



THE DIRT

PACHA SOAP WITH A PURPOSE

WINTER VEGAN RECIPES

YOUR VOICE: OWNER MEETING ACTIVITY

& MORE



OPEN HARVEST
CO-OP GROCERY
1618 SOUTH STREET / LINCOLN, NE

General Manager
Amy Tabor

Board of Directors

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- Matt Pirog, Vice Chair
- BJ Birkel, Secretary
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- Tanika Cooper
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Newsletter

- Amy Tabor | 4, 5
- Skylar Mosby | 2, 3, 8, 9, 14, 15
- Megan Jackson | 6, 7
- Zach Mayhew | 11, 12, 13
- Amy Tabor | managing editor
- Kat Cantrell | editing
- Skylar Mosby | layout & artwork

For advertising rates and other information, please send an e-mail to harvest@openharvest.coop

OPENHARVEST.COOP



Our Bakery's Own
Beet Muffins

The Dirt

In 2018 let's think small. The concept of good, natural food is no longer reserved for niche markets or early adopters. It's the new normal; it's ubiquitous. A better future requires access *for all*, to every necessity, in a walkable distance. It requires supporting small farmers, small business, small carbon footprint.

This year we encourage you to spend your dollars and time in support of farmers, builders and producers near you! In January, swap seeds with fellow gardeners. In February, send some love to your favorite local area farmers with Valentines, and shop for KZUM on our special Giving Day. In March, join us for our 5th annual CSA Fair. Details on that will be available closer to February, so make sure you're subscribed to our e-newsletters and follow our Facebook page.

Thank you for keeping Open Harvest as a staple of your mindful lifestyle. We are looking forward to another year of serving our community, loving local, and supporting small.

COMMUNITY EVENTS

WELLNESS WEDNESDAY

SECOND WEDNESDAYS | JANUARY 10, FEBRUARY 14, MARCH 14
OPEN HARVEST, 1618 SOUTH STREET, LINCOLN

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

BOARD MEETINGS

FIRST WEDNESDAYS | JANUARY 3, FEBRUARY 7, MARCH 7
6:00 P.M. – 8:30 P.M.
MERCY CITY CHURCH, 1430 SOUTH ST., SUITE 110, LINCOLN

Owners are encouraged to attend monthly board meetings. Please enter the building on 15th Street.

KZUM SOUPS AND SONGS

SUNDAYS | JANUARY 21, FEBRUARY 25, MARCH 25
5 P.M.
FERGUSON HOUSE, 700 S. 16TH STREET, LINCOLN

Enjoy live, local music, Open Harvest soups, and desserts from Meadowlark!

kzum.org

SEED SWAP

SATURDAY, JANUARY 27
10:00 A.M. – 12:00 P.M.
OPEN HARVEST, 1618 SOUTH STREET, LINCOLN

The Open Harvest annual Seed Swap is a space for the Lincoln gardening community to trade some of their saved seeds from the last year, see what everyone else is growing, and try planting something new. Don't have any seeds to bring? Come hang out anyway; there will be plenty of seeds to go around!

TEXT AMENDMENT PUBLIC HEARING

MONDAY, JANUARY 29
STARTS AT 5:30 P.M.
555 S 10TH ST, ROOM 111, LINCOLN

Share our efforts with your local friends and family! We need to show the Council that this issue is not just about Open Harvest. Our text amendment will allow more retail grocery stores to provide a wide selection of products that they need to stay competitive.

For more information on this text amendment and the steps we've taken so far, visit www.openharvest.coop

WE LOVE LOCAL

ALL MONTH IN FEBRUARY
OPEN HARVEST, 1618 SOUTH STREET, LINCOLN

Send love letters to your favorite local vendors at Open Harvest! Cards will be available at the front of the store and we will handle postage.

RUN FOR THE BRIDGES

SATURDAY, MARCH 10
STARTS AT 8:00 A.M.
WILDERNESS PARK, 1ST AND VAN DORN STREETS, LINCOLN

Run for the Bridges is an annual trail run that raises funds to replace bridges in Wilderness Park. Race distances include a half-marathon, 10K, or 1.8-mile kids' run. To register visit: www.getmeregistered.com

LIQUOR LICENSE UPDATE: THIRD TIME IS A CHARM!

by Amy Tabor | General Manager
December 19, 2017

On December 6th we attended another Planning Commission meeting for a final vote on our grocery store liquor license text amendment. The Commission voted 4-5 against the Planning Department's recommendation of denial - which means we go to the Lincoln City Council with a recommendation of approval!

