

# GARBANZO GAZETTE

Whole Foods Community Co-op, Inc.

Duluth, Minnesota

Jul/Aug 2003



WFC welcomes  
Deli Assistant  
**Matt Boe** and  
Clerks **Lila  
Kahmann,  
Courtney  
Jankovic,  
Johnna  
Bossuot, Tony**

**Cuneo and Chris Nordlund.**

... Congratulations to WFC  
staff for their extracurricular  
achievements:

Projects Assistant **Darcy  
Sathers** placed first in the 65#  
bench press at Special  
Olympics.

Coordinator **Jessica Belich**  
graduated from the University  
of Wisconsin/Superior with a  
bachelor's degree in English.  
Health and Beauty Aides Buyer  
**Brenda Brock** graduated from  
Lake Superior College with an  
A.A. degree.

Assistant Produce Manager  
**Shannon Syzmkowiak** has  
been certified as an Apprentice  
Organic Inspector by the  
International Organization of  
Organic Inspectors.

... Next **Member**

**Appreciation Day:**

**Wednesday, July 16, 2003.**

WFC members receive a 5%  
discount on eligible purchases  
on that date. Member  
Appreciation Days are sched-  
uled on Wednesdays to avoid  
conflict with major deliveries  
and to ensure we have enough  
product and staff on hand to  
make the best possible shop-  
ping experience on that day  
AND on the next day!

... Visit these **web sites** to

[continued on page 2]



## Outdoors in Duluth— Summer sites for family outings

By Charlotte Klesman • Photos by Norris J. Klesman

Summer is the time to enjoy the outdoors, but finding time for picnics, hikes and bike trips with the kids can be tough. To make it easier, I've found three places in Duluth and Superior that are fun, close, and best of all, free!

### Loons' Foot Landing

This little gem is in Superior's East End, right off US Hwy 2. Created by the Wisconsin Coastal Management Program, the spot is a short walk from the Loons' Foot Landing boat ramp parking lot. Officially named WCC Douglas County Forestry Project 124, it offers a wooden viewing platform overlooking a modest lagoon. You can watch geese, ducks, loons, herons and other shore birds that spend their summers on Lake Superior. Perfect for a quick picnic or other outdoor excursion with seniors, small children, folding chairs, large hampers and other impediments, it still offers the quiet, secluded feeling you associate with long drives to remote areas.

To reach the viewing area, turn off Hwy 2 onto the Loons' Foot Landing parking lot, just north of the Nemadji River, and park in the far left corner, near the sign that marks the start of the Osaugie Trail. Three trails meet at this spot; the Osaugie, which will take you to the East End neighborhood, the Harold Anderson Wildlife Trail paralleling the lake shore, and the trail leading to the wildlife

[continued on page 4]

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Natural foods and  
cooperatives—

[www.mwnaturalfoods.coop](http://www.mwnaturalfoods.coop)

•The latest research on  
genetically modified crops  
“The Case for a GM-Free  
Sustainable World”—

[www.i.-sis.org.uk/](http://www.i.-sis.org.uk/)

•Investing in cooperatives—  
[www.ncdf.coop](http://www.ncdf.coop)

•Socially responsible invest-  
ing—

[www.greenmoney.com](http://www.greenmoney.com)

•Food irradiation—

[www.citizen.org/cmep](http://www.citizen.org/cmep)



[www.wholefoods.coop](http://www.wholefoods.coop)

Garbanzo Gazette

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The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of the Co-op. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received by the 1st Tuesday of the month prior to publication. Refer submissions and questions to Dianna von Rabenau at [dianna@wholefoods.coop](mailto:dianna@wholefoods.coop)

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## Time really is flying

THANK YOU to the hundreds of WFC members who returned ballots on the bylaw amendment proposing a change in the end of our fiscal year from July 31 to June 30. The amendment passed. The change will take effect on June 30, 2003.

## Birth announcement

Our Co-op recently joined in the efforts to support the birth of a brand new food co-op in the Connecticut River valley in Massachusetts. The birth of River Valley Market is expected later this year in Northampton, MA. All across the country co-ops have joined together to help raise \$50,000 and offer advice to help support the start of this new co-op. Our co-op joined as a founding member-owner and made a member-equity investment of \$500.

It isn't often in recent years that we've opened new co-ops. We've watched with great interest as this project has built momentum and persevered through all the obstacles and challenges of a start-up. We look forward to seeing this co-op's first baby steps in the 21st century as a brand new 14,000 square-foot natural foods co-op. To learn more about River Valley Market, visit their web site: [www.rivervalleymarket.coop](http://www.rivervalleymarket.coop).

## What's on your mind?

Please fill out and return the “What's On Your Mind” survey by July 31, 2002. Additional copies of the survey are available in the store. There is also

an on-line version of the survey at [www.wholefoods.coop](http://www.wholefoods.coop). Survey result highlights will be included in a future issue of the Gazette, posted on the web site and discussed at the Annual Membership Meeting in early October.

## To whom it may concern

The following query was posted on a brown paper bag affixed to the WFC dumpster:

**“Why do you lock your garbage? Too good to let people have your waste!”**

The dumpster is locked because we don't want the Co-op to pay for trash from other sources and because it contains trash that we bagged and placed there so it doesn't end up in the creek or in the yards of our neighbors. Products that make it to the dumpster are deemed unsafe for consumption.

The dumpster is not a sanitary receptacle for storing food. The dumpster may contain broken glass. The Co-op has a commitment to recycling and re-use so most of what some may consider “waste” never ends up in our dumpster.

•Five days-a-week volunteers from the Soup Kitchen pick up prepared foods, produce and other perishable items deemed edible but not saleable.

•Organic compost—culls, trims and damaged fruits and vegetables that are not suitable for donation to the

Soup Kitchen go to local growers for compost or as food for rabbits or chickens.

