

# ELK RIVER AREA FOOD CO-OP MEMBER BENEFITS

Current as of 06/06/2017

**Discounts are for Elk River Area Food Co-op Members ONLY.  
Please show membership card to receive discount.**

---

## N O U R I S H M E N T

---

### CITY CENTER MARKET

**5% monthly discount**, case ordering and monthly owner deals!  
**Located at:** 122 N. Buchanan St. Cambridge, MN.  
**Visit:** [www.citycentercoop.com](http://www.citycentercoop.com)

### ELDERBERRY QUEEN

**10% off 24oz. jars** of elderberry syrup.  
**Contact:** Lindsey at 612-481-4943 **Facebook:** Elderberry Queen

### FRESH SQUEEZE

**A free wellness shot** with any \$20 in-store purchase.  
**Visit:** [thefreshsqueezemn.com](http://thefreshsqueezemn.com) **Located:** Otsego

### IRON SHOE FARM

**5-10% off** all micro greens, hydroponic vegetables, pasture raised beef, chicken and pork.  
**Contact:** Carla Metz at [info@ironshoefarm.com](mailto:info@ironshoefarm.com) or by phone 763-389-0111.  
**Visit:** [www.ironshoefarm.com](http://www.ironshoefarm.com)

### OLIVE-A-DAY PLUS MORE

**5% off your entire purchase** when you show your member card. Discount cannot be used with any other specials. Olive-a-Day offers a variety of olive oils, balsamic vinegars, spices, teas, and lotions.  
**Facebook:** Olive-A-Day Plus More **Located:** Downtown Elk River

### PURE NATURE HONEY, LLC

**\$1.00 off your any size jar of honey.** Pure Nature Honey, LLC prides itself on providing award winning pure, raw and local honey.  
**Contact:** Aaron at [astaenke@hotmail.com](mailto:astaenke@hotmail.com) or by phone 612-508-4062.  
**Facebook:** Pure Nature Honey, LLC.

### UPROOT FARM

**5% discount** off of a full or half vegetable **CSA share** The full share is \$30.75 and a half share is \$16.50. Please use coupon code ERAFC2016 at checkout when signing up.  
**Contact:** Sarah Woutat at 763-389-8450 or [info@uprootfarm.com](mailto:info@uprootfarm.com) for more information.  
**CSA Online Registration:** [www.uprootfarm.com](http://www.uprootfarm.com).

### WALKER FARMS

**5% off all meat products and eggs for \$3.25/dozen** (bi-weekly deliveries to Elk River)  
**Contact:** Andy Walker at 320-339-3911 or [walkerfarms3406@yahoo.com](mailto:walkerfarms3406@yahoo.com) for more information.  
**Visit:** [www.walkerfarmsmn.com](http://www.walkerfarmsmn.com) **Located:** Princeton

---

# WELLNESS

---

## CAROLDON SOAP CO.

**10% off** five or more bars of handmade soap .

**Contact:** Carol at 763-274-1692 for more information.

## CHIROWAY

**\$29.00 initial visit**, including consultation, exam and adjustment. (Valued at \$50.00)

**Contact:** Blake Bredeson, DC, 877-442-4476 ext. 112, Blake@ChiroWay.com

## FITNESS AND BEYOND

**FREE** - Personal training and nutrition consult, **\$100 off** a 20 hour package of personal training, **40% off** a 30-day nutrition package, **\$2.00 Introductory** Pound Fitness Class.

**For more information and to register:** <https://www.facebook.com/juliejfnb>

## MOE THERAPEUTIC MASSAGE

*New client discount of \$15 off your 1st massage* (60 or 90 min). Members of the co-op and their immediate family can also take advantage of 15% off any session and 10% off the purchase of any gift certificate (this cannot be combined with any other discount).

**Contact:** Luanne Moe (Moe) at 763-441-0041

**Visit:** [www.moemassage.com](http://www.moemassage.com)

---

# SUSTAINABLE PRODUCTS

---

## BLIND SPOT CREATIVES

Buy 3 handcrafted greeting cards, get **one free**.

**Order Online:** [BlindSpotCreatives.com/support/](http://BlindSpotCreatives.com/support/)

**Facebook:** Blind Spot Creatives

## SOARING TURTLE CREATIONS

**10% off** your entire order of handmade clothing for kids and the whole family.

**Contact:** Christina at [soaringturtlecreations@gmail.com](mailto:soaringturtlecreations@gmail.com)

**Facebook:** Soaring Turtle Creations LLC **Visit:** [www.soaringturtlecreations.com](http://www.soaringturtlecreations.com)

---

# COMMUNITY CLASSES

---

All owners receive **member only discounts** on co-op community classes. For classes and events visit our Facebook Page or Events tab on our website.