

# 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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Meet Your Farmer:  
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  
Alicia Thibado  
Virginia Hanson  
Lori Chilefone  
Laurie Klinkhammer  
Kathryn Stevens  
Paul Jenetten  
Eileen Immerman  
Lisa Herrmann  
Tiffeny Swenby  
Susie Shinnars  
Martin Voss  
Trish Cummins  
Kathleen Mitchell  
Jan Stirn  
JoAnn Klink  
Christina Henke  
Jason Tucker  
Kate Hale Wilson  
Ida Hable  
Laurie Hittman  
Sue Waits  
Mary M. Jurmain  
John Lawler  
Christine McCorkle  
Tab Butler  
Larry Past  
Lauren Langworthy  
Jan Stauss  
Alison Deutsch  
Catherine Honor  
Andrea Hermsen  
Brian Hoffman  
Kristin Walukas  
Mildred Grace Vang  
Rachel Hart-Brinson  
Brian Hefty  
Wil Taylor  
Tracey Held  
Kathy A. Ryder  
Jamie Kampf  
Heidi Jarecki  
Nichole Vesperman  
Zachary Curnow-Kline  
Catherine Emmanuelle  
Terry Bauer  
Rae Schilling  
Joshua Miller  
Jamie Kyser  
Jeremy Gragert  
Tricia Duyfhuizen  
Joseph Pavlic  
Ann Brand  
William Nynas  
Chris Meyer  
Jessica Janssen  
Dan Freund  
Heidi Toy  
Tiffany H. Coggins  
Mike La Nou  
Sharon Schulte  
Eliot Skinner

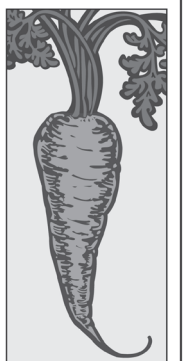
Amy CarlsonSather  
Gracey McMain  
Paul VanderWegen  
Bernie Hoefgen  
Joe Maurer  
Renee Davis  
Tess Zabel  
Marjorie Craemer  
Paul Bowman  
Pat Klages  
Mary Beth Kelley-Lowe  
Sue Johnson  
Kim Schmidt  
Wayne Kochan  
Patricia Cleary  
Tania Mathews  
Barbara Wheeler  
Cherrie Bergandi  
Willem Gebben  
Dave Lindner  
Kerry Kincaid  
Cynthia Halfen  
Richard Spindler  
Kimberly Haas  
Andrew Holle  
Kristin Block  
Nickolas Butler  
Priscilla Older  
Mark Ruddy  
Mike Major  
Kathy Edwards  
Josh Zeug  
Larry Glenn  
Stephanie Wical  
Justin Webb  
Emmett Hardebeck  
Wayne Sauls  
Briana Odegard  
Connie Olson  
Reiko Shinno  
Gail Halmstad  
Jessi Peterson  
Susan Bruce  
Ben Eversage  
Kurt Lothe  
Cathy Sultan  
Jeanne Foust  
Laurel Sather  
Christine Emerson  
Lois Postlewaite  
Laura Jensen  
Rachel Myers  
Stacy Thompson  
Lisa Murray  
Chad Murray  
Brandon Buchanan  
Telien Kove  
Bobbi Jo Toy  
Cynthia White  
Emily Sisco  
Bryan Vogh  
John Pakan

Joan Hoy  
Andrew Werthmann  
Emily Long  
Bonnie Golden  
Joe Maurer  
Tiffany Leighton-Giffey  
Linda Vognar  
Leah Shenk  
Gwenn Nyhagen  
Ruth Lundblad  
Eleanor Wolf  
Gloria Hochstein  
Marlene Jannusch  
Justin Koch  
Crystal Rosenbrook  
Marian Ritland  
Mikey Beauchamp  
Mark Miller  
Marie France Strohschank  
Becky Gunnarson  
Paul Marshall-Potter  
John A. Kaiser  
Carey Chrouser  
Matthew Mabis  
Kris Hughes  
Jeanne Gates  
Judy Schwarzmeier  
Dan Gustafson  
Annette Copa  
Jim Fitzke  
Marty Wood  
Timothy Pizur  
Theresa Kemp  
Cindi Haddeman  
Sharon Knopp  
G. Yuri Ripeckyj  
Jennifer Leavitt  
Steph Sreckov  
Francie Peardon  
Judy Christianson  
Geoff Peterson  
Jeff DeGrave  
Deb Raehl  
Nancy Wesenberg  
JJ Henriksen  
Stella Pagonis  
Christy Brickner  
Tracy Glenz  
Martha Heidt  
Jennifer Eddy  
Diane Wedlund  
Kevin Schultz  
Janet Bethke  
Carole Johnson  
Nicholas Kullman  
Gloria Egner  
Cyndi Nyseth  
Kristen Dexter  
Daniel Wewasson  
Karen Wise  
Pat Mertens  
Ellen Higley

Jane Burke  
Justin Vernon  
Thomas Olthafer  
Brent Blaeser  
Audrey fessler  
Stephanie Jamelske  
Rachel Schwartz  
Bob Heller  
Amelia Daniels  
Sean Ford  
Jenny Bantz  
Patricia Meixner  
Jim Handley  
Erica Benson  
Sammy Castonguay  
Lois Sergent  
Laurie Norstedt  
Aram Mann-Whitcombe  
Thomas Barland  
Robert Bullwinkel  
Jim Erickson  
Lalaine Gunem  
Emily Kuhn  
Michael Christenson  
Melissa Morgan  
Ellen Wynkoop  
Vicki Snider  
Bill Sparkes  
Jan Smith  
Rose Battalio  
Julie Betchkal  
Lynn Wilson  
Aba Mbirika  
Elaine Ward  
Fern Springs  
Beverly Brey  
Christine Zimmerman  
Laura Ecker  
Rachel Zacho  
Kelly Bradford  
Stan K. King  
Sara Bryan  
Linda Corey  
Wendy Geniusz  
Brian Joseph  
Amy Powis  
Lorin Divine  
Thomas E. Kresal  
Cathleen Hegge  
Becca Yahr  
Allyson Loomis  
Terri Stanley  
Roxsanne Bochman  
Becky Flynn  
Kristopher Bergstrom  
Rose-Marie Avin  
Judy Ewer  
Bill Konkoly  
Jim Leavitt  
Danette Brown  
William Martin

Tara Sabin  
Joe Willger  
Mark Lindsay  
Branden Von Uhl  
Alex Bridgeman  
Karli Wallace  
Chris Straight  
David Korn  
Deborah Konkel  
Paul Hoff  
Amy Alpine  
Stephanie Schneider  
Joy Camp  
Jenn Newman  
Mary Johnson  
John Sikora  
Phyllis Fuller  
Capri Fillmore  
Sarah Szymanski  
Leiah Webb  
Scott Johnson  
Kris Gessert  
Tom Johnson  
Annette Dohm  
Sharyn Moss  
Matthew Buvala LLC  
Sue Walker  
Glen Fisher  
Arwen Rasmussen  
Jean Amato  
Sue Derfus  
Maxine Miller  
Jo Ellen Burke  
Kathy Attermeier  
Carlynn Conway  
Marsha Mohnsen

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