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MAR/APR 2007

# We're certified



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# gourmet to go asparagus *by Justin Hemming, Deli Kitchen Supervisor*

If there comes a little thaw,  
Still the air is chill and raw,  
Here and there a patch of snow,  
Dirtier than the ground below,  
Dribbles down a marshy flood;  
Ankle-deep you stick in mud  
In the meadows while you sing,  
"This is Spring."

— Christopher Pearce Cranch  
*A Spring Growl*

**F**irst, I would like to introduce myself briefly. I have worked here at WFC for the last seven years. I started in the Deli and soon after became the Assistant Manager of the Deli. For the last few years I have worked as the Produce Assistant Manager but as of December, I am back in the Deli once again as the Kitchen Manager. The Fog City Deli has changed dramatically since my last stint. It has grown many fold in size and production and expanded all its offerings. There's an amazing group of Cooks, Counter Assistants, and Dishwashers here helping to make it such a great deli.

On to Spring, the time of year this article should be finding its way into your homes and the store. This is the time of year that local fresh produce starts becoming available to feast on. Radishes, green onions, garlic, spinach, lettuce, and asparagus are some of the first vegetables to become available. It is the last one, I'll focus on here.

The Romans were the first to cultivate asparagus, a member of the lily family. There is even a recipe using asparagus found in the first recipe book, 3rd century A.D., by Chef Apicius. Asparagus has the highest folic acid content of any vegetable and is high in potassium and fiber and has

no fat and low sodium content. Folic acid is important for blood cell formation, growth, and prevention of liver



When asparagus is out of season, frozen organic asparagus is good for substitutions

disease, especially important to pregnant women. The ancient varieties of asparagus grew to 12 feet tall! Asparagus is one of the few foods still considered polite to eat by hand, at least in Europe. Asparagus has been used medicinally to treat toothaches and bee stings and as a laxative. No article on asparagus would be complete without noting its potential affect on the smell of a consumer's urine. It affects only a percentage of people who eat it and only a fraction of people can note the smell. The oddest part is that they are not always the same group of people.

Choose straight-stalked asparagus with tight, compact tips and no dried out ends. Store it in the refrigerator with the tips wrapped by a damp paper towel and in a sealed plastic bag.

Unlike most vegetables, the thicker stalks of asparagus are preferable as they have more tender flesh in proportion to the skin. One trick is to bend near the bottom of the stalk and it will break at the ideal part, leaving the woody lower part behind. You can peel the stalks and place in ice water to firm them up before cooking. The most important tip for cooking aspara-

gus is to not overcook it. If you will be eating it cold, shock it in ice water to stop the cooking once done. One great

way to cook asparagus is to keep it in bundles and stand it upright in a steamer basket with water, thus cooking the tougher stalks more than the tender tops.

Butter, sesame oil, lemon, and ham, bacon or prosciutto all have affinities with asparagus. Pasta, risotto, tarts and soups are wonderful

made with this vegetable.

Following is a recipe for a simple, yet elegant dish featuring the now familiar asparagus and cheddar, which my cohort Eric writes about in this very same Gazette.

## Roasted Asparagus Salad with Cheddar and Marinated Mushrooms

Serves 4

12 Asparagus Spears, washed and woody part removed  
1 C Cheddar, grated  
2 C Button Mushrooms, sliced  
5 T Olive Oil  
Juice of half a Lemon  
5 T Water  
1/2 t Sea Salt  
Pepper, to taste

In a bowl, mix together the oil, water, lemon juice, salt, and pepper and toss with the mushrooms, coating them thoroughly. Set aside. Drizzle asparagus with olive oil and season with salt and pepper. Roast asparagus at 450° for 7–10 minutes. Sprinkle with cheddar and place in oven for another minute.

Place mushroom salad in the center of the each plates and arrange three asparagus stalks on each salad.

Recipe from the *Quebec City Restaurant*, Daniel Vezina

### CERTIFIABLE FACTS

**S**ong, Delta Air Lines' low-fare air service, has added organic food items for babies and children for purchase on board, in addition to its offerings for other age groups.

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# Herb Lore

## calendula — “herbal sunshine”

by Stacey Rautio, COTA/L-CHTP, Energy for Life Connection, Member of the Lake Superior Herbalist Guild

**C**alendula officinalis. This bright happy flower is native to Europe but has been widely cultivated and naturalized.

A member of the aster family, it blooms for most of the summer. The origin of the name means just that. In a quote from Gerard, “It is to be seen in floure in the calends almost of everie moneth”.

The plant possesses antiseptic, antibacterial, and anti-inflammatory properties, which led to its widespread use in German and English culture. It is mainly used for three types of healing: wound medicine, a remedy for infection of the lymph system, and as a general immune tonic. The medicinal properties are found in the resin, which is concentrated mostly on the underside of the flower, and in lesser amounts on the stem and leaves. This makes the whole plant a little sticky (and your hands sticky when you are harvesting the plant!) Calendula is also used as a homeopathic remedy. Its homeopathic “proving” was received in the early 1800’s.

When used as a wound medicine, Calendula affects wounds that have tendency toward fluid and wounds that are tender and swollen, tending toward pus. They may be open or closed. Calendula works with the lymph system to dry up and disinfect stagnant puddles of water under the skin “cleaning the wound from the inside”. Modern research has shown that when affecting bacteria, it does not “kill” the bacteria, but rather contains them, keeps the wound clean and this helps the body to cure itself. It has been used to heal bedsores and stomach ulcers.

As one herbalist states, Calendula is “herbal sunshine” and can be applied effectively as a remedy for “where the sun don’t shine”

Just as the sun clears away clouds and dries up moisture, Calendula affects moisture in our system. It is a gentle effective healer for removing excess dampness, and helps clear stagnation of the lymph system: swollen glands in all areas of the body, lymph

edema, (especially post-mastectomy), inside the nose, inside the mouth (thrush, canker sores), vaginal problems/discharge, behind and in ears and in skin folds (rashes, chaffing). All of these areas are “where the sun don’t shine”!

One local herbalist, Kay Mattila-Smith has seen its effectiveness for clearing mites from around the eyes and behind the ears.

Kay’s way of making an oil infusion would be easy for anyone.

Start with a quality oil — grapeseed oil is a good one — but choose one you like. Throughout the summer as the blooms come and go, periodically pick the flowers. Just past full bloom is OK. Toss them in the oil. As the days and weeks progress, remove the old blooms and add the new ones. At the end of the season, strain your final mixture and you have a beautiful healing oil to use all winter.

Dried blooms are also a great way

to have the nurturing properties of Calendula available thru the winter to use as a general immune tonic.

Calendula has been touted to provide increased immunity. It has long been used as a culinary herb in the winter months for soups, hot dishes and rice. It has been referred to as “poor man’s saffron”. I also save the stems and leaves of the plant at the end of the season and dry these as well. Once they have simmered

in the soup, the tougher stems can be picked out.

Calendula adds a subtle warm, spicy, sweet flavor to dishes. It makes an excellent tea. It has cheering, uplifting qualities that can help lift the spirit during long winter months. It is a good ally for those suffering from Seasonal Affective Disorder.

You can find dried Calendula in the bulk herb aisle at the Co-op.

Calendula is also made into tinc-

tures. Externally it is used as a wash, poultice or salve. It is a safe and gentle remedy. There are no contraindications or side effects listed in any of the references used for this article.

However, as with all supplements, and herbs/food used as medicine, use the wisdom of your body and your own health care resources to assist you in your use of this happy herb. **CG**

References: *Herbal Medicine* — Blumenthal/Goldberg/Brinckmann – first edition 2000

*The Book of Herbal Wisdom* (using plants as medicine — Matt Wood –1997

*The Way of Herbs* — Michael Tierra –1980

**Herbs are medicine and their use must be taken with care and respect. Each individual is different and may react differently to certain herbs such as allergic reactions. Self-treat at your own risk. Consult a physician should symptoms persist.**

For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: [/www.diamon-naturals.us/Guild.htm](http://www.diamon-naturals.us/Guild.htm)





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## Garbanzo Gazette

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The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of 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, March 30th. Refer submissions and questions to shannon@wholefoods.coop.

