



Market Messenger

February 2020
Vol. 3 Issue 9



What's Inside?

Board Favorite
Upcoming Events
Eating for a Healthy Heart
And So Much More!

WORKING TOWARDS A
healthy + vibrant + sustainable
COMMUNITY SINCE 1979



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

John Kenny

Grocery Manager

Steve Jorgenson

Fresh Departments Manager

Mike VanderHyde

Deli Manager

Jennie Still

Health & Body Care Manager

Susan Julson

Front End Manager

Paula Neu

Facilities Manager

Anne Nallick

Marketing Assistant

Kayla Lindsley

Current Board Members

Lynn True, President

Kathryn Echols, Vice President

Carissa Elmstrand, Secretary

Paul Gearhart, Treasurer

Gary Moss

THANK YOU

for your kindness & generosity in 2019!

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 **\$10,144.98** to non-profits in our local community. We greatly appreciate your donations and look forward to 2020!

2019 Round It Up Donations

January	\$694.44	River City Ministries
February	\$705.93	Early Childhood Partnership for Isanti County
March	\$1,319.88	Family Pathways Food Shelf
April	\$1,030.91	Cedar Creek Ecosystem Science Reserve
May	\$841.25	Family Pathways Aging Services
June	\$711.93	Mission 61
July	\$632.62	East Central Habitat for Humanity
August	\$787.62	Sustainable Farming Association
September	\$686.39	Early Childhood Partnership for Isanti County
October	\$196.22	Citizens Supporting our Armed Forces
November	\$665.80	Family Pathways Food Shelf
December	\$764.37	New Pathways
All Of 2019	\$1,107.62	Isanti County Humane Society



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!
 This month, Round It Up to support:

Cambridge Community-Wide Read

Cambridge Community-Wide Read is a project of the Cambridge Friends of the Library. They encourage community members to come together through the reading and discussion of a common book. Their goal is to strengthen the community through enhanced literacy.

Thank you for donating **\$500.72**
 to the Sister City Commission of Cambridge
 during the month of January!

A message from the Board



Board Favorite: Chocolate Caramel Slice

Vegan • Vegetarian • Dairy Free • Made Without Gluten • Paleo

The Chocolate Caramel Slice is one of the Board's favorites because it is always homemade in the Deli. These slices are made with limited ingredients making them a treat that some of us with various food restrictions can eat! And of course, they are very yummy!

The Board is working on several special projects in the upcoming months. We would love to have Owners involved with these projects and want your input! We will be sharing more about them in future newsletters, so keep your eye out for that. In the meantime, if you have any questions-or you would like to offer your help with Board projects, please contact Board President, Lynn True by emailing theboard@citycentermarket.coop.

We would love to hear from you!



Friday, February 14 - Couples Coffee

Join us on Valentine's Day, February 14, for Couples Coffee! Bring a friend, or loved one to the coffee shop and get a FREE drink on us with purchase of first drink!

All of March - MN Foodshare Month

We will be collecting food & funds all month for our local Food Shelf, Family Pathways! Help us reach our goal of 1,500 in food & funds!

Sunday, March 8- International Women's Day

Support your women owned producers today and everyday!

March 23-29- Spring Owner Drive
















Sign up to become a new owner this week! We will have special deals each day of the week, goodies and prizes!

March 30-April 5- Owner Appreciation Week


All owners receive 10% off purchases all week!

February Deli Menu

SOUP

- M Keto Taco  /Spiced Quinoa Vegetable   
- T Shrimp & Sausage Gumbo/Cauliflower Carrot Cumin 
- W Chicken Wild Rice/Bean & Barley   
- TH Cheeseburger/Chickpea Noodle   
- F Jalapeño Chicken Popper  /Hearty Vegetable   

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

 =Vegan  =Vegetarian  =Dairy Free  =Made Without Gluten

MUFFINS

- M Morning Glory
- T Peach Pie
- W Cinnamon Roll
- TH Coconut Cream
- F Chocolate Chip

SCONES

- M Lemon Sugar
- T Cinnamon Bun
- W Blackberry Lime
- TH Blueberry
- F Chocolate Cherry

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

HOT BAR

Hot Bar & Salad Bar Price: \$8.99/lb

FEB 3-7	Keto Creamy Dijon Chicken w/ Rice Pilaf
FEB 10-14	Creamy Chickpea Curry w/ White Rice
FEB 17-21	Tater Tot Hot Dish
FEB 24-28	Kielbasa & Kraut w/ German Potato Salad

Eating for a healthy heart

Co-op, Welcome to the Table

Reprinted by permission from welcometothetable.coop.
Find recipes and articles about your food and where
it comes from at welcometothetable.coop.

