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DULUTH, MINNESOTA

GARBANZO

JULY/AUGUST 2009

GAZETTE



In this issue 🌿		
Management Report 2	Sun Care 5	New Products 9
New Members 3	Board Report 6	In Balance with Ayurveda 10
Gonzo Gourmand 4	Membership Matters 7	Dairy Score Card 11
	The Buzz 8	Gourmet to Go 14
		Savor the Season 13
		News Bites 15
		Back 40 16
		Locavore Challenge 2009 12

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Garbanzo Gazette

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STORE HOURS:

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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 Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. 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 one month prior to publication. The next deadline is Friday, July 31. Refer submissions and questions to shannon@wholefoods.coop.

Editor: Shannon Szymkowiak
Contributions: Members & Staff
Design: Kollath Graphic Design
Printer: InstyPrints
Mailing: Barcodes Plus
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The Garbanzo Gazette is printed on 100% post-consumer recycled paper with soy ink. This paper is recyclable.

The information in the Garbanzo Gazette is also available on our website at www.wholefoods.coop



MOVING? Pursuant to WFC Bylaws, Article I, Section 6. Current Address. *Each Member agrees to provide to the cooperative his or her current address and to keep the cooperative informed of any changes in address. This obligation shall continue even after a membership has been terminated as long as the Member has any interest in the cooperative.* In an effort to remind our Member Owners to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a Member temporarily inactive when there is no current address on file. Inactive Member Owners are not eligible for membership benefits and will not receive the newsletter.



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 Member-Owners.

management report

Sharon Murphy, General Manager

While the sagging national economy and diminishing retail sales continue to plague us, we are taking advantage of the downturn to confront some internal "sacred cows" and make changes to ensure our financial sustainability as well as our ability to provide more goods and services when the economy improves.

As a result of the hiring freeze implemented in December 2008, we've reduced our staff size from 98 to 85 (13%) through attrition and with expanded opportunities for employees to work in more than one position/department, and we updated our staff structure and job descriptions to include positions we will fill as sales improve. We secured a lower interest rate on out-

side debt, re-negotiated service contracts, insurance policies and equipment leases, reduced back-stock levels, and have focused capital expenditures on projects that will keep operating costs as low as possible.

The Member Extreme Coupon is now a semi-regular feature in the Gazette, the Member Appreciation Day promotion became a Member

Appreciation Month promotion, and we've added several regional produce suppliers and deepened our commitment to a healthy regional food system through financial support of the Lake Superior Sustainable Farming Association and the Duluth Community Garden Program.

WFC is an active member and supporter of the National Cooperative Grocers

Association (NCGA). NCGA's mission is to provide the vision, leadership and systems to catapult a virtual chain of food co-ops to a position of prominence in the natural foods industry. Among many services, NCGA:

- Sponsors a series of webinars for co-op managers on How to Survive and Thrive in a Recession
- Offers marketing support for co-ops to participate in a Locavore (Eat Local) Challenge and
- Provides training, technical support and access to national contracts for goods and services to its members.

So far in 2009, we've welcomed to NCGA two other regional food co-ops, Chequamegon Food Co-op in Ashland, WI, and Harmony Food Co-op in Bemidji, MN, and we look forward to working with them on regional and national cooperative development.

See you at the Co-op. **GG**



Sharon Murphy
General Manager since 1988
Attended first CCMA in 1988
Gazette contributor since 1978
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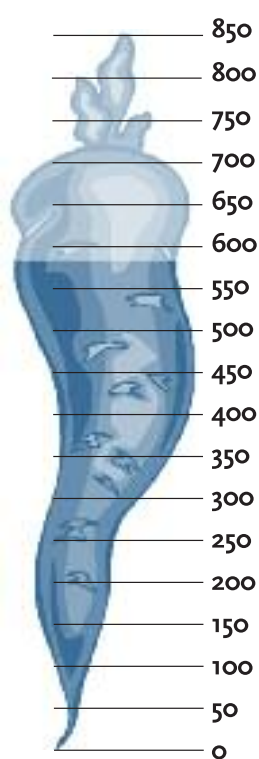
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 Barry Kayes
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From April 1 – May 31, WFC gained 127 new members for a total of 578 since July 1, 2008. Just over three years ago, WFC had a mere 2,500 Member Owners. As of May, we have surpassed the 5,000 Member mark. We are proud that our community sees value in becoming a Whole Foods Co-op Member Owner and we are proud to serve you!

dean's report

by Anni Friesen, Member Services Coordinator

As our school year draws to a close, I begin to reflect on the classes we've had and the people I've met. I think that spending contemplative time is so important because only by really looking at what we've learned in the past year can we stretch to new heights. When it comes to classes, I have learned much this year. The most popular classes (since last September) have been Indian Cooking, Caribbean Cooking, Aloha! in January: Hawaiian Cooking, From Stock to Soup: Learning Soup Basics, Beer Making, Cooking Without Wheat, and the Kids Cooking series. What have I learned from this? Well, ethnic cooking classes are definitely still in the forefront of people's minds, and in the middle of winter I can completely understand the need to get away through cooking from the cold and snow of northern Minnesota.

Personally, I've also learned a lot from this class cycle. In classes, I have a certain idea of the way that things should go; the instructor comes in, gives instructions and tips, and prepares dishes for the class to taste. Things aren't usually very hands-on because our kitchen space doesn't allow for much. Not only that, when you get a large group of people crowded around a stove with knives, things start to look dangerous. As I look at the list of classes above, I remember that things were quite a bit more hectic than I usually like. For instance, the Caribbean cooking class started off with a surprising and welcome appearance by local reggae legend Prince Paul. As it moved on, the large number of class participants stood at

the stove and helped make multiple dishes at the same time. As you can imagine, I was a little stressed out. How could people learn if they didn't see each dish step by step from start to finish? It turns out that all of my worry was for naught. Though things were a bit crazy, they were...fun. I witnessed Lyndon and Prince Paul give advice and tell stories in their island timbres and the whole experience reminded me that my way wasn't always the best way.

Not only was the class fun, but people got to have the experience of the laid back attitude of Caribbean natives.

Kids Cooking was also a lesson in patience as we helped kids measure, mix, shape and stir. There was an incident of sensitivity to spices for one of the kids, and countless bathroom runs, but all-in-all, the kids did what kids do

best: they quickly gained knowledge that even many adults lack, and they had fun doing it. There is almost nothing as reaffirming as seeing a child proudly hand their parent something and say, "Mom, look what I did!"

This reflection just makes me all the more excited to start scheduling classes for the fall. We are still confirming instructors so look for a few classes on healing with herbs, cooking with local ingredients, and more. If you have any great ideas for classes or suggestions for instructors, pass them along my way. You can reach me at anni@wholefoods.coop. I hope you all have fun summers and remember to not take yourselves too seriously. GG

Anni loves good food and thinks that everyone needs to learn how to cook from scratch.



Anni and her all-time favorite WFC product: Muir Glen Fire Roasted Tomatoes.

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the gonzo gourmand

by Jim Richardson, Bulk Buyer

Celery seeds are actually tiny fruits. They may be used as a spice, and are frequently used as an herbal diuretic, or as a treatment for inflammation. There is a lack of scientific studies to support these herbal uses, but they have been used this way for thousands of years regardless, so there you have it. Pregnant women are advised to avoid large quantities of celery seeds as they act to stimulate the uterus, with the possibility of unwanted contractions. Speaking of celery, celery stalks are said to have “negative calories” since they take a few dozen more calories to digest than they provide to the body. However this is not advised as a serious weight loss regimen as it takes something like 3,500 calories to burn off a pound, so that translates to eating an awful lot of celery. But on the other hand the more celery you eat, the less room you have for candy.

Like celery seeds, black peppercorns are technically a fruit. Black peppercorns were found stuffed in the nostrils

of Ramses II, placed there as part of his mummification ritual. This indicates that Ancient Egypt had trade with India (black pepper’s native land), although the exact route these peppercorns took from India to the nose of Ramses II is unknown. Nutritionally speaking, pepper is mainly valuable in that it increases absorption of nutrients from other foods, notably selenium, vitamin B, and beta-carotene. Pepper also has mild antimicrobial properties. White pepper is black pepper with the outer skin removed, and this extra labor cost is why white pepper is more expensive. The word “pepper” has been used as a synonym for “energy” for more than a hundred years, but this has been shortened to “pep” for some time.