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

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

**MOVING?** Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members 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 members are not eligible for membership benefits and will not receive the newsletter.

# savor the season

by Shannon Szymkowiak, Marketing & Member Services Manager

**W**ow. Last month, I let it all hang out and shared a part of my personal health journey. I have been astounded by the number of people (mostly women) who have approached me about that article – relating their own stories, appreciating the recognition of unrealistic media expectations, or just giving me a “you go, girl!” I so appreciate all of the feedback. I never realized so many people could be touched by what I had to say. I hope I can fulfill the promises I've made to myself and by extension, you.

It's still winter but I can see spring from here. I've been looking at catalogues, planning what I'm going to do to my yard this year. When I moved into my house four years ago, the landscaping consisted of three pine trees, an overgrown lilac bush, some “landscaping” skirting the house and a whole lotta buckthorn.

The buckthorn is gone, and the other shrubbery and lilac have been regularly pruned. With the help of St. Louis County, Barb Holliday, Paul Hlina, Jane Reed and other gardening friends, I have two flowerbeds in front, more lilac (now 3 feet tall!) and some Nanking cherry bushes. In back, there are Peonies, Roses, an Azalea bush and a native plant bed. I finally got raspberries last year. Or, I would have if I'd been smart enough to put bird net on them!

As a budding gardener (pun absolutely intended), I've been learning that plants don't always do what

you want them to do. That the fabulous gardens I hope will be the envy of my neighbors take time to develop and patience is not one of my virtues. Four years is hardly enough time, and yet, is way too long to wait for what my mind's eye envisions. I want to proudly bring fantastic bouquets of flowers to my friends each summer. I want to share plants because they've gotten so big I have to divide them. I want to establish my herb and flowerbeds so I can concentrate on building some raised beds for vegetables. I want, I want, I want.

My sister will be having a landscape architect to her home this spring to take care of her yard. Magically, her yard will be at the least, acceptable, but

from the plans I've seen, will actually be much more than that. She has no desire to get dirt under her nails and track dirt into the house to get a hard earned cold drink. She cannot understand why I would spend a perfectly good Saturday hauling rocks for a retaining wall. I do not blame her. I used to be much like her when it came to growing things – impatient and unwilling to urge things to grow.

But I had a magical thing happen on the deck of the NE Minneapolis duplex I lived in before I moved to Duluth. I had this wild idea to plant some morning glory seeds in a window box. I bought some sedum and stuck it in a pot and mostly ignored the whole mess. Well, the gardening elves (or are they fairies? gnomes?

brownies?) were doing good works, because the morning glories grew into a living privacy wall of color between my deck and my neighbors'. And the following spring, when the pot I left out on the deck over the winter started re-growing the sedum, I discovered the magic of perennials. I instantly wanted my own yard and garden. I wanted a farm (and still do). I want, I want, I want.

This year, I want to do right by my flowering charges. I want to give them what each desires in terms of light, water, and compost. I want to put everything where it will be happiest and most fruitful.

But mostly, I want to have patience, and accept that things grow and ripen at their own pace. I want to slow down and smell the roses. My roses.

Here's a recipe for those of us who over-wintered our herbs and for the rest of you who can pick some up at our Co-op. Enjoy on crackers with a glass of wine as you finalize your gardening plans.

### Herbed Chevre

8 oz. Plain Chevre (you may also substitute Cream Cheese or Neufchatel)

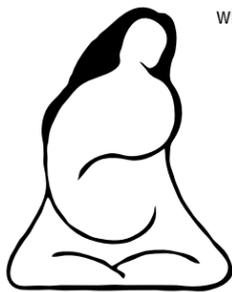
1 T Red Bell Pepper, minced  
1 T Oregano, minced  
1 T Thyme, minced  
1 T Chives, minced  
Salt & Pepper to taste

Let the cheese come to room temperature. Add the herbs and mix until well blended and the herbs are evenly distributed. For best taste, let the mixture sit for at least an hour before eating on your favorite cracker. **GG**



**M&MS Manager Shannon Szymkowiak deciding which organic seeds to buy.**

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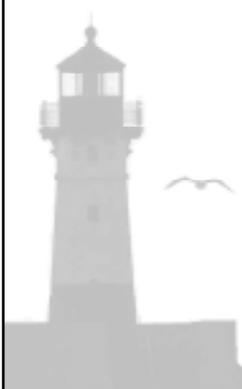
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# board report

the board's work is words

**A**t our 2007 annual board retreat, we worked with Cooperative Development Services consultant Marilyn Scholl. We do this every year (hence the phrase "annual board retreat") and it helps us focus on our goals as servant/leaders of the WFC membership. Marilyn is expert at letting us go on tangents, wander off-topic, dream, envision, and talk big. Then she reins us in and makes us get down to the business of being a Board of Directors. The tangential, off-topic part is fun (and necessary — like the musical says, "If you don't have a dream, how you gonna have a dream come true?"), but what's really rewarding is being reminded of our work as a board.



Jean Sramek, your Board President

overview of policy governance, and made up a list of goals for 2007. Somewhere along the way, we ended up — as we always do — on those tangents, big talk about deli displays or what kind of crackers we carry. This is not to say that our deli displays and our cracker selection are not important, because they are. But it's not the Board's job to select products, do marketing, make personnel decisions, or directly supervise any of the myriad other tasks that fall under the heading of "operations." The Board has one employee, the General Manager; the GM's job includes the responsibility of hiring people who are qualified to do the day-to-day operations of the WFC.

The Board's work, as Marilyn reminded us, is words. That is, the Board makes and monitors policy for the Co-op. It's both more rewarding

and more complex than it sounds. Through the model of policy governance, we have written policies for every aspect of the WFC. This model keeps the WFC Board focused on our mission, on the seven cooperative principles, and on roles as representatives of the WFC Membership.

The WFC Board loves talking to Members, because we're also Members. Although it's easy (and fun) to get into those tangential conversations about product selection or store operations, we also invite our Members to come to Board meetings to observe the process of policy governance. The Board's work is words, and it's hard work. But you just might be amazed at how well policy governance makes your Co-op run.

To attend a Board meeting or get on the Board meeting agenda, just email us at [wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop). This will send an email to all seven directors, plus General Manager Sharon Murphy. **GG**

# board of directors

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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
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5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community

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# staff news

## STAFF ANNIVERSARIES

### MARCH:

Bjorn Bjerkle	1 yr
Jennie Lennick	1 yr
Sharon Murphy	27 yrs

### APRIL:

Jeremy Beckman	1 yr
Jill Holmen	7 yrs
Dan Sauter	1 yr

Our own Carol Kari, FE Asst., was awarded the School District of Superior Superintendent's Award of Excellence for her ongoing work with the Superior PTA as the Superior Area PTA Council President. Thank you for your commitment to the Twin Ports Community!

Sonja of Produce would like to announce that the Free Cycle Bicycle Collective is up and running. The collective, which started in July, is founded on the education of bicycle building, maintenance and safety as well as creating community and solidarity in the Twin Ports biking community. FCBC provides a comfortable and outgoing atmosphere in which even the most amateur of bicyclist will be put at ease. They have a lot of frames and parts so that you can build a new bike or fix or winterize your own and oh yeah, everything is free! The collective is working out of a garage presently at 216 N. 16th Ave. They are open to everyone from 5-8 PM Tuesdays and Thursdays. Talk to Sonja or call 612-812-5288

To quote so many of his co-workers, "It's about time!" Steve Perry, Shift Leader, and his long suffering partner in crime, Guthrie, finally made it official with a wedding on January 27. Congratulations!

And on a sadder note, the very same Steve Perry has accepted a position in Washington D.C. He will be leaving the Co-op March 4th. Steve, you, your chocolate milk and cheese puffs will be missed. Good luck from all of your Co-op pals!

And news from Produce... Kudos to our own Sarah Fenner, Produce Assistant, who was recently accepted as the Grandma's Marathon Assistant Design Director Intern. She will be designing T-shirts, badges, signs and other items for the Marathon. Congratulations, Sarah.