- Empty egg cartons go to local suppliers.
- Many organic produce boxes go to local suppliers.
- Gallon glass jugs go to the local maple syrup supplier.
- Wooden boxes get broken down for firewood or re-used as book cases, end tables and, well, as boxes.
- Paper, cardboard, recyclable plastic, styrofoam, newspaper, magazines, glass, tin, aluminum and used fluorescent tubes are separated and recycled.
- Discontinued products (except perishables) are put out for sale at reduced prices – whatever doesn't sell is donated to the Food Shelf.
- If possible, dented, damaged and out-of-date products are returned to the supplier for credit. Sometimes suppliers will issue credit and allow us to donate the product to the Food Shelf but, usually, they want the product back.
- Bulk foods returned by customers or that have attracted non-paying consumers (like the gypsy meal moth) are donated to the Zoo or to local growers as animal feed.
- If we catch that products are going out of date, they are offered at a reduced price before the expiration date. Out-of-date product is offered to staff at their own risk.

### Membership committee recommendations

On May 27, 2003, the Board approved as policy recommendations from the Membership Committee defining what constitutes a "household" and how many individuals a member may list on his/her account.



Benefits available to additional individuals on a member's account include:

- If the member is eligible for a senior discount, all purchases under that member's number will receive a senior discount.
- If a member is eligible for a working member discount, the working member requirement is determined by the number of adults in the member's household and then all purchases under that member's number will receive a working member discount.
- Member discounts on special orders.
- Discounts on member-only specials.
- 5% discount on Member Appreciation Days.

Rights and responsibilities not available to additional individuals on a member's account include:

- Only the first person name on the stock certificate has the vote (one member, one vote).
- The first person named on the stock certificate owns the stock. Stock certificates may be transferred back to WFC only and are not transferable to any other entity or individual.

• Any patronage rebate will be issued to the first person named on the stock certificate.

• The first person named on the stock certificate is responsible for the full amount of any in-store IOU as long as the receipt is signed by a person authorized by the member to use that member's account.

The following policy approved May 27, 2003, is effective immediately:

As a benefit of membership, a WFC member may choose to list additional members of his/her household on his/her membership account. To clarify what individuals may be listed on a member's account:

- 1) "Household" is a single residential address, and
- 2) Up to three (3) individuals (no age limit) in the member's household (in addition to the member) may be listed on a member's account.

Notice of Membership Committee meetings are posted at WFC and our website: [www.wholefoods.coop](http://www.wholefoods.coop). Membership on the committee is open to any WFC member. Current members of this committee include:

**Jenifer Buckley, Chad Coffey, Pam Halling, Claire Kirch, Tom Maloney, Sharon Murphy, Katie Neff Dawson, Cheryl Sabot, Sue Sojourner, David Syring and Dianna von Rabenau.**

viewing platform, Project 124. Follow the wide, grassy trail on the right. You'll meander past forest thick with deer trails, wildflowers and raspberry brambles before you reach the wooden ramp leading to the platform.

Except for a few sandy patches, the trail is easy to navigate. The platform is in good repair and the trees have been cut back to allow an unobstructed view of the water. A thick screen of trees hides most of the activity at the nearby boat ramp, although the sound of boats passing the mouth of the lagoon can be noticeable on weekends in the busy part of summer. Still, that's a small price to pay for easy access.



#### Millennium Trail

This almost-brand-new trail offers a great place to bicycle, roller blade or stroll through a section of the Superior Municipal Forest Multiuse Trail System. The newly black-topped trail is handicapped accessible, has plenty of parking, a public bathroom, (not handicapped accessible), garbage can, picnic area with an old but usable fire grate.

The Millennium Trail often

crosses the Superior Forest Ski Trails, which are open to hikers in the summer. Both trails are closed to motorized vehicles. The trails cross through marshy areas that provide prime breeding grounds for stinging, biting flying things, so bring bug spray. The first part of the trail hasn't got a drop of shade anywhere, as my mother would say. Bring a sensible hat and sunscreen, particularly if you plan to walk.

To reach the Millennium Trail, turn off 28th Street into the Superior Forest Ski Trails parking lot. A short stretch of Millennium Trail runs from the parking lot back toward Burlington Northern Switchyard [continued on p. 10]

# SAMSUNG

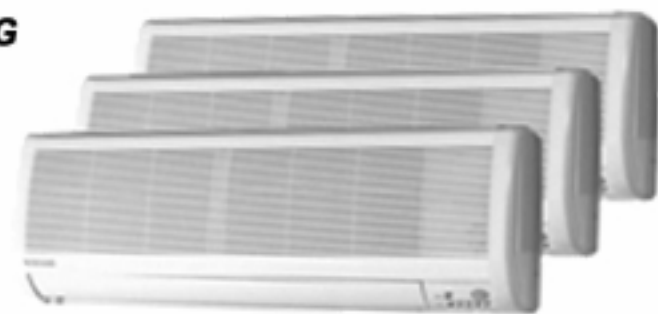
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#### ENERGY TIP OF THE MONTH

Turn off the air conditioner when you will be gone for awhile, and draw the shades to keep heat out – It takes less energy to re-cool when returning than to keep it cool while gone.

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**T**he dust has settled from the April resets and it is time to look at the numbers. Produce and Deli, the departments that squeaked out more space, are showing dramatic sales increases. In the Bulk Department, nut sales and cereal sales are higher than ever.

The number of customers and staff referencing the Health Notes computer increases weekly. Dairy customers can now choose milk from Aysta (returnable glass bottles), Schroeder or Organic Valley. And, just in time, the Grocery Department added a third major delivery each week.

New equipment installed in April amounted to about \$36,000 plus a \$5,000 compressor we did not plan to replace. But, don't worry, we are still planning to move. The new equipment is on wheels or at least portable. At their May meeting, the Board authorized an offer to purchase a site within eight blocks of the current location. If our offer is accepted, specifics about the site and the plan for financing acquisition and construction will be announced in the store, on the web site and through mailings to our members.

