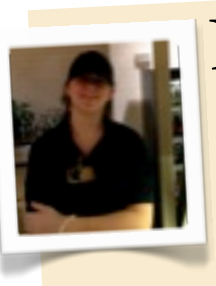
February
Monthly Newsletter
the FOOD ENTHUSIAST™
By Lueken's Village Foods



Employee Spotlight

BACK TO THE STORE

Kayla Bakken

Kayla may be a new name around Lueken's, but that doesn't mean she isn't important. Originally from Kalmar, Iowa she came to Bemidji to attend BSU. While working in our north store deli she created a project called "Back to the Store" (read more about this below). While this is a far step from her desire to learn about photography and media design, she is no less enthusiastic about seeing her idea come to life at Lueken's, and Lueken's cannot wait to see what other great ideas she and our other associates have to offer.

Monthly Events

Open Sunday - Saturday
6am to 10pm

5th-11th

5th-Winter Under Ice
7th-Chamber After Hours
9th-Snowshoeing for Fun 2012
10th-11th-Beaver Women's Hockey
10th-11th-Cass Lake Area Chamber of Commerce/Palace Casino & Hotel Winter Fishing Challenge
11th-Love Songs & Arias

12th-18th

18th-US Speed Skating National Marathon Championship 2012
18th-Minnesota Finlandia
18th-City of Bemidji Daddy/Daughter dance 2012

19th-25th

19th-RP Broadcasting's Bridal Expo
19th-Berrmidji Kids Can Fish 2012
24th-Fish Fry! BSU Women's Softball

26th-29th

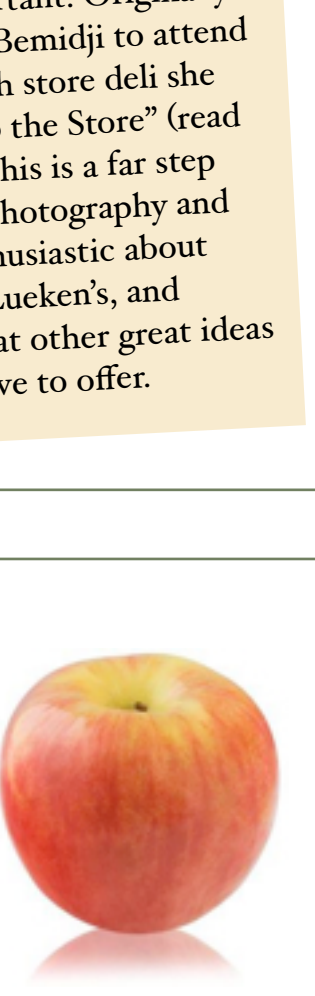
26th-Wind Ensemble/Symphonic Band Concert
29th-Volunteer Income Tax Assistance Program

For more information on these events please visit the Bemidji Chamber and BSU websites.

Autumn Glory Apple

Autumn Glory® is a "club" variety of apple grown and marketed in North America exclusively by Domex Superfresh Growers®. It is a cross between the Fuji and Golden Delicious apple varieties.

Autumn Glory apples have a very sweet, firm flesh with a subtle "cinnamon" flavor. Some describe it as tasting like apple sauce while others say it tastes just like apple cider. Regardless of how you describe it, Autumn Glory apples have an intense "apple" flavor you'll love.



Sky Valley Heirloom Navel Oranges

Planted in the 1930's, Sky Valley Ranch consists of over 280 acres of premium citrus fruit, including more than 200 acres of what are called "Old Line Washington Navel Oranges." In the 1930's, this was the primary type of navel orange planted in California and gave California its reputation for the best tasting citrus in the world. The Sky Valley navel oranges were planted using sour orange root stock, commonly used in the first half of the 20th century, but seldom used anymore. For the large scale commercial grower this root stock and variety are no longer desirable as they do not produce as quickly or as heavily as the newer stocks. It is, however, the root stock and the age of the trees that gives Sky Valley its unique flavor profile and allows us to call its fruit "heirlooms".

Cotter Orchards and its sister company Cecelia Packing are only the fourth owners of Sky Valley Ranch, and they managed the farming on this property for fifteen years prior to buying it. Armed with that unique knowledge and experience, they have committed to allowing these old trees the best opportunity to continue producing this magnificent, increasingly rare fruit.

The "Sky Valley" label was developed to be used exclusively with oranges that meet this grand tradition. Sky Valley Heirloom Navel oranges are a reminder of another time when fruit was grown for its flavor and enjoyment, not its sizing or its timing. When you see the Sky Valley label you have the assurance that only the finest heirloom Navels go into this package.

These classic California Navel Oranges are available from January through the first half of April, so don't miss your chance to take advantage of the limited offering of this these wonderful old fashioned Navel oranges.

New Item

With the Lueken's name you know it is for food enthusiasts. Lueken's has always taken pride in bringing you the best of your favorite labels, and now we want to throw our name into the ring with Lueken's Gourmet Bar-B-Que Sauce and All Purpose Seasoning & Rub. You can find these items on our shelves or on our Close to Home display. Why is it there? This Sauce and Seasoning are made right here in Bemidji. The perfect locally made treat for anything you plan to BBQ.

