

Cooperative specializes in nature; provides education for members

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popular, Taylor said. They sell whole grain breads baked from fresh unprocessed flour without preservatives.

"I would say we probably have the largest selection of fresh baked whole grain breads in Lincoln," Taylor said.

One thing that sets Open Harvest apart from other health food stores is that it is a cooperative. Taylor said there are about 1,000 people who have paid to be members of the cooperative. This gives them the opportunity to vote on

issues facing the store and have a say in how the store is run or what the store carries. She said the cooperative format of the store helps it better meet the needs of the people who shop there.

Taylor said there are also about 50 or 60 working-members who do three or four hours of volunteer work a week for the store. She said they receive a 10 to 15 percent discount when shopping there.

People have a variety of reasons for shopping at Open Harvest, Taylor said. People shop there for philosophical, health and allergy reasons.

"People are getting more interested in low fat, cholesterol and salt diets," she said. "We carry a lot of things that meet those criteria."

Open Harvest also sells organic baby food, macrobiotic food, a line of natural body care products, vitamins, herbal remedies and body massage oils.

"There is a growing interest in therapeutic massage in Lincoln," Taylor said.

They also sell books on a variety of health and environmental issues.

"That's another one of our objectives: to provide education for our members," Taylor said.



David Fahleson/Daily Nebraskan

Open Harvest's produce manager Tom Resz peels onion next to the produce display.

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(Room will be posted in the Union)

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