

NEWS FROM BARBARA AVE

MANNA
Food Co-op

Store Hours
M-F: 9 A.M. – 7 P.M.
Sat: 10 A.M. – 5 P.M.
Sun: 12 P.M. – 5 P.M.

Contact:
218-844-4211
info@mannafoodcoop.com
www.mannafoodcoop.com

Our Mission and Member Challenge

After one year of operation, I am proud that we are meeting our mission of supporting local producers. **Fully 24% of all our sales were from producers within 60 miles of Detroit Lakes!** That put \$65,000 into the hands of 42 local farmers and artisans. Let's celebrate this impact and let me thank all of you for your support in making it happen!

On the other hand, our sales continue to fall short of expectations. Despite our best efforts (extending hours, adding variety to our inventory, adding deli items), many of you who spent \$150 for a membership simply do not shop YOUR co-op. **55% of members have shopped in the store less than five times since we opened.**

As your volunteer treasurer, let me assure you that we pay close attention to our spending - our issue is store traffic. We average \$26,000 per month in sales and pay out \$19,000 on inventory. That leaves \$7,000 a month to pay wages, rent, utilities (you get the picture). Bottom line, we lose enough each month to concern me. As a farmer, I should be worried about weather and pests; instead I've lost sleep this summer worrying about co-op finances.

Therefore, I am laying down a challenge to you. **Spend \$15 a week at the co-op. Please. If each of our 621 member-owner families spent \$15 a week, we would have our biggest monthly sales ever.** What's \$15? Veggies for a few meals, organic snacks for kids for the week, or your weekly coffee bean supply. To the right is a coupon for \$5 off a \$30 purchase or more, so you now have no excuses.

-Ryan Pesch, Treasurer

Board Members Nominations Sought

Board elections are coming up in December and we're seeking nominations by Nov. 30. for three seats. Contact Ryan Pesch at lidafarmer@gmail.com for information.

Upcoming Classes

Whole food and wellness classes at the store: \$4 for members and \$6 for non-members. Details in FB.

- **Wild Rice Holiday Dishes** with Dana Trickey on Nov. 7, 5 to 6:30 pm
- **Oat Groat Thanksgiving Stuffing** with Noreen Thomas on Nov. 14, 5-6pm
- **Fall in a Cup (Hot and Healthy Milk-based Teas)** with Bonnie Juma on Nov. 17, 11 -11:45 am.
- **Essential Oils 101** with Bonnie Juma on Dec 1, 11 am to noon.
- **Christmas Cookie Fun for Whole Family** with Co-op staff on Dec. 12, 4:30-6:30 pm



Soups and Paninis in Deli

We've added some hot items to the deli. In addition to our smoothies, sandwiches, and salads, we have from-scratch soup available and grilled paninis. Soup varieties

are on a rotation, but we have gluten-free and vegan options like our signature GF Chicken Wild Rice.

Store Coupon

\$5 OFF purchase of \$30 or more

Excludes Ferndale Turkeys. Limited to one-time purchase per member-owner household during month of November.



MANNA Food Co-op
Box 1904
Detroit Lakes, MN 56502

Monthly Member Sales

Also listed on chalkboard inside store

End of Summer Brat Sale! 15% off all brats

Entire Bulk Section— 10% off

Think about buying bulk for all your Holiday baking and cooking from organic flour to nuts and beans.

Member Clearance Sale (15% off)

We're discontinuing some products to make room for new products:

- Hummustir
- Prohibition Kombucha
- Teaonic
- LaCroix Water
- Timeless Lentils (all varieties)
- Newman's Own Fig Newtons



Now \$4.24 (Reg \$4.99)

Grocery Deals (10% off)

- Hilary's veggie and kim chi burgers
- Ground Salmon and Salmon Filets
- All Fierce Ferments
- Halo Top Ice Cream
- Brody's muffin mix
- Valley's Own GF cupcakes
- Farmhouse Smoked Jalapeno Kraut



Now \$6..29 (Reg. 6.99)

Produce Deals—15% Off

- Beets
- Watermelon Radishes
- All Local Apples
- All Varieties of Winter Squash

Pear Harvest Salad

Simple Salad idea for post-Thanksgiving

- 6 tablespoons cider vinegar
- 1/4 cup olive oil
- 3 tablespoons honey
- 1 teaspoon Dijon mustard
- 1/4 teaspoon each salt+pepper
- 2 packages spring mix salad greens

- 4 cups cubed cooked turkey breast
- 2 pears, sliced
- 1 avocado, peeled and cubed
- 1/2 cup pomegranate seeds
- 1/2 small red onion, thinly sliced
- 1/2 cup crumbled blue cheese
- 1/2 cup honey-roasted sliced almonds

In a large bowl, whisk the first six ingredients. Add the greens, turkey, pears, avocado, pomegranate seeds and red onion; toss to coat. Sprinkle with cheese and almonds. .



All varieties of squash on special in time for Thanksgiving. NOW \$1.18 per pound (Reg. \$1.39/lb)