We are confident this amendment will not only benefit Open Harvest, but other current and future retail grocery businesses by allowing them to provide a wide assortment of products to their customers. It also encourages increased food access in core neighborhoods by allowing grocery stores to be competitive. Our amendment provides measurable levels of separation to protect neighborhoods and other businesses and creates a process for application that includes providing annual proof of fresh food sales and valid permitting. Most importantly, this amendment supports smart city planning and aligns with Guiding Principles found in the Lincoln / Lancaster LPlan 2040.

We are hopeful, but the fight is far from over. The City Council public hearing is on January 29th, 2018 at 5:30 p.m. Please check the Liquor License Update page on our website for further action items.

Thank you for supporting our efforts - with your help we are closer than ever!

GM REPORT:

Shopper Survey

Seasons greetings and Happy New Year to all! This past year we have diligently worked to improve the Open Harvest shopping experience by bringing in new products, developing new items in our bakery and deli, and giving the store's appearance a boost with a new coat of paint and new signs. With a year behind us and a world of possibilities before us -- we want to hear from you!

In 2018, we will kick off the New Year with a Shopper Survey! We are working with the Survey Research Center (SRC) at the University of Wisconsin-River Falls (UWRF) to survey our co-op owners and shoppers. This survey will provide the management team and board with invaluable information about customer satisfaction, spending patterns, basic demographics, and personal characteristics. Additionally, we want to hear about your thoughts on a possible expansion project in the next 3 - 5 years - How do you see Open Harvest growing and expanding? Staying right

here in the Near South Neighborhood? In another location? Or maybe opening a second store? Would you be interested in providing a loan to the Co-op?

The great thing about the survey is that it takes less than 10 minutes to complete and all completed surveys will get you a chance to win one of three \$50 gift cards.

2018 Shopper Survey

Hits inboxes January 9, 2018

**Give us your feedback for a
chance to win one of three
\$50 gift cards**

I want to invite everyone - owners, shoppers, staff, and board - to let us know what you think. We need the feedback from our most invested patrons so that we can make a plan for the future - one that continues to support our local food system, community, and embody the cooperative values on which we are founded.

Sign up for our weekly e-newsletter before January 9th in order to be included in the mailing list.

Amy Tabor | General Manager

HOW YOU CAN HELP

- **E-mail a letter of support** for this text amendment to the Lincoln City Council by January 26th. (When e-mailing the city, please be sure to check your junk folder for an auto-response to verify your e-mail address to be sure that it gets through).

- Attend the Lincoln City Council public hearing on **Monday, January 29th at 5:30 PM** and testify in support of this Text Amendment.
- Share our efforts with your local friends and family! We need to show the Council that this issue is not just about Open Harvest. Our text amendment will allow more retail grocery stores to provide a wide selection of products that they need to stay competitive.

Board Update

by Megan Jackson | Board Chair

The Open Harvest Co-op Annual Meeting is our one event of the year that speaks most directly to the second cooperative principle: democratic member control. It brings together people within three intersecting co-op cultures—the Board, staff, and our owners, and serves as an opportunity to socialize, share, and get a little business done.

This year's Annual Meeting for owners was held on Thursday, November 2nd at Chez Hay. A total of 58 owners and 95 attendees enjoyed an evening of delicious food (sourced from local farmers and expertly crafted by Chef Carmicheal), to hear directly from the Board and General Manager, and to give input on co-op issues.

Owners voted to approve Bylaws revisions, which included changing the timeframe of abandoned

ownership equity from two years to one year; extending Board terms for a one-time basis to align Board elections with the Annual Meeting; and changing the requirements for a full financial audit from five years to a range of five to seven years. We ended the evening with an activity to gather input from owners, the first of many others to come. The 2017 Annual Report, Annual Meeting Minutes, and updated Bylaws are now posted on the Open Harvest website.

Each year following the Annual Meeting, the Board holds officer elections at the next monthly Board meeting. The officers elected at the December meeting, serving one year terms were Megan Jackson (Chair), Matt Pirog (Vice Chair), and BJ Birkel (Secretary).

As new Board leadership takes us into 2018, we

want to say a special thank you to outgoing officers Brandé Payne and Mary Hansen. Both of these Directors served several years as officers and led the Board through a GM search, established efficiencies in Board meetings, and supported the efforts to change a city ordinance to allow Open Harvest to sell beer and wine. Following in their footsteps, the incoming Board Officers will continue to help guide the Board to provide strategic leadership for our Cooperative and perpetuate our democratic organization.

We also want to extend our gratitude to our owners for your contributions, your patronage at the store, and your thoughtful feedback and engagement. We look forward to 2018 as a year to understand and better meet your needs, and to gaining insight to continue building a successful future together.

