



THE DIRT



BOARD: COURAGEOUS EVOLUTION

GM: FY 2019 BUSINESS PLAN

SWEET SUMMER RECIPES

& MORE

1618 South Street
Lincoln, NE 68502

402-475-9069
openharvest.coop



General Manager

Amy Tabor

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Newsletter

Amy Tabor | 6, 7
Skylar Mosby | 2, 3, 8 - 11
Matt Pirog | 5
Amy Tabor | managing editor
Kat Cantrell | editing
Skylar Mosby | layout & artwork

The Dirt

Solstice is derived from the Latin words *sol* for “sun” and *sistere* meaning “to stand.” The sun seems to be suspended indefinitely in the sky on our longest day of the year. There’s nothing like the slow-moving romanticism of summer; the sunny days that blend into starlit evenings. Wherever your adventures lead you, make sure to bring some good food and great company.

This summer we will launch local kombucha on tap and host a grill-out every month. July is a special month for the co-op because we celebrate our 43rd birthday! Keep your eyes peeled for week-long savings, give-aways, and an owner appreciation special. Later in July we will have our first quarterly bulk sale, leading us into back-to-school season.

It is a privilege to serve this community with natural, nutritious food. We know that you, our customers, are the heart of the co-op. Thank you for another season of support.



Community Events

Summer
2018

BOARD MEETINGS

FIRST WEDNESDAYS
JULY 11*, AUG 1, SEPT 5
6:00 P.M. – 8:30 P.M.
MERCY CITY CHURCH
1430 SOUTH STREET, LINCOLN

Owners are encouraged to attend monthly board meetings.

**Rescheduled due to holiday*

WELLNESS WEDNESDAY

SECOND WEDNESDAYS
JULY 11, AUG 8, SEPT 12
OPEN HARVEST,
1618 SOUTH STREET, LINCOLN

Receive 10% off all regularly-priced body care, supplements, and general merchandise purchases!

STRANSKY PARK CONCERT SERIES

EVERY THURSDAY
MAY 26 - AUGUST 9
STRANSKY PARK
17TH & HARRISON, LINCOLN

Join KZUM at Stransky Park each Thursday in the summer for a relaxed family show.
kzum.org

BRUNCH ON THE SQUARE

JUNE 24, JULY 8, JULY 22,
AUG 19, SEPT 23, OCT 7
12:00 P.M. – 3:00 P.M.
TAVERN ON THE SQUARE
816 P ST LINCOLN

Downtown Lincoln and Tavern on the Square are excited to bring back the monthly brunch series featuring local chefs, musicians and DJs.
lincolnhaymarket.org/events/

COMMUNITY CROPS GARDEN GALA

SATURDAY, JUNE 23
1:00 P.M. – 2:30 P.M.
CROPS OFFICE
1301 S 11TH ST LINCOLN

Take a short bike tour to several of CROPS garden sites, before ending at the Peter Pan Park community garden for ice cream and a garden tour!

communitycrops.org

BIRTHDAY AND OWNER APPRECIATION

SATURDAY, JUNE 29 -
THURSDAY, JULY 5
OPEN HARVEST,
1618 SOUTH STREET, LINCOLN

It's our 43rd birthday! We are kicking off the week-long celebration with a grill-out. Owners save 10% on any day during our birthday week!

FEAST ON THE FARM

SATURDAY, AUGUST 25
5 P.M. - 8:30 P.M.
PRAIRIE PINES
3130 N 112TH ST

The Feast on the Farm showcases the best of local foods, prepared by your favorite local chefs. As guests wander the farm, they enjoy a full dinner, while seeing where their food grows.
communitycrops.org

Farmers' MARKETS

SUNDAY FARMERS' MARKET

(FORMERLY OLD CHENEY ROAD FARMERS' MARKET)

SUNDAYS, APRIL 29 - OCTOBER 28
10:00 A.M. – 2:00 P.M.
4801 PRESCOTT AVE, LINCOLN
sundayfarmersmarket.org

HAYMARKET

SATURDAYS, MAY 5 - OCTOBER 13
8:00 A.M. – 12:00 P.M.
THE HISTORIC HAYMARKET,
LINCOLN
lincolnhaymarket.org

FALLBROOK FARMERS' MARKET

THURSDAYS, JUNE 21ST - AUGUST 9
4:00 P.M. – 7:00 P.M.
570 FALLBROOK BLVD, LINCOLN
fallbrookfarmersmarket.com





Board Vice Chair Matt Pirog and Skylar Falter at their farm Rhizo City in Lincoln.

