



## Ideal Green Market Cooperative

34988 County Road 39, Pequot Lakes, MN 56472

Located in Ideal Corners (CR16 & CR 39 on CR 39)

[www.idealgreenmarket.com](http://www.idealgreenmarket.com) / 218-543-4820

## Ideal Green Notes-May 2015

### **NEW** **FARMERS' MARKET**

**Saturdays, 9am-1pm**

**May 16-September/October**

**At the Co-op in Ideal Corners**

**CR16 & CR39**

**(Next to Old Milwaukee Club)**



### **VENDORS INCLUDE:**

Alder Song Farm –as able (Merrifield); Amber Ecker Herbals –personal care products (Pine River); B&B Farm Co -goat milk soap & goods (Pine River); Brakstad Green Acres –milled flours (Pequot Lakes); Grampa G's (Pillager); Hammerfest Farm CSA (Pequot Lakes); Hill's Variety – hand woven rag rugs (Pine River); Kowalzek's Soothing Salves (Pierz); Red Truck Crafts & Garden (Pine River); Rising Star – breads (Pine River); Scandia Valley Dairy -goat cheese (Brainerd); Smude Sunflower Oil (Pierz); farm fresh eggs by Jace Leabo (Ideal Corners).

### **VOLUNTEERS NEEDED AT MARKET!**

We need 2 volunteers per Saturday farm market to help set up, host vendors, greet customers, promote the co-op and accept co-op memberships, help with clean up. Time would be 8:30am-1:30pm (we can set up 2 shifts if that makes it easier). It'll take all of us doing a little to make a BIG difference! PLEASE call Barb at 218-838-6058 or email her at

[barb@idealgreenmarket.com](mailto:barb@idealgreenmarket.com). THANK YOU!



### **MEMBER-OWNER CAMPAIGN**

We are at 68 members with 5 waiting Board approval! Slight of our May 1 goal of 80 and we'll keep working on it. Next goal - 100 by June 1 (need 7/wk.). Keep talking it up.

### **\$\$\$\$\$\$\$\$ FINANCE REPORT \$\$\$\$\$\$**

\$10,925.27 in the bank as of April 27! We've signed a building lease and we're moving forward, bit by bit.

### **Grants Received**

Ideal Community Service Organization - \$800 towards post sign at the store! THANK YOU ICSO!  
It looks great!

Crow Wing Energized - \$2,500! These funds go towards the start-up of the farmers market with signs, promotion, chef demos, etc. THANK YOU CROW WING ENERGIZED!

### **WE PASSED ROUND 1!**

Crow Wing Power Impact Grant - \$12,000. We'll present July 23 at their Board meeting and they'll decide in August. We will still accept MATCHING FUNDS for this grant: \$300 so far.

**PLEASE, let us know where else to ask for funds - civic groups/organizations. Who do you know? What groups are you connected with?**

**SUCCESSFUL WORK DAY APRIL 16!** 12 Member volunteers gathered, rolled up their sleeves, and got a little dirty making things spiffy! What a difference! Thanks go out to: Sandi Baker, Joan Ingebrigtsen, Doug Weise, Mary and John Plein, Abbie & Brock Schramm, Robyn Bragstad, Dan Yavner, Bob & Sharon McPherson, Barb Mann.



*Above: Sharon & Bob McPherson*

*Right: Mary Plein painting shelves*



## MARK YOUR CALENDARS!

**1ST ANNUAL MEETING:** Tuesday, June 23, 7pm at Ideal Town Hall. At this point, 5 current Board members are willing to continue serving, per member vote. There will be 3-4 openings on the Board so please carefully consider if you would be willing and able to serve a 2 year or 3 year term starting end of July 1, 2015.

**GREAT Spring Into Ideal- Gourmet Small Plate Lunch & Silent Auction!** THANKS Old Milwaukee Club owner Jeff Feltmann, and staff: Kevin, Trina, Hannah, Deb and Melissa! It was AWESOME. Raised over \$4,000 (goal was \$3,000).

### CLASSES/WORKSHOPS

We want to schedule classes in our space. Think food related – growing, harvesting, menus, storage, preservation, etc. Anyone want to lead a class? Let me know. We'll charge a fee for classes, reduced rate for co-op members, and offer a stipend to instructors & cover supply costs.

## RECIPE CORNER

### Kale & Strawberry Salad

1 bunch Kale-washed, de-ribbed, rip into bite size pieces, mix with

2 c fresh strawberries, washed, sliced and placed in large bowl with kale.

Mix the following dressing in a jar, shake and pour over kale & strawberry mix. Enjoy!:

- ¼ c balsamic vinegar
- 1 T olive oil
- 2 T Dijon mustard
- 2 T honey
- Pinch of salt & pepper



### DID YOU KNOW...

- Kale has more than twice the vitamin C than an orange has?
- Vitamin C is great for your immune system?
- Kale is very high in calcium which keeps your bones strong?
- Kale is high in vitamin K?
- Vitamin K is important for a healthy heart, strong bones, and reduces your risk of getting cancer?