MEET YOUR NEW Board Officers



megan jackson | board chair



matt pirog | vice chair



bj birkel | secretary

Your Voice

OWNER MEETING ACTIVITY

At our Annual Owner Meeting, owners took part in an activity that asked three questions: *What can the Co-op do to make you proud? What do we do better than any one else? And what can we do better for our shoppers?* Here are the highlights:

community events

We are happy to hear that owners love the events we had last year, such as the eclipse party and our grill-outs. Several of you stated that you'd like to see more community events and owner events - like the annual meeting.

Community events were mentioned by 10 owners.

6 owners supported continued improvement of **staff benefits** and **livable wage**.

outreach

More outreach, diversity, and accessibility for low-income families. We absolutely agree and constantly strive to be a grocer that serves our entire community. We will continue giving back to local non-profits - hopefully we can give more and more each year! We look forward to our Double-Up Food Bucks program beginning in 2018.

Outreach, price points, and diversity were mentioned 8 times.



4 owners voiced their support for **wine and beer** sold at the Co-op.

Bulk, minimal packaging, and zero waste were mentioned by 16 owners.

bulk

The bulk of owners LOVE bulk! What we heard is that we're doing this pretty well and we should continue to improve our bulk section. It's important to our shoppers to have access to minimally packaged or zero-waste products.

In 2017 we started planning our bulk reset, so keep your eyes peeled for exciting new additions and upgrades!



Pacha:

Soap with purpose.

Reprinted from The Grand Island Independent

By Zach Mayhew | Aug 22, 2017

The hardest part of being a soap maker is that it is really dirty," Pacha Soap Co-Founder and CEO Andrew Vrbas said. "People don't think of that when you talk about making soap, but any time you are working with a lot of vegetable oils, it's bound to get dirty."

Pacha Soap officially started in 2013, but the idea came to Andrew one day in 2010 while on a bus ride in Peru.

"I've always had an entrepreneurial mind," Andrew said. "Sometimes that mind goes to what resources are available to you at the time, to make something or to envision what something could be. While I was living in Peru, I was trying to think of a business

that would be relevant in the developing world that could help employ people in a positive way, produce a product that was needed or produce a product that could benefit."

He originally thought about tea, but he knew there would be many regulations because it's consumable. That is when his thoughts turned to making soap.

"My next thought was that, 'These same herbs and these same plants smell amazing, what if they could be used in soap?'" Andrew said. "As I thought about it, it started to make more and more sense because soap was a needed thing. I was working at a school and a place helping to rebuild in construction."



He said during his time working at the school he saw that soap was not a regular part of the day, or used after going to the bathroom and before eating.

"It is not to say that soap wasn't available there," Andrew said. "It is to say that it was an area that could use focus. So I thought a soap business might be an excellent way of helping to propagate better wash practices."

For every bar of soap that Pacha Soap sells, a portion of the profits go to help set up small-scale soap shops, educate children on better wash practices and to drill clean water wells in the developing world. So far, the funds raised from sales have helped Pacha give over 1.2 million bars of soap, create 235 jobs, educate almost 72,000 children and dig wells that serve 2,400 people.

"People may hear that and think that giving away 1.2 million bars of soap is the pinnacle of what we could be doing as a company," Andrew said. "The coolest part that represents those 1.2 million bars of soap is the careers that were generated in producing those bars of soap and that will sustain beyond Pacha. We have given a lot of soap, but it is the way that soap is given that really makes the biggest impact."

Andrew's wife, Abigail, said getting to the 1.2 million bars given mark has taken a lot of work.

"It didn't happen overnight, or with just Andrew and me," Abigail said. "Our whole Pacha team works hard every day and I'm so grateful to our amazing customers and retail partners. But the best part is knowing that those bars represent so much more. Every time we reached a new number for bars given, what that really meant was more locals were provided jobs through soap making, soap distribution, raw ingredient sourcing. Job creation might not have as an immediate effect as hand washing, but it is more long-lasting and can help shape a better future the current generation and the next."

Vrba believes that Hastings is a great spot to have Pacha.

Pacha means earth in Quechua, a language spoken in Peru. Pacha Soap's ingredients come directly from the earth. Pacha Soap uses organic vegetable oils, high quality essential oils and natural fragrances from plants and fruits. Andrew said each bar tells a story.

"We use plant roots, powders, seeds and clays for colors," Andrew said. "We use things like goats' milk from a farm near Doniphan, honey that is locally sourced here in Nebraska and we use other fair trade high quality ingredients that really tell a story too."

Andrew hopes people who use Pacha Soap's products would use them regardless of what they stand for.

The funds raised from sales have helped Pacha give over 1.2 million bars of soap, create 235 jobs, educate almost 72,000 children and dig wells that serve 2,400 people.



