

GARBANZO GAZETTE

Whole Foods Community Co-op, Inc.

Duluth, Minnesota

March/April 2003



WFC welcomes Produce Assistant **Peter Hemberger**, Deli Assistants **Pat O'Brien** and **Mary**

Jeanetta, and returning Clerk **Matt Abel**.

WFC members who have not already attended a **Member Focus Group Dinner** are encouraged to enter the drawing for invitations to the next dinner at India Palace Restaurant. The drawing will be held March 3. Drawing winners will receive a mailed invitation to the April 10 dinner (5:30 – 7:30 p.m.).

Schroeder Milk Company advises that they have discontinued the line of returnable half-gallon milk and juice products. Purchases of the half-gallon returnable container have declined by over 80% since 1994. The associated energy used to wash fewer and fewer bottles plus the ever-increasing cost of replacing worn and damaged bottles no longer made this package environmentally-friendly. WFC will continue to accept empty returnable Schroeder containers for full credit on deposit **until March 31, 2003**.

We've got some sprucing up and re-arranging to do to accommodate new equipment, improve product placement and kick-off **WFC's 10th Anniversary on 4th Street**. We apologize in advance for any inconvenience to your shopping experience during the second and third

[continued on page 2]

You Oughtta Be in Pictures!



Then & now

Whole Foods Coop Store front on 8th Street (above). Michael Karsh and Sharon Murphy at the 4th Street location (left). The new produce section, the old bulk section (below).



Thank You to Board Members* of Whole Foods Community Co-op, Inc.

WFC's structure requires dedicated, knowledgeable and visionary Board members to represent the needs of the membership and preserve the Co-op's financial integrity while ensuring the Co-op fulfills its mission. The following members accepted that responsibility, made the decisions and provided that leadership that brought WFC into a new century with an expanding membership, financial security and hope for the future.

1970 - 1975 In the WFC's early years there were "business" meetings and "potluck" meetings. Board members are not defined as such in the



www.wholefoods.coop

Garbanzo Gazette

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Editor: Dianna von Rabenau
Design: Maryl Skinner, M Graphic Design
Drawings: Dawna Brissette
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Minutes but these folks, including Muriel Engstrom, the first WFC employee, attended a lot of meetings.

Susan Askelin
Lucy Brenning
Robert Brenning
Arno Kahn
Kitty Kavanaugh
Julie Kehoe
Kathy Leeman
Lynn Mayo
Joel McClain
Teri McClain
Jay Newcomb
Mary B. Hauser Newcomb
Diane Powers
John Powers
Mark Ruddy
Mary Scott
Gretchen Van Hauer
Chuck Williams

By 1976, there are official Board Meeting Minutes though the list of attendees sometimes includes interested members and representatives from Energies Unlimited (later Creative Energies), WFC's management collective, who may or may not have served as elected Board members.

Dave Adams
Leo Babeu
Don Bacig
Julie Ball
Jane Blaumeiser
Kathy Bogen
Jan Brandt
Sue Brown
Melanie Coughlin
Jodi Dansingburg
Chris Dantis
Terry Donovan
Chris Drew
Mary Jo Drilling
Wendy Dudderar
Susan Dunn
Muriel Engstrom
Gary Fields
Jane Fisher

Steve Froemming
Jim Ganahl
John Glendenning
Richard Gose
Kerry Grant
John Hagen
Ted Haglund
Dave Hanlon
Mary Hayner Thielen
Mary Helgesen
Kim Herschler
Michelle Jackman
Kaye Jacobs
Toni Johnson Morse
Stan Kaitfors
Kay Kleffman
John Kulich
Joyce Kunz
Al Kurki
Dan LaLiberte
Fran Lamberson
Stephanie Lemenowsky
Dianne Levitt
Sister Jeanette Martell
Joe Mattila
Alan Max
Micky McGilligan
Robin McIntyre
Sharon Murphy
Virginia Nelson
Mary Beth Nevers
Eleanor Nichol
Dave O'Donnell
Stan Owens
Kristen Palm
Jake Peters
John Plock
John Powers
Linda Powless
John Rogers
Ron Salvesson
Kim Samuelson
Jessica Savitskie
Skip Shreffler
Kevin Sikkila
Fran Skinner
Candy Solowiej
Verne Simula
Marshall Spencer
Steve Tickle
Mary Treuer
Pam Vittorio
Chris von Rabenau
Fran Weber
[continued on next page]



reetings from your Whole Foods Co-op Board of Directors, This board report comes to you, not from the board president, but from the board vice-president.

When we elected **Katie Neff Dawson** to another term as president this past November, she agreed with one condition: that we would take turns writing the board report so she wouldn't always have that responsibility and would be free to concentrate on other presidential matters.

An important but often overlooked aspect of the WFC board's responsibility is "visioning." Besides attending to the nuts and bolts of monthly meetings, committees and other board responsibilities, we try to set aside time to plan—and dream—about the WFC's future. Although we "vision" every time we meet, email, or talk as a board, a perfect time for visioning is during board

retreats, when we can be free of outside distractions and focus solely on our Co-op. It's been difficult for us to schedule our annual board retreat this year because our schedules are so full. **Geiger Yount** resorted to creating a conflicts spreadsheet so we could choose a common free time! What we decided on was a retreat-and-a-half: one Saturday in January with just the board (and general manager **Sharon Murphy** and assistant manager **Christof von Rabenau**), then one weekend overnight in April with consultant **Marilyn Scholl**, who has worked with us in the past.