The recent approval of a bylaw amendment changing the fiscal year-end date from July 31 to June 30 has shifted our budget and planning process into high

gear. I am delighted to announce that, even with an 11-month year, goals for membership growth and member equity (stock pur-

### Numbers Up Along with Hopes For a New Site

chases) have been exceeded. Operations have been profitable, and our bottom line received a substantial boost from equity and retained patronage rebates returned by Blooming Prairie Warehouse.

Combining our experienced and talented employees,



committed membership and strong balance sheet, WFC is in an excellent position to act on the right expansion opportunity.

Thank you for your support

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## Frozen

Applegate Farms beef hot dogs  
 Organic Valley chicken breasts are back!  
 Rising Moon Ravioli—feta,  
     vegan spinach florentine, basil  
 Deep Foods—Samosa, Navrattan Korma  
 Rudi's spelt tortillas

## In the cooler

White Wave silk soy 6oz. yogurt is back!  
     (4 flavors - key lime, blueberry, black cherry  
     and peach)  
 White Wave silk soy vanilla yogurt - 32oz.  
 Tofurky deli slices—  
     hickory smoked, original, peppered  
 Aysta Dairy milk in returnable bottles  
     whole and 2%  
 Eggology — liquid egg whites  
 Naked juice  
 Reed's Spiced Apple brew is back!

## In bulk

Wasabi peas  
 Amaranth flour (gluten free)  
 Quinoa flour (gluten free)\*  
 Rye meal\*  
 Florida Crystals brand cane sugar\*  
 Maple sugar\*

## Grocery items



Krinkle Cut Sour Cream & Dill Potato Chips  
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     3 Varieties  
 Honey Stinger Bars  
     3 Varieties  
 New You Bars  
     3 Varieties  
 Kashi Organic Promise Cereal  
     Strawberry Fields\*  
     Cranberry Sunshine\*  
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     Blueberry Nectar  
     Cherry Cider  
 Annie's Homegrown  
     Cheesy Ravioli\*  
     Family Mac'n Cheese\*  
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 Day  
 Wednesday,  
 July 16**

**All current  
 members  
 receive an  
 additional  
 5% off  
 purchases!**





**W**hile preparing for the store “reset” (i.e. “shuffle”) which happened in April, I was faced with the task of moving all of the bulk products into aisle two. Only those items which absolutely required refrigeration would be allowed to stay in what is now the cheese case. I therefore began researching which of our bulk products had to stay cold in order to insure their full quality, and which could be offered without refrigeration.

One thing I was able to determine, which may surprise you, is that whole flax seeds do not require refrigeration. It is for this reason that our two varieties of whole flax seed (brown and golden) may be found with the other nuts and seeds in aisle two.

I would like to share the results of my search regarding storage of whole flax seed, as I realize that this information cuts against the widely held popular wisdom on this issue.

I should begin by acknowledging that the delicacy of flax oil is well-known. Once pressed or extracted from the whole flax seed, flax oil quickly goes rancid and must be refrigerated in an air-tight, opaque container to guard

against exposure to heat, light, and oxygen—all of which degrade oil quality. Even under good storage conditions, flax oil does not last long.

However, the delicate nature of flax oil once it has been extracted appears to have little bearing on the long-term stability of the whole seed, even though whole flax seeds are more than half oil. The reason this is so is because the seed coat keeps the oil away from oxygen and light, and does not easily allow the oil to rancidify. I was able to find multiple confirmations of this fact over the course of several days of online searching and reading about this topic, supplemented by a few phone calls. I got information from flax research groups, scientific papers, trade groups, several agronomists, and a shipping insurer, all of whom confirmed that whole flax seed may be stored at room temperature for at least a year without any loss of nutritive value or taste. Not only that, but I was unable to find any referential data or information to contradict the above.

Here is the information I found.

First I downloaded information from the Flax Council of Canada, a flax research organization. They advise that flax seed may be stored for up to a year at room temperature because of the hard seed coat or hull, which keeps the seed fresh.

In support of this assertion, the Flax Council of Canada offers references to various scientific papers appearing in such peer-reviewed journals as the *Journal of Nutritional Biochemistry* and *Journal of*

the American Oil Chemistry Society. In these papers, data is presented which shows that whole flaxseed is stable in long term storage at room temperature. One study stored flax for 308 days at 72 degrees Fahrenheit. After this period, the flax was studied and the scientists found no change in oxidation levels (a rancidity measurement), and no change in the percentage of the essential fatty acid content (the alpha-linolenic acid which helps makes flax so amazingly nutritious).

A similar experiment studied flax that had been stored at room temperature for 280 days, with the addition of 12-hour alternating dark/light cycles. This experiment also found no rancidity and no change in essential fatty acid content.

Amazingly, these experiments also studied milled/ground flaxseed (flax meal), and even that held up better than might be expected. The researchers attribute flax's amazing resilience to its high levels of SDG, an antioxidant-like substance. It is reasonable to speculate that SDG's presumed ability to fight oxygen—as all antioxidants do—may be responsible for protecting flax from rancidity.

Other experiments have also shown that both whole and milled flax are stable even at heat levels equal or greater than the temperatures involved in baking. Three different scientific studies cited by the Flax Council of Canada have showed no significant changes to whole or

[continued on page 21]





reetings from your Whole Foods Co-op Board of Directors.