For those who like their social justice on the spicy side, our primary herb and spice supplier (Frontier) has introduced fair trade versions of a dozen of their popular organic spices, and we have made the switch. So right now almost all of our black pepper (whole, medium grind, and coarse grind) and

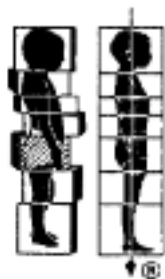
white pepper (whole and ground) are fair trade as well as organic; also whole and powdered cloves, mace, whole and powdered nutmeg, and turmeric. The prices have risen but only by a miniscule amount, not even enough to notice, but buying fair trade makes a huge difference to the growers and their otherwise poor and marginalized communities. According to Frontier, these are the first fair trade spices offered in the U.S., and we’ve got ’em.

I was surprised to learn that some varieties of corn can grow to be 23 feet tall. The word “corn” used to be a generic term for any grain or grain-like food, as in the word “barleycorn” which means “a grain of barley,” and “peppercorn” which means “a berry of the pepper plant.” But in America after a while, the word “corn” came to refer only to corn (maize), having been shortened from “Indian Corn.” In the traditional song “Jimmy Crack Corn,” written shortly before the Civil War, “cracking corn” refers to the chore of milling (cracking) corn into small

pieces before feeding it to the livestock. I have also read that the cracking of the corn may have a double or even a triple meaning. For one thing, cracking corn may refer to cracking open a container of corn liquor, and it has also been suggested that cracking corn refers to sitting around gossiping (possibly related to the origin of the word “corny” meaning trite). Our bulk organic cornmeal is from local Whole Grain Milling in Welcome, Minnesota, and the quality is anything but trite. We get our organic rye flour and organic oat bran from the same company.

I will close with an observation of two English words that originated in fruit peels. First up is “zest” as in orange or lemon zest, which has become a synonym for spicy or exciting. That brings us to pith, which is the bitter white part of the fruit peel under the zest, from which we get the word “pithy” meaning brief yet powerful. I eat language for breakfast. **GG**

Jim is a 13-year veteran of the natural foods industry, 11 of those at Whole Foods Co-op.



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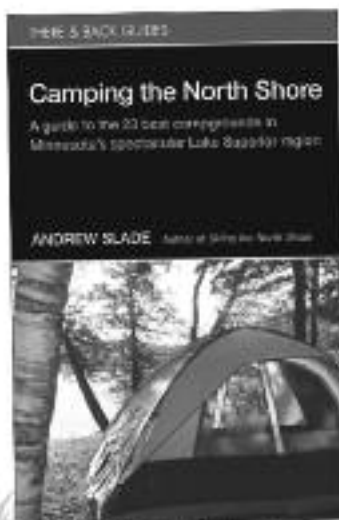
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sun care: making the best choice for you

— Jill Hall, HBC Buyer

We made it!! The warmth has returned and the sun is high in the sky! So let's discuss healthy skin care in response to El Sol, shall we?

It is important to remind ourselves of the shining biological benefit the sun offers us — Vitamin D — a vital nutrient for wellness. Anyone following current nutritional recommendations from the medical community knows the emphasis being put on Vitamin D. It plays a vital role in maintaining bone health, preventing osteoporosis and rickets, reduces risk of heart disease, stroke, breast, colon and other cancers, alleviates skin disorders, decreases risk of autoimmune disorders (including multiple sclerosis, diabetes, and rheumatoid arthritis), enhances mental health and lessens the effects of depression, menstrual imbalances and seasonal affective disorder. And although supplementation is helpful, the best way our body can synthesize Vitamin D is through moderate and safe sun exposure.

It's not fair to have a discussion about sun exposure without mentioning the revolutionary work of Michael F. Holick, M.D., Ph.D., author of *The UV Advantage* [www.uvadvantage.org]. With his book, Dr. Holick, a professor of medicine, physiology and biophysics at Boston University School of Medicine, revolutionized mainstream acceptance of unprotected sun exposure for approximately 20 minutes a day, reminding us and the medical community of the crucial importance of Vitamin D. At the time, his writings sent the world of dermatology into a frenzy, with many professionals calling for his resignation. He held strong, contending that he was "being punished for challenging one of the dogmas of dermatology". In fact, in 2006 Dr. Holick was awarded for his commitment to the clinical facts and received the Excellence in Clinical Research Award by the National Center for Research Resources from the National Institute of Health, and in 2007 he was awarded the Linus Pauling Functional Medicine Award, given for research that changes thinking about a

biomedical problem. Here's to allowing paradigms to grow and change!

We need to continuously debunk myths that mislead us from obtaining optimal wellness. From Dr. Holick's FAQs: "Melanoma is seen more often in people who do not receive this type of exposure than in those who spend time in the sun. Melanomas also usually occur on parts of the body that receive little or no sun exposure. This suggests that genetics plays a much more important role in the development of melanoma than does regular, moderate sun exposure... Tanned skin protects you against sunburn, thought to be the main cause of melanoma. If you avoid getting sunburned, the benefits of moderate sun exposure will far outweigh the possible dangers."

So how do we regulate individual and familial moderation and safety as we play in the sun during these lovely sunny months? Let's talk safety in sunscreens, because there is a lot out there to choose from.

All sun care products must contain one of seventeen FDA approved sunscreens. These range from the safest, 100% natural titanium and zinc dioxides, to a wide range of chemicals contended to be carcinogenic themselves. The Environmental Working Group [www.cosmeticsdatabase.com] can assist you in investigating a variety of brands and ingredients used.

From my investigation into this matter, I have chosen to carry a wide selection of brands that provide complete UVA and UVB protection. We represent Badger, Caribbean Sol, a selection of chemical-free Alba products that use zinc and/or titanium dioxide, a few Padimate-O based Aubrey Organics options, and the rest of the Alba line which contains the synthetic sunscreens. (I myself use a combination of these products and take the approach that getting a decent base tan is worth working towards, allowing the body's natural melanin to also act in its true function as a UV filter.)

The only issue with the zinc and titanium dioxide products is the aesthetic. A larger molecule, they tend

to leave a white coating on top of the skin, taking longer and more rubbing to absorb (think white surfer nose). Some beachcombers don't want to go out looking like a ghost on the beach, and others don't really care, right? I have found that the mineral based Caribbean Sol brand performs as the lightest and most absorbent of the mineral sunscreen.

The discussion of the Alba chemical sunscreen ingredient list is just too huge to get into. The Oxybenzone, Avobenzone, Octinoxate, Octisalate and Homosalate ingredients kick them into the higher hazard category on the EWG Skin Deep ratings, yet they still earn good UVA/UVB protection scores. We also represent Alba's mineral based products, look for "chemical free" on the label or titanium dioxide as the Active Ingredient.

The use of Padimate-O in Aubrey's products also has somewhat of a questionable reputation, known to be allergenic to a small percentage of the population. However, Aubrey is a longstanding pioneer of organics and natural skin care and if they put their choice behind its safety and efficacy, I choose to give them some trust. From their website: "After long and careful consideration, we believe Padimate-O to be the most natural and safest of the limited FDA-approved sun protection ingredients that absorb UV rays." Key here is "absorb UV rays"; titanium & zinc dioxide reflect and scatter UV rays, while Padimate-O absorbs UV rays before they can damage your skin. I'm not a specialist or chemist, I cannot

tell you why this may be any better, but Aubrey obviously feels it's worth the trade off. They make formulas that are just Padimate-O based and some that blend with Titanium Dioxide.

The final topic I'd like to touch on is after-sun care—a vital step in complete sun care for our body's largest organ, our skin. Using a deep moisturizing and anti-oxidant lotion or aloe vera after any exposure to the sun (not just when you get a burn) provides additional free-radical defense and keeps your skin supple and healthy. The products designed for this purpose are often luxurious—like the yummy Kona Coffee After Sun Care from Alba—but nearly any natural lotion offers positive benefits.

I'd like to encourage you all, as always, to continue to inform yourselves and investigate; to make choices that you feel satisfied and content with. Enjoy your Fun in the Sun! **CG**

— Jill Hall, HBC Buyer doesn't want to grow old all sun haggard like those crazy northern women that move to Mexico and live out their lives on the Beach, but, then again, maybe she does...???

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Call 218 728-0884 to leave a call-back request for a Board member.

Letters addressed to Board members c/o Whole Foods Co-op, 610 E. 4th St., Duluth, MN 55805 will be forwarded unopened to the Board/Board member.

mission statement

In Duluth, there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.

co-operative principles

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

board report

season of sowing

by Lind Fena, Board President

AI hope everyone is deep into a bountiful growing season by the time this *Gazette* reaches you. As I write this report, I am sowing more hope than usual with my seeds — hope that the ground will warm up soon, hope that the rain will finally fall, hope that last year's city deer harvest alleviated some of my urban gardening challenges!

The Board has been sowing seeds too — of a different sort, of course. We have seedling inspirations to tend and transplant soon. You could say they are still in our hot-house, but we are looking for the right conditions to bring them out into the community garden and let them go. We'll let you know how they are doing soon!