So on January 25, we met at a local B&B to review the Board's goals we had set for 2002, to talk about goals for 2003, and to literally close our eyes for a few minutes and dream about the WFC of the future. We came up with pages and pages of ideas, fantasies, inspirations, fears, and hopes. Some of them were crazy, and some were so crazy they just

might work. This mini-retreat was energizing, we bonded with new board members **Claire Kirch** and **Chad Coffey**, and it warmed us up for our full retreat in April and for the CCMA conference in Lexington, KY in June. And frankly, it was refreshing to have a meeting that didn't involve financial statements or agonizing over new building sites!

We'd like to remind you that contact information for each Board member can be found in the *Garbanzo Gazette* and on the website at www.wholefoods.coop.

We'd also like to remind you that that WFC members, not just board members, can serve on the membership committee and the food policy committee.

We hope your crocuses and snowdrops are pushing up through the mulch and sidewalk grit, and we'll see you at **WFC's Earth Day celebration** in April.

Thank You to Board Members* of Whole Foods Community Co-op, Inc.

WFC opened at its current site on March 31, 1993. Board Minutes since that time are quite accurate in designating who attended, in what capacity and, if late, how much late!

Carol Andrews	Katie Neff Dawson	Jean Sramek
Jessica Blacketter	Mary Rhodes	David Syring
Jenifer Buckley	Sandy Sandbeck	Dave Updegraff
Chad Coffey	Carol Saranpaa	Cele von Rabenau
Paul Fish	Ginny Shapiro	Gina Young
Beth Fredrickson	Carolyn Sheets	Geiger Yount
Bob Gabres		
Kathy Hermes		
Dianna Hunter		
Rita Hutchens		
Claire Kirch		
Juliette Kurtz		
Koresh Lakhan		
Mike LeBeau		
Katie Murphy Sheets		

**Each name is listed once although many Board members served multiple and, not always, consecutive terms. Apologies to any Board member whose name is misspelled or not included.*

News Bites

from page one

weeks of April. We do not anticipate closing the store for any of this work, but will post notice at the checkout and on WFC's web site (www.wholefoods.coop) if plans change.

Next Member Appreciation Day: Wednesday, April 9, 2003. WFC members in good standing receive a 5% discount on eligible purchases on that date. The previous Member Appreciation Day smashed the previous single day sales record by over \$2,000 so we hope you won't let a little remodeling get in your way!

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ENERGY TIP OF THE MONTH:

When heating your home, close a bedroom door and heat register, or close off an unused room entirely, and save about \$50 a year.

What's happening with the Women, Infants and Children (WIC) Supplemental Food Program

For a report on the February 10, 2003, public meeting sponsored by the Co-op featuring Betsy Clarke, Executive Director of the MN WIC Program, please visit WFC's web site. Along with many other cuts, Governor Pawlenty has proposed elimination of all state funding (\$3.58 million) for the WIC program. WIC administrators may be forced to cut back allocations to counties, tribes and other WIC providers by 54% for the remainder of this fiscal year.

After June 30, there would be no state dollars available which will result in women and children being cut from the program and/or placed on waiting lists. Some smaller counties may have to eliminate their programs, forcing clients in rural areas to travel longer distances for services.

As we were hoping for additional funding for the WIC program to re-institute access to organically grown foods for WIC recipients in Minnesota, news of the proposed budget cut is very sobering.

Expansion Update

As of February 2nd, we are assessing feasibility of two sites in the East Hillside. I am pleased to report that there are still sites to consider in this area. One of these sites is a new option. Development plans and timeline (ours and theirs) on the other site have changed since we considered it over a year ago, so we're taking another look. It is some consolation to remember that we asked about availability of our current site three times over three years before it became available!

Reset Plan

Meanwhile, we are putting remodeling plans into action at

our current site this April. One of the primary recommendations from the 2002 audit of our store conducted by the Cooperative Grocers Association Midwest was to do a more logical job of grouping products, e.g., all the cheese in one place; all the bread in one place; the Deli grab-and-go items next to the Deli, more room for milk and dairy, etc.

Ah, logic—seems so obvious but it has taken us several months to figure out how to make it all happen and keep the peace among departments.