The annual Consumer Cooperative Management Association (CCMA) conference was held June 12-14 in Lexington, Kentucky. This energizing event was attended by several of your WFC Board members (**Katie Neff Dawson, Chad Coffey, Geiger Yount, David Syring, Jean Sramek**) and management staff (**Sharon Murphy, Chris von Rabenau, Dianna von Rabenau**). CCMA is a national conference specifically for co-ops. It's a chance for people involved with co-ops managers, directors, consultants to network, gain information about cooperative business trends, and become better prepared to meet the evolving challenges of making a successful co-op. Now, I know that the phrase 'conference' can conjure personal experiences of boring plenary sessions, inane role-playing, dour social hours, and generic motivational speakers, but CCMA is a clear cut above such trauma. It's by, for, and about co-ops. Each year, WFC Board and staff who attend CCMA keep notes about their experiences. You're welcome to contact us and ask about those experiences, and all WFC members are welcome to attend monthly Board meetings.

It seems like our best-attended-ever WFC annual meeting was only last year. Oh wait — it was only last year, hence the word 'annual' — anyway, we're already planning for this year's

## Wasabi Peas Perspective

annual meeting and Board of Directors elections, both of which will be held in October. Annual meetings have traditionally been held in November, but the WFC membership recently voted to change WFC's fiscal year from August 1 through July 31, to July 1 through June 30, which means our fiscal year will end a month earlier than it has in the past, which in turn means that our annual meeting and Board elections will also be moved up a month.

In March and April, we hosted several member focus groups, where WFC members met with Board members over a relaxing dinner and gave input and answers to specific questions about the WFC and its future. It was a great success! One of the questions asked was 'Would you be interested in serving on the WFC Board of directors?' and quite a few people responded with a 'yes.' If you're one of those people or if you have wanted more information about serving on the WFC Board please come to our WFC Board recruitment committee meeting and information session on Tuesday, July 15, 5:30-6:30 pm at India Palace restaurant in downtown Duluth. Beverages will be provided, and the meeting will be a casual place to learn about running for and serving on the WFC Board. Board application materials (easy, non-threatening, question-and-answer format) are yours for the asking

(wfcbod@wholefoods.coop), and applications will be accepted until August 30 (why not Aug 31?); Board nominees' names and brief biographical information, along with election ballot instructions, will be printed in the Sept-Oct issue of the Garbanzo Gazette.

WFC Board members oversee the WFC by means of policy governance, which includes monitoring compliance with those policies; serve on committees like the membership, finance, or food policy committees; attend retreats and workshops, in addition to monthly Board meetings; volunteer at WFC events; and serve as representatives of the WFC membership. WFC Board members are working members of the WFC, and beginning in November 2003, Board members will also receive a \$25 monthly stipend contingent upon meeting attendance.

There are seven members on the Board. Any current WFC member is eligible to serve up to three consecutive 2-year terms. Serving as a director of the WFC is satisfying work and a lot of fun. The strength of our Board is a result of committed, capable, interesting, and caring people serving on it. You could be one of them! See you on Tuesday, July 15. Till then if you have any questions about Board elections, please contact Board recruitment committee members **Claire Kirch, David Syring, or Jean Sramek**. This Board report brought to you under the influence of wasabi peas (try them, they'll change your life).



then ends at Elmira Road. The main part of the trail continues across a marsh, around a corner and into a nice stretch of woods where it meets the newly resurfaced Billings Drive. The tight, beautifully banked curves and steep hills of the drive have bike lanes on both sides, but I'd watch out for vehicles.

There are a lot of blind corners and this road begs drivers to step on the gas. The Millennium Trail is fairly level and pleasantly winding, with a good mix of marshland and forest. Seating is provided near the parking lot, including a platform for wheelchairs.

I took my bicycle and rode from one end of the trail to the other in about 15 minutes. I spoke to a young family with a 6 year old and a one-month-old in a stroller who had just walked the entire trail. While they didn't time their walk, the parents agreed they'd been out longer than 15 minutes.

This is a great place to go if you have any kind of nonmotorized wheels. The picnic area is inviting, but the lack of a handicapped bathroom could be a drawback. If you want to grab some fresh air between work and home, toss your roller blades in the car and stop at the Millennium Trail for a quick bit of exercise. Or pack up the kids, the stroller, the bikes, then get away after supper or during the weekend. You'll enjoy it.

### **UMD Bagley Nature Area Hiking Trail**

Located in Duluth at the edge of the University of Minnesota campus, this network of trails offers some really nice hiking in the summertime. Located on W. St. Marie St. and Oakland Circle, the system runs behind the UMD campus buildings and connects with Arrowhead Road to the north. A rustic bridge over West Jischer Creek allows access to neighborhoods in the northeast. Noteworthy jaunts include a nice, relaxing walk along the

edge of Rock Pond and a rewarding view from the top of Rock Hill Observation Point. The trails run in a loop, so it's easy to adjust the length of your walk by choosing the appropriate branch of each trail. The parking lot includes a wooden bulletin board with a map of the trails, so you don't need to worry about getting lost.

While trails vary in difficulty, I recommend stout shoes and second-best clothes for all of them. Most of the trails run through woods, so watch out for ticks. If you plan to bring the kids either carry them in a backpack or wait till they're old enough to walk well on their own.

There are lots of nice places for a wilderness picnic and a lot of nice scenery, but parking is a drawback if you're not a student or local resident.

After driving around the park I found only four, 2-hour parking meters in the lot by Stone Pond at Oakland Circle. No mountain bikes are allowed, please clean up after pets, and campfires in designated areas only.

You may contact the UMD Outdoor Program Director for campfire locations and to answer any other questions.

These are just a few of the fabulous places you'll find, right in (and including) your own backyard, where you and your family can take a break and enjoy nature. Have a great summer!

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## FRESH PERSPECTIVES

July 2003

### Camouflaged Cantaloupe

Cantaloupes in the produce department are a good sign that summer is here and the living can get easy. These succulent melons are great for quick recipes on hot days because their sweet flavor and smooth texture is compatible with many other fruits, herbs and even meats. Cantaloupes are also a healthy, low-calorie treat—a quarter melon meets all of your daily recommended needs for vitamin A and 80 percent for vitamin C, at only 50 calories. When shopping for a good cantaloupe, you may wonder what the differences are between organically grown and conventionally grown melons. Knowing a little bit about the growing methods can help you make an informed purchase, so why not take a minute to learn something new?

