



What's Inside?

Happy Valentine's Day!
Classes @ the Co-op
Kindness Calendar
and so much more!



City Center Market
122 N. Buchanan St Cambridge,
MN 55008
763-689-4640

Market Hours

Monday-Friday.....7am-8pm
Saturday.....8am-8pm
Sunday.....10am-6pm

Deli & Coffee Service Hours

Monday-Friday.....7am-7pm
Saturday.....8am-6pm
Sunday.....10am-5pm

General Manager

Gayle Cupit

Grocery Manager

Steve Jorgenson

Produce Manager

Mike VanderHyde

Fresh Departments Manager

Jim Thill

Deli Manager

Jennie Still

Health & Body Care Manager

Karissa Bakken

Front End Manager

Toshina Koosman

Facilities Manager

Derek Eggert

Marketing Assistant

Kayla Lindsley

Current Board Members

Nate Dolan

Paul Gearhart

Shannon Herr

Sharon LeMay

Michelle Millis

Gary Moss

Bridget Olson

Darcy Rylander

Lynn True

THANK YOU

for your kindness & generosity in 2018!

From all of us at the co-op, we wanted to give you, our shoppers, a special THANK YOU for participating in our Round It Up program. You have donated a total of **\$9,288.24** to non-profits in our local community. We greatly appreciate your donations and look forward to the second year of our Round It Up Program!

2018 Round It Up Donations

March	\$1,857.79	Family Pathways Food Shelf
April	\$631.27	Safe Haven Foster Shoppe
May	\$702.67	Hope In Action MN
June	\$739.10	Isanti County Beyond the Yellow Ribbon
July	\$656.94	Mission 61
August	\$852.14	Family Pathways Food Shelf
September	\$774.91	Rum River Special Education Co-op
October	\$639.43	Cambridge Friends of the Library
November	\$631.73	North Star Family Advocacy Center
December	\$772.71	New Pathways
All Of 2018	\$1,029.55	Isanti County Humane Society

Round It Up

A different nonprofit organization is selected each month to be the recipient of your donations.



FEBRUARY RECIPIENT

Early Childhood Partnership for Isanti County

Their goal is to help all children in the community be prepared for Kindergarten by partnering with parents, early childhood providers, and community organizations. The partnership works to get many resources to families and children, including books, school readiness backpacks, and learning totes. They also provide free professional development trainings for early childhood providers.

From now until December 31, 2019, the money raised will be matched dollar for dollar from the Initiative Foundation.





Thank you for "Rounding It Up" and raising **\$694.44** for River City Recovery Ministries in the month of January!

February Deli Menu

SOUP

- M** Chicken Tortilla   / Corn & Potato Chowder 
- T** New England Clam Chowder/Vegan Sausage & Black Bean   
- W** Chicken Wild Rice /Farmer's Market Vegetable  
- TH** Country Potato Bacon/Creamy Roasted Red Pepper 
- F** Ham & Sweet Potato   /Broccoli Cheddar 

Soup Prices: Small (12oz.) \$3.50; Medium (16oz.) \$4.50; Large (32oz.) \$8.50

 =Vegan  =Vegetarian  =Dairy Free  =Made Without Gluten

MUFFINS

- M** Chocolate Chip
- T** Blueberry Crumb
- W** Almond Poppyseed
- TH** Vegan Strawberry
- F** Coffee Cake

SCONES

- M** Cranberry Orange
- T** Raspberry Lemonade
- W** Strawberry & Cream
- TH** Cherry Cordial
- F** Cookies N' Cream

**All Scones are made regular & gluten free!*

HOT BAR

FEB 4- FEB 8	Roasted Chicken w/ Jo Jo Potatos
FEB 11- FEB 15	Crescent Taco Bake
FEB 18- FEB 22	Sweet & Sour Chicken w/ White Rice
FEB 25 - MAR 1	Ham & Scalloped Potatoes

Classes @ the Co-op!

february

Better Than Sugar Chocolates

Wednesday, February 13
11am-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Stop in and taste a few chocolate recipes using alternative sweeteners and oils that will make your sweet tooth and your heart happy! Samples and recipes will be available.