Please pardon our dust during the second and third weeks of April as we roll out the new look. Then join us in celebrating:

- WFC's Sales \$500,000 to \$3,500,000
- % of Sales to Members 40% to 60%
- Employees 24 to 48

**Ch-ch-ch-ch-ch-ch
Changes**

Thank you for your support

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IRS REPRESENTATION

NEW BULK PRODUCTS

Dancing Star Farms "Fruit Squares"
Organic Dried Papaya

FREEZER SECTION

Promise Land Organic ground beef
Food for Life low carb bread
Food for Life china black rice bread
Food for Life red rice bread
Amy's cheese pocketfuls
Amy's spinach pocketfuls
Van's blueberry waffles
Amy's veggie loaf dinner
Amy's family size vegetable lasagne
Cedarlane teriyaki vegetable wrap
Ethnic gourmet peanut satay chicken
Ethnic gourmet shahi paneer
Fresh frozen carrot juice
Cascadian Farms sliced peaches
Omega salmon burger
Glaceau carbonated smart water

COOLER BY THE LAKE

Midwest Harvet firm tofu
Mountain High 32 oz. original style plain yogurt
Wallaby blueberry 6 oz. yogurt
Whole Soy 6oz yogurt
blueberry, peach, raspberry,lemon flavors

HABA HABA

Windemere essential oil blends
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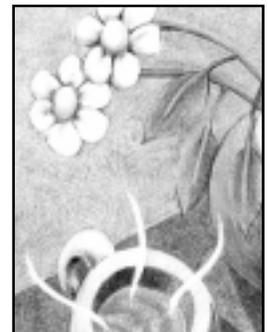
NEW BOOKS

Recipes for a Dairy Living
Organic Beauty
Organic Cookbook
What to Expect When You Are Expecting
Gluten-Free Desserts
Directory of Essential Oils
Sunlight Cafe
Vegetarian Sandwiches
Wheat Free Worry Free
Your Organic Kitchen
Voluptuous Vegan



JAVA JAVA JAVA JAVA JAVA

8 new varieties of bulk coffee (Equal Exchange)
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Cedar Grove CHEESE

Recently I was watching the Food Network (I know it sounds geeky, but it happens to be my favorite channel) and they had a show about cheese. Imagine my surprise when they went to Plain, Wisconsin to go through the Cedar Grove Factory.

We went on a tour through the factory and were shown the entire process of cheese making right down to how they process the cheese production wastewater. They actually get the water so clean that it can be discharged right back into the creek that is part of the Wisconsin River Basin. I decided I needed to learn more about this cheese and the company's practices and policies.

Who are they?

Cedar Grove is a small, family owned cheese factory that has operated over 100 years. They employ six licensed cheesemakers, as well as many other workers, who stir, cut and rotate the cheese by hand as it has always been done. Every morning two Cedar Grove tank trucks pick up milk from 40 nearby family farms, which average about 100,000 pounds of milk per day. This

gets turned into 10,000 pounds of cheese.

What do they make

Cheddars, Colby, Monterey Jack, Farmer's cheese & Pepper Jack. They also produce three flavored varieties of cheddar cheese curds called Squeaks™, a Butterkase and a new line of "grass-based milk cheese high in CLA, Conjugated Linoleic Acid, which appears to reduce cancer growth."

rBGH Free

rBGH, recombinant Bovine Growth Hormone, is a synthetic hormone used by some farmers to increase milk production. It is given to lactating cows to lengthen the lactating period in order to produce more milk from the cow.

"In December 1993, Cedar Grove Cheese became the first in the country to assure its customers that its products were rBGH-free." All farmers that supply milk have pledged not to treat their cows with this hormone. At the time, President Bob Willis did not feel comfortable using milk that came from cows that had been given the hormone because the long term health outcomes to humans and cows were unknown and he felt the use of the hormone would hurt farmers financially.

The Living Machine™

"The Living Machine™ is a working ecosystem. It mimics the water cleaning power of wetlands—only faster using natural microbes and hydroponic plants. Clean water is then discharged into Honey Creek. The wash-water is the result of cleaning milk trucks, tanks and cheese making equipment. The wash-

water is collected and mixed in a 6,000 gallon, underground equalization tank outside the factory. The Living Machine™ is comprised of 10 tanks. The first two tanks are the closed aerobic tanks. The water is aerated and mixed with a culture of microbes. The microbes begin to "eat" everything in the waste stream and break down the nutrients."

After these two tanks, the water then goes through five open aerobic tanks. Racks are suspended from bars on the sides of the tanks which hold plants. The plants help continue the treatment process. The roots trail down into the water and "provide a place for bacteria to cling increasing the diversity and resilience of microbial populations in the system. The roots help oxygen transfer from the bubbles to the water. They also absorb nutrients that aid in their growth. About 15% of total nutrients are removed by plants that grow as much as 6 inches per week!"

The next tank the water passes through is the clarifier, or settling tank. There is no aeration. "As the water enters the tank, solid particles fall to the bottom forming a thick, brown blanket of matter between one and three feet thick. This matter is made up of hungry microbes that have multiplied during the treatment process. Some of them will be returned back to the first tank to begin the cleaning process again. The remaining matter containing most of the nutrients from the water is pumped into a 5,000 gallon holding tank. It is land spread

[continued on page 11]

2003 COMMUNITY LECTURE SERIES

Revitalizing Your Health

PRESENTERS:

Nancy Sudak, MD

Deborah McClure, DC

March 13th, Dr. Sudak**Natural Approaches to PMS and Menopause**

Hormonal health is a complicated matter, but may be achieved without the use of synthetic hormone therapy. Learn about how to dramatically improve your hormonal balance and decrease cancer risk with lifestyle and nutrition.

March 27th, Dr. McClure**Prevention and Natural Treatment of Osteoporosis**

Do all you can to build strong, healthy bones by understanding how diet, exercise, stress, and supplementation can affect bone health.