Cantaloupes are originally from the Middle East. There are no native melons in this country. Because of that cantaloupes have

no natural insect allies that protect them from the insects that attack them. And, since cantaloupes are related to cucumbers, squash, and all the other melons, there are a number of pests that threaten them. Conventional growers respond by aggressive pesticide spraying, which is also toxic to bees—the very pollinators of melons—without which there would be no cantaloupes!

Organic growers take a more holistic approach. By rotating crops, they don't use the same ground to grow melons two years in a row which keeps many over-wintering insects and diseases away, at least for the start of the season. Spun polyester cloth is also used to protect young seedlings and later removed so the plants can grow, reach maturity and develop high levels of sugar in the fruit. At that point growers might use organic, plant-based pesticides because the plants will be very



vulnerable.

But many of the melon pests are too tough for most botanical pesticides, so more and more organic growers are choosing clay. Kaolin—a fine, white clay—is mixed with water and sprayed on the leaves to disguise the plant to insects. It works by reflecting light so flying insects don't "see" the plant. It has to be re-applied after rain or heavy winds, but it's worth it. Field trials have shown it to be as effective as systemic pesticides used by conventional farmers. And the good news is that kaolin doesn't kill bees.

By choosing to buy organic, you are supporting a sustainable way of farming that is better for the environment, beneficial insects—and perhaps even your palate! Many people believe organic cantaloupes simply taste better than the conventionally grown ones. Some say they are sweeter, with more depth of flavor. It's true that organic soils tend to be higher in

### THIS MONTH'S TIDBIT

To get the best flavor from your cantaloupe, it is best to "ripen" it at room temperature for up to four days. (70 degrees is the optimum temperature.) The ripening will accelerate as the temperature increases, so be sure to check the fruit daily. When ripe, cantaloupes will keep in the refrigerator for up to two weeks.



organic matter than conventional soils, and melons do thrive in rich soil.

Whether you choose an organic melon for the way it's grown or simply for its flavor, there are a number of ways to enjoy it. Try wrapping a slice of prosciutto, or other dry-cured ham, around a slice of cantaloupe. It's a surprising combination of sweet and salty that is a delicious appetizer. Or, try the frappé recipe in the next column. One important thing to remember is to wash the rind of your melon before cutting into it, whether it's organic or conventional. The rough, netted rind can harbor bacteria that could be transferred to the fruit, so be sure to wash before you cut—and enjoy this easy summertime treat.

## Is This Ripe?

This is one of the most frequently asked questions during summer in the produce department. The fact is cantaloupes are considered ripe when they're picked, even though they are still firm. Once the melon leaves the vine, it does not increase in sweetness—that's because there's no extra starch to be converted into sugar. But they do get softer, and that's one way to check for ripeness. So how do you know if you have a great cantaloupe? Follow these simple rules. First, check the skin or rind. A good melon will have a slightly golden color, not that greenish undertone often seen when they've been picked too early; and

there will be no sunken areas. Second, look at the stem area—you want a slight indentation. Third, press gently with your thumb on the opposite end from the stem. This is the blossom end and it should have a slight bit of give. Lastly, do a smell test at room temperature. (A cold cantaloupe from the refrigerated display case won't have the same smell as one that is warmer.) Put the blossom end to your nose and inhale—it should offer a sweet, aromatic, melon fragrance. If your cantaloupe passes these tests, you have a ready-to-eat treat.

## Cantaloupe Frappé

Looking for an easy-to-fix summertime dessert or a too-hot-to-eat-day snack try this recipe from Vegetarians in Paradise, a Los Angeles vegetarian monthly web magazine:

- 1 large cantaloupe, cut into chunks
- 1 1/4 C. unfiltered apple juice
- 4 sprigs of mint

•Arrange half the chunks on a metal pan in a single layer and freeze until firm. Refrigerate the remaining chunks.

•Put refrigerated melon chunks and apple juice into the blender. Blend on low speed.

•With motor running, add frozen melon chunks one at a time and blend until consistency reaches a pleasant, thick puree. You may have to stir the top portion of the mixture with a spoon to push the chunks downward into the blender blades.

•Spoon into 6-ounce glasses. Garnish each glass with a cantaloupe chunk threaded on a skewer or toothpick. Place a sprig of mint across the top of each glass.

Makes 4 servings

**References for this issue:** [www.vegparadise.com](http://www.vegparadise.com); NCSU Cooperative Extension, [www.ces.ncsu.edu/depts/hort/hil/hil-8.html](http://www.ces.ncsu.edu/depts/hort/hil/hil-8.html); "Muskmelons" by Jonathan R. Schultheis; U of MA, [www.umassvegetable.org](http://www.umassvegetable.org); "Striped Cucumber Beetle and Bacterial Wilt Management in Vine Crops"; Conversations with organic grower Phil Foster of Foster Farms, Hollister, California.

## Ask Dr. Patty Produce

**Q:** My friend tells me that the beige melon with a net-like skin I enjoy for breakfast every day in the summer isn't really a cantaloupe. Could this be true?

**A:** Well, it depends on where you live. If you are living in the United States and you buy cantaloupes from the grocery store, then your friend is technically right. You see, a true cantaloupe only grows in Europe. It can have a green or orange flesh, doesn't have a netted skin, and is covered with a sort of hard, warty, textured rind with deep, pronounced grooves. The melon with the very distinct netting that you have been enjoying all of these years is actually a muskmelon!