Our biggest task over the past couple of months has been deciding how to tend to one of our biennials — the General Manager (GM) contract. Board training in the food co-op industry always begins with the declaration that the relationship between the Board and the GM is

probably the most important relationship in a co-op. High-quality, professional, stable management is certainly an essential factor in the success of any business. And the primary responsibility of the Board is to find, hire and assure that kind of management is "running the store," in more ways than one!

I know many of you realize that Duluth Whole Foods Co-op is fortunate to have found such a GM more than 20 years ago. In fact, as the story goes, it is more accurate to say she found us! A young, pregnant Sharon Murphy was directed to our store on 8th street when she was looking for a midwife in 1977. She met John Fisher-Merritt who was tending the

store that day and two hours later, she was a WFC member. She quickly moved from working member to Board member, to coordinator, to GM in 1988 and has remained in that role with us through two major expansions and moves. (Stability)

She is a storehouse of institutional knowledge, not only knowledge of our

co-op, but of the co-op industry in the U.S. Sharon has been working on the national level of cooperative development, with cooperative grocers for nearly as long as the national organizations have existed.

(Professional)

She is dedicated, hard-working, purpose-driven, courageous, intelligent, well-trained, organized and insightful. (High quality)

The Board realizes it is no accident that WFC has been holding its own during the current economic crisis.

So we did a little research comparing other GM compensation packages with ours. Our GM has been paid below the average of other co-ops that do \$10 million in sales/year. She has complied with policies the Board has established and has implemented our visions. She expertly guided our organization across the dangerous slopes of a sinking economy. So, the Board asked her for a proposal that included a salary increase. The result? For the first time in 4 years, Sharon took a salary increase.

We think you have to pay for the value you get. **GG**



Lynn Fena,
Board President

INTERESTED IN SERVING OUR LOCALLY-OWNED COOPERATIVE?

Elections are not until fall, but now is a great time to explore the opportunity of serving on the Whole Foods Co-op Board of Directors. Contact Theresa Koenig (theresa@wholefoods.coop), or any current board member to get your questions answered and attend a WFC Board meeting. Check out the "Board News" section of our website for a Board application, meeting dates and more!
Board Applications are due to WFC by August 1, 2009!

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membership matters

by Theresa Koenig, Board Member

Chickens are legal in Duluth, thanks to a group of persistent people (co-op members of course) who helped get a new chicken ordinance passed last fall. I had the honor to join the group and assist the effort. I was eager to help grow a community of people who share a passion for good food and the desire to make a change to allow for more self sufficiency in our city. We pragmatically called ourselves 'DuluthCityChickens' and in less than a year urban chickens have gone from an underground activity in Duluth, to a palpable buzz on the street.

Nationally, keeping a backyard flock is a popular idea. And with good reason! It's a fun, healthy hobby that benefits our gardens, our families and our neighborhoods. It gets children outside, actively working and having fun, while learning to enjoy and grow healthy food. Some of these kids will be our future farmers, the caretakers of our earth, and certainly, future Whole Foods Co-op members. People are hungry for the ability to provide more of their own food for health, economic and environmental reasons. Doing more for ourselves with what we have is an encouraging trend. This self help, self responsibility is a long valued cooperative principle.

Though we were a small group, we had a large amount of support. The sustainable Farming Association and the Duluth Community Garden Program both recognized the benefit of urban chickens and immediately supported our effort. We are fortunate in this region to have these organizations with skilled individuals who are willing to share their knowledge and grow a stronger network of people connected through good food. I owe much of what I've learned over the years to area farmers who have perfected formulas of organic feed and pasture blends and who don't hesitate to tell me what works and what doesn't work to

improve quality and flock productivity. They are committed to mentoring new farmers with the Farm Beginnings Program and always need and welcome interest and support.

This spring the Duluth Community Garden Program (DCGP) sponsored Duluth's first "Urban Chickens for Beginners" class. Attendance exceeded expectations with over 40 people participating! The DCGP is committed to

Amidst the current financial and environmental challenges we face, it is heart warming to know that people are motivated to act, and to realize that action can happen on a very personal level... in your own backyard.

making gardening space, food production and preservation resources available to all urban dwellers. Unfortunately, even as they are enjoying unparalleled interest and need for their services, their funds (and consequently their ability to meet that increased demand has fallen as the recession impacts

foundation and individual giving. If you want to help, get instructions from their website about signing up for GoodSearch, and earn funds automati-

cally for them as you search online.

Amidst the current financial and environmental challenges we face, it is heart warming to know that people are motivated to act, and to realize that action can happen on a very personal level... in your own backyard. We are not just one or two people doing this, but we are part of a larger 'movement' to reconnect to our food source, and to make a commitment to good and healthful food. It is great fun too!

I look forward to strolling along Duluth's streets and alleyways and spotting among green gardens, small hen-houses with friendly, softly clucking hens: pets that deliver breakfast! I can't wait to stop by and hear about the first year with chickens in the city for those 40 class participants, about their first fresh egg, about how the homeowner's children turned off the TV and instead



enjoyed the silly antics of their day-old chicks, and how the neighbor girls came over to paint their favorite hen's toes with red finger nail polish. I'm looking forward to the stories these new chicken owners will tell and I'm looking forward to learning from them, the ins and outs of successfully raising a small flock of hens in a city. There is always more to learn, and there is always more to do!

Photo is of a neighbor girl holding a hen to show off the toe-nails she freshly painted with nail polish! (this really happened!) GG

Theresa is a Board member and member of DCC (Duluthcitychickens.org). DCC hopes to soon create a computer social network group to stay connected to other backyard chickeners, to plan city chicken coop tours and other cool chicken events!



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the buzz

wfc staff news

— Jill Holmen, HR Coordinator

Front End Assistant Jenny

Graupmann sings her way through the summer with an exciting August performance. She will be singing the lead role of Susanna in Mozart's *The Marriage of Figaro*, to be held at the lovely Glensheen Mansion. Keep an eye out for performance dates. Break a leg, Jenny! Or, should we say break a vocal cord? Either way, best of luck.

Another event to mark your calendars with: **Bulk Buyer Jim Richardson** (with co-op alum Allen Richardson) will be giving a 45-minute talk at the Duluth Art Institute on Tuesday, August 4th, 5:30 pm, accompanying the Smithsonian Traveling Exhibition of satellite photos of the planets called "Beyond: Visions of Planetary Landscapes". The title of the Richardson's presentation is "Astronomical Heresies: A Survey of Weird and Fantastic Ideas About the Solar System".



May Customer Service Award Winners: Cameron Reider & Kelly Bittner, Merchandising Stockers

A hearty congratulations to **Dylan Tusher, Produce Assistant**, for his fantastic second-place finish at the Mr. Natural Minnesota Bodybuilding Figure & Xtreme Fit Championships in May. This is quite an achievement for a first-time competitor. We are proud of you Dylan! I bet eating all that Organic produce helped, too?



May Gumby Award Winner: Justin Petite (JP), Produce Assistant

Proud mama **Karen Johnson, Finance Assistant**, wishes to congratulate her daughter Krista on her recent graduation from East High School. We wish her the best on her future endeavors.

Bittersweet news from **Front End Assistant Brienne Vollmar** who reports she will be moving to Grand Rapids, MN in August. She says, "It's just time for a change in my life, but I will definitely miss the co-op and visit often!" Best of luck, Brienne... you will certainly be missed!

We all hope you are enjoying the summer, and thank you very much for shopping with us!