April 10th, Dr. Sudak**Personalized Preventive Medicine**

Contrary to the commonly held belief in genetic destiny, we are not relegated to the fate of our genes. Nearly all chronic illness is a result of your genes interacting with your environment (diet, toxic and infectious exposures, exercise patterns, and the experience of stress). Learn how to modify your genetic potential through lifestyle and reduce your risk for specific diseases that tend to run in families.

ALL LECTURES HELD AT:

Peace United Church of Christ**1015 East 11th St., Duluth****Time: 7:00-8:30 p.m. | Cost: \$15/person**

Dr. Nancy Sudak received her medical degree from Case Western Reserve University in Cleveland, Ohio, in 1989. She completed her residency in family medicine at the Duluth Family Practice Program in 1992, and has since held various positions within the Duluth community in family medicine, acute care, and college health. She has had a long-term interest in holistic medicine and natural therapeutics, and has been instrumental in bringing complementary medicine to the UMD School of Medicine curriculum. Dr. Sudak is board-certified in both family practice and holistic medicine. Though her clinical focus is functional medicine, her practice style embodies an eclectic blend of conventional medicine, healing traditions, nutritional bioscience, lifestyle modification, and mind-body medicine.

Deborah McClure, DC, earned her doctor of chiropractic degree from Northwestern Health Sciences University in 2002 and has completed postgraduate training in functional medicine and clinical nutrition. With an extensive background in natural foods and healthy living, Dr. McClure's work includes high level nutritional assessment and lifestyle management integrated into structural chiropractic care. Her most recent studies are in the areas of fibromyalgia and chronic pain syndromes.



Northland Health and Wellness

TO REGISTER: Call Northland Health and Wellness at **722-4845**

“Skin friendly” recipes from Brenda

Now that you have made your resolution to start eating better foods, its is also time to focus on the exterior of your body. You would be amazed if you knew how much substance your skin absorbs. You are unconsciously exposed to thousands of chemicals and pesticides that go directly into your blood stream though your skin so why intentionally slather them on when you can easily avoid it?

We are purposely putting them into our bodies because we don't know any better. When we turn around that bottle of shampoo its hard to understand any, if not all, of the ingredients. Some of these synthetically formed ingredients are not only harmful to your skin, but also the rest of your body.

Look for products that are made with organic ingredients and essential oils rather than artificial fragrances. Here are some ingredients to avoid so we can keep that body healthy, balanced and lookin' good!

- Artificial colors: Artificial colors are believed by some experts to be potential carcinogens
- DEA, MEA, and TEA: These can cause allergic reactions, irritate the eyes, and also dry hair and skin
- Formaldehyde: (Imidazolidinyl, diazolidinxlurea, 2-bromo-2nitropropane-1;3diol, imidazolidinyl urea;DMDM hydantion; and quaternium 15) These forms of formaldehyde cause fairly common skin reactions. Doctors also worry about long term effects of what can happen when applied frequently.
- Synthetic fragrances: Synthetic fragrances can carry

up to 200 individual ingredients and do not have to be labeled on the jar. Potential problems can be dizziness, irritation, and hyper-pigmentation.

- Isopropyl alcohol: This will dry out the skin and leave it without a natural barrier to outside chemicals.
- Methyl-, butyl-, ethyl-, and propyl-paraben: These products are most widely used in cosmetics. They can irritate sensitive skin and may (not yet fully studied) contain xenestrogens.

•Methylisothiazolinone: This is a preservative that has a large potential to cause allergic reactions.

•Paraffin: This is derived from petroleum or coal.

•Sodium lauryl sulfate: This is a detergent that will dry out the skin, interfere with the barrier function and make it easier for chemicals to enter the skin.

•Propyleneglycol: This is a petroleum derivative.

For a fun and cost effective way to treat your skin here are a few recipes to try out!

Citrus Body Scrub

- 6 T unscented liquid body soap (preferably castile or other detergent-free formulas)
- 6 T grapeseed, jojoba, or sesame oil
- 1 T unscented sweet almond oil
- 1/2 c fine ground sea salt
- 1T coarse sea salt
- 1/4 t sweet orange, grapefruit or lemongrass essential oil
- 1/4 t tangerine essential oil
- 4-5 drops lime essential oil

Combine soap and oils together in a bowl until well blended. Slowly add in the salts, followed by the essential oils (which should be spread throughout the mixture). Smooth on small handfuls of the scrub onto wet skin (apply to dry skin cautiously for an invigorating treatment); rub with gentle pressure in circular motions. Rinse well or smooth off in bath.

Store unused portion in tightly sealed (preferably glass) container in a cool, dark, dry place for 6-12 months.

One Two Moisturizer and Cleanser

(normal to dry skin types)

Mix together

2 tbsp (30 ml) Jojoba oil

2tsp (10 ml) Grapeseed oil

Combine in small bottle. Shake to mix. Apply with cotton. Apply lightly. Too much will clog pores.

Hard-as-Nails Manicure Treat

- 1T purified water, luke- warm, but slightly cooled
- 1T witch hazel (preferably grain-alcohol based)
- 1 1/2 t natural honey
- 1/2 t alum

Mix above in a low-profile bowl. Soak nails for 10-15 minutes, occasionally massaging cuticles gently. Rinse with cool water. Discard unused portion.