## CERTIFIABLE FACTS

The Hopkins, Minnesota, school district has revamped its school lunch program to incorporate more whole grains and organic foods.

# new products

## HBC (Health & Body Care)

- **Burt's Bees**
  - Tips 'n Toes Kit
  - Pomegranate Lip Balm
- **Derma E**
  - Clear Skin Care Line
  - Papaya and Soy Milk Cleanser and Toner
  - KGinseng & Ester-C Moisturizing Cream
- **Home Health**
  - Hyaluronic Acid Facial Care Cream
- **ABRA**
  - Cellular Detox Body Scrub
- **Sunshine Spa**
  - Peppermint Rosemary Herbal Salt Scrub
- **SUKI**
  - Eye Tissue Repair
- **Source Natural**
  - Resveratrol
- **Natrol**
  - Hyaluronic Acid, 30 ct
- **American Health**
  - Apple Cider Vinegar tablets
- **Nature's Plus**
  - Source of Life Energy Shake, 1.1 lb and single serving

- **Herb's Etc.**
  - Essiac Tonic softgels and liquid
  - Lymphatonic softgels
  - Smoke Free softgels and mouth spray
- **King Bio Homeopathy**, (liquid spray formulas in distilled water)
  - Liver Detox
  - Blood & Kidney Detox
  - Lymph Detox
  - Chemo Cleanse

- **Emergen-C**
  - New packaging, same great product!
- **ZuZu Luxe**
  - Our new make-up line

## DAIRY

- **Nancy's Yogurt**
  - Plain\*
  - Vanilla\*
- **Brown Cow Yogurt**
  - Raspberry
  - Blueberry
  - Strawberry
- **Smoke & Fire Tofu**
  - Lemon Garlic\*
  - Barbeque\*
- **Promised Acres Eggs\***
- **Naked Juice**
  - Black and Blueberry Rush
  - Strawberry-Banana
  - Purple Machine
  - Power C

- Rainforest Acai
- Gold Machine
- Black Currant
- Pomegranate Acai
- **GT's Kombucha**
  - Original
  - Grape
  - Multi-Green

## FROZEN

- **Alexia Pizza Snacks**
  - Italian Sausage
  - Pesto Chicken
- **PJ's Burritos**
  - Chicken\*
  - Breakfast\*
  - Beef\*
- **Alden's Ice Cream**
  - Chocolat\*
  - Vanilla\*
  - Strawberry\*

## GENERAL MERCHANDISE

- **Frontier**
  - 4.5" Mortar/Pestle, cobalt blue
  - Savory/ Tofu Seasoning
  - Sprouting Seeds, Whole Green Peas
- **ChicoBag**
  - Reusable Shopping Bag



The NewWave Enviro Products Premium 10-stage Water Filter can now be special ordered. See any staffer to order.

- **NewWave Enviro Products**
  - Premium 10-stage Water Filter

## COFFEE

- **Alakef Coffee**
  - 12oz bag Organic Colombian, whole bean
  - 12oz bag Jarumbo (rum, chocolate, cherry) flavored coffee, pre-ground
- **Equal Exchange, 12 oz bags**
  - Organic Café Nica, whole bean
  - Tanzanian Jubilee, drip grind
  - French Vanilla, drip grind
  - Hazelnut, drip grind
  - Hazelnut Decaf, drip grind

- **Peace Coffee, 1 lb bags**
  - Birchwood Breakfast Blend, whole bean
  - Twin Cities Blend, whole bean

## GROCERY

- **Traditional Medicinals Tea**
  - Dandelion Root\*
- **Earths Best**
  - Infant Formula\*
- **Baby's Only Essentials**
  - Oral Electrolyte Drink
- **Eden Foods**
  - Umeboshi Pickled Plum Paste
- **Zen Soy single serve Soymilk**
  - Vanilla\*
  - Chocolate\*
- **Health Valley Cracker Stix**
  - Garlic Herb\*
  - Mediterranean\*
- **Pamela's Gluten Free Simple Bites**
  - Ginger Mini Snapz
  - Chocolate Chip Mini Cookies
- **Kashi TLC Coolies**
  - Oatmeal Dark Chocolate
  - Happy Trail Mix
- **Simply Organic**
  - Hollandaise Sauce\*
- **Annie's Naturals**
  - Papaya Poppy Seed Dressing\*

- **Annie Chuns Sauces**
  - Pad Thai
  - Korean Barbeque
  - Chinese Stir Fry
- **Tinkyada Gluten Free Pasta**
  - Fusilli
- **Pacific Tomatoes**
  - Sauce\*
  - Diced\*
  - Crushed\*

- **Health Valley Soup**
  - Lentil\*
  - Tomato Bisquel\*
  - Minestrone\*
  - Black Bean\*

- **Luna Sunrise Bars**
  - Blueberry Yogurt\*
  - Strawberries and Cream\*
- **Country Choice Instant Oatmeal**
  - Apple Cinnamon\*
  - Maple Syrup\*
  - Variety Pack\*
  - Fit Kids\*

- **Citra Solve**
  - Citra Drain
- **Green and Black's Impulse 1.2oz Chocolate Bar**
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- **Equal Exchange Chocolate Bars**
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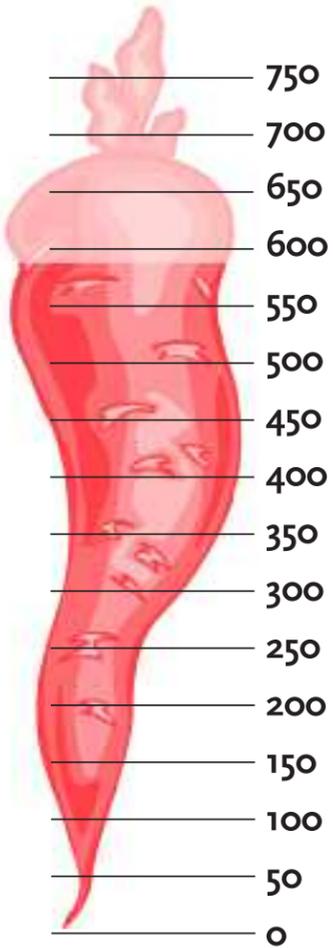
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YOU NEED THIS!!

# welcome, new members!



Brita Rekke  
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Deborah Waldron  
Erik Johnson  
Susan Maras  
Ian Anderson  
Heather Conrad  
Tanya Hexum  
Daniel Lew  
Timothy Olson  
Gimiwon  
Nahgahnu  
Rosalie Gallagher  
Roberta Tietge  
Daniel House  
Herb Bergson  
Tatiana Waid  
Allison Slavick  
Ben Miner  
Sandra Bentley-Williams  
Walter Carlson

Catherine West  
Jacqueline Dolentz  
Dale Tuura  
Diane Olson  
Tracy Bockbrader  
Jeremiah Brown  
Elissa Leno  
Diana Wilkerling  
Gregory Francisco  
Sharon Strand  
Steve Van Kekerix  
Delyne Ziegler  
David Starkey  
Roxane Dawn  
Irene Schmidt  
Sandra Graff  
Linda Wiggins  
Brenda Eisenmann  
Cheryl Olson  
Andrea Snodgrass  
Wendee Churchill  
Abdulaziz Al-Arfy

Linda Enlund  
Hailey Roessler  
Tom Warren  
Louise Pell  
Marilyn Johnsen  
Michael R. Lafontaine  
Rory James Strange  
Nancy Sailstad  
Cathleen Nelson  
Richard Caffrey  
Anne Spenningsby  
Michael Sengbush  
Marna Banks  
Debbie Olson  
Natasha Kowalowski  
William Henderson  
Karen L. Ratner  
Peter Woitock  
Sarah Louise Fransen

Gregory Gailen  
Sanna Shields  
Laura Beth Labounty  
Janell Leann Hill  
Steven Filipovich  
Eddy Gilmore  
Nicole Lynn Rath  
Jon Tepoel  
Vicia Biggs-Anderson  
Thomas Stanley  
Carolyn Anderson  
Michele M. Higbee  
Daniel Vear Markee  
Andrew Chalberg  
Cherrie Moore  
Sue K. Spilman  
Lyndsay Sauer  
Achilles Sangster II  
James Glidden  
Carol Walczynski

David M. Sather  
Nelson B Chatfield  
Judy M. Thompsom  
Daniel Larva  
Yvonne-Marie Oliver  
Nancy J. Peterson  
Mary J Olson-Reed  
Linda Gooder Nervick  
Mary E. Millard  
Dorene Brtek  
Thomas Walden  
Cecile Christine Allen  
Daniel Morey  
Steven Michael Hohenstein

We have set a goal of 730 new members before July 1, 2007. An additional 95 new members brings the total to date to 581. We're over halfway there! Thank you, new Members!



