



# The Local Harvest

Volume I Issue 10  
December 2016

## The Season of Giving

December; the most wonderful time of the year!

There is something that fills the air during the month of December. Something that creates that child-like excitement around gift giving, being with loved ones and sharing wonderful meals together.

This December at the Co-op we are working to bring some exciting new things to you and your family.

We are expanding our Meat Department, growing our Bread Department, and Cheese Department, and are in the works to bring in new items into our Produce Department. This is our way of giving to you our shoppers! In return you are giving to us and your community by continuing to support us every day you decide to shop at the Co-op.

We are also excited to be giving to the local food shelves that we support. During the month of December you will have the opportunity to donate to the Maple Plain food shelf and the WeCan food shelf in Mound. The Co-op has supported both of these food shelves for the past several years, and during this time of year we like to extend our support of them, to include donations from you.

We hope that this time of year is filled with great memories and great community! See you at the Co-op!

### Yours in Co-operation!

*Carrie Miller & the Co-op Team!*

General Manager

## December Happenings~

### All Month:

**Member/Owner Sales**

**Fresh Deals**

**Co-op Deals**

These run Wed. to Tues.

Make sure you are on our email list to stay in the know!

All Month: Gift Card Promotion

12/7 - Wellness Wednesday

12/17 - Harvest Moon Holiday Entertaining Event!

12/21 - Wellness Wednesday

12/22 - Pick - up Special order meat

12/24 - Christmas Eve hours  
8:00am-6:00pm

12/25 - Closed for Christmas

co-ops  
**grow**  
communities



What makes the Co-op thrive? New Member/Owners! Becoming a Member/Owner at the Co-op means that you are a co-owner of this fabulous place! The more people who join means more people who support us and we can continue to grow !

Thinking about joining? You can stop by our Customer Service desk or look on our website for more information.

**We are Stronger Together!**

**Please welcome our new November Member/Owners!**

Michelle Bertch

Addie Stofer

Penny Sue Rundell



# HELLO DECEMBER!



## Follow us on twitter!

Every Saturday we will tweet our "tweet deal".

They are one day only (Saturday)!

They are AMAZING deals!

They will only be announced on twitter!

[@harvestmooncoop](https://twitter.com/harvestmooncoop)



## Entertain with us!

We will be hosting a Holiday Entertaining event!

**Saturday December 17th from noon- 3:00pm**

We will be featuring exclusive items for this day only!



## Holiday Gift Card Special!

We will be running our Holiday Gift Card Special for the month of December.

**Buy a \$50 gift card Get a \$10 gift card**  
**Buy a \$100 gift card Get a \$20 gift card.**

Gift the gift of the Co-op!

\*See Customer Service desk for details!



We LOVE to support Local folks! This is really what separates us from all of the other grocery stores out there. When we say we support local we mean it! Over half of our vendors are local.

What does local mean, you ask?

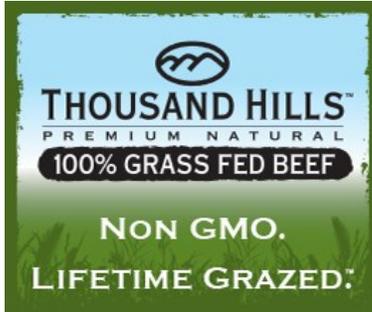
Local is defined as any state that touches our lovely home state of Minnesota!

( Wisconsin, North Dakota, South Dakota & Iowa).

Each newsletter we are going to highlight a "local folk" that we are thrilled to be working with.

This month's feature is:

## Thousand Hills 100% Grass Fed Beef Cannon Falls, MN



At Thousand Hills 100% Grass Fed Beef we focus on one MISSION: Nourishing soil, plants, cattle and people by holistically grazing cattle.

A myriad of factors are required to achieve this mission: sourcing cattle from small Midwestern independent family farms who strictly follow our protocol (see Know No) of NON-GMO, holistically managed, free-range grazing environments, suitable heritage breed cattle genetics, raised and finished on a 100% grass and forage diet, proven humane handling through the entire life of the animal and, finally, processed at the cleanest facilities possible, with stringent, proactive food safety testing. Thank you for trusting us to be a part of your family's "know your food" solution.

Our cattle live freely on grass pastures and are never confined to a feedlot. In the winter, cattle consume stockpiled and/or stored forages, like hay. To qualify for our program, cattle must never be given antibiotics, never implanted with or given artificial growth hormones and never given grain in their lifetime. In the rare case an animal does require antibiotics due to illness or injury, it is treated and diverted to the conventional beef market, never to be used under our brand. In short, 100% Grass Fed to us means: No Antibiotics, No Artificial Hormones and No Grain—ever in the animal's life. Now you "Know No".

If you've ever wondered how red meat can be glorified AND vilified by varying resources, let us dispel any kind of misunderstanding right now! The difference between healthy and unhealthy red meat is as simple as their diet: grass versus grain. The majority of health research that is based on red meat, until more recently, contains negative results due to the cattle being grain-fed.

Featured health benefits of eating 100% grass-fed beef are, but not limited to, increased amounts of omega-3 fatty acids, vitamins A, D, E, & K2, CLA (conjugated linoleic acid), lower in cholesterol, saturated fats, and calories when compared to grain-fed beef. We do NOT give any antibiotics or hormones to our cattle and the grasses they eat are NOT sprayed with synthetic pesticides or herbicides.



Monday - Friday 7:00am - 9:00pm

Saturday- Sunday 8:00am - 8:00pm

2380 West Wayzata Blvd.  
Long Lake, MN 55356  
www.harvestmoon.coop  
952-345-3300  
info@harvestmoon.coop

**General Manager**  
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