June Customer Service Award Winner: Laura Irving, Produce Assistant

JULY ANNIVERSARIES:

Alisha Stalker, Front End Assistant	1 year
Rain Elfvin, Manager on Duty	5 years
Kelly Bittner, Merchandising Stocker	1 year
Jessica Belich, Manager on Duty	8 years

AUGUST ANNIVERSARIES:

Jim Richardson, Bulk Buyer	11 years	Laura Irving, Produce Assistant	2 years
Cameron Reider, Merchandising Stocker	1 year	Dylan Tusher, Produce Assistant	2 years
Betsy Welsh, Front End Assistant	1 year	Jennifer Graupmann, Front End Assistant	1 year
Tim Malkovich, Front End Assistant	1 year	Andy Theuninck, IT Coordinator	4 years
Danielle Smelter, Front End Assistant	1 year		



June Gumby Award Winners: Adam Goodwin, Deli Dishwasher/ Prep Cook & Jill Holmen, Promotions & Education Coordinator



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 - Super Canola Oil
- **Chunks of Energy**
 - Raw Cacao Goji*
- **Positively Third Street Bakery**
 - Raisin Cashew Granola
- **Woodstock Farms**
 - Maple Glazed Cashews
- **Frontier**
 - Fair Trade Medium Grind Black Pepper*
 - Fair Trade Coarse Grind Black Pepper*
 - Fair Trade Black Peppercorns*
 - Fair Trade White Peppercorns*
 - Fair Trade Ground White Pepper*
 - Fair Trade Whole Cloves*
 - Fair Trade Clove Powder*
 - Fair Trade Ginger Powder*
 - Fair Trade Mace*
 - Fair Trade Nutmeg Powder*
 - Fair Trade Whole Nutmeg*
 - Fair Trade Turmeric*

Cool

- **Oikos Greek Style Yogurt***
 - Vanilla
 - Blueberry
 - Honey

Deli Specialty

- **Fentiman's**
 - Dandelion & Burdock
 - Ginger Beer
 - Curiosity Cola
 - Mandarin & Seville Orange Jigger
 - Victorian Lemonade

Frozen

- **Ciao Bella Gelato**
 - Malted Milk Ball
- **Tempt Frozen Hemp Milk**
 - Coffee Biscotti
 - Vanilla Bean
 - Chocolate Fudge
- **Gourmet Parlor Pizza***
 - Sausage & Pepperoni
 - Garden Vegetable
 - Gluten-Free Cheese
 - Gluten-Free Pepperoni

Grocery

- **Food Should Taste Good Tortilla Chips**
 - 3 Flavors, in the new 1oz snack size bag
- **Rustic Crust Pizza Crusts**
 - Thin Italian Style Crust
 - Multigrain Crust
- **R.W. Knudsen***
 - Very Veggie Juice 10 oz
 - Orange Juice 10 oz
- **Kind Plus Bars**
 - 4 New Fruit & Nut Flavors!
- **Clif Bars**
 - All recalled varieties have returned!
- **Luna Bars***
 - All recalled varieties have returned!
- **Peloponnese**
 - Grape Leaves

- **Annie's**
 - Ketchup*
- **Simply Asia Stir Fry Sauce**
 - 3 new flavors!
- **Bob's Red Mill**
 - Crystalline Fructose (this product moved from bulk to grocery)
- **Wild Country Grade B Maple Syrup***
 - This local product is \$8 less than our previous brand AND it's local!
- **Living Harvest Hempmilk***
 - Unsweetened
- **Blue Diamond Almond Breeze**
 - Unsweetened Vanilla
- **Bakery On Main**
 - Gluten Free Granola, 3 varieties
 - Gluten Free Granola Bars, available in 6-packs and individually
- **Dogswell Canned Dog Food**
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- **Guayaki***
 - San Mateo Blend 1# Yerba Mate
- **Cool Fruits**
 - All natural freezer pops are back for the summer!
- **Santa Cruz***
 - Lemonade
 - Strawberry Lemonade
 - Mango Lemonade
- **Lakewood***
 - Carrot Juice
- **Biotta***
 - 100% Beet Juice

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- **Barlean's**
 - Liquid Olive Leaf complex 8oz.
 - Vegan Total Omega 3•6•9 Very Berry 16oz. *

- **Rainbow Light**
 - Daily Fruit & Fiber 8oz.*
 - A.M. Citrus Cleanse 14ct box or singles
- **Sambazon**
 - Acai Powder 30 servings*
 - Acai Caps 60ct*
- **Spectrum**
 - Fish Oil with Vitamin D 250ct
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 - Super D Calcium Plus Ionic Fizz
- **Pomology**
 - Whole Food Antioxidant Drink Mixes: Anti-aging, Immunity, Energy
- **One With Nature**
 - Bar Soaps, Bing Cherry & Hemp
 - Dead Sea Salt Body Washes, Fragrance Free, Coconut Lime & Shea*
 - Dead Sea Salt Pump Soaps, Fragrance Free & Coconut Lime*
- **Pure & Basic**
 - Milled Soaps, Wild Banana & Vanilla, Green Tea, Fresh Fig, Honey & Shea, White Tea & Echinacea
- **Pure Life Soap Co.**
 - Shampoos & Conditioners, Wild Indigo, Chamomile, Green Tea, Papaya*
 - Aloe 2 in 1 Shampoo Conditioner*
 - Bar Soaps, Aloe, Coconut, Oatmeal, Honey, Volcanic Clay, Seaweed*
 - Lotions, Lemongrass Mint, Ginger Orange*
- **Suki**
 - Deluxe Travel Kits*

Meat

- **Lorentz**
 - Pork Bratwurst
 - Weiners
- **Schultz***
 - Ground Turkey

* Organic GG

notes from the front

by Briana Lowrie,
Front End Manager

WFC Has Gone to the Dogs!

At a recent Manager On Duty (MOD) meeting, we were joined by two representatives from Service Animal Support Services (SASS), Kelley Dishington and Jolen Uhura-Wilids and their service dogs, Suki and Totsie. They presented information and answered questions pertaining to service animals.

As customers, you will be wise to know the following, too:

- Never address or pet the animal without first asking the handler if it's okay. Service animals have important jobs and it's very important to not distract them and to let them focus solely on what they are trained to do.
- Service animals often wear signifying vests/leashes/etc., but are not required to do so. Also, their handlers are not required to show service animal identification.
- Service animal handlers take great care to maintain shedding hair. No worries about finding dog hair in your bulk food!
- Service animals do more than just lead the blind. Some have other jobs as medical alert/response, seizure alert/response, hearing alert, mobility assist, or a number of others.

Jolen and Kelley were more than happy to arrange this presentation for us and we appreciate it immensely as we will be able to better train our staff with the information they gave us.

If you would like more information on SASS their website can be found at:

<http://www.freewebs.com/serviceanimals/>



Jolen and Kelley with their service dogs Suki and Totsie.





In Balance with Ayurveda

— **Bonnie Ambrosi, Member**

Have you noticed that some people thrive during summer heat waves, while others retreat to the shade and long for a cool breeze? Why is that? If you lack the element of fire in your constitution, the heat of the sun feels aaahhh so good! But if your makeup is fiery already, the sun's rays at their most intense — as in midsummer, midday — are way too much of a good thing and can make you cranky, irritable, and hot-headed.

If you practically breathe fire when the heat is on, diet can help. Ayurveda understands food in terms of six basic tastes, each with a warming or cooling effect on the body. When heat is a problem for you, reduce salty, sour, and pungent (hot and spicy) tastes — all of which contain the element of fire and have a warming effect on the body — and emphasize the cooling powers of sweet, astringent and bitter.

Sweet taste has the moist heaviness of earth and water. It cools, softens and soothes. Avoid refined sugar, which is addictive and deranging. Instead, cool off with the natural sweetness of fruit. (Grapefruit is the exception — its energy is warm.) Milk is also naturally cool and sweet, unless it is fermented, like yogurt and kefir. Maple syrup is the coolest sweetener.

Astringent taste is somewhat lighter and cooler, earthy and airy at the same time. It has a clarifying effect on mind and body. Many plant foods have some astringency: beans, in particular, including soy foods; also artichokes, bell peppers, broccoli, cauliflower, celery, cucumber, lettuce, peas, potatoes, and spinach. Pomegranates, cranberries, blackberries, lemons, and not-quite-ripe bananas are astringent fruits. Astringent teas include those containing hibiscus, alfalfa, chicory, dandelion, or strawberry leaf.

Bitter, considered the strongest of all the tastes, is also the coldest, lightest and driest. It is detoxifying and stimulates digestion. It's not our favorite flavor, but a little goes a long way. We find it in a few vegetables: asparagus (which is specific for lowering fire in the body), radicchio, and some dark leafy greens. It is also in aloe vera, and in turmeric and cumin, lovely spices to add to your repertoire. Coffee is bitter, but has a warming energy, whereas tea is bitter and cooling. Beer can be bitter. It is more cooling than wine, but still has the hot energy of alcohol, so if you have a hot temper, it's better to abstain. Swedish Bitters is an herbal digestive tonic that is good mixed with water for a very cooling effect. The Co-op carries it.

To complete your cool-down, use all your senses. Going outside to gaze at the night sky, or walking in the cool woods, especially near running water, are two wonderful ways to cool your whole being. Till next time, keep cool!

Bonnie Williams Ambrosi is a certified Ayurvedic Health Educator and teaches yoga and ayurveda at several locations. Contact her at (218) 728-9942 or grihastashrami@gmail.com or visit her website at grihastashramiyoga.com

grill wars

On June 25th, Whole Foods Co-op once again participated in Grill Wars with KQDS to benefit the Northern Lakes Second Harvest Food bank.