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*Editor's Note: If you want to make your voice heard about the cloning issue, information is available in the WFC vestibule.*

**T**he FDA recently approved the sale of milk and meat from cloned animals for human consumption, thus declaring it is as safe as noncloned animal products.

*Seeds of Deception* author Jeffrey Smith responded to the decision: "Reminds us of their 1992 approval of GM crops... When the agency's internal files were made public years later, they revealed that the FDA's GMO policy was dictated by corporate manipulation, not sound science. Warnings by government scientists were ignored by political appointees from the biotech industry."

That statement is disturbing, but surely things have changed in the past 16 years. We should feel more confident that the USDA, EPA and FDA are protecting consumers and farmers' rights regarding pesticides, GMOs and using sound food science.

A couple of newspaper articles paint a different story. From the Aug. 16, 2006 edition

of the Washington Post: "In a toughly worded 52-page decision released without fanfare late last

week, a U.S. District judge in Hawaii concluded that USDA's Animal and Plant Health Inspection Service (APHIS), which grants permits for the planting of GE crops, should have first investigated whether crops genetically engineered to produce medicines and vaccines posed a threat to any of that state's hundreds of endangered species." Judge J. Michael Seabright wrote in his Aug. 10 decision: "APHIS's utter disregard for this simple investigation requirement, especially given the extraordinary number of endangered and threatened plants and animals in Hawaii, constitutes an unequivocal violation of a clear congressional mandate."

Considerable measures are taken to protect Hawaii's biodiversity, including that Hawaii vacationers must declare any agricultural product, as well as convey whether they've recently been on a farm.

In a more revealing article by Michael Janofsky on Aug. 2, 2006 at [www.nytimes.com](http://www.nytimes.com), unions representing thousands of staff scientists at the EPA said the agency is bending to political pressure and ignoring sound science by allowing a group of toxic chemicals for use as agricultural pesticides. Leaders of several federal employee unions wrote that they believed that under priorities of EPA management, "the concerns of agriculture and the pesticide industry come before our responsibility to protect the health of our nation's citizens."

Organic produce looks like an even better value when you consider that synthetic pesticides, fungicides and herbicides aren't allowed under organic standards. An organic farm must have its agricultural inputs and growing practices verified by an independent third party certifying agency before it can be certified as organic. Perhaps it's time for each of us to take more responsibility for our food and demand more accountability from those who are supposed to safeguard our best interests.

bowl of soup. As winter starts to loosen its grip, why not try something that will comfort and excite you?

## Hot & Sour Soup

— adapted from a recipe by Mei Ibach

- 8 Oz Shrimp (shelled and deveined) or Firm Tofu
- 1 1/2 Qts Shrimp, Chicken or Vegetable Stock
- 2 Cloves Garlic, chopped
- 2 Shallots, sliced
- 5 Kaffir Lime Leaves
- 5 thin slices of Thai Ginger (Galangal) or regular Ginger
- 2 stalks Lemongrass, cut into 2" lengths and release its fragrance by pressing with the back of your knife
- 1/2 C Straw Mushrooms (canned)
- 1/4 C Mushrooms (Shitake, Crimini or White)
- 5 red Thai Chiles, sliced
- 1/4 C Fresh Lime Juice
- 1 T Tamarind Paste
- 1/2 t Sugar
- 2 Tomatoes, cut into small wedges
- 1/2 Onion, sliced

- 1 t Thai Chili Paste (optional)
- 1 T Cilantro Leaves, chopped
- 1 T Green Onion, chopped
- 2 T Canola Oil
- Salt and Pepper to taste

In a heavy pot, heat canola oil and stir-fry the galangal, garlic, shallot, lemongrass, kaffir leaves and chiles until fragrant. Add stock and bring to a boil over high heat, reduce to medium-low heat and simmer for 20 minutes. Add fish sauce, tamarind paste, lime juice, sugar, salt and pepper to taste. Stir in onion, tomatoes, mushrooms, chili paste. Simmer 5 to 10 minutes to impart the entire flavor. Stir in shrimp or tofu and turn off the heat (not to overcook the shrimp). Garnish with green onion and cilantro.

Makes 4 to 6 servings

References This Issue: Gene-Altered Crops Denounced- Environmental Groups Seek Moratorium on Open-Air Tests, By Rick Weiss, 8/16/06, [www.washingtonpost.com](http://www.washingtonpost.com); Scientists and Federal Employees expressing concerns about political influence in agencies that regulate GE crops; [www.ucsus.org/news/press\\_release/fda-scientists-pressured.html](http://www.ucsus.org/news/press_release/fda-scientists-pressured.html), and [nytimes.com](http://nytimes.com); Unions Say E.P.A. Bends to Political Pressure, Michael Janofsky, New York Times, [www.nytimes.com/2006/08/02/washington/02pest.html](http://www.nytimes.com/2006/08/02/washington/02pest.html); Spring Baby Garlic or "Green Garlic," <http://thegarlicstore.com>

# fresh perspectives

## sound science?

To learn more about the organic food you eat ask your Produce Manager where the food comes from. Visit the National Campaign For Sustainable Agriculture at <http://sustainableagriculture.net>, or visit the site of the Organic Trade Association at [www.ota.com](http://www.ota.com) for more information on organic food and farming.

For the latest information on pesticides and their effects on human health and the environment go to the Northwest Coalition for Alternatives to Pesticides website at [www.pesticide.org](http://www.pesticide.org).

To get a different perspective about science and our food, go to The Union of Concerned Scientists at [www.ucsusa.org](http://www.ucsusa.org).

During this month when the weather can be as angry as a lion or gentle as a lamb all you really crave is the simple comfort that comes from a

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# March Cheese of the Month: Cheddar

Eric Bong, Deli Counter Mgr, Cheese buyer

March is here, the month for English and Irish cheeses. This gives us many good options! You may discover some Dubliner in my fridge on St. Patty's Day. I get giddy over Gloucester, cheeky over Cheshire, love my Leicester... Wait! Where's my Wensleydale? Still, it's standard suit to stick Stilton on salad. (Say that 5 times fast). I wouldn't turn my nose up at any of these, but by far, the most famous of the English cheeses is Cheddar.

With a wide range of flavor, dependent mostly on its age, Cheddar is indeed the most famous cheese in the world. It certainly has a long history of popularity. As early as 1170, the Great Roll of Pipe (the king's account) documents that King Henry II purchased 10,420 lb of Cheddar for about 3£ a tonne. That's about \$5 for over 2200 lb. or \$25 for the whole works. In 1840, in honor of her marriage to Prince Albert, Queen Victoria was gifted with a wheel of Cheddar that weighed 1,250 lb and had a diameter of 9 ft. Interestingly, it was made by a cheese co-op between two nearby towns. President Andrew Jackson is said to have served 1,400 pounds of Cheddar for a house party. In 1893, cheese makers in Perth, Ontario produced 22,000 pounds of Cheddar for the World's Fair in Chicago. In 1964, Wisconsin cheese makers made 34,951 lb of Cheddar for the World's Fair. In 1901 Captain Scot RN had 3,500 lb. of cheese from the town of Cheddar dispatched to his ship "Discovery" to set sail on his famous Arctic voyage. That's a lot of famous cheese for a lot of famous people.

Unlike most other famous cheeses, the Cheddar name is not protected. Consequently, almost anyone can make a cheese in the Cheddar style, whether it's from Cheddar or not. The small towns and villages around the Cheddar Gorge are credited with its advent, though no Cheddar is today made in the town of Cheddar.