Photo by Skylar Mosby

Board Update

By Matt Pirog
Open Harvest Vice Chair

SERVING MY FIRST term on the Open Harvest Cooperative Board of Directors, I am appreciative of the strong culture that exists around continuous improvement of our board members. As a board, we rely on our diverse experiences, along with input from our nearly 3000 owners to guide the future of Open Harvest. Joining the board, it was clear that we take the responsibility to monitor our store's performance seriously, and for that reason, the board places an emphasis on providing professional development opportunities to members of the Open Harvest Board of Directors.

At the end of May, I represented Open Harvest at one such opportunity when I traveled to Portland, Oregon for the annual Consumer Co-operative Management Association (CCMA) conference. Open Harvest received a full-registration scholarship to this conference from the Howard Bowers Fund of the Cooperative Development Foundation. Despite the mundane sounding name of this conference, the keynotes, conversations and breakout sessions were

anything but. The theme of 'Courageous Evolution' more than once left me with a deep sense of pride in the cooperative business model and the principles of democratic ownership. At a time of rapid consolidation and stark inequalities in our industrial food system, it was empowering to be in a room with so many other individuals, representing co-ops across the country, that are committed to the same 7 cooperative principles. These principles make Open Harvest a business that adds resilience to our local food system and an ethical place for us to invest our money.

I sat in on a session with around 50 other finance committee board members as we discussed how to better monitor the financial operations of our co-op and ask the right questions of our general manager. In another session, I learned what successful owner capital campaigns look like and best practices for raising funds, if we, as an ownership, decide that we want to make investments to improve our store.

The keynote speaker at the event was Eric Holt-Jiminez, Executive Director of

Food First, a people's think tank looking to end injustices that cause hunger. I was reminded of the imperative work of cooperatives as we seek to rebuild our hollowed out food culture and communities. Mr. Jiminez juxtaposed the staggering rates of world hunger with the stock performance of Monsanto, sharing that rising profits for these massive agribusiness companies has coincided with rising rates of global hunger. It pushed me to imagine and admire the courageous evolution of those that brought our co-op into existence 43 years ago in response to the status quo; a different way of meeting our shared needs to eat and to belong. Open Harvest is more than just a grocery store. We are a community hub where idealistic values are welcomed and imagining different ways of living is possible.

As our co-op moves forward in a challenging era of race-to-the-bottom competition and climate instability, we need courageous leaders willing to guide our store and make thoughtful, informed decisions about our future.



Do you want to help Open Harvest continue as a thriving hub of sustainable values for another 43 years? We are accepting applications until July 8th for board candidates who are willing to lend their diverse experiences to our store. For more information about joining us on this journey, please visit:

openharvest.coop/jump-on-board-2018



GM Update

By Amy Tabor *General Manager*

AT THE JUNE board meeting, I presented the 2019 Business Plan to the Open Harvest Board of Directors. The 2019 Business Plan describes the work we will do within our organization to maintain and grow our cooperative business and prepare for the next several years in the South Street Plaza shopping center. The plan outlines strategies on retail excellence, ownership engagement, nurturing our people, marketing, and facility operations.

Despite some big challenges this year, we have accomplished a lot. One focus of last year's business plan was gathering information from key stakeholders to develop a strategic plan of where we want the co-op to be in the next five years. We conducted a Customer Survey in early 2018 that provided valuable information on our shopper demographics, shopping patterns, shopper satisfaction, and general comments.

“80% of customers surveyed say that the co-op meets their needs”

Overall, our customers are pretty satisfied with Open Harvest. 80% of customers surveyed say that the co-op meets their needs and a majority are satisfied with products and services. 64% say that they were very likely to recommend the co-op to a friend or colleague. The survey also gave us insight on what we could improve considering price, product selection, and more convenient location.

In February 2018, a team from NCG came to the store to assess store operations and our financial business systems. We received

excellent feedback and recommendations on four key areas of focus; building cash, developing a culture of service, restructuring the food service department, and completing minor layout modifications to expand deli seating. The management team developed department strategies with these recommendations in mind and with the support of the board we are committed to putting these plans into action!

It's an exciting time to be part of Nebraska's only food co-op! As we near our 43rd anniversary this summer, I invite you to join the celebration. It has taken the dedication of many customers, owners, staff, and board members over the last four decades to bring us to this point in our history. And although we currently face challenges that our founders may have never even imagined, we have been able to evolve, find success, and remain true to our cooperative values — and that's something to celebrate!

Liquor License UPDATE

It's with great disappointment and sadness that I have to report that the Lincoln City Council voted 2-4 (Camp & Christensen in favor) against the Open Harvest liquor license text amendment at the May 14th City Council meeting. This decision concludes our extensive pursuit of a liquor license in this current location.

I can confidently say that we did everything we could to achieve an alternative solution. I want to personally thank Brande Payne, former board chair and current board member, for all of the time she put into this project over the past year, and to anyone who took the time to write a letter, send an e-mail, chat up a council member, or sign our petition.