Although we do not know the results of the judging at the time this article is being written, we do know that we have one heck of a burger recipe. Taste testing was done and the winning burger for us was a good old Pizza Burger. Look for this burger soon along with many other delectable dishes in our very own Fog City Deli.

Many thanks to Thousand Hills Cattle Company for their contribution to the success of this event and the tastiness of the burgers. Pictures and

details will be found on our Facebook page following the event. We appreciate everyone who came down to support Whole Foods Co-op!

Pizza Burgers

- 2-1/2 lbs Ground Beef
- 1 lb Hot Italian Sausage
- 1/2 C Onions
- 1-1/2 C Pizza Sauce, divided in half
- 3/4 C Parmesan Cheese
- 15 slices Mozzarella Cheese
- 1 t Garlic Granules
- 1 t Italian Seasoning

1. Mix all ingredients together except the mozzarella and 3/4 C of the pizza sauce the day before making the burgers.



...but that didn't stop us from tasting five different recipes to determine the best of the bunch.

2. Prepare and cook patties, melting the mozzarella on top.
3. Serve with pizza sauce on top.

We may not have pictures of this year's event yet, but we do have pictures of our secret taste test while perfecting our recipe.



Which one is which? Taste testing burgers requires some attention to detail...

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From Maintaining the Integrity of Organic Milk, a Cornucopia Institute report. Each Dairy ranked in order of point score. For more specifics see: www.cornucopia.org



- ANIMAL FARM** • Orwell, VT • Butter • National • 1202
- BRIDGE VIEW DAIRY** • Oxford, PA • Whole raw milk, cheese • Pennsylvania • 1201
- GREEN HILLS HARVEST** • Pardin, MO • Fluid milk products • Iowa/Kansas/Missouri • 1200
- HALLS FAMILY FARM** • Wyalsburg, PA • cow and goat milk, cheese, yogurt, kefir • Pennsylvania • 1200
- KIMBERTON HILLS** • Phoenixville, PA • fluid milk products (raw) • Pennsylvania • 1200
- ORGANIC PASTURES DAIRY COMPANY** • Fresno, CA • fluid milk products (raw), butter, colostrums, kefir • California or sold as pet food • 1200
- RADIANCE DAIRY** • Fairfield, IA • Fluid milk products • Fairfield, IA • 1200
- SASSY COW CREAMERY** • Columbus, WI • fluid milk products • WI • 1200
- THISTLE HILL FARM** • North Pomfret, VT • Tannenberg cheese • Nationwide • 1200
- FRESH BREEZE ORGANIC DAIRY** • Lynden, WA • fluid milk products, butter • Washington State • 1195
- BUTTERWORKS FARM** • Westfield, VT • yogurt • East Coast • 1190
- CRYSTAL BALL FARMS** • Oscoda, MI • fluid milk, butter, cheese, yogurt, ice cream • Minnesota/Wisconsin/Chicago • 1190
- SEVEN STARS** • Piquetteville, PA • yogurt • East Coast/Midwest • 1190
- HAWTHORNE VALLEY FARM** • Ghent, NY • yogurt, cheese, raw milk sales on the farm • East Coast • 1190
- CEDAR SUMMIT DAIRY** • New Prague, MN • fluid milk, yogurt, ice cream • Minnesota • 1189
- WHISPERING MEADOWS FARM** • Aldrich, IL • yogurt • Midwest • 1180
- COONRIDGE DAIRY** • Coonridge, MN • raw goat milk • New Mexico • 1175
- EVANS FARMHOUSE CREAMERY** • Norwich, NY • fluid milk products • New York/New Jersey • 1170
- PASTURELAND** • Dodge Center, MN • cheese, butter (seasonal production) • Midwest • 1170
- STRAFFORD ORGANIC CREAMERY** • Strafford, VT • fluid milk products • Vermont/New Hampshire • 1165
- CASTLE ROCK FARMS** • Osseo, WI • fluid milk products, cheese • Wisconsin/Minnesota • 1150
- LOLETA CHEESE** • Lodi, CA • cheese • Northern California • 1150
- TRADERS POINT FARMS** • Zionsville, IN • fluid milk, yogurt • Midwest/Northeast/Mid-Atlantic • 1150
- GREEN FIELD FARMS** • Frederickburg, OH • cheese • nationwide • 1145
- THIS LAND IS YOUR LAND** • Wilmington, DE • fluid milk products, goat cheese, yogurt • Nationwide • 1140
- FARMERS ALL NATURAL CREAMERY** • Wellman, IA • fluid milk products, cheese • Midwest/Atlanta • 1135
- NATURAL BY NATURE** • West Grove, PA • fluid, whip cream • East Coast, whipped cream nationwide • 1135
- ORGANIC CHOICE** • Pleasant, WI • whole milk, cheese • Nationwide • 1135
- WISCONSIN ORGANICS** • Thorp, WI • fluid, cheese, butter • Midwest plus • 1130
- CULTURAL REVOLUTION (KALONA ORGANICS)** • Keosau, IA • yogurt • Nationwide • 1115
- HYVEE** • West Des Moines, IA • fluid milk products • IA/MY/MD/IL/IS/NE/SD • 1115
- ORGANIC VALLEY (CROPP)** • La Farge, WI • full line dairy • Nationwide • 1115
- STRAUS FAMILY CREAMERY** • Marshall, CA • full line dairy, ice cream, yogurt • California • 1115
- AMISH COUNTRY FARMS** • Totowa, NJ • fluid milk products • nationwide • 1100
- JULIE'S (OREGON ICE CREAM)** • Eugene, OR • ice cream • nationwide • 1100



- NATURAL CHOICE** • Grand, CA • Ice Cream • Nationwide • 955
- SIMILAC (ABBOTT LABORATORIES)** • Abbott Park, IL • Infant Formula, fortified with DHA/ARA (please see retested Cornucopia report for possible side effects) • Nationwide • 930
- STONYFIELD (MILK) HOOD** • Boston, MA • fluid milk products • Eastern Half US • 910
- YAMI ORGANIC (AUBURN DAIRY)** • Auburn, WA • Yogurt • QFC Stores • 925
- HARRIS TEETER** • fluid milk products • Southeast • 800
- BEN AND JERRY'S** • South Burlington, VT • Ice Cream • Nationwide • 700
- SKY TOP FARMS** • Brume, NY • fluid milk products • New York • 280
- HEAVENLY ORGANICS, INC.** • Condensed milk • Nationwide • 520
- BOULDER ICE CREAM** • Boulder, CO • Ice Cream • Nationwide • 485



- [TESCO] FRESH AND EASY NEIGHBORHOOD MARKET** • fluid milk products • Nationwide • 0
- UNFI (WOODSTOCK)** • fluid milk products • Nationwide • 0
- STOP & SHOP [NATURE'S PROMISE]** • fluid milk products • Unknown • 0
- WAKEFERN/SHOPRITE** • fluid milk products • Unknown • 0
- PUBLIX** • fluid milk products • Southeast • 0
- ALBERTSON'S (WILD HARVEST)** • fluid milk products • nationwide • 0
- ALDI (FRIENDLY FARMS)** • fluid milk products • nationwide • 0
- BJ'S WHOLESALE CLUB INC** • fluid milk products • Nationwide • 0
- COSTCO (HIGH MEADOWS-AURORA)** • Butter • Nationwide • 0
- COSTCO (KIRKLAND PROMISE)** • fluid milk products • Nationwide • 0
- GIANT (NATURE'S PROMISE)** • fluid milk products • Unknown • 0
- HAGGENS (FULL CIRCLE)** • fluid milk products • Unknown • 0
- HEB/CENTRAL MARKET** • fluid milk products • Nationwide • 0
- INGLES MARKETS** • fluid milk products • Unknown • 0
- KROGER (NATURALLY PREFERRED)** • fluid milk products • Unknown • 0
- LUND'S AND BYERLY'S** • Edina, MN • fluid milk products • Twin Cities • 0
- MEIJER, INC** • Grand Rapids, MI • fluid milk products • Midwest • 0
- SAFEWAY (O-ORGANICS)** • fluid milk products • Unknown • 0
- TRADER JOE'S** • fluid milk products • Nationwide • 0
- TARGET (ARCHER FARMS)** • fluid milk products • Nationwide • 0
- TOPCO (FULL CIRCLE)** • fluid milk products • Unknown • 0
- TOPS (NATURE'S PROMISE)** • fluid milk products • Unknown • 0
- WESTERN FAMILY FOODS INC** • Tigard, OR • fluid milk products • Oregon • 0