Traditionally, Cheddars are hard/semi hard cheeses made of cow's

milk. It is heated to 88° F, at which point, cultures are added and allowed to ripen for one hour at a sustained 88°F. Rennet is added, and the mixture allowed to coagulate for 45 minutes, making curd. The curd is cut or crumbled into small balls, and in a process called "cooking" the cheese, the heat is



slowly increased to 98°, and sustained until the curd firms to a spongy texture. Next, the whey is drained, and salt is added. Now begins a step called "Cheddaring," in which the cheese is cut into bricks and pressed to remove excess whey. The cheese is usually

turned over and pressed repeatedly with increasing weight each time. The final press is done for several hours, usually overnight. The cheese is allowed to dry for 4 days in a cool place, and traditionally is cloth wrapped and aged from 6 months to many years at about 55°F.

We carry many Cheddar cheeses here, as well as Cranberry Wensleydale, Blue Stilton, and Irish Dubliner.

If you are interested in any other English or Irish cheeses, we may be able to special order a wheel in for you.

Look for Spanish cheeses in April! GG

Eric Bong is 27 years old and has been the Deli Counter Manager, Bread & Cheese Buyer since July of 2006, though he was originally hired

in the Deli in November 2005. His favorite foods include Starkrimson pears, Lemonweir Goat Cheese, big salads, peanut butter pretzels, goji berries and pumpkin seeds. He loves to make music, hike, camp, go to concerts, participate in drum circles, do yoga, and collect sunlight.

Sources: *Cheese Primer* by Steven Jenkins, Wikipedia Online, Cheddar Gorge Cheese Co. website.

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Peace Church invites the Duluth community to join in a study to determine how we can fulfill the "Just Peace" mandate to "oppose war and understand the relationship of justice to security from violence."

Jan. 28 - GLBT issues - "Marriage Equality"

Feb. 25 - Global Justice  
Philippines Sister Church

March 25 - Domestic and global nonviolence -  
"The Expanding Circle of Nonviolence"

April 22 - Earth Day - "Climate Justice:  
A Christian Perspective on  
Global Warming"

May 27 - Just Peace - "Makers of Peace"

Peace United Church of Christ

1111 E. 11th Ave. N., Duluth  
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# We're Certified!

## The Organic Certification Process

Debbie Manhart, Store Manager

**B**elieve it or not we didn't just decide to become a certified organic retailer when we moved to the new store. It was decided back in 2001 when the new organic rules went into affect. At that time, we were looking for a new location and we didn't realize how long it would take to find one. We knew it would be easier to become certified in a new location, so we started the process by learning what the new rules were, what we had to do to comply with the rules, and defining the processes of how to comply with them and documenting those processes. None of these tasks were by any means a small feat.

Each department had to document everything from cleaning charts to the flow of food upon receipt all the way to being stocked on the shelves, and we must have on hand current organic certificates from our suppliers and farmers. We have written handling and receiving plans for each department. Every employee is required to attend an organic standards class, pass a test, and sign an affidavit stating that he/she understands and will abide by the organic standards. We developed an Organic Standards Team to help research, coordinate information from each department manager or buyer, help each manager or buyer learn what each one needed to do, and develop and teach the organic standards class. The team consisted of Michael Karsh (Produce Manager), Shannon Szymkowiak (Marketing & Member Services Manager), and Debbie Manhart (Store Manager).

To make this a little more understandable, let's follow a case of organic, bunched spinach. Michael orders the bunched spinach from Farmer John. John picks and bunches the spinach at his certified organic farm following all practices that farmers are required to follow. John then delivers it to the Co-op where a Produce Receiver checks in the spinach. The Receiver looks on the box to make sure it is labeled correctly — the box has to be labeled with the farm name, the farm contact information, and organic certification information. The Receiver will also check to make sure the product is of high quality and nothing non-organic was stacked on top of the organic spinach. Once the Receiver OKs the spinach, an "origin code" is placed on the box as well as a big green sticker to easily identify it as organic. Our origin code is the invoice date and another 2-digit number that identifies the farm. This is a require-

ment because we need to be able to track all products back to the origin in case of any concerns raised about the organic status. The Receiver then brings the spinach upstairs to the produce department. If the spinach is looking a little dry it may receive a bath in filtered water and in a sink designated for organic use only. Once it comes out of the bath it is placed in big tubs (they look like white garbage cans) called greenskeepers that are designated for organic use only.

That's where the spinach will stay until it is ready to be stocked on the shelf. When it comes time to stock the product out, anyone handling the product who has just come on shift or who has just handled a non-organic item must wash their hands.

Displaying the product is next and is key here. We are required to do due diligence to ensure the organic integrity of the product. Michael will not design a display where non-organic red bell peppers are right next to the organic bunched spinach without a barrier, as there is a potential for comingling. We also provide bags for your produce, although we really encourage you to bring your own. While we follow the strictest sanitary standards it is best to use a bag so you don't have to put the produce directly in your cart nor directly on the belt at the checkouts. This ensures the organic status of your produce.

After we put all systems in place for all departments and documented every step, we sent that information (in a stuffed full 3-inch 3-ring binder) to MOSA (Midwest Organic Services Association) and requested organic certification. MOSA looked through our information and scheduled an independent inspector to visit our store to ensure we were doing everything we said we were and to make sure we were doing everything to ensure the organic status of all of the organic products we sell. The inspector spent a day and a half with me going through each department, asking questions, talking to the Buyers, and tracking products we had on the sales floor back to the invoice. She had a few suggestions for changes and requested some further documentation. She then turned in her observations to MOSA, and I sent MOSA the documentation she requested.

MOSA was very impressed with our standards, commitment to organics, and our training program. As of January 31, 2007, we received our organic retailer certification status. Way to go Co-op staff! It took everyone's help to obtain this status. Now that we have this status we are subject to annual inspections in order to maintain our certification, so you can be assured that we will not drop our standards or our commitment to organics. **GG**

*Debbi Manhart started in the food service industry over 15 years ago and has been at WFC for more than seven years. She loves to cook, of course, with organic food from WFC.*



## Book Review *by Judy Kreag, member*

**Aromatherapy A – Z**  
by Connie and Alan Higley and Pat Leatham

**A**romatherapy has been around for centuries. Today, as many people begin to shy away from taking so many toxic drugs, it has become more and more popular and people continue to learn and benefit from the proper use of essential oils.

The authors Higley and Leatham have both had an interest in natural healing from a very young age. Their skills and interests seemed to blend together as they worked on the details of this book. They have also provided a bibliography to help those interested in additional resources.

This book is divided into two sections. The first is a primer on how to use essential oils and the second is an alphabetized list of conditions and suggested treatments. They emphasize the importance of using pure quality oils. Anything less than pure may not have the desired results. In the primer, they list almost a dozen benefits for the use of these oils, from stimulating the immune system to acting as anti-fungal, antimicrobial, antiviral and antiseptic agents. To get the full benefit of these oils one must be educated

in their benefits and uses. It is important to know which ones to use for diffusing, which ones can be used full strength and which ones need to be diluted. One also must know where to apply them. In applying essential oils, breathing is the fastest way for the body to absorb them. The second

fastest is through application to the feet and ears.

In the second part of the book, conditions and suggested treatments are listed alphabetically. Physical, emotional and mental conditions are listed

with their suggested oils. Many oils are marked with an asterisk, which means that they have been clinically proven to be effective in Europe (France). When using this book it is recommended that you study the primer and follow the suggestions to increase the benefits and lessen any possible side effects. It is also always wise to work with a health practitioner when using medicinal products. **GG**

**Judy Kreag has written two guidebook/cookbooks and has worked for a local nutritionist. She is presently the Executive Director of The Dwelling in the Woods, a spiritual retreat 75 miles south of Duluth.**

### CERTIFIABLE FACTS

**O**rganic hamburger patties produced by Wisconsin farmers and sold through Organic Valley ([www.organicvalley.coop](http://www.organicvalley.coop)) have replaced traditional quarter-pound patties in University of Wisconsin Housing Food Service cafeterias.

