

HEALTH & WELLNESS GUIDE



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LOCAL FOOD MARKET:

Every Thursday from 5 - 6 p.m. at
the Cook County Community Cen-
ter in Grand Marais. Started June 9
and runs through mid - late October.

Features Cook County locally grown food products including: baked goods, jams, jellies, fruits, vegetables, herbs, etc. Rain or shine, cash only.

FINLAND FARMERS MARKET

Every Thursday Evening,
5:00 - 6:30 p.m.

Under the pavilion at the
Clair Nelson Center
6866 Cramer Road, Finland

Organic Consumers Association

Campaigning for Health, Justice, Sustainability, Peace, & Democracy

Visit us on Facebook or subscribe
to our newsletter to learn more.

6771 South Silver Hill Drive, Finland, MN
218-226-4164

organicconsumers.org fb.com/organicconsumers

**TWO HARBORS
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SATURDAYS 9AM-NOON
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EMPLOYMENT OPPORTUNITIES

WOLF RIDGE™
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PREP COOK

Wolf Ridge is hiring a Prep Cook! This is a part-time position and duties include assisting the shift cook as needed in all functions of the dining experience including all food and beverage preparation, cleaning and serving of customers and staff, for meals regularly totaling 300+ people. Coordinates and directs dishwashing procedures. See full job description and apply online at <http://wolf-ridge.org/job>.

Questions, please call 218-353-7414, extension 132.

WOLF RIDGE™
ENVIRONMENTAL LEARNING CENTER

FULL TIME SHIFT SUPERVISOR/COOK

Wolf Ridge Environmental Learning Center is hiring a Full Time Shift Supervisor/Cook! Wolf Ridge is a nationally recognized environmental learning center. Here at Wolf Ridge we inspire, teach and engage people of all ages in learning about and engaging with the environment around them. We teach the leaders, naturalists and citizens of tomorrow. Our Food Service Department includes an onsite organic farm and 2000 forgeable acres and serves approx. 160,000 meals a year while educating our guests about food systems, where their food comes from and how food affects both the environment and themselves. If you are a sustainability conscious person seeking to make a difference and or a hardworking people person seeking a positive work environment with a living wage, fantastic health benefits, sick time, retirement plan and the sense of being appreciated this is a great opportunity.

Apply online at wolf-ridge.org/job

or email your resume to

christopher.obrien@wolf-ridge.org.

Questions: call 218-353-7414 ext 132

Bluefin Bay
FAMILY OF RESORTS

SERVERS & BARTENDERS

The Grille at Bluefin Bay Resort is looking for servers and bartenders for year round employment. Day and Evening Shifts available, experience preferred. Full time staff members are eligible for benefits including health, dental, visions coverage and 401K with company match.

You can apply online at
www.bluefinbay.com or call Human
Resources at 218-663-6173

Bluefin Bay
FAMILY OF RESORTS

General Maintenance Technician

Bluefin Bay Family of Resorts is looking for a full-time, year-round General Maintenance Technician.

We will train people for General Maintenance who have good mechanical abilities and general mechanical understanding. Experience with electrical pumps, circuitry, and switches as well as experience with heating and cooling equipment a plus.

Compensation based on experience. Full-time year-round employee benefits include attractive health and dental insurance options, 401-K savings plan, paid vacation and personal time off, company supplied uniforms and shoes, plus many resort and meal discounts.

To learn more, please contact Human Resources at 218-663-6173 or ericw@bluefinbay.com. You can also apply online, or upload your resume, on our website www.bluefinbay.com.

Round River Farm calls 2018 their final season

by Julia Kloehn

Swarms of biting bugs, spadefuls of rich soil, and harvests of every color of the rainbow: this has been life at Round River Farm for the past 31 years. I have been lucky to be connected with Lise and David Abazs's farm for the past five of these years, first as an intern and now living on the farm with my partner Colby Abazs.

I have always been able to see how much Lise and David love growing nutritious food for their community. The seeds of the farm were first planted when they founded their off-grid homestead in 1988. Ever since, they have nurtured their gardens with the help of compost, care, and no small amount of pickaxing and rock hauling. After several years running a farm stand, Lise and David began the Round River Community Supported Agriculture (CSA) in the year 2000. A CSA connects farmers directly with their consumer-members, who give full payment at the beginning of the season and then receive weekly deliveries of produce.

The Abazs's deep commitment to the CSA has made it all the more challenging for them to face the transitions required by the passage of time. For several years, their aching backs and jam-packed calendars have been shouting for them to find a young farmer to take over the CSA. Despite several hopes and attempts, however, the financial difficulties of farming in our society made it especially hard to find new farmers able to take it on. Therefore, this summer Lise and David made the tough

decision to call 2018 the final season of their CSA.

Although they are retiring from the CSA, Lise and David will remain rooted in their Finland homestead and will keep their hands dirty in the fields. Like all good farmers, they are already dreaming about next year. Inspirations include growing specialty crops such as garlic and mustard, raising grains to feed the homestead community, conducting research, and being a seed farm. And yes, Lise and David will continue growing bountiful produce for the Finland farmers' market in 2019 and beyond!

As the CSA winds to a close, looking back at the numbers is pretty impressive: 19 years, 11,000 coolers, 280,000 pounds of food. Even more important is what filled the coolers: buttery tender lettuce, sweet crisp carrots, juicy homegrown tomatoes. In addition to producing vegetables, the Round River CSA served as a place where interns, field managers, and visitors were educated and inspired. As the CSA farm "goes to seed," I know there are many people who will carry the impact of their experience here to wherever they land.

As the air grows crisp, autumn serves as a



Lise and David Abaz at their Round River Farm.

reminder that every living thing, including a farm, is part of a cycle. Our culture tends to see endings as failures, but consider the ways of nature: living things never last or grow forever, but are always transforming into something else. Along the way they nurture relationships, build foundations, and nourish a web of community.

Nature is also wildly creative and is always testing new possibilities with hope and energy. New thriving branches, old brittle branches... these records of past and present endeavors all together make a tree what it is. I like to think of the Round River CSA and its efforts toward building a local food system in the same way — just one of a million branching experiments slowly sculpting the future.