ZERO COWS

- ALTA DENA (DEAN FOODS)** • Dity Oil Industry, CA • West Coast • 0
- AURORA ORGANIC DAIRY** • Boulder, CO • Nationwide • 0
- BACK TO NATURE (KRAFT)** • Glenview, IL • Cheese • Nationwide • 0
- GOOD HEART ORGANICS (ROCKVIEW)** • Downey, CA • fluid milk products • California • 0
- HAIN CELESTIAL (EARTH'S BEST)** • Boulder, CO • Infant Formula • Nationwide • 0
- HORIZON (DEAN FOODS)** • Dallas, TX • Nationwide • 0
- ORGANIC COW (DEAN FOODS)** • Dallas, TX • East Coast • 0
- PMB NUTRITIONALS** • Gordonsville, VA • Infant Formula • Nationwide (including Wal-Mart) • 0
- NORIS DAIRY/NORIS ORGANIC LIFE** • Corvallis, OR • Nationwide • 0
- NATURAL PRAIRIE** • Dalhart, TX • Nationwide • 0
- SHAMROCK FARMS** • Phoenix, AZ • Nationwide • 0
- ROCKVIEW FARMS** • Downey, CA • fluid milk products • California • 0
- WHOLESONE VALLEY (GALAXY FOODS)** • Orlando, FL • Cheese/processed cheese • Nationwide • 0
- GREENBANK FARMS/STONEFELT CHEESE CO.** • Preston, WA • Cheese • Nationwide • 0

HOW RANKING WORKS:

- Brand Name • Location • Products • Market Area • Rating Score
- 5 Cow Rating (Outstanding)
- 4 Cow Rating (Excellent)
- 3 Cow Rating (Very Good)
- 2 Cow Rating (Good, but questionable long-term commitment to organics)
- 1 Cow Rating (Same or all factory farm. Still better than conventional)
- 0 Cow Rating (most produce or purchase factory farm milk — none open to participating)



it's the locavore challenge recipe contest—part II!

In order to make the Locavore (Eat Local) Challenge just that much easier, don't you think it would be grand to have some recipes already made? We did, too! That's why we're asking you, our faithful Members and Gazette Readers of all kinds to submit your favorite recipe(s) using locally grown and/or locally produced ingredients. A panel of judges here at the co-op will evaluate the recipes for amount of local ingredients used, ease of preparation and taste. A recipe booklet will be made from these recipes for use by people who decide to take the Challenge this year. The winners will each receive a \$50 WFC Gift Card and bragging rights for the duration of this year's Locavore Challenge.

Log on to www.wholefoods.coop for a Rules & Registration sheet or pick one up at Customer Service. All entries must be received no later than Friday, July 17th at 9 pm. Good Luck!

2009 LOCAVORE CHALLENGE

In an effort to continue our support of local, sustainable food production and to educate our community on the value and challenges of supporting local, sustainable food production, the Locavore (Eat Local) Challenge enters its second year. Please consider joining your fellow cooperators in a commitment to local food.

CHALLENGE PERIOD:

August 15 – September 15, 2009

- Enrollment for the challenge will begin at WFC's Annual Midsummer Organic Food Fest (MOFF) featuring our local growers on Saturday, August 8, in WFC's customer parking lot; enrollment will also be offered at the Customer Service Counter.
- Enrollees can choose to participate for one meal, one day, a week, 10 days, or choose their own commitment.
- It is free to participate.
- WFC will contact participants for progress and summary reports and regular updates will happen through Facebook with a summary on our website at the end of the Challenge.

- WFC will have shelf signs and promotional materials in all departments defining products as LOCAL that are:

Locally-grown = within a 300 mile radius of Duluth OR

Locally-owned = produced by an independently-owned business (e.g., sole proprietor, partnership, cooperative, or non-publicly traded corporation) within a 300-mile radius of Duluth.

- Enrollees can choose to limit or expand their food choice radius but LOCAL labeling at WFC will be based on the above definition.

COMMUNITY PARTNERS

- LOCAL dinner at Ledge Rock Grille (Date TBD)—WFC will sell tickets

and provide the cheese course.

- We will be partnering with the Mind to Mind program to provide a farm visit to educate kids about one of their local food sources.

EAT LOCAL AMERICA CHALLENGE

- Sponsored by the National Cooperative Grocers Association (NCGA) for retail co-ops participating nationwide.
- WFC will provide packet of materials for enrollees in WFC's 2009 Locavore Challenge including recipes and other local food information.

AT THE STORE

- Special LOCAL signage for Deli

prepared foods that, as with Organic Standards signage, indicates 100% LOCAL ingredients or contains LOCAL ingredients.

- Continue to feature framed LOCAL "farmer" pictures and bios above Produce Department.
- "Farmer of the Week" in-store video display.
- WFC LOCAL logo signs on products throughout center store.
- A chance to meet farmers and community groups involved in our local and regional food supply at the Midsummer Organic Food Fest on August 8th.

THE BLOODMOBILE

will be at Whole Foods Co-op on Wednesday, July 15 from 11:30 – 2:30.

If you would like to sign up for donation, please contact Shannon no later than July 6th at 728-0884 x or email her at: shannon@wholefoods.coop

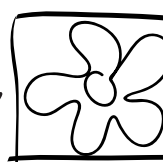


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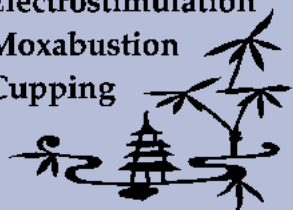


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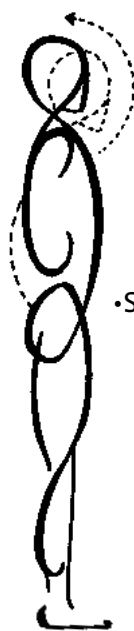
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savor the season

— Shanon Szymkowiak, MMS Manager

Last year at this time, we were ramping up for our first ever Locavore (Eat Local) Challenge. Store sales were good, the sun was shining, but lurking around the edges of that beautiful summer was an economic surprise for everyone. Energy costs were a challenge, but as a society, we did not take that warning too seriously. We just stayed close to home to enjoy the sunshine. Then it seemed as the summer ended, so did all of the good times. We were given a serious financial smack-down.

It's been a tough year for pretty much everyone I know. As our collective belts tightened, more and more questions and concerns about our local food system were coming our way. It turned out that the Locavore Challenge was timelier than we could have imagined. It was just the kick in the pants (that would be right below our now-tightened belts) that many Duluthians needed to realize that if we do not buy locally, if we do not shop locally, businesses close and farmers can't continue on.

Still, there was a dip in the number of new members at the Co-op. Sales also took a hit. We had to reassess our financial goals and take a hard look at labor and inventory. I continued to field the inevitable question at every presentation, "Why should I spend that extra money for organic food?"

Indeed. Why should you? Why should you think about what preservatives, pesticides and an unstable food regulation system have to do with how much your food costs? Especially when you're trying to keep afloat with a mortgage and kids in college and whatever else is on your expense sheet? It's hard to have to accept that gas will no longer be cheap (by American standards) and your 401k isn't worth what it was and three houses on your block are up for sale. Why should you have to hear more bad news?

Then there wasn't a choice whether or not to think about our food. A giant recall of peanuts forced many to realize that you get what you pay for with cheap food. Corners have to be cut

somewhere when you sell your jar of peanut butter (or anything else) for a dime less than the next guy. At some point, you simply cannot go any lower without sacrificing something. In the case of the peanuts, it was basic food safety standards. And, when it became obvious that companies simply did not know whether or not they had the ingredients in question in the foods they sold, customers started looking for better answers. For many, the better answer was certified organically-grown foods.

Does this mean that your Co-op saw a surge in sales like we've never seen before? No, but the questions were being asked. Just as often as I was being asked about price, I was being asked about food safety. This was new. People started to look at the cost of food in a different way. Instead of assuming, "this is too much", they were seeing the items we have on sale, were using coupons like crazy and new member sign ups began to rise again. People have been taking the recipe pamphlets in our Produce Department as fast as we can print them. We are having conversations about how to cook. These are all good things.

In May, we tried something new. Rather than having a Member Appreciation Day, we sent out post-cards that could be used once during the month — Member Appreciation Month. This allowed flexibility for those members who live farther away or who have tight schedules. I am happy to report that it was a success. Consistent Member shoppers and occasional Member shoppers came in to get a good deal. Hopefully, these occasional shoppers saw that there are bargains to be had even without the additional Appreciation discount, and we begin to see them more often. We had many people become Member Owners on the spot when they realized they could get the 5% off that day. These are all good things, too.