# the gonzo gourmand

by Jim Richardson, Bulk Buyer

## my new favorite WFC products

I've tried the hot sauces we have in aisle two, and they are great — yes great. Let's talk about flavor. Some consider "hot" a flavor, and maybe it is and maybe it isn't. But leaving hotness aside, these hot sauces have complex, satisfying flavors that are not overwhelmed by the hotness.\* Give them a timid little native-Duluthian taste and you will see what I mean. I am now hooked on these products; you have been warned. I put hot sauce on everything; of course for the hot-sauce lover it's difficult to imagine a food that will not be improved by a liberal application. Those Ian's frozen sweet potato fries come to mind. Normally it's hard to say how they could be improved, but a dip in hot sauce might be just the ticket...

So what is my favorite salsa? Is it one of the hottest ones? Is it one of the fancy ones? No. My favorite salsa is Enrico's Mild, and here's why: freshness. Of all the packaged salsa jars we carry, this one is undoubtedly the freshest-tasting (to me, do your own research). Our Deli also makes a fresh salsa that is "actually" fresh, and as with everything, it is only improved by a dose of additional hot sauce.

What is the gonzo gourmand's favorite chip you rightly ask? Any chip will do in a pinch, being merely a vehicle for salsa in most cases. But for something truly unique and special I get Lundberg rice chips. The plain salted kind if you plan to eat them with salsa, but all of them are good right out of the bag. The seaweed one is my pet fave.

I used Enrico's salsa as a dip for the onion-flavored Mary's Gone Crackers and it was fabulous. Mary's Gone Crackers are wheat and gluten free, made with brown rice, quinoa, and flax — unusual, but heavenly once you wrap your mind and palate around one. I don't know why but the first time I ate Mary's Gone Crackers I knew they would be great with salsa. With an eerie, Cassandra-like gift for prophecy, I was right. Mary's Gone Crackers are crazy good this way. They are even more better as nachos, with organic Muenster cheese melted on top, plus salsa and a sprinkle of bulk nutritional yeast flakes. These are the most origi-

nal, healthful nachos you're ever likely to eat or serve as an appetizer.

Another favorite is Dr. Cracker, also made with flax and other seeds. I prefer the Seedlander Flatbread variety, which I have enjoyed with two Deli dips/spreads — the tofu jala-olive dip, and the blue cheese spread. A slice of tomato on there, or a few capers, and you are in that realm of heaven reserved for savory foods and gonzo gourmands.

I will also state here for the record that any and all rice crackers are delicious plain or dipped, although their perfect match must surely be the Deli's Roasted Red Pepper Pleasure dip. Of particular note among the rice crackers are the Smokehouse Almond from Blue Diamond. I also dig the Back to Nature brand — the cheddar is magnificently done, as is the ginger.

I am using more salt these days, Celtic Sea Salt to be exact. It started when a customer told me he mixes a tablespoon of Celtic Sea Salt into a glass of water each morning and slams it for the minerals. He claimed to feel great as a result. There is of course nothing wrong with eating high-quality sea salt this way; it is not mere sodium but sodium exquisitely balanced with potassium and other trace minerals. I tend to go salt-free or salt-light as a habit anyway and I don't have high blood pressure, so when I heard on a radio talk-show (in Arizona recently) that sodium intake is no problem as long as you are getting enough potassium, I resolved to eat more high-quality salt without looking back. Put country simple, I am now increasing my intake of Celtic Sea Salt, and the Real Salt brand too. Since the flavor of these salts is "saltier" owing to the trace minerals, you actually use less of it than ordinary table salt. Remember, if your salt is white, it has been stripped of most/all of its trace minerals, so eat more gray salt! Or in the case of Real Salt, eat more slightly reddish salt.

\*Disclaimer: I am a native Texan. GG

Jim Richardson, Bulk Buyer, is a ten-year veteran of the natural foods industry, including eight years at Whole Foods Co-op.

## Gary G. Kohls, M.D.

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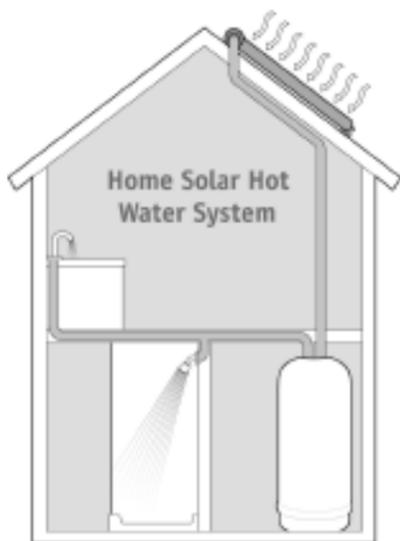
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## Special Order News

WFC offers special orders to all customers for a number of reasons: it provides access to more products than the store offers, allows quantity purchases to be made (like full cases, without reducing access to products for other customers), and a discount is available on special orders for active members (15-30% depending on the product). In order to ensure that WFC can continue to offer this service to all of our customers, we may require a non-refundable fifty (50%) percent deposit before placing a special order if the customer has previously placed an order but did not pick it up in a timely manner; the deposit will be refunded if product cannot be obtained in satisfactory condition and/or at quoted price.

WFC looks forward to continuing to order your favorite products! Just let us know!

### CERTIFIABLE FACTS

The U.S. organic industry grew 17% overall to reach \$14.6 billion in consumer sales in 2005.

### CERTIFIABLE FACTS

U.S. organic food sales have grown between 17 and 21 percent each year since 1997, to nearly triple in sales, while total U.S. food sales over this time period have grown in the range of only 2 to 4 percent a year. According to the findings, organic food sales now represent approximately 2 percent of U.S. food sales.

### CERTIFIABLE FACTS

52% of respondents to a survey done by the Organic Trade Association reported that a lack of dependable supply of organic raw materials has restricted their company from generating more sales of organic products.

# WFC-U Class Schedule for March & April

## March

**Thursday, March 1st.**

**6-7 pm**

**Renewable? Energy? Yeah!**

MREA is coming once again!

Representative Amy Heart will teach a class on the basics of renewable energy and what we can do to live a little more "green". Sign up now before this FREE class fills up!!

**Tuesday, March 6th**

**6-8 pm**

**"Seasonal Produce"**

Assistant Produce Manager Jahn Hibbs will guide you through cooking a gourmet meal using produce that is currently in season! Learn how to make Sorrel Soup with Celeriac, Roasted Beet Salad with Dill & Endive, Sautéed Shrimp with Grapefruit & Avocado, and a healthy dessert of Poached Pears with Citrus & Thyme.

**Instructor Bio: Jahn Hibbs** is currently our Produce Assistant Manager and has a great head for recipes. If you've ever tried one of the recipes frequently found in our produce department, it was most likely compiled or created by Jahn.

**Wednesday, March 14th**

**7-8 pm**

**"Monthly Member Mixer" FREE**

Join us for a FREE class/ get-to-know you for members and non-members alike. Whether you are a new member of the co-op, an "old" member of the co-op who would like to talk to a board member representative or a non-member that wants to know more about membership, come and join us in the Brewery Creek Overlook (to the right of the checkouts) for an informal session. Learn more about the benefits that you can receive as a member and take and short store tour.

**Wednesday, March 21st**

**6-8 pm**

**"Cooking 101: Not Just for Vegetarians!"**

Have a friend or family member who is a vegetarian? Do you want to try to eat less meat? Ever curious about meat alternatives but don't know what to do

with them or how they will taste? If you answered yes to any of the above, then this class is for you. Learn about meat alternatives, how to use them, and actually taste them before you jump into a purchase.

**Instructor Bio: Debbie Manhart** is a long-time employee at WFC and is currently our Store Manager. Fifteen years ago, Debbie started her career in food service by doing a 3-year apprenticeship to a chef, and she has been involved with food ever since. As our former Deli Manager, Debbie is most concerned with healthy eating and food safety (in fact, she teaches a few employee classes on food safety).

## April

**Thursday, April 19th**

**7-8 pm**

**"Monthly Member Mixer" FREE**

See description above.