Nutritional Detoxification

Monday, February 25,
6:30-8:30pm
Senior Activity Center

Taught By: Stephanie Ewals
Class Fee: \$8 Owners, \$10
Non-Owners

Learn how to use food to keep your body working and detoxifying as it is naturally supposed to.

march

It's Time For Your Green Drink!

Friday, March 1, 11am-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Let's start off St. Patrick's Day month with a few healthy smoothie recipes that include those healthy and delicious greens! Samples and recipes will be available.

Herbal First Aid for Tick Bites

Saturday, March 30, 10am-12pm
Senior Activity Center

Taught By: Monarda Thrasher
Class Fee: \$10 Owners, \$12
Non-Owners

In this workshop, we will explore holistic first aid care for tick bites, including using herbs internally and externally, homeopathics, essential oils, and diet. Participants will have the opportunity to buy a "first aid tick bite kit". Class cost is \$30 with "tick kit" (includes \$30 worth of medicine).

april

Spring Cleaning with Essential Oils

Wednesday, April 3, 6-8pm
Senior Activity Center

Taught By: Terra Drude Johnson

Class Fee: \$10 Owners, \$12 Non-Owners
Join Terra from Pranarom, a local essential oils company, to learn which essential oils can help us rid our homes of toxic cleaners, rejuvenate our tired winter skin, and start the detox before spring.

Cooking from the Bulk Department

Friday, April 19, 11am-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Stephanie will demonstrate some delicious, low-cost skillet meals using only items from the bulk department (and maybe a veggie). Samples and recipes will be available.

Food As Medicine

Monday, April 22, 6:30-8:30pm
Senior Activity Center

Taught By: Karri Tidwell
Class Fee: \$12 Owners, \$15
Non-Owners

There's a reason Hippocrates said, "let thy food be thy medicine and medicine be thy food". It's been known for ages that eating what comes from the earth is essential to our health and wellness. Inspire and empower yourself with the knowledge of foods to restore your body back into balance. We will also touch on healing foods for spring as we prepare for this cleansing phase of the season.

may

Spring Salads & DIY Dressing

Wednesday, May 15, 11-1pm
In-Store Demo

Taught By: Stephanie Ewals
Class Fee: No Charge

Stephanie will make a couple delicious salads and dressings to help us kick-start our lighter summer menus! Samples and recipes will be available.

Herbs for Women's Health

Saturday, May 18, 10am-12pm
Senior Activity Center

Taught By: Monarda Thrasher
Class Fee: \$10 Owners, \$12
Non-Owners

In this workshop, participants will learn about 10 herbs for women's wellness and how to use them. We will discuss herbs for all cycles of the woman's lifetime. Monarda will also demonstrate how to make a tincture and a tea, and you will be able to take home a custom tea blend.



WINDLAND FLATS
100% Grass-Fed
Beef Steaks
\$1.00 off/lb.

WINDLAND FLATS
100% Grass-Fed
Ground Beef
\$1.00 off/lb.

WINDLAND FLATS
100% Grass-Fed
Beef Roasts
\$1.00 off/lb.

Through February 28, 2019. Prices while supplies last.

♥ *healthy*

Windland Flat's 100-acre small farm in Princeton, MN, provides the perfect environment for 100% grass-fed Highland Cattle. Highland beef is lower in fat and cholesterol and higher in protein making it great for your heart!

Windland Flats Rules of Highland Grassfed Beef Cooking

from: www.windlandflats.com

- 1. Don't over cook.** Grassfed Highland Beef is very lean, meaning it cooks much faster than other beef and can overcook very quickly.
- 2. Cook slowly.** Slow and steady keeps the juices locked in and allows the beef to stay tender. We often use a slow-cooker, or a crock pot to cook our steaks and roasts.
- 3. Sear steaks.** When grilling, sear your steak to lock-in the natural juices of the grassfed beef.
- 4. Add juice.** Marinate, marinate, marinate and add other juices. When you are cooking roasts or steaks, be sure to add plenty of juice. Remember, grass-fed doesn't have all the fat, so you can pick healthier juices, like lemon, marinades, or olive oil.
- 5. Flavor your meat.** Grassfed beef does not taste like store beef. Be sure to add spices to highlight your favorite flavors.
- 6. Browning ground beef.** The amount of fat and liquid is very low in ground beef, you may need to add olive oil, water, or another liquid to the meat, so it does not dry out.

did you know?