We will be doing another Locavore Challenge this year from August 15 – September 15. At our Midsummer Organic Food Fest (MOFF) on August 8, we will have a booth where you can pledge your Eat Local commitment. You can choose to eat locally for a day, a week, or the whole month. You can host a local foods meal at your house

(feel free to invite me) or share some of your garden's bounty with a neighbor or with one of the soup kitchens in town. You can commit to checking at locally-owned store for an item you need before checking the Internet. Or you can promise nothing, but take a

packet of recipes using local ingredients and enjoy. Then take a minute or two to speak to some of our local farmers who join us at MOFF. See the wonderful produce they are supplying from a place that has 38-degree weather in June. Be amazed at how they can provide your co-op with the very, very top of the crop for the same price or less than what you'd pay someone else for something not nearly as fresh from California.

Should you never compare prices? No. Should you never ask why? No. But perhaps considering what real value is before you spend your hard-earned dollars will keep our city viable, will keep jobs for your neighbors and will keep our local food system strong. Remember that price is what you pay, but value is what you get.

Thank you Member Owners for supporting the business you own. Thank you to all of our other customers who support us as well. We appreciate the dollars you spend with us. Please join us on August 8th to celebrate our local farmers. We look forward to seeing you there.

And for all of you out there who are asking for more recipes, I am happy to share one of mine.

Appreciation Peppers

— Shannon Szymkowiak

Fire up the grill. While your coals are heating, prepare the following:

- 1 Red Pepper, quartered and seeded
- 1 Green Pepper, quartered and seeded
- 1 Yellow or Orange Pepper (or both!), quartered and seeded
- 1 Purple Pepper, quartered and seeded (local farmer John Fisher-Merritt grows these, check them out)
- 2 – 3 Poblano Peppers, halved and seeded

Toss the peppers in olive oil, salt and pepper and set aside until your coals are ready. In a separate bowl, mix well:

- 1 pkg Chevre
- 1 t Italian Seasoning
- 1/2 t Garlic Granules or a very, very finely minced Garlic clove
- 1 T Olive Oil
- Salt and Pepper to taste

When your coals are hot, place the peppers in a greased vegetable basket or sheet of aluminum foil that has the sides turned up. Toss and flip until the peppers are cooked and the skin has charred spots.

Arrange the peppers with their juices on a platter and dot with the cheese mixture. Serve as a side or schmeared on pieces of bread that have been crisped on the grill. Also good as part of a sandwich with other vegetables and/or chicken. Leftovers make a nice omelet filling.

In hopes of improving her very local food system, **Shannon** has dug up part of her front yard to accommodate some black currants and a few more tomato plants.

facebook

Become a fan of Whole Foods Co-op on Facebook. Be in the know with the latest from your favorite grocer. We'll see you on-line!

Do you advertise in the Gazette?

Beginning in September the Gazette is going quarterly. Watch your mail for new ad sizes, rates, and deadline dates.



Fresh Perspectives

a different sort of snack shack

When I was growing up I remember after each Little League game we would get a quarter to buy something from the snack shack, which usually consisted of some sort of chip, soda or candy. But now the produce department is my snack shack of choice.

And let's face it, with its longer days, a major holiday and warm weather, July is a month that is ripe for snacking morning, noon or night. Organic produce is the best snack choice around. After all it is always healthy for you, low in calories and bursting with flavor. Really, what's not to like?

The interesting part comes when you ask someone what his or her favorite summer produce snacking item is. Some blurt it out as soon as the question leaves your mouth while others ponder as if they are drifting back to their childhood.

For instance, watermelon would be a popular choice if you asked around most offices or homes these days. Eaten in many ways — sliced, cut into chunks, with a spoon using it as the bowl, served with a little lime juice and cayenne pepper. Or as a friend once told me, watermelon is best served with a hammock and shady tree. I couldn't agree more!

Watermelon is in full swing in July and English peas are starting to wane; too bad because I could eat a whole bowl of 'em by myself right from the pod. Or how about red, purple or rainbow bunched, sliced radishes with a little sprinkle of salt.

Another friend gets her favorite snack idea from her grandparents and her East Coast roots, fresh picked blueberries and heavy cream. I can see how that would be habit forming. I told her

if she lets that secret out she might have company at her bowl. Especially since blueberries are so good right now.

July peaches are my favorite fruit, especially those grown after the 4th of July (yes, I think there is a difference in peach varieties depending on when they are grown). Try it out yourself. If you are going to do some peach sampling on your own, do so each week of the month. Ask about the varieties and make a mental note of the names; it will be worth remembering next season

THIS MONTH'S TIDBIT

Are cucumbers a valuable beauty aid? A medicinal aid? Both! Cucumbers have a cooling nature and are used as an astringent. Astringents tighten your pores and are good for soothing sunburns and acne. And yes, placing cool slices over your eyes can relieve swollen, dry or irritated eyes.

when the time comes around again. I think my favorite summer snacking produce item is Thompson seedless and flame seedless grapes, so easy, so tasty, and so fun. For my favorite veggie I would probably choose Sun Gold cherry tomatoes. Both of these items start out firm and round and with a gentle bite burst their goodness into your mouth. Bunches and baskets of these get consumed in one sitting

around my house this time of year. How about these snack ideas: A big thick slice of rich red tomato, or perhaps eaten whole like an apple, warm and juicy, mmmm. California-grown cucumbers instead of crackers with a little fresh sour cream dip. A bag of Blue Lake beans is a crispy afternoon appetizer, either raw or slightly steamed. Steamed chard roll-ups stuffed with cilantro, hummus and fresh corn. Snap peas instead of peanuts for the baseball game. The list goes on and on!

What's your favorite? What's your best friend's favorite? How about your sweetie? It's fun to ask, and you may be surprised at the answer.

Whatever it is in the produce department will have the best fresh, organic produce available for your snacking pleasure all summer long.

So what are you waiting for? Let the snacking begin!

The Right Choice Makes a Delicious Salad

Of all the produce items we enjoy each summer there are still a few that even with the tightest of budgets you should consider buying organic due to the high pesticide levels found when tested with the latest government data.

Here is a list of the top 20.

RANK FRUIT / VEGGIE SCORE

1 (worst)	
Peach (most pesticide)	100
2 Apple	93
3 Sweet Bell Pepper	83
4 Celery	82
5 Nectarine	81
6 Strawberries	80
7 Cherries	73
8 Kale	69

9 Lettuce	67
10 Grapes – Imported	66
11 Carrot	63
12 Pear	63

But that's one of the reasons you shop where you shop. You can choose organic when buying these items and feel better about the food that you are feeding your friends and family. If you would like to see the complete list go to www.foodnews.org/fulllist.php.

So let's take one of those organic summer favorites and make something nice with it. How about cucumbers? Cool, crisp and full of moisture. Try this.

Cucumber & Black-Eyed Pea Salad

- 3 T extra-virgin Olive Oil
- 2 T Lemon Juice
- 2 t fresh Oregano, chopped or 1 t dried
- Freshly Ground Pepper to taste
- 4 C Cucumbers, peeled and diced
- 1 14-oz. can Black-eyed Peas, rinsed
- 2/3 C Red Bell Pepper, diced
- 1/2 C Feta Cheese, crumbled
- 1/4 C Red Onion, slivered
- 2 T Black Olives, chopped

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat.

Serve at room temperature or chilled. Makes 6 servings, about 1 cup each.

References this issue:

www.lpl.arizona.edu/~bcohen/cucumbers/info.html; www.foodnews.org/fulllist.php

gourmet to go

— Justin Hemming

Editor's note: In the last issue of the Garbanzo Gazette, I wrote about all of the terrific summer bargains in our Deli. As a follow up, we thought it might be a good idea for you to know exactly what makes our ingredients so special and what makes those salads taste so good.


Summer is here and all of us in the Fog City Deli would like you to know a little bit about the high-quality ingredients we use to create our dishes. If you ever have a question about any of our delicious dishes, don't hesitate to ask.

- **All of the chicken** we use in the deli is Gerber's Real Amish Farm Country chicken from Ohio. It is hormone-free, stimulant-free, animal by-product-free, and antibiotic-free. The chickens, raised on Amish farms, are free to roam and have access to fresh water and grain all day.
- **The salmon** we sell is from Dave Rogotzke. It is caught in Bristol Bay, Alaska. The fishing there is heavily regulated to make sure the salmon populations are sustaining. Wild caught salmon have fewer toxins and pollutants than farm raised salmon.

- **All of the turkey** we use is Kadejan turkey from Glenwood, Minnesota. Kadejan only raises chickens that have full access to the outdoors and are kept together in small flocks (never in cages). They are not fed hormones, animal by-products, and aren't given antibiotics. They are also an air-chilled product.
- **The chicken, turkey and salmon** noted above, are also available in the meat case across from the Deli.
- **Smoked trout** for the dip in the Grab-and-Go cooler and the fish on the hot bar on Fridays is from Lake Superior Fish Company in Superior. The fish is usually trout (occasionally whitefish) and comes from Lake Superior when available. When it is unavailable, it comes from the Antarctic.
- **The bacon, sausage, ham, bratwurst pork butt, pork tenderloin, and pork ribs** we use are from Beeler's in Illinois. No nitrates or nitrites are used in the meat. The pigs are fed a vegetarian diet, aren't given antibiotics or growth promotants, and have outdoor access. They are free to socialize, always have access to fresh water and feed, and piglets are even born in their own private maternity rooms.