Lighten up your spring—gingerly

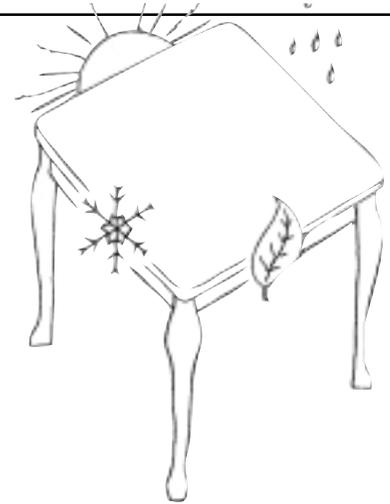
Late winter/early spring is Kapha time--cold and moist. The heaviness that has naturally accumulated since the fall now begins to break up and move. A diet that is light, dry and warming will facilitate this process.

Bitter and pungent tastes are particularly effective, such as dark leafy greens (the classic spring tonic) and hot spices. Of these, ginger is highly regarded in Ayurveda as one of the most sattvic, or balanced, of spices. Its action is stimulant, diaphoretic (sweat-inducing), expectorant, and carminative (gas-relieving). It improves digestion, circulation, and elimination, and settles an upset stomach. It is especially useful in cases of colds, bronchitis, and (with honey) sore throats.

The powder made into a paste is used externally for sore joints and muscles.

Ginger is available fresh or as a dry powder. Fresh is more diaphoretic, dry is hotter and more stimulant and expectorant. Either form can be deliciously incorporated into cooking and baking: think stir fry, curry, miso soup, gingerbread . . .

Ginger tea is probably the easiest way to take a dose of this powerful spice. A saucepan of ginger tea was always simmering on the stove at the ashram where I studied yoga one winter. You can buy ginger tea in tea bags, and it is an ingredient in many mixed herb teas. You can also make your own. A caveat: when using ginger tea, do respect its hot and stimulating properties. It may keep you awake if taken right before bed, and it may shorten your temper if you are inclined that way already.



Ginger Tea

Peel a 2-inch piece of fresh ginger root, slice, and add to 4 cups boiling water. Reduce heat and simmer for 10-50 minutes, depending on how strong you want it. Drink as is or add a little lemon juice or honey after the tea has cooled a bit. You can also make an instant ginger tea by combining 1/8 tsp. dry ginger powder and 1 cup boiling water.

Gourmet to go features Cedar Grove Cheese, from page 8

when the tank is full, or dried for fertilizer.”

The rest of the water then passes through more tanks with filters, and plants of course, and fish. The entire process from the starting tank to the final tank takes about 3 or 4 days. From the final tank, the water flows through a pipe into a holding pond. The pond provides additional treatment and temperature buffering before the water flows into Honey Creek.

The Living Machine™ “removes 99% of the biological oxygen demand, 98% of the suspended solids, 93% of total

nitrogen and 57% of phosphorus. The resulting effluent is much cleaner than the receiving stream. This Living Machine™ is the first of its kind in a cheese plant. The natural process helps our cheesemakers remember that what goes down the drain matters.”

WFC and Cedar Grove

Unfortunately we only have access from our suppliers to some of Cedar Grove’s cheeses. We do have access to grass-milk cheese, but due to the lack of grass during the winter months, the supply of grass-milk cheese is sketchy. I hope to bring them

in during the summer months. I do not have access to the Butterkase or to the Squeaks™, however, anyone can order from Cedar Grove through their web site or via the telephone. The web site is www.cedargrovecheese.com and the phone number is (800) 200-6020.

If you are traveling through Wisconsin and happen by Plain, WI, I would recommend the stop to take the tour through their factory and see the Living Machine™.

**All quotes taken directly from Cedar Grove’s web site or brochure.*



Open to Everyone 7 Days a Week
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FRESH PERSPECTIVES

March 2003

Things Ain't Like They Used To Be

There's nothing like the sight of a child enjoying her food. That innocent grin when biting into a fresh peach or the joy on his face when digging into a watermelon. It's enough to make your day, just like that. At that moment, no parent would want to stop and think, "How much pesticide residue is my kid ingesting?" We'd probably all agree there should be enough safeguards in place so that would not be an issue.

Yet, we now know that the guidelines set for pesticide residues have mostly **ignored the differences** between adults and children. Children eat a lot more produce per pound of body weight than adults.

Residue tolerance levels deemed adequate for adults are suddenly inadequate when viewed from the scale of a child's body. Add into the equation the fact that children's nervous system, brain, endocrine system and just about everything else is developing at a rapid rate, and it's not difficult to see how potent chemicals such as pesticides might impact their development.

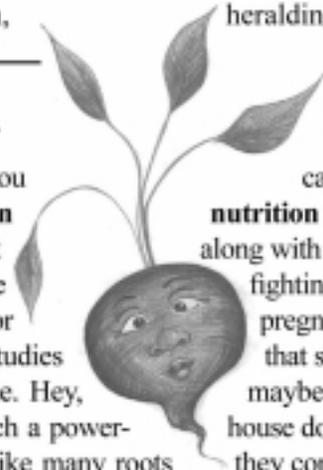
In 1993 a report issued by the National Academy of Sciences brought this information to light and it made headlines across the nation. Suddenly, the safety of the so-called "safest food system in the world" was called into question. Since then,

independent testing and analyses of government residue test reports conducted by the Consumers Union and the Environmental Working Group have revealed that, in some cases, **domestic produce** routinely tested **higher for residues**, or **more toxic residues**, than imported produce. In most cases, residues tested within established tolerance levels but the frequency of positive results as well as the number of multiple residues found in a sample was cause for concern.