**Saturday, April 21st**

**9-11 am**

**"Tasty Whole Grain Baked Goods"**

Learn the significant benefits of high fiber baked goods over typical refined flour products for managing your blood sugar, weight, and energy. Enjoy samples of fresh baked whole grain scones, cookies, and/or coffee cake and learn how easy they are to bake. This is an update of the class taught at the Coop in January 2006.

**Instructor: Dan Shapiro** is the health educator at Northland Health and Wellness, where he collaborates with his wife, Virginia Shapiro, DC. His presentations are lively, informative, and inspiring.

**Tuesday, April 24th**

**6-8 pm**

**"The Mediterranean Diet"**

If you went to Dr. Virginia Shapiro lecture series in January, this class might interest you. Dr. Sundberg will go over the tenets of the Mediterranean diet and explain why this is one of the healthiest diets in the world. Shannon Szymkowiak will spend the second half of the class showing you how to prepare some fun dishes that follow the diet's rules.

**Instructor: Dr. Adam Sundberg** is a chiropractor practicing at the Duluth Chiropractic Clinic. He frequently lectures around the Duluth area on various health-related topics. Dr. Sundberg emphasizes a holistic approach to health care including: nutrition, exercise, and general care for our bodies. Shannon Szymkowiak is our Marketing and Member Services Manager and a wonderful cook with years of experience in the natural foods industry.

**Thursday, April 26th**

**6-8 pm**

**"Cooking 101: Mexican Basics"**

Cinco de Mayo is just around the corner. If you are planning a party or planning on attending one and need some ideas, this class will provide them. This class will also provide you with recipes and ideas to use year-round.

**Instructor Bio: Debbie Manhart** (see Bio above!)

### THE FINE PRINT...READ ME PLEASE!

Unless otherwise noted, classes are \$25.00 each for non-members, \$20.00 each for Members. You must pre-register, as space is limited. Prepayment of your class is required to reserve your spot. Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called by WFC and informed of the cancellation. They may then either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows. Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, not be allowed into the class and will be counted as a no-show.

If you have any questions, please contact Anni Friesen at 218-728-0884 ext. 182 or [anni@wholefoods.coop](mailto:anni@wholefoods.coop)



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# A Day in the Life... your helpful shift leaders *by Anni Friesen, M&MS Coordinator*

*Editor's note: This article is first in a series highlighting Co-op employees. We often get asked, "What do you do at the Co-op?", so here's your opportunity to find out. Next issue: Produce Assistant.*

Ray is standing in the produce section when he hears the beep of the loud speaker above. "Shifty Jackie, please dial 411. Shifty Jackie, 411." He shakes his head; he isn't quite sure that he has heard right. This is Ray's first time at the Co-op. He has come here in search of the elusive goji berry. An article in his most recent men's health magazine has noted the benefits of this small Chinese berry and suggests that it may be found at the nearest natural foods store. Ray has bravely entered a new world, and the first thing he hears are calls for shifty people. What type of place is this?

A tall woman walks toward the Customer Service Counter. Her nametag, like those of all employees here, is clear; it reads Jackie. "Hmm...", Ray thinks to himself, "She looks pretty normal and friendly... not really what I would call shifty." Unable to find his goji berries, Ray decides to go up to the counter and ask for help. As soon as he states his quest, Jackie immediately smiles her big friendly smile, "Why don't I show you where they are? You can follow me to the Bulk aisle and I'll get you set."

Shifty Jackie really isn't shifty, and our staff really doesn't like to make weird jokes over the intercom (at least during store hours!) Shifty is short for Shift Leader and the four Shift Leaders employed at the co-op are some of the most approachable people you'll ever meet. You might ask: What exactly does a Shift Leader do? I would respond: What doesn't a Shift Leader do?

From taking care of major problems to understanding the importance of the little details, the Shifty gang is well versed in day-to-day store operations. The first to arrive, and the last to leave, this team is basically responsible for making sure that things are running smoothly.

At 4:20 am, Steve (one of the two usual morning Shifties) rises. He puts on his warmest winter jacket and steps out his front door, eager for the

brisk 3-mile walk to work. The Co-op is dark and asleep when he arrives, and Steve wakes it up gently. He goes through the store making sure that everything is in the right place and he or Jay will put down all of the mats and make sure the BCO seating area is ready for the early morning regulars to have a steaming cup of coffee as they watch the sunrise over the lake.

## TEN QUESTIONS IN ONE MINUTE:

Getting to know Shift Leader Jackie

Age? 24

Birth Order? Youngest

Omnivore or Herbivore? Omni

Transportation? A really crappy car.

Cake or Ice Cream? Cake

On top of your pizza?

Everything that can fit

Skirts or Pants? Skirts!

Shackled or Unencumbered?

Unencumbered

The Who or Led Zepplin?

Rolling Stones

The Beach or the Mountains? Both

Dogs or Cats? Dogs

Steve says that before customers arrive, he will also check the outside of the building "to make sure it has remained unmolested throughout the night." Jay or Steve will check the phone messages to see if anyone has called in sick, and then they will call replacements as needed.

After Debbie, the Store Manager, arrives she and the morning Shift Leader will touch base, discuss special tasks that need to be completed, and identify priorities. "The early and mid morning are a great time to kick those out," Steve claims, "We do cleaning, repair work, and a little construction depending on what the store needs." The lunch rush, starting at 10:00 am, will begin with a tour through each aisle. The Shifty will greet each customer and this will "usually yield a good half dozen or so questions."

At 2:00 pm, one of the night Shift Leaders (usually Jackie or Chris) will arrive. Jackie says that she usually starts her day by going to each department and greeting the employees on the night shift. "By doing this, I not

only get to see who's here, but I also get a good sense of how the day has been up to this point and what I can expect for the rest of my shift," Jackie says. Another important aspect of greeting the staff is letting them know that she is on duty and can be called if anything goes awry. According to Chris, developing a rapport with the night staff is really important to him because this means that they will come to him with any concerns. He says candidly, "The people who work in the evening rock!"

After the initial walk through, the night Shift Leader will convene with their morning counterpart. This is a time for the morning Shift Leader to go over the events of the day thus far, and let the evening Shift Leader know of any problems. These problems may include anything from a broken dishwasher, leaking ceiling, or customer concerns that may need to be addressed. The Shifties are the "go to" part of the WFC staff. As Shifty Jay says, "We don't always have the answer to every question, but it is our place to find the resources available to us and to help the customers and staff whenever possible."

In fact, customer service is a huge part of being a Shift Leader. Jackie states with a chuckle, "We're basically walking customer service desks."

Steve's usually boyish face turns serious as he says, "Customer service is the sole reason this Co-op exists and we want to make sure our customers are happy."

The Shift Leaders will do everything from helping to stock groceries, answer customer questions, take care of maintenance issues, and making sure everything is running smoothly.

And of course, they are here the entire time the store is open, often making them the end of the line for any major problems or complaints.

Each member of the Shifty team has different strengths and backgrounds to draw from. Jackie for example, relates an antidote about stepping back into her deli whites to help make sushi for a Deli special order. (Jackie used to be a Deli cook and no, we no longer make sushi... not even for special orders!) Chris, a volunteer firefighter for the city of Hermantown on his time "off", amazes us with his knowledge of maintenance and construction, Jay has worked at the Co-op forever and is a fount of information about almost everything, and Steve brightens up a room with his warm smile and helpful disposition. They are all willing to jump in and help whenever they can, and this is what makes them such an important asset to the Co-op. Next time you see one of the Shifties, stop and say hi. Even if they look busy, (and they will) Jay, Jackie, Chris, and Steve are there to help you, and they are wonderful resources! **GG**

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## Notes from the front

### Gone, but Not Forgotten

• **Lost: One Norfolk Pine tree.** The tree is approximately 5 1/2' tall (with three or four main stems), green in color, and has a cheery disposition. It was living in a basket-style pot and surrounded with Basalt rocks in the customer vestibule at WFC. It was last seen around Wednesday, January 17, 2007. The tree responds to "you are such a great tree," "I'm so glad you add oxygen to this place" and other carbon dioxide containing words of encouragement. The tree was a gift to WFC from Members Co-op Credit Union when we opened the new store. It has seen the seasons change with us and represented WFC as our very own "greeter." Any help locating this tree and bringing it home to its family, who misses it greatly, will be appreciated.