"Hastings is small enough to where we enjoy being in a small community and we are centrally located," Andrew said. "For distribution purposes it is actually pretty great. The people here are just amazing. We found such a great culture of people that I believe in so much."

Soap making is a process that requires mixing several ingredients to get the right chemical reaction to create a bar of soap.

"In this day in ages when things are being simplified and all you have to do is press buttons, soap making is not that," Andrew said. "Soap making is a craft and each time it could be different. So the craftsman's knowledge behind the product is so important."

"I still want everybody who interacts with our products to think that that was an amazing experience," Andrew said. "I would support that product even if I didn't know all the amazing things that the company stands for and does. The product itself was phenomenal and the experience that I had personally with it was top-notch."

Soap making can be a dirty process, but for Pacha that dirty process truly is worth the clean purpose each bar of soap helps provide.



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CHAI WAFFLES

FROM ONEGREENPLANET.ORG

INGREDIENTS

- 1 CUP NON-DAIRY MILK
- 2 TEASPOONS APPLE CIDER VINEGAR
- 2 TABLESPOONS GROUND FLAX SEEDS
- 1/4 CUP, PLUS 2 TABLESPOONS HOT WATER
- 1 1/3 CUP UNBLEACHED ORGANIC ALL-PURPOSE FLOUR
- 2 TEASPOONS BAKING POWDER
- 1/2 TEASPOON SALT
- 1 TEASPOON GROUND CINNAMON
- 1/2 TEASPOON GINGER
- 1/4 TEASPOON GROUND CARDAMOM
- 1/4 TEASPOON CLOVES
- 1 CUP SWEET POTATO PUREE
- 1/3 CUP OF ORGANIC BROWN SUGAR
- 1/4 CUP OF COCONUT OIL, MELTED

PREPARATION

Pre-heat a waffle iron.

In a measuring cup, combine the non-dairy milk and apple cider vinegar, then set aside to curdle.

In a small bowl, mix together ground flax seeds and hot water. Set aside to thicken.

In a large mixing bowl, combine the flour, baking powder, salt and chai spices. Make a well in the center and set aside.

In a smaller bowl, whisk together sweet potato, brown sugar, coconut oil, vanilla extract, and flax "egg," then whisk in the milk.

Pour the sweet potato mixture in the well of the dry ingredients. With a spatula, fold the wet into the dry. Be careful not to over mix. Spray the waffle iron with cooking spray and cook according to your waffle iron's instructions.

SUN-DRIED TOMATO PESTO

FROM THISSAVORYVEGAN.COM

INGREDIENTS

- 2 CUPS FRESH BASIL
- 8.5 OZ JAR SUN-DRIED TOMATOES PACKED IN OIL
- 3 CLOVES GARLIC
- 1/2 LEMON JUICED
- SALT & PEPPER TO TASTE
- RED PEPPER FLAKES (OPTIONAL) TO TASTE

PREPARATION

Combine all ingredients in a food processor.

Blend on high until combined, scraping down the sides as needed.

CREAMY SUN-DRIED TOMATO PESTO GNOCCHI

FROM THISSAVORYVEGAN.COM

INGREDIENTS

- 2 TBSP SUN-DRIED TOMATO PESTO
- 1 PACKAGE GNOCCHI (16 OZ)
- 1 TSP CORN STARCH
- 3/4 CUP + 2 TSP PLAIN, UNSWEETENED NON-DAIRY MILK SEPARATED
- 1 TBSP VEGAN BUTTER
- 2 TBSP OLIVE OIL
- 3 CLOVES GARLIC DICED
- SALT & PEPPER TO TASTE
- FRESH BASIL, VEGAN PARMESAN FOR TOPPING (OPTIONAL)

PREPARATION

Prepare Sun-Dried Tomato Pesto according to recipe. Set aside.

Bring a large pot of water to a boil. Cook gnocchi according to package instructions. Drain and set aside.

While water is coming to a boil, place a pan on the stove over medium heat. Add butter, olive oil and garlic to the pan. Saute until butter is melted and garlic is fragrant.

Combine corn starch and 2 tsp. of milk in a small bowl and whisk until smooth.

Add remaining almond milk, corn starch mixture and pesto to the pan. Stir until sauce begins to thicken. Turn heat off.

Add cooked gnocchi, salt and pepper to the pan and stir to combine. Taste and adjust seasoning as needed.

Serve with fresh basil and vegan parmesan on top.





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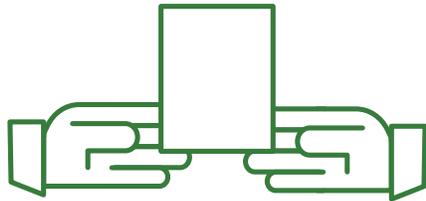
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