

# Vendor Profile: Honey Hill Apiary



By Cindy Schlosser & Sarah Peterson

Growing up, Doug Sjostrom knew he wanted to do something different. As a teenager, he started raising bees. Forty some years later, Doug is still at it. He owns Honey Hill Apiary (HHA), located about two miles outside of Maiden Rock, Wisconsin. Doug's wife, their 15-year-old daughter, and Doug's mom and dad round out the family business

HHA consists of 200 hives, which Doug and his family move to various fields for his bees to gather nectar. He says it has become harder because so much conventional corn and soybeans are so prevalent now. The chemicals used to treat those fields are harmful, often fatal, to pollinators like bees. Doug has started planting his own clover and buckwheat to provide safe fields.

When asked about the hazards of beekeeping, Doug said that sometimes he gets stung, but mosquito bites bother him more than bee stings.

Honey Hill Apiary supplies honey for Just Local Food Cooperative. In addition to honey, the family also produces beeswax candles, buckwheat flour, creamed honey in several flavors, lip balm, hand cream, and soaps. We can special order any Honey Hill product not currently stocked. Support your local bees & honey farmers by purchasing Honey Hill at the co-op.



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Honey Hill Apiary

## Get ready for ramps & morels!



Just Local Food  
Cooperative  
117 South Farwell Street  
Eau Claire, WI 54701  
715.552.3366  
www.justlocalfood.com

Open daily  
8:00 am - 9:00 pm

Just Local Food Cooperative

# the root

Just Local Food Cooperative Quarterly Newsletter | Volume 1 | Issue 1

## Welcome to our First Issue!

By Noel Kroeplin, Operations Coordinator  
(JLF Management Team: Noel Kroeplin, Operations/Beth Martin, Marketing & Consumer Services/ Mark Wirz, Finance & Jordan Wolfe, Merchandising)

We are excited to unveil this publication - a forum to share what it means to be a co-op owner, introduce you to growers and producers, and share new opportunities to build a thriving community-owned, natural foods cooperative right here in Eau Claire.

There have been many changes at the co-op over the past year. We've transitioned to a five person management team, restructured our entire staff and became a hybrid worker and customer-owned food cooperative (one of only a couple in the US)! As of May 1, we have 288 Customer-Owners and are still going strong. We've received more input from you. Based on that input, look for a new selection of locally made deli sandwiches in our cooler. Watch for new signs and reference materials throughout the store to make shopping easier. Enjoy reading The Root. And watch for a new website later this summer!

Offering space for you to interact with other community members - and to sit & enjoy some delicious food- is a priority for us. In early 2014, we actively pursued an opportunity to relocate to the former Charley's Market location. Our biggest reason for pursuing that location was to offer improved services for you - a more spacious shopping experience and a wider array of products. Unfortunately, the Post Office was better fit for that location. The silver lining is that we've heard you and share in your vision for a more spacious, more community centered cooperative. We're excited to grow Just Local Food Cooperative, with the help of all of you, to make that vision reality.

How can we do this? Encourage your friends & family to become owners too- it's a small investment in the future of our community. When you're in the store, share recipes, sample new products & get excited about the wonderful food & farming community we are a part of. Most importantly, keep providing feedback - vote (or run) for the Board of Directors if you're an Owner, fill out a comment form in the store or email us at customerservice@justlocalfood.com. Let's keep the conversation rolling - future changes you see in the store are based on the feedback you provide. We truly are Stronger Together!

### Upcoming Board Election:

May 23rd  
Deadline for JLF Board  
Candidate Statements/  
Submissions  
(online at [www.justlocalfood.com](http://www.justlocalfood.com))

June 10th  
Board Election



### Garden Starts!



**Hilsgen Farms**  
organic vegetable, herb  
and flower starts available  
through the end of May.

Just Local Food Cooperative  
117 South Farwell Street  
Eau Claire, WI 54701  
715.552.3366  
Open Every Day  
8am - 9pm



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# A Letter from our Board

Life at Just Local Food Co-op has always been “under construction” or “in progress”, but that has been particularly so this past year. After two years of restructuring our governance and management systems, we formally approved new By-Laws, hired/elected smaller, more efficient teams, and then, last September, opened our business to our customer-owners.

Our foundation hasn't changed: we exist to source the best quality food for our friends and neighbors here in the Chipewewa Valley. We have established strong, enjoyable, and creative relationships with our farmers and suppliers. We get to try new, delicious, healthful foods every single day-and we get to share them with all of you.

For nine years, JLF existed as a solely worker-owned cooperative; today we are owned jointly by workers and customers. The benefits for our community are meaningful and growing!

