



What's Inside?

Plant & Steak Sale
Second Saturdays
Upcoming Events
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

MEMORIAL DAY HOURS

Monday, May 27 7am-4pm

General Manager

Gayle Cupit

Grocery Manager

Steve Jorgenson

Fresh Departments Manager

Mike VanderHyde

Deli Manager

Jennie Still

Health & Body Care Manager

Karissa Bakken

Front End Manager

Toshina Kosman

Facilities Manager

Anne Nallick

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

Letter from the general manager

It was a very exciting Earth Month here at City Center Market. For starters, shoppers re-used 927 bags and coffee & smoothie drinkers re-used 244 cups! Thank you, folks! Keep it coming! Vicki Carlson won the picnic basket, and Cindy Beckstrand won the Pollinator's Kit. Congratulations! We plan to keep plenty of reusable, recyclable and compostable items in stock for you, as well as products made from recycled materials. I like to see us doing our part.

Now, we're on to spring and summer and hopefully the weather will stay on track. May 11 is a big day here. It's the day before Mother's Day and we have sweet gifts for mothers such as flowers, deliciously-scented body scrubs, fair trade scarves and jewelry, and of course, chocolate. Many of us can hardly wait to get the gardens started, and our annual Plant Sale on May 11 will help you make that happen. And since you'll be outside, grill some delicious, 100% grass-fed, local beef steaks which will be on sale on May 11. Windland Flats farmer, Josh, will be grilling outside that day for your sampling pleasure – come on over!

One more thing on Saturday, May 11 – we'll be kicking off our Second Saturday Music @ the Co-op series with local singer/songwriter Aubrey Olson. She is wonderful!

We will have great, local musicians at the co-op every second Saturday of the month. Check out the music schedule for the summer on page 5.

I attended the National Co-op Grocers spring meeting last month. Twice a year Co-op general managers from across the country gather to listen and advise (and sometimes commiserate with) each other. We also learn a lot, and the theme this meeting was how to make our co-ops even more relevant and useful to our communities. Ideas included classes, discounts for low-income shoppers, participation in community events and in community governance, contributions to help meet community needs, examination of our pricing structures to be sure we're meeting the needs of as many folks as possible, support for local growers and producers, improved staff training, and more.

Much of this work we're already doing, but the task is to get better at it. Years ago, there was a corporate movement for "continuous improvement" and although the movement has died out, the concept is even more relevant. We can never rest on our laurels. People change, circumstances change, and businesses must change – and that change must be for the better. Your thoughtful suggestions are always welcome!

Cooperatively Yours,
Gayle Cupit





Relevance & Usefulness

How to help your Co-op get better and better!

Consider serving on the Board of Directors! It's a great way to become more involved with your community, gain leadership experience, and help shape the Co-op's future. The Board is responsible for the co-op's overall direction and performance. The Board establishes goals and guidelines, and determines how well management is meeting those goals. Directors are elected by the owners, and have responsibilities to the co-op, the owners, and to the co-op's management. They carry out work through monthly Board meetings and committee meetings, and through occasional meetings with owners.

If you're interested, pick up a packet at the cashier stand in the store to learn more. You can also contact current Board members if you have questions. Complete the application form in the packet and drop it off here at the store. A board member will contact you to continue the process. Thank you for considering this!



OWN YOUR GROCERY STORE.

owner drive June 16-30, 2019

Join 3,400 of your friends and neighbors who own this local business-- a financially successful and socially responsible cooperative business!

Join during the owner drive, receive these perks:

- Goodie Bag with product samples & coupons
- Automatically entered in a drawing for a \$50 CCM gift card
- Receive the Owner Appreciation Week discount
- For each new owner that joins, we will donate \$10 to Family Pathways Food Shelf

Already a member/owner? Get a friend to join and you both get to enjoy the perks!

owner appreciation week July 1-7, 2019

Owners receive 5% off their purchases all week!
(discount applies to regularly priced items only)

May Deli Menu

SOUP

- M** Shrimp & Sausage Gumbo/Mushroom & Rice Spicy Thai ● ● ●
- T** Chicken Coconut Cream ● ● /Hot N' Sour ● ● ●
- W** Buffalo Chicken Chili ● ● /Vegetarian Chili ● ● ● ●
- TH** Bean & Bacon ● ● /Tomato Florentine ● ● ●
- F** Lemony Chicken & Spring Vegetable ● /Creamy Vegetable ●

