

# THE PRAIRIE FORK

Prairie Roots Food Cooperative Newsletter

MONTHLY NEWSLETTER

NOVEMBER 2017 | WHAT WE'RE THANKFUL FOR

## THANKSGIVING IS JUST AROUND THE CORNER!



It's our first holiday season as a brick and mortar co-op and we are so excited to help you celebrate the season with delicious food!

We also have some really fun sales on stuffing mix, chocolate chips and baking supplies, as well as a whole new section of kitchen gifts for you, your friends, and family!

Don't forget to register for a fresh, free range, all natural turkey, too. Ferndale Farms raises a delicious bird!

Don't miss out on our Thankful Thursdays, a series of events every Thursday that help us say thank you to our amazing community.

Another exciting event happening in November is our Annual Meeting, open to everyone, on November 14th from 5-8pm. The store will be staying open until 9pm and the event will kick off with live music by the Knotty Pine Pickers at 5pm. Then join us upstairs for a potluck at 6pm.

## LETTER FROM THE GM

As we head into the holiday season and celebrate the fall harvest, it's a good time to give thanks for friends, family, and community. Prairie Roots is so grateful for the abundance of delicious foods our local farmers share with us throughout the year. I invite owners, Board Members, and staff alike to cook, eat, and share food together as we reflect on the food traditions that connect us to one another.

More on page 4

## RECIPE: BAKED BRIE WITH HONEY AND PISTACHIOS

1 6- to 8-ounce; round Brie (St. Rocco Brie is on sale this month)

1/4 cup salted pistachios, shelled and roughly chopped  
2 tablespoons honey

Directions found on page 2.

## OWNER BENEFITS: WHY OWN THE CO-OP

As we sift through the difference between 'owner' and 'member' at the Co-op, we find ourselves reflecting on what makes owning part of the Co-op different than being a member at a Sam's Club or Costco. While there are financial benefits as you'll see, there's also a deeper connection to local food, the local economy, and ultimately the community, which in turn hopefully inspires pride in our owners. Together we're providing Fargo-Moorhead with a locally owned grocery store full of whole, local foods.

### A VOICE

- Vote in Board Elections
- Join in at Board Meetings
- Run for the Board of Directors

### SAVINGS + SPECIALS

- \$5 off one purchase of \$50 every month
- Sales and deals just for owners
- 10% off case discounts

### DISCOUNTS ON CLASSES

- Rent the Community Room 2x/month for free
- Receive reduced prices on classes

### PRIDE OF OWNERSHIP

- Own part of a local grocery store that makes a social and economic impact in the Fargo-Moorhead community

## LOCAL SPOTLIGHT: AMY THIELEN

We have some exciting news! We're changing one of the endcaps to feature kitchen products and local cookbooks! We're proud to be selling Amy Thielen's *The New Midwestern Table* along with herb savers, our staff's favorite cutting boards, and more!

Amy Thielen grew up in Park Rapids, Minnesota, near the headwaters of the Mississippi River where she now lives with her family after working with some the best chefs in New York City. Her passion for local, fresh ingredients, and her immersion in Midwestern heritage is evident in her beautiful book. We hope you enjoy reading and cooking through it as much as we have!



## RECIPE (CONTINUED)

Preheat oven to 350°F (177°C). Using a sharp knife, score top rind of cheese in a crisscross pattern, spacing cuts about 1 inch apart.

If cheese came in a wooden container, place it back in container (without any other packaging), then set on a parchment-lined rimmed baking sheet. If it came in cardboard or other wrapping, place cheese directly on parchment-lined baking sheet, without any packaging. Bake until top is soft and runny, about 25 minutes.

Top with chopped pistachios and drizzle with honey. Let rest 5 minutes, then serve.

### WHY IT WORKS:

Scoring the top ensures that the inside of the cheese cooks properly and hot air escapes in a controlled manner.





UPCOMING



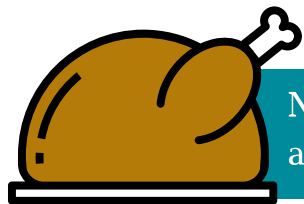
Learn how to make your own holiday cheese platter with Milkmade Catering on November 2nd

Free Massage and Acupuncture in the Community Room from 1-3pm on November 9th

Annual Meeting on November 14th from 5-8pm featuring live music, a potluck, and voting on new Board members!

Live Music in the Community Room at 5pm on November 16th

More info on our events can be found at [www.facebook.com/prairieroots!](http://www.facebook.com/prairieroots!)



Need a turkey for Thanksgiving? Our fresh, free range Ferndale turkeys are \$2.49/lb, available by pre-order in store or by calling 701-478-0300!

## SALES: NOVEMBER TEASERS

Clockwise, from top left:

King Arthur Unbleached Flour - 5lbs.  
**NOW \$4.79** reg. \$6.79

St. Rocco Brie **NOW \$3.99**  
reg. \$4.69

Silk Nog **NOW \$2.99** reg. \$3.99

BULK Organic Dark Chocolate Chips  
**NOW 20% OFF**

Frontier Pumpkin Pie Spice **NOW \$3.99**  
reg. \$4.79

For a complete list of co-op and owner specials, head to the website:

[www.prairieroots.coop/in-store](http://www.prairieroots.coop/in-store)



## LETTER FROM THE GM (CONTINUED)

You don't need a holiday to share food with others, but there's nothing like a Thanksgiving meal to give us a great opportunity to invite an acquaintance without family in town, a neighbor, or an old friend and build relationships over a shared meal. I also encourage everyone to support local food shelters through donations or volunteering your time.

I find myself reflecting on our beautiful community and family traditions here in Fargo-Moorhead, and how they enrich our relationships. Have a healthy and joyous holiday. Thank you for your continued support of your great co-op!

Cooperatively,  
Kurt Kopperud

## LETTER FROM THE BOARD

The Board of Directors continues to meet bi-weekly on the 1st and 3rd Mondays of the month at 8pm at the Prairie Roots Food Co-op. Attending Board Meetings is a great opportunity to learn more about your food cooperative. Owners are granted up to 5-minutes each for comments or questions at the beginning of the regular meeting. The owner comment period is limited to 20 minutes to ensure that the board has enough time to conduct its regular business. If a topic requires more attention than time allows, the directors will either identify it as an agenda item for the next board meeting agenda or refer it to the attention of the General Manager.

Can't attend but have questions? The Board is always happy to answer questions! You can start by emailing Ashley Morken, Board Secretary at [ashley.morken@gmail.com](mailto:ashley.morken@gmail.com) to get connected.

All forms of member-owner engagement are necessary for the health and growth of the co-op! If you would like to run for an elected seat on the Board of Directors please contact a Director to explore your interests in helping the Prairie Roots Food Co-op continue to grow!

Cooperatively,  
Ashley Morken  
Secretary

**DON'T FORGET! November 14th - 5 to 8 p.m. - at the Co-op!**