In Cooperation,  
Just Local Food Cooperative Board of Directors



## Co-op, Stronger Together

Looking for a place to learn more about what's in your food, where it comes from, how to prepare it, and a whole lot more?

We invite you to visit a website sponsored by the National Cooperative Grocers Association (NCGA), on behalf of Just Local Food and fellow co-op members around the country ([www.strongertogether.coop](http://www.strongertogether.coop)).

StrongerTogether.coop is a place for people to gather on their food journeys. It's a place to find out more about what's in your food, where it comes from, where to find great food, how to prepare it, and a whole lot more. It's also a place to talk with others about food topics you're exploring, are passionate about, and even want to get involved in.

At the co-op, fresh, delicious food is just the beginning. Visit [StrongerTogether.coop](http://StrongerTogether.coop) today! see for yourself.



**Board of Directors**  
**Nik Novak, president**  
**Virginia Hanson, treasurer**  
**Cindy Schlosser, secretary**  
**Rachel Hart-Brinson**  
**Karin Kircher**  
**Open Seat (2)**



## Wild Leeks, a Right of Spring

Wild leeks, also known as ramps, have been gaining notoriety in the U.S. as our country embraces it's food-roots & a growing interest in where that food comes from. If you've never eaten a ramp, now is the time savor this spring treat. These little gems have a short season & are available at the store now.

A member of the garlic & onion family, ramps have a delightfully mild, somewhat sweet flavor. They are also the perfect spring tonic; rich in antioxidants and iron; known to purify the blood.

Try them sauteed with scrambled eggs & bacon or use them in simple salads and soups. We're sure they'll become a welcome addition to your changing spring menus.