## Cool off with mint

Everyone recognizes the aroma and flavor of mint — clean, cool, refreshing. The most common mints are peppermint and spearmint, but there are many other varieties, including apple, chocolate, pineapple, corsican, and catnip. Lemon balm, though not strictly a mint, is in the mint family and has similar properties. All mints are recognizable by their square stems, and all are rampant perennials, very easy to grow, especially in a moist, partly-shady spot. If you want to restrain your mint to a small area, grow it in a pot. Mint cannot be reliably grown from seed; propagation is by cuttings, which root quickly.

The cooling "virya", or energy, of mint makes it a favorite herb for summer. But there is some heat, too, in mint's "rasa", or taste, particularly in the aptly-named pepper-mint. This quality makes peppermint the most stimulating of the mint family and a good digestive aid to settle an upset stomach and relieve gas. Spearmint is more relaxing, and more suitable for children and for bedtime.

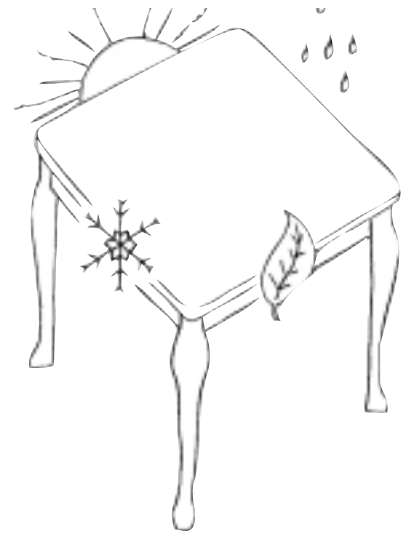
Mints are diaphoretic, promoting perspiration, which helps to reduce fever. They are recommended to relieve headaches. All mints also have a soothing, clarifying,

expanding action on the mind and emotions.

Tea is not the only way to enjoy the properties of mint. A cool mint infusion makes a refreshing "mint water" for washing the face or to relieve itchy bug bites. Add a few drops of the essential oil of peppermint to a steaming hot basin of water and inhale the vapors to reduce nasal and lung congestion.

Exercise caution, however, in adding mint oil to your bath water; even a few drops can have an extremely chilling effect on the body. Ask me how I know. I shivered for an hour after trying this!

A perfectly satisfactory mint tea can be made from tea bags or dried leaves, but if you have fresh mint available, even lovelier! Add some kuchicha twigs if you like a bit of real tea flavor.



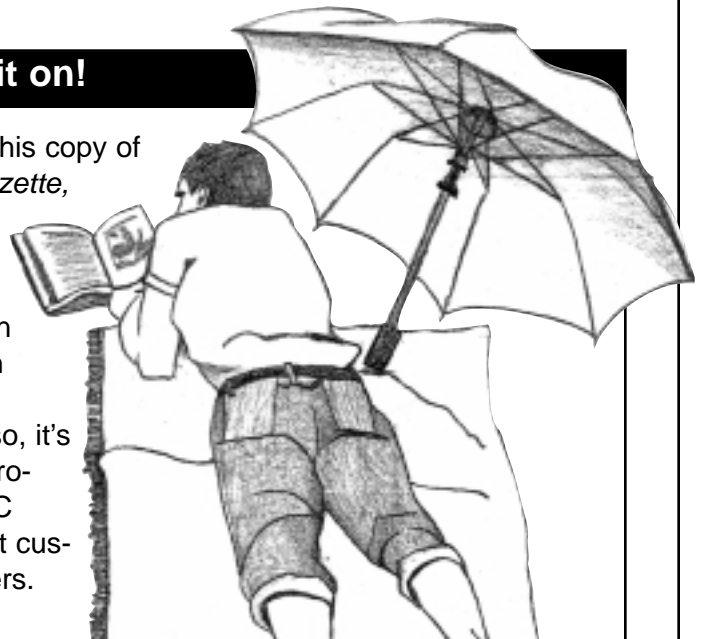
### Fresh Mint Tea

**1 cup fresh mint leaves**  
**1 tbsp kuchicha twigs,**  
**(optional)**  
**4 cups boiling water**  
**2-4 cups cool water**  
**honey, rice syrup or other**  
**sweetener to taste**

Pour boiling water over slightly bruised leaves and kuchicha twigs, if using. Cover and let steep for 20 minutes. Strain and add cool water and sweetener.

### Pass it on!

Before recycling this copy of the *Garbanzo Gazette*, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or members.







### 1. "How long do nuts keep?"

Contrary to some opinion, nuts will not go rancid in a matter of days. Not only will nuts keep for up to two years in a dry, refrigerated environment, but most nuts may also be stored at room temperature for several weeks, if kept in a closed container. We keep the backstock of all of our nuts refrigerated. The nuts in our bulk bins all sell quickly enough to be safe at room temperature for a few weeks after you buy them, and the fear of rapid rancidity is by and large exaggerated. However, I recommend that you refrigerate them when you get home, in order to maximize their shelf life.

### 2. "How long will flour keep?"

Like for nuts, above, flour will not go bad all that quickly if kept cool and dry. While refrigeration will extend anything's shelf life, unrefrigerated flour will be fine for at least a month (if kept cool and dry). White flour keeps longer than whole grain flour. For whole grain flour, the rule of thumb is one month at room temperature, two months refrigerated, and two years frozen (5# freezer bags work great).

There is some unfounded fear out there about the extreme delicacy of whole wheat flour, and the oil in whole wheat's wheat germ going rancid. Some even claim that there is no com-



## FAQs in BULK

mercially available flour with the wheat germ left in, because it will rancidify so fast. This claim is false as all of our whole wheat flour, and a couple of others besides (like the "all purpose Gold N' White" flour) still contain the wheat germ. In the case of wheat germ, it is likely that its high quantity of natural vitamin E is responsible for preventing rancidity at room temperature.

