Join our sushi maker Mike Dowty as he demonstrates step-by-step how to make California-style vegetarian nori rolls. Mike will use a variety of traditional and non-traditional fillings and share samples and recipes.

## **NEW! Seasoning with Herbs**

**Tuesday, February 8**

Herbs are an easy, economical way to enhance all kinds of food by infusing flavor and aroma. Learn how to spice up your life and your food by using bulk dried herbs from Open Harvest. Bonnie Bake, president of the Nebraska Herbal Society introduces you to the wonderful world of herbs and shares fabulous recipes and delightful samples.

## **NEW! Advanced Indian Cooking**

**Thursday, February 10**

Join Rupri Kumar and continue to explore the world of Indian Cuisine as she teaches more advanced Indian recipes. Expand your skills and learn how to use paneer cheese and Indian spices to flavor your food. Recipes and samples included.

## **NEW! Cooking Without a Stove**

**Tuesday, February 15**

Genevieve Randall teaches fast, healthy cooking techniques to use at work, in a dorm or at home, using a microwave or a toaster oven. Class includes great recipes, tips, and samples for students, singles, or anyone who wants to prepare hot food without using a stove.

## **Cooking with Soyfoods**

**Thursday, February 17**

In this popular class, Jackie Barnhardt will share easy ways to introduce soy into your lifestyle. Enjoy samples and recipes for delicious ways to prepare tofu, tempeh, soymilk, miso and more.

## **NEW! Improv Cooking**

**Tuesday, February 22**

Challenge Jody Hoover and Genevieve Randall as they demonstrate how to improvise dinner using basic kitchen items and surprise ingredients brought by you. This class features a list of recommended staple ingredients to keep on hand in your kitchen, improv tips, and samples of fresh food prepared as you watch. Bring a pre-packaged or a fresh produce or dairy ingredient to class.

## **NEW! Cherished Cheesecakes**

**Thursday, February 24**

Indulge yourself with this rich, decadent, cherished dessert. Cheesecake is actually quite simple to make, as Jody Hoover will demonstrate. Jody's expertise leads you from traditional to fanciful varieties. Recipes and luxuriant samples will be offered.

**Introduction to Natural Foods will be held at Open Harvest.**

**All other classes will be held 6:30-8:30 pm at Trinity United Methodist Church, 16th and A Streets.**

**Register by phone, or at Open Harvest, or mail in the form on the next page.**



**Patricia (Patsy) J. Terpstra, C.N.H.P.**

*Lifestyle Consultant* (402) 435-5035

E-mail: patsyanddan2@aol.com (Subject: C.N.H.P.)

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# Eating Well

*The squash recipes come from Julie Cross of Davis Food Co-op in Davis, California.*

## Puréed Winter Squash

1 pound raw squash equals roughly 1 cup cooked pureed squash. Winter squash varieties include acorn, butternut, kabocha, turban, carnival, delicata, spaghetti and hubbard. Wash squash and cut carefully in half. Scoop out seeds and strings. Put cut side down on a lined cookie sheet and bake in a 350° oven for about 40-60 minutes, until squash is soft. Let cool. Scrape squash from rind and puree in food processor, put through a food mill or mash with a potato masher.

## Winter Squash Soup

Serves 4

3 pounds winter squash	1/3 cup minced shallots
2 Tablespoons butter	1 teaspoon salt
1/4 teaspoon white pepper	1 T. maple syrup
1/4 teaspoon nutmeg	1/2 cup cream
3-1/2 cups vegetable or chicken broth	

Follow directions to purée winter squash. Peel and mince the shallots. Heat butter in a large heavy saucepan and cook the shallots over very low heat until they're soft. Add the broth and turn up the heat to medium. Heat until it just starts to simmer. Add the salt, white pepper, nutmeg and maple syrup and stir. Add the squash in a little bit at a time, stirring. When everything is mixed together and heated through, turn off the heat and stir in the cream.