It seemed our concerns were heard, when, in 1996, amidst much hope and fanfare, the Food Quality Protection Act (FQPA) was passed, heralding a new era of (*over*)

VEGGIE OF THE MONTH...

You CAN Beet'em An old produce adage goes 'you truth is you can. You see, beet greens are actually **higher in** Beet greens have nearly 2 times the potassium of the root phorus. They are high in beta-carotene, (a valuable disease contain high levels of folic acid, an essential nutrient for prevent birth defects. If that isn't enough, there have been studies greens can actually **lessen a smoker's desire** for nicotine. Hey, on a whole new meaning! Just because the greens are such a power-worth eating. Beetroots are a valuable part of any diet. Like many roots vitamin C, are rich in silicon, and fiber. Their medicinal properties are many: and liver, they provide a calming effect on the nerves, improve circulation, and promote healthy menstruation. With this in mind it's easy for everyone to want to keep the beet.



BEETS!

can't beat beets'. Well the **nutrition** than the beets themselves. along with some calcium and phos-fighting antioxidant). They pregnant women to help that show that these nutritious maybe 'produce patch' will take house doesn't mean the root isn't they contain a good amount of beets are beneficial to the heart



pesticide reform to protect children from pesticide residues and promote sustainable agriculture. The **legislation promised to reduce** residue tolerance levels on foods commonly eaten by children, speed up a backlogged review process, and eliminate, or limit the use of, high-risk pesticides.

Yet, **pesticide use continued to rise** in the U.S. and dozens of new materials have been approved that did not meet the new 'safer' guidelines. For instance, the herbicide acetochlor was approved for use and soon showed up as a contaminant in ground water and wells across the country, a probable human carcinogen. It's now banned in New York, but not in California or Oregon, two major agricultural states.

Methyl parathion, an old-school organophosphate-type pesticide, is still widely used on some crops despite the availability of safer, less toxic alternatives. Organophosphates act as nerve poisons on insects, and can damage ours as well. Fortunately, its use has been

cancelled on many food crops but real success would be to stop its use altogether.

Implementing the FQPA will take time. The Environmental Protection Agency has a huge task at hand; with a call to review over 10,000 different pesticide residue limits, change won't happen overnight. We hope they won't lose sight of the importance of these reforms and that they'll get the budgeting and staff they need to continue.

Fortunately, we've seen the implementation of another act—The Organic Foods Act—that offers a cohesive **national standard for organic** foods. You can channel those worries about pesticide residues by growing or purchasing organic produce. Recent studies have shown organic to test significantly lower for residues than conventional produce. Buying organic helps build the case for a better standard for agriculture by supporting farmers who are doing it right.

Beet Dip

This colorful dip takes **only minutes to prepare** and is **chock full of vitamins** from the raw beets and spinach. It's the perfect antidote to wintertime blues. Serve as a dip with crudites or as a spread on toasted French bread. Even if you aren't a beet lover you'll love this dip recipe. If you aren't ready to start with raw then try this with cooked beets first. You can also substitute cottage cheese or crumbled tofu for the cream cheese. Serves 6 to 8.

- 1/2 lb. red beets (1 large), peeled and coarsely chopped
- 1 large scallion, chopped
- 1/4 cup (packed) chopped fresh spinach
- 8 oz. cream (or cottage) cheese (or even crumbled tofu)

- 2 tsp. freshly squeezed lemon juice
- 1/4 tsp. salt
- 2 tsp. snipped chives

- In bowl of food processor, pulse beets, scallion and spinach until finely chopped.
- Add cream cheese, lemon juice and salt, and process until well blended, leaving some texture in dip. Transfer to bowl, and stir in chives.

Ask Dr. Patty Produce

Q: Do I have to peel my beets before I cook them? It's very messy and stains the cutting board, which makes me not want to fix them. Also, would you mind sharing what is your favorite way to cook them? Thanks, Colin Airyman

A: Dear Colin, Keep your skin on, and abstain from beets no longer. Try roasting your beets with a drizzle of olive oil, a few cloves of garlic, and some quartered onions. Roasting concentrates the beet's flavor, preserves the beautiful red color, and brings out the sweetness from its natural sugars (as high as 8%). Once cooked the skins will slip off easily.

References for this issue: *Our Stolen Future*, by John Peterson Myers, <http://www.ourstolenfuture.org/NewScience/oncompounds/2002-0508bakeretal.htm>; *Same As It Ever Was*, <http://www.ewg.org/reports/sameasiteverwas/samepr.html>; "How Safe is Our Produce," Consumer Reports, March 1999; *The Anatomy Of A Dish* by D. Forley with C. Young; <http://www.samcooks.com/EatFresh/Vegetables/Beets.htm>; Recipe from the Vegetarian Times January 1 2003 p. 64



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Laurie Chapman is a Naturopath and a graduate of the National College of Naturopathic Medicine in Portland Oregon, a four-year accredited medical program.