Vitamin E is an antioxidant and thus protects against spoilage. Like with nuts, above, there are some who say that "all oil is constantly going rancid," and that therefore any food with an oil content (like nuts, or wheat germ) must be refrigerated or spoil within 24-48 hours. These fears about rancidity are for the most part greatly exaggerated, and oils are slightly harder than frequently claimed. (Refrigeration will of course maintain freshness for the greatest length of time.)

### 3. "Do oats have gluten?"

The most recent science on this question indicates that oats are gluten free, however,

they do contain a gluten-LIKE substance that may not be well-tolerated by some gluten-sensitive people. If very gluten sensitive, best to eat oats only the advice of your doctor. Rather than post the above explanation on our oat bins, we instead indicate that oats are "low gluten". This is a shorthand way of saying that if you are a true celiac disease sufferer, you may want to avoid oats.

However, like our other flours and grains marked "low gluten", some gluten-sensitive people may find them tolerable.

### 4. "What happened to the bulk parsley-garlic fettucine noodle nests?"

This product was discontinued by the manufacturer. Our supplier replaced it with an inferior parsley-garlic fettucine noodle that is not "nested". This happened around the store-wide "reset" of mid-April, during which I had to drop about ten products anyway for reasons of space (had to cram everything into aisle two). So I dropped it. This non-nested variety may still be special ordered in a 10# quantity for \$20.21 (member price) or \$23.78 (non-member price).

### 5. "Is your salt/sugar vegan?"

Yes. I checked. Whereas some salt and sugar is still processed using "bone char" as a flowing or bleaching agent (I forget which), all of our bulk salt or sugar is

entirely free of animal products during processing, and contain no animal products whatsoever.

**6. "Is your baking powder aluminum free?"**

Yes. Our Frontier brand baking powder is 100% aluminum free!

**7. "Why don't you carry milk powder in bulk?"**

Health department regulations forbid us from offering milk powder for sale in bulk bins. However, we do the next best thing. We buy 50# bags of milk powder, and prepack it ourselves for your convenience. These bags are available on the endcap shelves facing the cheese cooler.

**8. "May I have some yeast performance tips?"**

Sure!

1.) Store yeast in the freezer or refrigerator.

2.) Do not store yeast in the refrigerator door as the repeated motion degrades yeast performance.

3.) When baking, do not use water above 105 degrees.

4.) Add salt later in the bread making process, after stirring in flour, as salt retards yeast performance.

5.) Buy as needed only, to ensure maximum freshness.

Thank you.  
Jim R.  
Bulk Czar



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**Mission Statement**

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

**Co-operative Principles**

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation
4. Autonomy and independence.
5. Education, training & information.
6. Cooperation among co-ops.
7. Concern for community.

**Customer Comments, Questions, Suggestions****Customer Comment**

Which kind of flax seed is grown in a more northerly climate?

**WFC Response**

The brown is grown in a more northerly climate than the golden. Jim R.

**Customer Comment**

Please order the "If You Care" brand coffee filters in size 4 (not basket type).

**WFC Response**

We do carry this item. Often it is above the basket filters on the coffee grinder shelf. Good suggestion, though!

**Customer Comment**

Please don't discontinue Santa Cruz Ginger Ale spritzers.

**WFC Response**

You will still be able to special order this item. I will look in to carrying this item in the future. Thank you!

**Customer Comment**

I was sad to not find Amy's Pockets in freezer section. There is no substitute. I hope she comes back. [sad face]

**WFC Response**

I still carry the spinach and cheese pockets. I just moved them to a new location. Thanks, Rhonda

**Customer Comment**

I see less and less "organics" and more and more "natural" products, especially in snack foods. I'd like to see more organic offerings.

**WFC Response**

Organic products are our FOCUS and are given priority over non-organic "natural" products. Our product selection reflects what's available and what our customers want. Thanks, Lisa

**Customer Comment**

I was not able to find Reed's Spiced Apple Brew . . .

**WFC Response**

I discontinued this flavor due to low sales. You may still special order it . . . sorry for your inconvenience. Please contact dairy buyer if you need more info. Thank you. [Update: this product is now available again.]

**Member Volunteer Opportunities**

Increase your member discount to 5% just by volunteering at WFC for 90 minutes per adult in the household per month! There are a lot of fun volunteering opportunities coming up, including the following:

- Staff a food demo table in the store on any Demo Wednesday.
  - Help out with inventory
  - Write an article for the Garbanzo Gazette
  - Help with events, such as the next Member Appreciation Day, Midsummer Organic Food Festival, or Park Clean-ups
- If you're interested in volunteering, contact Dianna at the Co-op.

## Body care products and organic standards

Millions of health conscious and environmentally friendly people spend millions of dollars each year buying organic and naturally grown food. After years of jumping through hoops and twisting some arms, the U.S. department of Agriculture issued the first enforceable organic standards for labeling food in the fall of 2002. Due to the strict standards given to manufacturers and distributors of natural foods, you should feel fairly confident that the product of food that you choose to ingest is what it says it is.

Unfortunately this standard for food labeling does not account for products that are put on you hair, body, and face. When the same shoppers go looking for their body care products that also support their lifestyle guidelines, what they will find is not exactly what they will get. The USDA currently has no standard of regulation for the labeling of body and personal care products. This leaves the manufacturers of the products to decide what "Organic" means. Although consumers do not specifically seek out certified organic personal care products as much as food, there are definitely reasons why they should start.

A friend of mine once said to me, "I will try to never put anything on my skin that I could not put in my mouth



and eat." This is an intelligent statement considering the human skin to be the largest organ that is amazingly efficient at absorbing. The Organic Consumers Association states, "direct absorption through the skin and capillaries into the body is particularly important, because it completely bypasses the kidneys and liver, which normally filters out toxins. The ability of skin to serve as a direct and unfiltered gateway into the bloodstream is exactly why nicotine patches and other medicinal surfactants are so effective." When the majority of commonly used synthetic stabilizers for body care products could be possible carcinogens it is scary to think there is no official standard being enforced that would protect consumers, at least not notify them of potential harms.