When it comes to reasons for eating well, heart health sits near the top of the list. It all starts with food shopping, of course—by filling your cart with heart-healthy foods at your co-op, you can help lower your risk of heart disease, including heart attack and stroke. Here's what to bring home.

Bring It Home

"Good" Fats

These are polyunsaturated and monounsaturated fats, including omega-3s. You'll find them in canola oil, olive oil, soybean oil, walnuts, ground flaxseed, and flaxseed oil. Fatty fish like mackerel, anchovies, sardines, herring, salmon, and trout also have high omega-3 counts.

Smart protein sources

Low-fat proteins like skim or low-fat dairy products, legumes (like beans, peas, peanuts), skinless poultry, and lean meats will limit the amount of cholesterol you consume with your protein.

High-fiber foods

Foods that are high in soluble fiber can help lower your LDL ("bad" cholesterol). Beans and whole grains like brown rice, oats, and whole-grain breads and pastas are good examples, but try others too, such as barley, amaranth, millet, and quinoa.

Potassium picks

High-potassium foods like avocados, bananas, tomato products, raisins, and potatoes can help maintain healthy blood pressure.

Pass Up or Limit

"Bad" fats

Limit saturated fats, which are found in butter, fatty cuts of meat, whole-milk dairy products, and many sweets. And completely avoid trans fats, which are typically found in processed foods like packaged desserts, crackers, chips, and many stick margarines.

Sodium

Some sodium is necessary, but too much can contribute to elevated blood pressure.

Sweets

Fruit is a great way to help satisfy a sweet tooth while gaining nutritional benefits at the same time. When fruit doesn't do it, look for low fat, high fiber, "good" fat options to eat in moderation.

Liquor

Too much alcohol can raise your blood pressure and damage your heart. No need to abstain completely, though; a glass of red wine now and then can help prevent the buildup of plaque that contributes to heart disease.

It's never too early—or too late—to show some love for your heart. Start with your next shopping trip and head home from the co-op with heart-healthy choices in tow.



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PREPARATION

1. In a circular pattern following the edge of the plate, alternate slices of fresh mozzarella and tomatoes.
2. Sprinkle liberally with torn or sliced (chiffonade) basil, as well as salt and freshly ground black pepper to taste.
3. Just before serving, drizzle extra virgin olive oil over the salad.
4. Top with chopped arugula or capers, if using.

Caprese Salad

By: Co+op, Welcome to the Table
Total Time: 10 minutes ; Servings: 4

INGREDIENTS

- 2 large, fresh tomatoes, preferably heirloom, sliced 1/4-inch thick
- 1/2 pound fresh mozzarella, sliced 1/4-inch thick
- 1 cup fresh basil leaves
- 1/4 cup extra virgin olive oil
- Salt and freshly ground black pepper
- 2 tablespoons capers (optional)
- 1/4 cup arugula, chopped (optional)



By Robin Asbell and reprinted by permission from welcometothetable.coop. Find recipes and articles about your food and where it comes from at welcometothetable.coop.

PREPARATION

1. Peel, devein, and pat the shrimp dry. Melt a tablespoon of the butter over medium heat and sauté the shrimp, being careful not to burn the butter. When the shrimp is pink and cooked through, remove with a slotted spoon to a plate. Cover with a pot lid, slightly ajar, to keep warm.
2. Add the remaining butter to the pan and melt, then add the garlic and pink peppercorn. Sauté just a minute, to soften garlic slightly. Add the salt, thyme, parsley and lemon juice and raise heat to medium high to bring to a boil.
3. In a cup, whisk the chicken stock and arrowroot, then whisk into the hot lemon mixture. Whisk constantly until thickened; it will only take a minute. Whisk the sauce and pour over the shrimp.

Shrimp in Lemon Butter Sauce

By: Robin Asbell, Co+op
Total Time: 20 minutes ; Servings: 2 (1/3 Cup Sauce)

INGREDIENTS

- 1 pound large shrimp
- 4 tablespoons unsalted butter
- 2 cloves garlic, chopped
- 1/2 teaspoon pink peppercorns, crushed
- 1/2 teaspoon salt
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh parsley, chopped
- 3 tablespoons fresh lemon juice
- 1/4 cup chicken stock
- 2 teaspoons arrowroot