

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: December 8, 2015

RE: Ideal Green Market Co-op OPEN

CONTACT: Barb Mann, Coordinator  
Ideal Green Market  
34988 Co Rd 39  
Pequot Lakes, MN 56472

PHONE: 218-543-6565 / email: [barb@idealgreenmarket.com](mailto:barb@idealgreenmarket.com)

Almost two years of planning and the Ideal Green Market Cooperative, a member-owned food co-op located in Ideal Corners, is now open to all shoppers! Though membership is encouraged and members receive discounts on designated product, all are welcome to shop.

A dream in the making is now realized with this local, predominantly organic, food co-op open three days per week: Thursdays 1-8pm, Fridays and Saturdays 10am-6pm.

“We are really just getting started,” said Barb Mann, Co-op Coordinator. “We’re working out the kinks as we learn together how best to operate the store. It’s been so much fun celebrating what we’ve done together from the initial dream, to the farmers market last summer, to the co-op now open for business. THIS is what community is about, leveraging our resources, putting our dollars back into the community, making a collective dream a reality.”

The Co-op, located at the juncture of Crow Wing County Road 16 and 39 next to The Old Milwaukee Club, currently boasts 126 member-owners, and counting. A “soft” opening on Friday, November 13, was a good “test run” for the volunteers to work through and smooth out the process to make the shopping experience as enjoyable as possible.

Local goods are featured here, and a majority are non-gmo, organic. There are over 18 local vendor goods represented from a 60 mile radius, and more representing goods from around Minnesota and the mid-west. It is exciting to note the wealth of great food being grown and/or processed in the area as the co-op works to source as close to “home” as possible, while filling out with other goods sought by customers. The produce, when not local, is accessed from smaller farmers, many of whom participate in farmer cooperatives in their areas.

Customers have been excited with product options like fresh organic produce (some of it new and unusual such as Black Beauty Watermelon radishes and kalettes – a cross

between kale and brussel sprouts). Local meats, canned goods, snack items, gluten free goods, and fresh baked goods weekly. Over 100 different bulk herbs and spices are available along with a few other bulk items such as organic rolled oats, re-packaged dry beans grown in Welcome, MN, and mixed blends of ancient grains coming from Bemidji, MN. You'll also find basic health and beauty products made locally, along with paper goods and house-keeping products. Many recipes are provided throughout the store to aid in using the foods.

“We have food stocked and want it to be accessible to the community,” said President Dan Kayser, “so we are open and running the store as many hours as possible with volunteers and the co-op coordinator.”

The co-op plans to open additional days, if possible, especially around the holidays. Members and friends receive weekly email notifications noting hours, member discounted goods, and any special activities being hosted, such as food sampling or demonstrations in the store.

A class schedule on food-related topics from fermented veggies to benefits of coconut oil, to planning your 2016 garden are in process, and will be open to all. Watch for more information on classes starting in January.

For more information about the co-op, membership, sign up for email notifications, and learn about activities, stop in during open hours, visit [www.idealgreenmarket.com](http://www.idealgreenmarket.com), email [info@idealgreenmarket.com](mailto:info@idealgreenmarket.com), "like us" on Facebook, or call 218-543-6565.

-END -