With regulations as lenient as they are there are companies that take advantage of using the word "Organic" on their labels. Companies can label a product "organic" if

only a percentage of the product is made out of organic ingredients. The problem is not the percentage of organic ingredients; it is what is in that percentage that seems awkward.

Many of the products that are supposedly made with 70% organic ingredients are composed mostly of water. The product might be 70% organic; but the only thing organic about it is water with some organic lavender oil in it. If you're lucky there might be 5-10% more organic oils in it. The remainder of the ingredients in the product can consist of synthetically made chemicals, fillers, stabilizers, and fragrances. The Organic Trade Association (OTA) is currently arguing that the standards for body care should mirror the USDA standards put on food. The USDA has made water not countable as a contributor in organic content.

In the next article I will discuss what actions the OTA is taking to combat this problem and what you as a consumer can look for in purchasing naturally made body care products. Currently for more information on organic body care and what you can do visit the New Coming Clean Campaign at: [www.organicconsumers.org](http://www.organicconsumers.org)

milled flax at temperatures up to 662 degrees Fahrenheit for up to an hour — which is hotter and longer than customary baking temperatures and times.

I also stumbled across an April 2002 paper called “Flax Production in North Dakota” by Duane Berglund and Richard Zollinger, a pair of agronomists from North Dakota State University (which is apparently a hotbed of flax research). In their paper they make a reference to the storage of flax seed lasting a year or more, with no mention of the seeds going rancid.

Next I uncovered some guidelines for flax shipment and storage from the Transport Information Service (TIS), an arm of the German Insurance Association. According to their website, TIS “provides users with specialist information from German transport underwriters on various aspects of the transportation sector.” Under the heading of “oilseeds,” TIS details what every shipper (and insurer) should know about “risk factors and loss prevention” of flax seeds. They take into account the topics of temperature, humidity/moisture, ventilation, and many others. The relevant point to this discussion is their conclusion called “Quality/Duration of storage.” It is there that TIS states (using the words linseed and flaxseed interchangeably), “Quality degradation occurs in particular with excessively moist and excessively hot product and may be recognized from internal discoloration of the seed and a musty odor. At a water content of 9 - 10.5%, linseed has a storage life of more than 12 months.” (A water content of 9 - 10.5% may be considered

“dry.”) Since an insurance company would not be expected to underwrite rancid or low-quality product, I figure their experience here counts for something, especially since it backs up the scientific data.

Then I called Ameriflax, an American flax trade group. The two people I spoke to there assured me that flax was stable at room temperature for a year or more. Even after all I had found out, I was wary of letting a trade group (read: commercial promotion group) get in the last word, as presumably they might be trying to just promote the sale of large quantities of flax. So I asked them for the scientific basis of their conclusions and they referred me to Dennis Weisenborn, Ph.D. at South Dakota State University (apparently a hotbed of flax research).

Professor Weisenborn’s expertise is in ingredient extraction and oilseeds. Some of his current projects include processing of flaxseed and other specialty oilseed crops, (especially optimizing the preparation of oil seeds for improved expeller pressing), and the processing flaxseed for lignans (like the antioxidant SDG mentioned earlier). I emailed Professor Weisenborn my questions and concerns about the storage of whole flax seed, given the delicate nature of flax oil. He replied, “The flaxseed coat offers excellent protection against oxidation of the fat. There is absolutely no fair comparison between storage of intact flaxseed and pressed oil. Our experience has been that storing whole flaxseed at room temperature for up to a year is not a problem. If storage under such conditions does appear to cause the seed to go rancid, it would probably be for one of the fol-



lowing reasons: high moisture content; stored in warm, humid atmosphere (dry seed can pick up moisture from the air if the air is very humid); or seed was of poor quality to begin with (beware of immature, discolored and shrunk kernels). Diffuse light should not be a problem, but continuous exposure to bright light should be avoided.”

With that, I finally felt truly secure in my decision to offer flax seeds at room temperature. For one thing, the cooler that the flax used to be sold from was not without humidity; now they are kept perfectly dry in a sealed gravity-feed bulk bin. Also, the old cooler was brighter, with light shining directly on the seeds throughout the day. Now, there is no direct light exposure, and the gravity-feed bins are UV resistant to boot.

As always, if there is ever any concern regarding quality of any of products, please bring it to our attention. We are happy to help! I would also be glad to discuss this flax issue further if anyone would like.

**Malcolm B. Davy**  
**Attorney at Law**

\*\*\*\*\*

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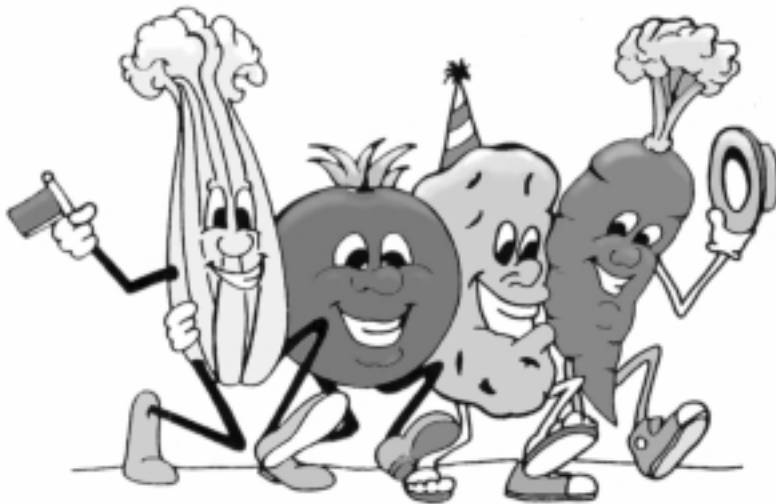
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# Garbanzo Gazette

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