## Shepherd's Pie

Serves 4

2 cups pureed winter squash	2 Tablespoons cream
1 lb. sausage or substitute	1/2 cup diced onion
1 pkg. frozen corn	1 cup veggie broth
1 pkg. frozen peas & carrots	salt to taste

Mash squash as for mashed potatoes; add cream. If using sausage, cook until done. If using frozen sausage substitute, thaw and warm. Drain any fat from sausage. Saute onion until barely tender and add frozen vegetables, broth and salt to taste. Heat until vegetables begin to thaw. Pour into casserole and add sausage. Spread mashed squash over top. Bake in a 350° oven until hot through and topping is lightly browned.

## Roasted Carrots with Garlic and Thyme

From *Vegetarian Cooking for Everyone* by Deborah Madison

1-1/2 pounds carrots, peeled  
2 Tablespoons olive oil  
Salt and freshly milled pepper  
10 or so tiny garlic cloves  
Several thyme sprigs (or dried thyme)  
Chopped thyme or parsley

Preheat oven to 400 degrees. Toss carrots with oil, then season with salt and pepper. Put on roasting pan with garlic and thyme sprigs. Add 2 tablespoons water, cover tightly with foil and bake until tender, 25 to 45 minutes. Check twice during cooking to be sure there is moisture in the pan. Shake vegetables to turn. Toward the end, remove foil and roast until liquid is reduced and carrots are browned. Serve garnished with chopped thyme or parsley.

## Registration For Natural Foods Cooking Classes 2005

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_

(eve) \_\_\_\_\_

Check classes desired:

- Jan. 29 Intro to Natural Foods FREE !
- Feb. 1 Cheese Sampler
- Feb. 3 Not Your Ordinary Sushi
- Feb. 8 Seasoning with Herbs of Open Harvest
- Feb. 10 Advanced Indian Cooking
- Feb. 15 Cooking without a Stove
- Feb. 17 Cooking with Soyfoods
- Feb. 22 Improv Cooking
- Feb. 24 Cherished Cheesecakes
- Member - \$15 per class.
- Member number \_\_\_\_\_
- Non-member - \$20 per class

Amount enclosed \_\_\_\_\_  
(do not enclose cash)

Visa, MC or Discover # \_\_\_\_\_

exp. \_\_\_\_\_

Your payment secures your seat.

No walk-ins, please.

Send payment to: Open Harvest, Attn: Jackie,  
1618 South St. Lincoln, NE 68502

CANCELTION POLICY: If you need to cancel, please contact Open Harvest at least 24 hours prior to class if you want a refund. A processing fee of \$3 per class will be deducted.



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# Why I am an Open Harvest Board Member

*By Mark Shriner, Open Harvest Board Member*

I grew up in Lincoln and have lived here for 32 years, I think we have a great city to live in, and although I just moved to a farm in Seward County, I have deep roots in Lincoln. I was asked to join the Open Harvest board in July and decided to accept the challenge for many reasons. The main one I suppose is to help in the process of making Open Harvest able to be competitive in the new era of superstore organic food stores.

I have had many years of experience in the coffee business working with a small budget and small staffs, shoestring marketing budgets and customers that wanted everything the big guys offered but for half the price. I still was able to compete with all of the larger companies in the coffee industry, and one of the many things I like about Lincoln is that we still support our local shops despite all of the super Wal-Marts opening up around us. I feel it is important to provide our community with a shopping experience and good organic and healthy products, and although you can probably buy them many places, without the local shop, our city and its citizens are really missing out on the true meaning of community.

My main interest in the organic foods industry comes from the coffee side. As owner of the Coffee House, I have been pushing organic and fair trade coffee and cocoa on the public for the past 14 years. Being a small business owner is a perspective that I feel will give the board a little more understanding of what Jean Helms and her staff go through in trying to keep Open Harvest running smooth each day. I know I work like a slave for my shop, and usually the motivation to keep going comes from the customers that notice how much work it takes to make it work and work well.

My vision for Open Harvest is to be a part of guiding it into being a place that other shops only wish they could be. A place that people talk about, hang out and see friends at, a place that really cares and has the resources to take care of all of their members' wants and needs. I think the store is headed in the right direction under Jean's leadership, and all I hope to do is play a role in seeing it grow, expand, and develop a stronger community-based product line, and possibly have a membership base that can not only have strong buying power, but membership that is active in the community and able to give back. I guess what I envision is an interactive organic food is one that is always changing yet always stays true to its roots.