City Center Market has a Pinterest account with lots of recipes & great tips!
Check it out at www.pinterest.com/city_center_market/



Let's cook!

ASIAGO GARLIC BAKED PENNE

By: Stronger Together
1 hours total; 20 minutes active
Servings: 6

INGREDIENTS

6 bone-in, skin-on chicken thighs
2 pinches coarse salt and pepper
1 tablespoon olive oil
8 cloves garlic, cut in half
2 cups broccoli florets
1 1/2 cups whole wheat penne pasta,
uncooked
2 tablespoons unbleached flour
1 cup chicken broth
1 teaspoon dried basil
1/2 cup half and half
1/2 teaspoon salt
1 cup freshly grated Asiago cheese

PREPARATION

Heat oven to 400°F. Cook pasta according to package directions. Drain in a colander and set aside.
Heat the olive oil in a large skillet over medium heat. Season the chicken thighs with salt and pepper. Scatter halved garlic cloves in pan and stir, then add the chicken thighs, skin side down. Sear chicken on both sides until golden brown, about 2 to 3 minutes per side. Transfer the chicken to a 9x13 pan, and pour the fat and garlic from the skillet into a cup to cool slightly, then pour the cooled fat through a wire strainer into another cup to remove the garlic; reserve 1 tablespoon of the fat. Sprinkle the garlic, broccoli and cooked penne over the chicken in the baking pan.
Remove the skillet from the heat, and add the tablespoon of strained fat. Off the heat, sprinkle the flour over the fat in the pan and whisk to mix well. Place over low heat and stir until the flour bubbles. Take off the heat again, and gradually whisk in the broth, making sure the mixture is smooth before adding other ingredients. Add the basil and whisk in the half and half and salt. Over medium heat, whisk constantly until the mixture starts to bubble and thicken. Cook briefly, turn off the heat and whisk in the cheese, stirring just until cheese melts and the sauce is smooth. Pour over the chicken and pasta, covering it completely.
Bake for 30-35 minutes, until the thickest part of the thighs registers 160°F. on an instant read thermometer. Serve hot.



BALSAMIC-GLAZED STRAWBERRIES

By: Stronger Together
Total Time: 15 minutes
Servings: 6



INGREDIENTS

1/4 cup balsamic vinegar
2 tablespoons honey
1 teaspoon vanilla extract
1 pound fresh strawberries, halved
1/4 cup chopped fresh mint
2 cups vanilla yogurt or vanilla ice cream



PREPARATION

In a small saucepan, mix together the balsamic vinegar and honey. Cook over medium heat, stirring constantly, for 5 minutes, until the mixture has slightly thickened. Remove from heat and add the vanilla. Toss the strawberries with the balsamic glaze and stir in the mint. Once the sauce has cooled, drizzle over scoops of yogurt or ice cream in individual serving dishes.

February Kindness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Give someone a compliment	2 Wave to another driver on the road
3 Leave a kind comment on someone's social media	4 Shovel your neighbor's driveway	5 Round It Up at the register at City Center Market	6 Donate food to your local food shelf	7 Call your parents or grandparents	8 Ask someone how they are doing and really listen to them	9 Pay for the person behind you in the drive-thru
10 Cook a meal for your elderly neighbor	11 Send a thank you/thinking of you card	12 Leave a treat for your mailman/mailwoman	13 Give a loved one a hug	14 Pass out Valentine's Day cards to those who least expect it	15 Write a positive review for a local business	16 Donate some of your unused items
17 Put together a care package for those at your local shelter	18 Offer to help someone today	19 Make a sweet treat & bring it in to share with co-workers	20 Call or email a friend you haven't talked to in a while	21 Leave a positive note on your co-worker's desk	22 Buy a loved one a small gift, just because	23 Hold the door open for someone
24 Leave a big tip	25 Offer to babysit for a loved one, for free	26 Say 'I love you' today	27 Take someone to lunch	28 Volunteer at a non-profit		