# Thank YOU for Growing Eau Claire's only Natural Foods Cooperative!

\*New Owners from 10/2013 to 4/2014

- |                      |                       |                          |                      |                     |
|----------------------|-----------------------|--------------------------|----------------------|---------------------|
| Scott Haug           | Amy CarlsonSather     | Joan Hoy                 | Jane Burke           | Tara Sabin          |
| Alicia Thibado       | Gracey McMain         | Andrew Werthmann         | Justin Vernon        | Joe Willger         |
| Virginia Hanson      | Paul VanderWegen      | Emily Long               | Thomas Olthafer      | Mark Lindsay        |
| Lori Chilefone       | Bernie Hoefgen        | Bonnie Golden            | Brent Blaeser        | Branden Von Uhl     |
| Laurie Klinkhammer   | Joe Maurer            | Joe Maurer               | Audrey fessler       | Alex Bridgeman      |
| Kathryn Stevens      | Renee Davis           | Tiffany Leighton-Giffey  | Stephanie Jamelske   | Karli Wallace       |
| Paul Jenetten        | Tess Zabel            | Linda Vognar             | Rachel Schwartz      | Chris Straight      |
| Eileen Immerman      | Marjorie Craemer      | Leah Shenk               | Bob Heller           | David Korn          |
| Lisa Herrmann        | Paul Bowman           | Gwenn Nyhagen            | Amelia Daniels       | Deborah Konkel      |
| Tiffany Swenby       | Pat Klages            | Ruth Lundblad            | Sean Ford            | Paul Hoff           |
| Susie Shinners       | Mary Beth Kelley-Lowe | Eleanor Wolf             | Jenny Bantz          | Amy Alpine          |
| Martin Voss          | Sue Johnson           | Gloria Hochstein         | Patricia Meixner     | Stephanie Schneider |
| Trish Cummins        | Kim Schmidt           | Marlene Jannusch         | Jim Handley          | Joy Camp            |
| Kathleen Mitchell    | Wayne Kochan          | Justin Koch              | Erica Benson         | Jenn Newman         |
| Jan Stirn            | Patricia Cleary       | Crystal Rosenbrook       | Sammy Castonguay     | Mary Johnson        |
| JoAnn Klink          | Tania Mathews         | Marian Ritland           | Lois Sergent         | John Sikora         |
| Christina Henke      | Barbara Wheeler       | Mikey Beauchamp          | Laurie Norstedt      | Phyllis Fuller      |
| Jason Tucker         | Cherrie Bergandi      | Mark Miller              | Aram Mann-Whitcombe  | Capri Fillmore      |
| Kate Hale Wilson     | Willem Gebben         | Marie France Strohschank | Thomas Barland       | Sarah Szymanski     |
| Ida Hable            | Dave Lindner          | Becky Gunnarson          | Robert Bullwinkel    | Leiah Webb          |
| Laurie Hittman       | Kerry Kincaid         | Paul Marshall-Potter     | Jim Erickson         | Scott Johnson       |
| Sue Waits            | Cynthia Halfen        | John A. Kaiser           | Lalaine Gunem        | Kris Gessert        |
| Mary M. Jurmain      | Richard Spindler      | Carey Chrouser           | Emily Kuhn           | Tom Johnson         |
| John Lawler          | Kimberly Haas         | Matthew Mabis            | Michael Christenson  | Annette Dohm        |
| Christine McCorkle   | Andrew Holle          | Kris Hughes              | Melissa Morgan       | Sharyn Moss         |
| Tab Butler           | Kristin Block         | Jeanne Gates             | Ellen Wynkoop        | Matthew Buvala LLC  |
| Larry Past           | Nickolas Butler       | Judy Schwarzmeier        | Vicki Snider         | Sue Walker          |
| Lauren Langworthy    | Priscilla Older       | Dan Gustafson            | Bill Sparkes         | Glen Fisher         |
| Jan Stauss           | Mark Ruddy            | Annette Copa             | Jan Smith            | Arwen Rasmussen     |
| Alison Deutsch       | Mike Major            | Jim Fitzke               | Rose Battalio        | Jean Amato          |
| Catherine Honor      | Kathy Edwards         | Marty Wood               | Julie Betchkal       | Sue Derfus          |
| Andrea Hermsen       | Josh Zeug             | Timothy Pizur            | Lynn Wilson          | Maxine Miller       |
| Brian Hoffman        | Larry Glenn           | Theresa Kemp             | Aba Mbirika          | Jo Ellen Burke      |
| Kristin Walukas      | Stephanie Wical       | Cindi Haddeman           | Elaine Ward          | Kathy Attermeier    |
| Mildred Grace Vang   | Justin Webb           | Sharon Knopp             | Fern Springs         | Carlynn Conway      |
| Rachel Hart-Brinson  | Emmett Hardebeck      | G. Yuri Ripeckyj         | Beverly Brey         | Marsha Mohnsen      |
| Brian Hefty          | Wayne Sauls           | Jennifer Leavitt         | Christine Zimmerman  |                     |
| Wil Taylor           | Briana Odegard        | Steph Sreckov            | Laura Ecker          |                     |
| Tracey Held          | Connie Olson          | Francie Peardon          | Rachel Zacho         |                     |
| Kathy A. Ryder       | Reiko Shinno          | Judy Christianson        | Kelly Bradford       |                     |
| Jamie Kampf          | Gail Halmstad         | Geoff Peterson           | Stan K. King         |                     |
| Heidi Jarecki        | Jessi Peterson        | Jeff DeGrave             | Sara Bryan           |                     |
| Nichole Vesperman    | Susan Bruce           | Deb Raehl                | Linda Corey          |                     |
| Zachary Curnow-Kline | Ben Eversage          | Nancy Wesenberg          | Wendy Geniusz        |                     |
| Catherine Emmanuelle | Kurt Lothe            | JJ Henriksen             | Brian Joseph         |                     |
| Terry Bauer          | Cathy Sultan          | Stella Pagonis           | Amy Powis            |                     |
| Rae Schilling        | Jeanne Foust          | Christy Brickner         | Lorin Divine         |                     |
| Joshua Miller        | Laurel Sather         | Tracy Glenz              | Thomas E. Kresal     |                     |
| Jamie Kyser          | Christine Emerson     | Martha Heidt             | Cathleen Hegge       |                     |
| Jeremy Gragert       | Lois Postlewaite      | Jennifer Eddy            | Becca Yahr           |                     |
| Tricia Duyfhuizen    | Laura Jensen          | Diane Wedlund            | Allyson Loomis       |                     |
| Joseph Pavlic        | Rachel Myers          | Kevin Schultz            | Terri Stanley        |                     |
| Ann Brand            | Stacy Thompson        | Janet Bethke             | Roxsanne Bochman     |                     |
| William Nynas        | Lisa Murray           | Carole Johnson           | Becky Flynn          |                     |
| Chris Meyer          | Chad Murray           | Nicholas Kullman         | Kristopher Bergstrom |                     |
| Jessica Janssen      | Brandon Buchanan      | Gloria Egner             | Rose-Marie Avin      |                     |
| Dan Freund           | Telien Kove           | Cyndi Nyseth             | Judy Ewer            |                     |
| Heidi Toy            | Bobbi Jo Toy          | Kristen Dexter           | Bill Konkoly         |                     |
| Tiffany H. Coggins   | Cynthia White         | Daniel Wewasson          | Jim Leavitt          |                     |
| Mike La Nou          | Emily Sisco           | Karen Wise               | Danette Brown        |                     |
| Sharon Schulte       | Bryan Vogh            | Pat Mertens              | William Martin       |                     |
| Eliot Skinner        | John Pakan            | Ellen Higley             |                      |                     |