- **The other sliced meats** we use are from Applegate Farms. The animals raised on their farms are also able to move about, don't receive antibiotics or hormones, are fed a vegetarian diet without growth promotants. No artificial preservatives are used in the processing.
- **All of the vegetables** we use are organic and we work with the produce department (who, in turn, works closely with many local farmers) to get local vegetables as often as we can. The companies we get the remainder of our produce from work diligently to sell local produce and so while not all is within the 300-mile distance from Duluth that we label as local, much of it from Minnesota or our surrounding states.
- **If the herbs and spices** that we use are available to us organically, then that is what we use. The vanilla, sugar, chicken and vegetable bases, butter, olive oil, tamari, peanut butter, and tahini are also organic. All of our berries, grains, pastas, tomato products, beans, and soy products are organic as well.

- **The milk** we use is from Valley View Farms. It is RGBh-free. The eggs are Phil's eggs (same sold in our store), from Illinois. The chickens have been raised cage-free for over 40 years and are given all-natural feed.



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news bites

INTERESTED IN SUPPORTING THE DEVELOPMENT OF URBAN GARDENS —

Visit the web site of the Duluth Community Garden Program (www.duluthcommunitygarden.org) or email Executive Director Carrie Slater Duffy at duluthcommgarden@yahoo.com. The Garden Program's Growing Together Campaign needs sponsors to fund much-needed improvements to the garden sites including fencing, water and compost.



THE CORNUCOPIA INSTITUTE'S scorecard on the dairy industry is in

this issue. The soy industry scorecard can be seen at: <http://www.cornucopia.org>.



CENTER FOR FOOD SAFETY (CFS) CAMPAIGN TO TELL CONGRESS NOT TO FORCE GENETICALLY ENGINEERED (GE) CROPS ON OTHER COUNTRIES:

<http://ga3.org/campaign/NoGMinFoodAid/3e3si5k9vjwx8kme>



FAILURE TO YIELD: EVALUATING THE PERFORMANCE OF GENETICALLY ENGINEERED CROPS

from the Union of Concerned Scientists: http://www.ucsusa.org/food_and_agriculture/science_and_impacts/science/failure-to-yield.html



MEMBER COMMENTS REQUESTED

Following a recommendation from the Member-Owner Committee, on May 25th the Board of Directors approved an amendment to the Member IOU Policy as follows: "... WFC members with fully paid-in equity may charge purchases to a maximum of \$20.00 payable within two (2) weeks from the date incurred..."

This amendment will be effective January 1, 2010, subject to related comments received by Member-Owners. Please direct your comments and questions by email to the Board at wfcbod@wholefoods.coop or in writing to the Board of Directors, Whole Foods Co-op, 610 East 4th Street, Duluth, MN 55805.



"They always say time changes things, but you actually have to change them yourself."
Andy Warhol, The Philosophy of Andy Warhol, US artist (1928–1987)

Lake Superior Chamber Orchestra 2009 Summer Season

All concerts begin at 7:30pm at Weber Music Hall on the UMD campus.

July 1 - Featuring violinist De Ann Burger Letoureau playing Williams' **Lark Ascending**

July 8 - Featuring pianist Alexander Sandor playing Gershwin's **Rhapsody in Blue**

July 15 - Featuring Young Artist Piano Competition Winners playing Haydn's **Piano Concerto No. 11 in D Major** and Mendelssohn's **Piano Concerto No. 1 in G Minor**

July 22 - Featuring oboe/bass duo Carrie Vecchione and Rolf Erdahl premiering Goplerud's **Rondo Buffo for Oboe and Double Bass**

To reserve tickets, please call (218) 726-8877, go to UMD's box office, or visit our website at www.lakesuperiorchamberorchestra.org. Tickets are also available at the door.



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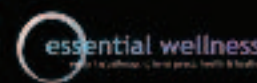
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what the heck is MOFF?



It's summer at the Co-op and that means it's time for MOFF — that's the Midsummer Organic Food Fest to the newbies out there. Come down and meet the local organic farmers behind your food. Sign up for the **Eat Local Challenge**. Enter drawings. We'll also have music, samples and we will announce the winners of the **Eat Local Challenge Recipe Contest**.

So join us for MOFF — Saturday, August 8 from 10am–2pm in the Whole Foods Co-op parking lot right in front of the store. Your taste buds will be glad you did.

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back 40 “not going for broke”

by Michael Karsh

I think we all did a double-take a little over a month ago when a spokesperson for General Motors, upon the announcement of their bankruptcy, noted that the company had both let down customers for years, as well as were now prepared to meet customer expectations and legitimate needs. It was hard to hear such a realistic assessment so late and with decades of evidence to support the need for such changes. One hopes the changes are real, and the public resources well spent. Proximate to that time the USDA was giving away a much smaller amount of money to support farmers transitioning into organic production, a change that has been growing in frequency over the past years.

This season WFC will have the largest circle of local growers that we have ever worked with, including small plots in and out of town, to large scale Amish growers who will supply muskmelons and corn to your summer tables, as well as anticipating (perhaps dimly) the glory of the Food Farm carrots, and the Olund cucumbers, giving us the opportunity to put more of our resources into a regional agriculture that will not have to make apologies for letting you down in any way.

Within some of these extended communities we deal with there are a num-

ber of younger growers who will be on their own for the first time, though usually under the mentorship of their parents. When looking at building a food system that can in practice feed our growing member and non-member community here at WFC, there is no question that the support and encouragement we have been able to offer is

We will be featuring a different farmer each week, beginning in June, by promoting their signature crops, offering recipes, having periodic in-store demonstrations all in addition to an LCD mounted proximate to our hanging weekly specials sign that will show you more about our growers, both in word and picture.

increasing the number of sustainable farmers in our region, a change that balances the increasing nutritional and food safety bankruptcy of what has passed for conventional wisdom in agriculture for too long.

For a second year now we are working with a biodynamic farmer from northern Wisconsin, John Ewers of Soluna Farm. For those not familiar

with this method of agriculture, it assumes organic practices and goes beyond to consider soil fertility and the plant and animal communities surrounding the farm. You can find out more by chatting with John when he is in house during his stint as Farmer of the Week (watch the website on this one). You can also go to www.biodynamics.org.

Now a plug for our Farmer of the Week promotion: We have an excess of information, both photos and written, to offer you about our farmers that we wanted to come up with a new method of delivering it. We will be featuring a different farmer each week, beginning in June, by promoting their signature crops, offering recipes, having periodic in-store demonstrations all in addition to an LCD mounted proximate to our hanging weekly specials sign that will show you more about our growers, both in word and picture. Check out who it is that raises your food, they are worthy of your honor and interest!

Finally, a little recipe for you all: I ran across reference to what by all accounts was a fantastic soup coming out of the Jewish Diaspora in ancient Kurdish Iraq. It is the season for the ingredients, and you can make whatever sort of dumpling you'd like, but traditionally it would be one that included ground lamb. Make lots, they're popular!

Michael Karsh is the Produce Manager at Whole Foods Co-op, where he has worked for the past 19 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he has developed markets for local growers, with an emphasis on organics.

Kurdish Chard Soup — Red Version

- 3 T Olive Oil
- 1 medium Onion, fine dice
- 3 T Nutritional Yeast
- 4 Cloves Garlic, peeled
- Stems from one bunch of Chard, coarsely diced
- Leaves from one bunch of Chard, coarsely chopped
- 1 medium-sized Red Beet, medium dice
- 1 T Paprika
- 1 T Bouillon
- 1/2 t Salt
- 2 T Sugar
- 3 T Tomato Paste
- 5 whole Peppercorns
- 5 C Water
- Double batch of small Drop Dumplings
- 3 T Lemon Juice

Sauté onions in oil and sweat until transparent. Sprinkle with nutritional yeast and deglaze the pan with 1 cup of water. Pour into a soup pot or crock pot. Add all remaining ingredients except lemon juice. If using a soup pot, cover and bring to a boil. Add dumplings, boil 5 minutes longer, then reduce heat and simmer 30–40 minutes. Add lemon juice at the end. If using a crock pot, cook on high 4 hours, drop dumplings in crock in the last hour. Add lemon juice, stir and serve. Kids love it, but it stains! **GG**