A Culinary Blast From The Past

Ever wish you had a time machine? Imagine if you will, you go to your favorite grocery store to get your favorite item and they don't have it anymore. You ask the employee in the aisle and he says "I don't know". You ask a manager and again hear "I don't know". You leave the store and check back every so often to see if it comes back in, but it doesn't and you don't know why.
This situation is now a thing of the past with the new "Back to the Store" program at Lueken's. We are taking our old product request program and giving it a huge upgrade. Starting February 29, you will never have to hear "I don't know" again. We won't just find and return items you like from our store but from any store that you have gone to, and if we can't get it in we will tell you why. However, it doesn't stop there. If

BACK TO THE STORE

your item is no longer manufactured we will search for a similar item. We will not rest until you have the item you want or the information you deserve.

Passing on the Ladle

Kid's Kitchen

By Nicholas Moe

If your cooking ability is anything like to mine, the last time you tried to boil water was the last time your wife treated second-degree burns. I have a very limited understanding of the culinary arts, and my ability to cook is slowly being replaced by the ability to buy a ready-made pizza. The youth of today share my ability to set off smoke detectors.

However, Lueken's Deli Associates, Shaylee and Erron, are doing something about that. Every second Friday of the month, our two associates visit the public works building and help kids learn how to enjoy cooking. The program, called Kid's Kitchen, is not just teaching kids to make simple sandwiches, but items as simple as macaroni and cheese from scratch to more advanced skills, like to prepare an authentic Italian meal.
After all the cooking is done, the food and smiles are passed around when the kids get to taste their own creations, and they get a great sense of pride from their accomplishments. The understanding that the kids take from this class is that you can create delicious meals that are healthier than most fast food. In addition, parents are enjoying seeing the kids learn something that will be used when they are in college and for the rest of their lives.

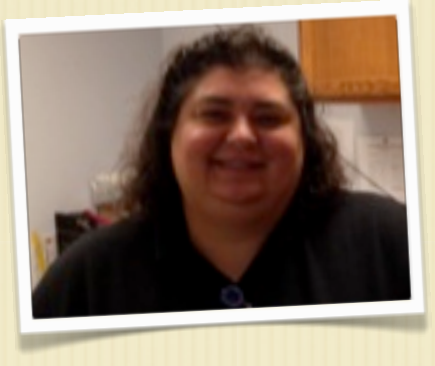
Not everything taught is edible. Recipes, for example, need to be understood so that you can read new items to cook or to review your favorite recipes. Not every one knows the difference between a tablespoon and a teaspoon, or a zucchini and a cucumber. How many ounces are in a cup? What is an ounce? All these questions are addressed in a fun and child-friendly way. Kid's Kitchen did not want to scare or bore any kids that want to cook. So, we designed a program that takes all of the scary elements from the kitchen and assigned two of our most "seasoned" Deli Associates that will teach these lessons in a fun and entertaining way.

The kids aren't the only ones benefiting. Shaylee and Erron can't stop smiling themselves. At Lueken's, we are fortunate to have a great team of passionate cooks, and they could not wait to volunteer their time and talents to help ensure that the experience was a safe and tasty one.

These classes are important to us here at Lueken's because we are not just interested in selling groceries, we are interested in the community and the customers we serve. We want people to see items on the shelf and get excited about the meals that they plan to enjoy and share with loved ones. We hope that every one of the kids that attends these classes gains a greater understanding and enthusiasm for good food. Cooking was once the best way to bring families and communities closer together, and Kid's Kitchen and Lueken's are doing everything they can to bring that tradition back for future generations.

Kids Kitchen-Where the Food Enthusiast begins.

Visit the Bemidji Parks and Recreation Facebook for all the information.



"These biscuits add a little sweetness to your day, they are quick and easy. You can substitute your favorite flavor of jelly and make them uniquely your own!"

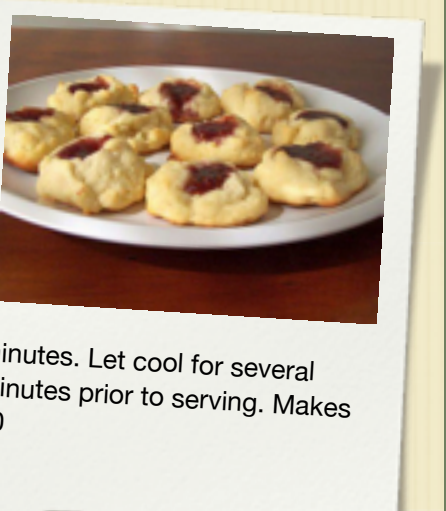
Krista Hannem
Lueken's North

Cooking with Krista

Sweet Jam Biscuits

12 oz can flaky biscuits
¼ cup melted butter
1 cup sugar
1 tablespoon cinnamon
4 tablespoon your favorite jam

Separate biscuits, dip into butter, sprinkle with cinnamon and sugar. Place in a 9" round baking pan. Make thumbprints in the center of each biscuit, fill with 1 teaspoon of jam, bake at 375° for 16-18 minutes. Let cool for several minutes prior to serving. Makes 10



LUEKEN'S
VILLAGE FOODS