With this now behind us, we can turn our focus and energy on more fruitful opportunities that further our cooperative vision.

Thank you for your continued support and patronage. I hope to see you around the co-op soon!

In cooperation,
Amy Tabor

Our efforts for this text amendment have been documented in detail on our website: www.openharvest.coop/liquor-license-updates

Staff Picks

You can take our word for it.



SPIRITUS VITAE BOTANICALS

Fire Cider

Recommended by:
Carrie Fegley

WELLNESS COORDINATOR

"It's an overall health and wellness booster. You can feel it as it travels throughout your body. Food based and locally made!"

local goods



CERTIFIED PIEDMONTESE

Local Beef

Recommended by:
Angie Nelson

FINANCE ASSISTANT

"The best beef at a fair price. So tender and juicy - it's the only beef I'll buy."

local goods



FAGE

Greek Yogurt

Recommended by:
Emily Brede

PRODUCE MANAGER

"Simple ingredient list and packed with protein. Try it with fresh berries and a scoop of our own locally-grown oats!"



SHADOWBROOK FARM

Spinach

Recommended by:
Brian Furby

PRODUCE LEAD

"Throw it on anything and BAM! Now it's healthy."

local goods



OUR DELI'S OWN

Smoked Salmon Salad

Recommended by:
Margot Conrad

FRONT END SUPERVISOR

"This is a delicious and filling snack - with crackers or just with a fork."

made fresh



GUAYAKI

Yerba Mate in Bluephoria

Recommended by:
Danica Zobeck

CHEESE COORDINATOR

"Light, bright flavor. Not too sweet. Great energizer."



Shrimp & Plum Kebabs

eatingwell.com

Toss shrimp, juicy plums and zesty jalapeños with a simple cilantro-lime marinade for a deluxe meal in minutes.

194 calories, 8 g. fat, 221 mg. cholesterol, 446 mg. sodium, 5 g. carbohydrate, 1 g. fiber, 24 g. protein

INGREDIENTS for 4 servings:

- 3 tablespoons canola oil, or toasted sesame oil
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon freshly grated lime zest
- 3 tablespoons lime juice
- 1/2 teaspoon salt
- 12 raw shrimp, (8-12 per pound), peeled and deveined
- 3 jalapeño peppers, stemmed, seeded and quartered lengthwise
- 2 plums, pitted and cut into sixths

PREPARATION

1. Whisk oil, cilantro, lime zest, lime juice and salt in a large bowl. Set aside 3 tablespoons of the mixture in a small bowl to use as dressing. Add shrimp, jalapeños and plums to the remaining marinade; toss to coat.
2. Preheat grill to medium-high.
3. Make 4 kebabs, alternating shrimp, jalapeños and plums evenly among four 10-inch skewers (discard the marinade). Grill the kebabs, turning once, until the shrimp are cooked through, about 8 minutes total. Drizzle with the reserved dressing.



For more great recipes like this one, [visit strongertogether.coop](https://strongertogether.coop)

Caprese Pasta Salad

National Co-op Grocers

This pasta version of the Italian classic gets a tasty twist with peppery arugula standing in for basil.

370 calories, 17 g. fat, 60 mg. cholesterol, 230 mg. sodium, 36 g. carbohydrate, 1 g. fiber, 18 g. protein

Ingredients for 4 servings:

- 12 ounces fusilli pasta
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons lemon zest
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 ounces fresh mozzarella balls, small (or a large ball, sliced into bite-sized pieces)
- 2 cups cherry tomatoes, halved
- 1 cup arugula leaves, torn

PREPARATION

In a large bowl, whisk the lemon juice, zest, olive oil, salt and pepper. Add the mozzarella, tomatoes and arugula and toss. Cook the rotini according to package directions until al dente; drain and rinse with cool water, then drain again. Add the pasta to the bowl and toss to mix. Serve immediately, or refrigerate for up to three days.

SERVING SUGGESTION

In this easy pasta version of the Italian classic, the Caprese becomes a meal, gets a little sparkle from lemon, and can be made anytime of the year by using arugula instead of basil. Great for potlucks, since it travels well.





NEW DOWNTOWN LOCATION
1827 'O' STREET
www.screenink.com



120 N 14th St. - Lincoln, NE
 Open Mon-Fri 10-6, Sat 12-5
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 Locally owned
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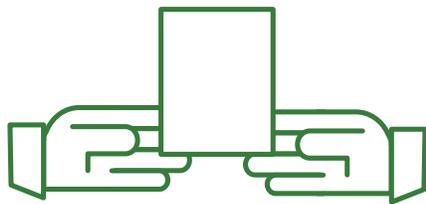


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