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Y

ou're going to want to check out the incredible taste of the new individually-wrapped fruit bars now available in the bulk aisle. Wow! These were originally a "veggie and fruit bar" that was long on the veggies and short on the fruit. It has been reformulated into something more universally palatable; in fact they're downright awesome.

There are two varieties to choose from: "Veggie", which is a fruit and vegetable mixture, but unlike the previous incarnation, it has no garlic-parsley onion taste. Believe it or not some people liked that—including me – but this new veggie bar is basically the taste of a fruit leather, only more so—sweet, tangy, and chewy.

Also sweet, tangy, and chewy is the other flavor, "Tropical Fruit", which must be tried to be believed.

Every now and then I will substitute one of these flavors with the "Pineapple Ginger" kind, which are also super good as you might imagine, and like the other ones, each bar contains 1-1/2 servings of fruit!

These fruit bars are from the small company Dancing Star Farms from Buckland, Massachusetts; the same company that brings us our fabulous and amazing "Chunks of Energy", in "Carob Spirulina" and "High-Country Gorp" flavors. All their products share the same high quality and are highly recommended.

Ooh! Ooh! I just thought of the other new thing y'all should try in the bulk department; the new variety of dried papaya. These are now ORGANIC, and



I gotta crow!

dontchaknow, the quality is much higher than the old commercial kind, with only a negligible price increase. Wow are these good. The old commercial kind were always so hard to chew, and the flavor was okay but nothing like these. These are still

chewy to be sure, but are much softer. And tastier – they have that real papaya taste; you'll definitely be able to tell the difference.

For that matter, all the organic dried fruit these days is just terrific. Try some of these and you'll never go back. Just the other day in the store I had a conversation with a gentleman who said he loved the organic dried white figs, because the ones you usually find are dry, but ours are always so moist, and with such a lively taste.

Other great examples are the new organic pineapple rings, organic mango slices, and organic dried fruit mix. Come on down and see why I'm crowing so loud.

Thank you for your support

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is very exciting to realize this is Whole Foods Co-op's 10th Anniversary on 4th Street and 33 years

in all. We moved here from 7th Avenue and 9th Street and almost tripled our space along with huge sales and a bunch of new members. Now we are 1800 active members strong with new members nearly every day. Thank you all. I hope you enjoy the pictures of the past in this issue.



We also have experienced increased working member participation over



Fourth and Ten

the last few years. Thank you working members. I hope many of you will be interested in the upcoming Earth Day Fair on Saturday, April 19th. Last year was a big success with the much-needed help of a lot of members. If you are interested just contact me.

If you want to participate at the **Earth Day Fair** as a vendor, I look forward to that as well. You can log on to our web site at www.wholefoods.coop. Last year

over 1300 people came to the fair and I expect that number will only increase this year. We will also be hooking up with the Gallery Hop this year (that should help a little with parking.) Look for artists, animals, musicians, community groups, food and more. The event is free again this year and I hope to see you there.

Don't forget about the next **Member Appreciation Day** on Wednesday, April 9th. Load up on staples and special orders, while getting an extra 5% off your purchase. Remember special orders have their own member discount ranging from 10 to 30% depending on which department you order from.

Well, have fun and take care everyone.

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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.

Sphagnum Moose oversees the Co-op's book shelves.

Below, General Manager, Sharon Murphy, and a previous co-manager, John Fisher-Merritt, photographed shortly before the move (10 years ago) to 4th Street.

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Not being a person who watches much television, I still have seen my share of reality television. Mostly a handpicked group of people subjected to preposterous circumstances striving for a dubious reward. We get to watch the devolution of friendship, committed relationships and social values in a parade of what would seem to be worst in our natures. The popularity of these programs at a time of dire world crises and national tragedy could leave a person worrying about whether we are ready to face the sorts of challenges that are cropping up on all sides. The wherewithal is there, we know that much, but is the resolve?

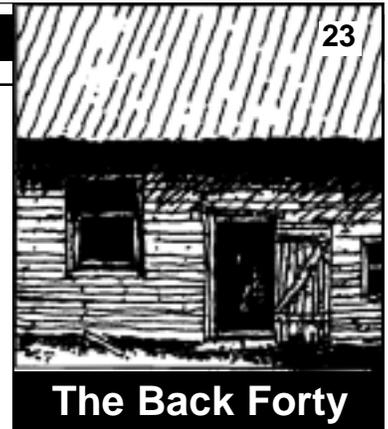
Somewhat like the ragged and brown winter which has comprised most of what we have received this year, the financial situation in the state and nation are quite serious for all but the truly affluent. There are many schools of economics, which suggest ways to resolve our present problems, but it, remains that there will be significant cuts on our state level for many worthy programs. This will most certainly include agriculture and so by extension that small slice of the pie earmarked for sustainable agriculture. However, in the very heart of optimism in ingenuity which is successful small-scale farming is also the promise for a more stable economy in which more participate and benefit from the wealth (both monetary and resource) of Minnesota.