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

● =Vegan ● =Vegetarian ● =Dairy Free ● =Made Without Gluten

MUFFINS

- M** Nutella Swirl
- T** Hummingbird Coffee Cake
- W** Lemon Crumb
- TH** Coconut Cream
- F** Orange Cranberry

SCONES

- M** White Chocolate Raspberry
- T** S'mores
- W** Peach Pie
- TH** Triple Berry
- F** Lemon Poppyseed

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

HOT BAR

MAY 6- MAY 10	Keto Ground Beef Casserole
MAY 13- MAY 17	Buffalo Crispy Chicken w/ Alexia Sweet Potato Fries
MAY 20- MAY 24	Pizza Sliders w/ Spring Vegetable Medley
MAY 27 - MAY 31	Chicken Tikka Masala w/ White Rice



**CLASSES
@ THE
CO-OP!**

MAY

Herbs for Women's Health

Saturday, May 18 10am-12pm

Senior Activity Center

Taught By: Monarda Thrasher

\$10 for owners, \$12 for non-owners

In this workshop, you will learn about 10 herbs for women's wellness and how to use them, as well as discuss herbs for all cycles of a 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.

CBD 101

Tuesday, May 21 6-7:30pm

Senior Activity Center

Taught By: Kirsten Hayman

\$10 for owners, \$12 for non-owners

What's up with Hemp & CBD? Find out how hemp and marijuana are different, where we're at with the legalities of CBD and growing hemp in the US, and get a basic intro to CBD.

IN-STORE DEMOS

Spring Salads & DIY Dressing

Wednesday, May 15 11am-1pm

In-Store, No Charge

Taught By: Stephanie Ewals

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

Receive \$5 off your next co-op purchase when you attend a class!

Class sizes are limited. Sign up today in-store at the register, by email at theco-op@citycentermarket.coop or by calling us at 763-689-4640!



THIRD THURSDAYS

A special event for the whole family! Enjoy special discounts, treats, and later hours at your favorite local businesses.

- May 16th | Ice Cream Social**
- June 20th | Summer Solstice**
- July 18th | Community BBQ**
- August 15th | Sweet Corn Fest**

The theme of the first Discover Downtown Cambridge Third Thursday on May 16 is Ice Cream! Willards is opening their Parlor and offering homemade ice cream samples.

We are taking part in the fun by offering ice cream alternative samples – coconut, almond and cashew! Stop in between 4-8pm on May 16 and try it out!



- Saturday, May 11**
Plant Sale, Steak Sale, Second Saturday-Aubrey Olson
- Saturday, June 8**
Second Saturday- Dakota Clover
- June 16-30**
Owner Drive
- July 1-7**
Owner Appreciation Week
- Saturday, July 13**
Second Saturday- Fendrick & Peck
- Saturday, August 10**
Second Saturday- Nate Cardinal
- Saturday, September 14**
Fall Festival
- Saturday, September 28**
Annual Owner Meeting

Community Giving
round it up
your change makes a difference

When you round up your purchase to the nearest dollar, our **Community Giving Round It Up program** takes those extra cents and gives them directly to a local organization doing amazing work for people who need it. What a simple way for us all to help make a difference in our community!

A different nonprofit organization is selected each month.

This month, Round It Up to support:
Family Pathways Aging Services

Family Pathways Aging Services

Family Pathways Aging Services is committed to helping East Central Minnesota age well, keep older people in their own homes, and serve the most isolated and vulnerable members of our communities.

A representative from Family Pathways Aging Services will be in the store Monday, May 20 and Thursday, May 30 from 11am-1pm to answer any questions you may have!

Thank you for donating **\$1,030.91**
to Cedar Creek Ecosystem Science Reserve in the month of April!

SECOND music @ the co-op SATURDAYS

EVERY 2ND SATURDAY | 10-1
@ CITY CENTER MARKET

FEATURING

AUBREY OLSON | May 11
DAKOTA CLOVER | June 8
FENDRICK & PECK | July 13
NATE CARDINAL | August 10

www.citycentermarket.coop



AUBREY music @ the co-op OLSON

SATURDAY, MAY 11 | 10-1 | @ CITY CENTER MARKET