I also hope to learn many new things along the way. I am just getting my feet wet in the organic farming business and really have met some neat people on the board that have much more experience in it than I do. I hope to learn a lot from them as we work together to shape and mold the Open Harvest of the future.

I appreciate the opportunity to serve the membership and will work hard to see through any ideas we start. I think in the next few years we will all see many positive things happening at Open Harvest and I am excited to be a part of it.



## Health Farms Conference and Rural Advantage Workshop Coming in February

Nebraska Sustainable Agriculture Society's Annual Healthy Farms Conference and UNL Extension's Rural Advantage Workshop have combined their efforts this year to bring an outstanding offering to Nebraska farmers and consumers on February 4 and 5. This year's program will start off with an informational and inspirational keynote presentation, "The Faces of Sustainable Agriculture", by Jerry Dewitt of Iowa State University. Jerry spent over two years criss-crossing North America to visit and photograph producers that have built sustainable agricultural operations.

Special guest, Kit Pharo of Pharo Cattle Company in Cheyenne Wells, Colorado will be on hand both days presenting workshops and hosting discussion on making cattle raising more sustainable in a time of economic and environmental extremes. Though livestock production represents only one part of the sustainable agriculture picture, Kit's approach and philosophies are beneficial not only to producers but in confirming the values that consumers are supporting.

This year's agenda will offer three tracks, with 4-5 sessions each day for participants to choose from. Preliminary track areas include: Steps to Success, Alternative Agricultural Enterprises and the Bureaucracy, Agri-Tourism Opportunities, Management Intensive Livestock Production, and Sustainable Ag at Home.

Conference highlights include the Friday evening "All Nebraska" banquet, with featured banquet speaker Robert Wolback, president of the Oklahoma Food Co-op.

This year's conference will be held at the Interstate Holiday Inn in Grand Island. For more information or to register, contact Paul at the Nebraska Sustainable Agriculture Society at 402-869-2396 or Ruth at 402-783-9005.

### Organic Gardening Course at SCC

Join organic produce farmer Everett Lunquist, co-owner/operator of Common Good Farm for this four-session course looking at foundations of organic gardening from the ground up – from healthy soil and soil life to cover crops, compost, natural pest controls and more. Class begins January 25, Tuesdays from 7 pm – 9 pm at SCC Continuing Education Center. Course number LLLX143353. Call SCC Continuing Ed at 437.2600 or [www.southeast.edu](http://www.southeast.edu). For more specific course questions, call Everett at 783.9005.

# Colds and Flu Defense

**Prevention** is your first line of defense. Use common sense and try to keep your distance from people who are sick. Avoid enclosed crowded places. Viruses that cause colds and flu become airborne when people cough and sneeze. Wash your hands after you touch surfaces that may be contaminated with bacteria and viruses like doorknobs and telephones. Wash as soon as it's convenient after you shake hands. Use a gentle soap and wash for 15 seconds before rinsing. Use a paper towel to turn off the faucet and to open the door when exiting a public bathroom. If germs are on your hands, they enter the body when you touch your eyes, nose and mouth or even the food you eat. Teach your children to wash hands when they come home from school to reduce spread of illness to your family.

Help strengthen your immune system by getting plenty of rest and moderate exercise such as walking every day. Reduce stress as much as possible and avoid too much junk food, alcohol and smoke. Enjoy foods rich in antioxidants: fruits and vegetables,

whole grains, beans, and green tea. Garlic contains powerful antiviral and antibacterial properties. Take a high quality multi-vitamin daily. These preventative steps help to reduce the risks of many other diseases and infections.

**Cold or flu?** According to the Centers for Disease Control and Prevention, the flu and the common cold are both respiratory illnesses but they are caused by different viruses. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu and have a shorter duration. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

**First response** to symptoms can shorten the duration of colds and flu or even nip it in the bud. Boiron® oscilliococcinum can be taken at the first sign of flu and often stops illness from setting in. NatraBio® Flu Relief homeopathic nasal spray can help reduce symptoms of body aches, congestion, fever, headaches and sore throat. Nature's Way® Sambucol is an elderberry formula.