Whatever the merits of stimulus packages from the White House, and Congress, we are all on the ground where these answers will be tried. While listening to the gubernatorial debates last year I was struck

by some comments by Ken Pentel on this subject. While he seemed to have a grasp of the importance of sustainable agriculture for communities and health, and specifically Organics; he seemed rudderless in terms of the financial import of grain and other large-scale crops to the fiscal well-being of the state, instead pitting one against the other. While this makes ideological sense, it doesn't make much practical sense in that Minnesota must continue to exist amongst other states, and in a global marketplace that is not going to go away or leave Minnesota alone. It is too narrow a vision, as if our fate is in our hands as a self-selecting community, and denies the fundamental interconnectedness that is our modern society.

Sustainability must begin to be looked at in the larger context of what strengthens the society at large, and how that society can be bettered, as well as the good of the land and small farming concerns. In order for sustainability to be practicable, especially in hard times, it must never lose the vision of the importance of what this shift means. Likewise, it must not lose sight of the fact that it exists within a context whose rules and structure it cannot erase by sheer willpower. Rather, the promise of sustainability is in its ability to transform and re-invigorate what has been sidelined in terms of the importance of the family farm and small communities. In this way we can make a unique and transformative place for an essential element of a healthy society, not parallel to but engaged with the large and complex picture of the millions in the state who are trying to live and do the best for their families.

The leaven of what might be a more traditional vision could go further to reach the public with



The Back Forty

what we (rightly I believe) think they are not finding with the status quo. But no rising is going to happen if we don't acknowledge that we are, like it or not, part of a whole, moving in a direction that we can effect but not control. Especially in times where finances are crunched, parallel efforts make little sense. Working toward the common goal of the well being of those living in the state should be the direction of all. The economic rapaciousness of some corporations and interests cannot be denied, and should never be undressed. However, given the dire circumstances of the state and federal budgets, when better to move outside the box of the likeminded, and into the larger mutual self-interest, that comes only clearer when business-as-usual is in trouble?

Reality television only gives us struggles whose import are essentially nil, while we have many more pressing matters at hand. Unlike the TV world, this struggle has the potential to strengthen and bring about the best for all involved. We must be ready to appreciate the efforts and achievements of the diverse elements of our economy, while making a unique place true to our vision. We can't be trapped in our own backwater, watching the struggles of the interests around us as if we were uninvolved. That's TV, and we need to think outside that box.

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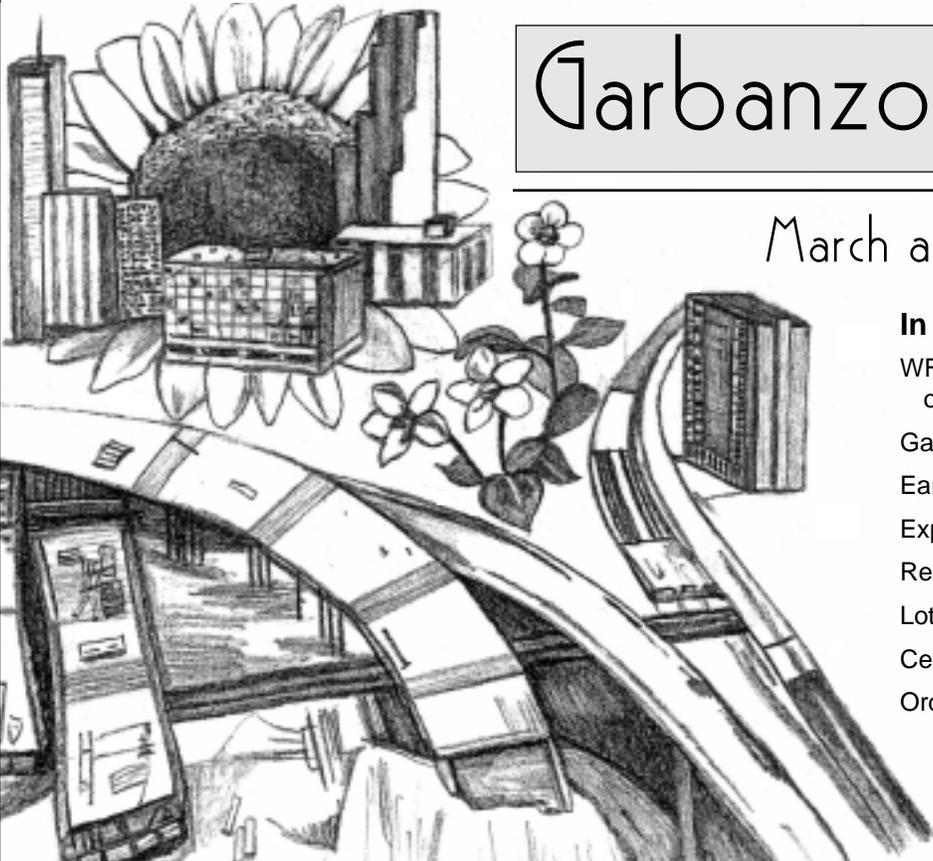
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March and April 2003

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WFC's 10th Anniversary
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Gazette now features fotos

Earth Day Celebration

Expansion plans update

Recipes

Lots of new products in store

Cedar Grove Cheese

Order your garden plants!