Elderberries have been used to combat flu viruses, ease congestion, fever and sore throat. For colds, frequent selections are Boiron® Cold Calm or Cold Snap® to "restore righteous chi". Source Naturals® Wellness Formula and Wellness Herbal Resistance Liquid are used to treat both colds and flu.

Stay away from others if you are sick. Drink plenty of liquids, especially soups, fresh juices, herbal teas, and water to prevent dehydration and help flush out the body. Sleep and get as much rest as possible.

**"Prescriptions for Nutritional Healing"** by Balch and Balch is an excellent, easy-to-use reference book. It lists illnesses and recommendations for supplements and herbal medicines. They cite: "Echinacea is very effective at enhancing the body's own defenses. Goldenseal is a natural antibiotic and helps relieve congestion." The book is on display for reference at Open Harvest and copies are available to purchase.

*Research, and make responsible decisions about your healthcare. This article is not intended as a substitute for seeking professional advice from your healthcare provider.*



## The Quest

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Yoga  
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## Natural Foods Cooperative Grocery

### Member Appreciation Weekends – save 5%!

#### *Featuring Live Music Saturday Mornings & Sunday Afternoons*

-  **January 8 and 9 – Genevieve Randall  
and Friends, Classical music**
-  **February 5 and 6 – Eric Reimnitz,  
Acoustic guitar**
-  **March 5 and 6 – Brennan Pierce and  
Lenna Pierce, Violin and Cello**

### Co-ops Helping Co-ops Internationally, continued

donations provided immediate needs for food, tools, medicine and clothing. The remaining funds will go towards reconstructions efforts, such as rebuilding farms and repairing equipment. With our help, the members will be able to remain on their farms with their families and ensure the economic viability of the cooperative.

Linden Hills Co-op started the ball rolling by pledging \$100 towards this relief effort and inviting others to do the same. Open Harvest jumped in with a matching contribution, along with dozens of other food co-ops. As of December 1st, U.S. consumer cooperatives have pledged \$9,000! This makes me very proud to be part of the co-op movement.

CONACADO Fair Trade cocoa is used in Equal Exchange cocoa products and chocolate bars, Dagoba's Conacado bar and Rapunzel Organic Chocolates. You can help by purchasing these products. Please consider giving Fair Trade chocolate to your friends and families for Valentine's Day.

For more information on CONACADO and the Hurricane Relief effort, go to Equal Exchange's website at [www.equalexchange.com](http://www.equalexchange.com) or go to [www.lasiembra.com/conacado](http://www.lasiembra.com/conacado) or if you can make your way through the site in Spanish, you can visit [www.conacado.com](http://www.conacado.com) and see pictures of the farmers and the cacao plants in bloom.

### Free Viewing of "The Future of Food" Film

On Sunday January 23, at 1:30 pm, the Nebraska Sustainable Agriculture Society presents "The Future of Food" at the Joyo Theater, 6120 Havelock Avenue in Lincoln. Doors open at 1:00 pm. The film is followed by a question and answer session with organic farmer and seed saver Mike Herman, from Nebraska's own Grain Place near Marquette.

"The Future of Food" is by Deborah Koons Garcia and lasts approximately 90 minutes, providing an in-depth investigation and critique of genetically engineered foods and crops, including interviews with farmer activists such as Percy Schmeiser.

No charge for admission. Free-will offerings will be happily accepted to support Nebraska Sustainable Agriculture Society. Drinks are donated by Open Harvest. Popcorn is donated by Grain Place. Generous support to bring this film to the Joyo comes from Rivers Metal Products. For more info, call Ruth at 402.783.9005.

### Ecology Now! Potluck and Movie Night

UNL's environmental group, Ecology Now! and Open Harvest welcome you to a potluck and movie at 5 pm on Sunday, January 23, 2005. Meet in the basement of the Culture Center at 333 N. 14th St. to enjoy a potluck meal and a movie. The featured movie, "Oil on Ice" is about the struggle to protect the Alaskan Wilderness from government drilling. Please bring a food dish and your own dinnerware. A small kitchen will be accessible. We would love to see you for an evening of food and fun!