### I Just Called... to Say... I Love Juice

• **Although great for emergencies, whatever the reason one might need to use their cell phone, I have come to accept the fact that some people's "need" to use them at socially impolite times and places is not going to change (unless we're really lucky).** However, we do ask that, if you have a choice, please try to offer your cashier the same courtesy of full attention by finishing your cell phone conversation about "juice" before your transaction is rung through. We often need to ask you questions, other than "How's your day going", in order to ensure your items are being rung through correctly. It puts the cashiers in an awkward position to have to "interrupt" your phone conversation to finish the transaction. Your cashier and others in line will thank you.

### Finger Food for Thought

• **Our Deli hot table and soup and salad bar have been a great success.** With all of it coming through the Front End, the cashiers sometimes find out the hard way that

## management report

**T**hank you for all your words of appreciation about what this Co-op means to you and for showing your appreciation by shopping in your business. My office is located below the Deli's grab & go area, and I've become accustomed to hearing the echoes of shoppers walking, laughter, murmurs of conversation, and carts rolling by. Except for the time a Brownie Troop, most of whom must have been wearing Doc Martens, traveled through on a store tour, those are musical sounds to a merchant's ear.

WFC realized a profit in December 2006, our first profit since August 2005. Management committed to maintaining a fiscally fit ratio between labor costs and sales, and 2007 is off to a healthy start.

After assessing our first year of events at 610, we've established the 2007 events calendar:

- Our Earth Day event (April 21) is

moving inside with a focus on products and companies that demonstrate their commitment to keeping our planet healthy.

- Our first May Day Mayhem event will be on Saturday, May 5th.
- Our Midsummer Organic Food Fest (MOFF) moves up to WFC's 4th Street parking area (July 28th)
- Our Annual Membership Meeting will NOT be held on the hottest and wettest day of the year in 2007 (we're pretty sure ...) = Sunday, September 16.
- Our Halloween Party will be held on Wednesday, October 31, inside on the lower level.
 

To ensure we stay responsive to the needs of our customers and owners, the Co-op will sponsor a 2007 Member/Customer Satisfaction Survey that will be mailed to members and randomly conducted in the store. The Board is also drafting a

thorough update of WFC's Articles of Incorporation and Bylaws, most of which are from 1990. The revised Articles and Bylaws will be introduced at the Annual Meeting. Member forums to discuss the proposal will be scheduled in fall 2007. A membership vote of approval is required to amend the Co-op's Articles and Bylaws.

Also at the top of our agenda for 2007 is continuing to respond to the issues raised in our 2006 Staff Satisfaction Survey. Beginning in March, 24 employees will participate in on-site leadership development classes conducted by a facilitator from Lake Superior College's Workforce and Community Development Customized Training Program. We've resolved to act on our resolutions in 2007. **GG**

**Sharon Murphy has been General Manager of Whole Foods Co-op for so long that teaching Co-op 101 has become an autobiographical endeavor.**

## Dean's Report

by Anni Friesen, Member Services Coordinator

**I**walked up to the customer service counter early in January, rubbing the sleep from my eyes as I began my workday. Receiving a harried look from Jen Z. as the phone let out a much too cheerful ring, she answered quickly and kindly, "Good morning! Whole Foods Co-op. This is Jen, how can I help you?... Just one moment." She placed the call on hold and reached for the class sign-up book. Before she returned to her call, she gave me a look that read, "What have you done!?!"

The Jan/Feb class cycle was a tremendous success. The phones rang relentlessly as people clambered to sign up for Dr. Virginia Shapiro's lecture series and Emily Montgomery's "Juicing for Life." Our Customer Service Counter staff barely had time to breathe between phone calls and customer questions. Dr. Shapiro, a long time member of the Whole Foods Co-op, has a very strong following in this community, which was made evident by the long waiting list for her

classes. I would personally like to thank her for spending the time to help educate people about how their choices affect their health and for helping to draw people to our classroom. Emily Montgomery also taught her third juicing class at the Co-op. It is obvious that she too has developed a following in our community.

January was also the month in which we started our cooking classes. Though it was a bit slow to begin, I have no doubt that soon we will follow the Blue Heron and Community Ed. in packing our classes. (At least, I'm keeping my fingers crossed!)

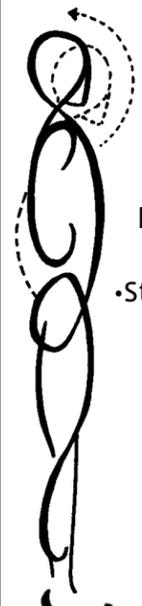
They say that March comes in like a lion and, while our class schedule for these next two months is fierce, our first cooking class is a little more "lamblike" with an emphasis on greens and spring produce. In our new "Seasonal Produce" series, Jahn Hibbs of our Produce department will lead you through our produce section and show you how to cook some delectable

dishes. Also, check out our other cooking classes such as our Cooking 101 series!

We really hope that you get a chance to check out our classroom. What could be better than learning about healthy foods, the "green" lifestyle, and bringing variety to your table while you're waiting for those April showers to end and the May flowers to bloom?

Don't forget our FREE class presented by the Mid-west Renewable Energy Association on, what else, RENEWABLE ENERGY! **GG**

Find class schedules in the new Garbanzo Gazette Event Calendar on page 12 & 13, in the store vestibule, or online at [www.wholefoods.coop](http://www.wholefoods.coop). If you would like to have class information e-mailed to you, please e-mail me at [anni@wholefoods.coop](mailto:anni@wholefoods.coop).



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# Slow Food, Wild Rice, Whole Foods Co-op and You

**A** defense of the local through a global alliance.' This phrase from the keynote speech at Slow Food's international event Terra Madre sticks out in my mind. The Slow Food movement was formed in Europe out of recognition that food diversity and the cultural traditions across the globe which remain intimately connected to the local production of food are threatened by the growth of industrial agriculture. Terra Madre brought together 7500 people in Turin, Italy representing nearly 1600 food communities from all over the world. I was able to attend the second bi-annual Terra Madre conference in October of 2006 because of my work on the campaign to protect wild rice from contamination by genetically modified organisms.

The five day long 'World Meeting of Food Communities' opened with a ceremony in which representatives from the different regions proceeded to the main stage in full cultural regalia and holding the flags of their respective nations. The speeches, workshops and networking opportunities that followed represented an astonishing feat of organizing and hospitality. There were almost 1000 chefs present and to say we ate well is an understatement. Terra Madre is actually the sister event to the annual 'Salone del Gusto' or 'Great Hall of Taste'. Salone del Gusto is like walking through a miniature city made of food. There

was a palpable sense of solidarity and respect between all the Terra Madre attendees and the Italian public. I was an attaché to the Native North American Delegation and we sold Minnesota wild rice from our booth in the Salone. Wild rice was the sig-



nature food which adorned the badges for the entire North American delegation. This is an acknowledgement by Slow Food that wild rice is a unique, essential and treaty protected food to the Ojibwe. Wild rice was also featured prominently because it has been targeted by corporate biotechnology interests for whom nothing is sacred.



Co-op are members of Slow Food. There is clearly a lot of common interest between producers and consumers of organic and natural food with Slow

Food's agenda of preserving culinary diversity. The campaign in Minnesota to win a moratorium on the introduc-



tion of genetically engineered wild rice is in full swing once again. Duluthians have been very supportive of this common sense

legislation. Duluth's City Council passed a resolution in support of this effort back in November.

But in spite of the different political landscape that emerged after the election, our opposition at the University of Minnesota and the biotechnology sector remains entrenched. Our legislators across the state need to hear from Minnesotans who support the campaign to protect natural lake grown wild

rice from contamination by patented, experimental, unregulated engineered genes.

There will be a Slow Food dinner and fundraiser for the Save Wild Rice Campaign Friday, April 2 at 6:00 PM at Bennett's on the Lake Harborview Room featuring Winona LaDuke of White Earth Land Recovery Project. Call 218-722-2829 or email [lakesupriorslowfood.com](mailto:lakesupriorslowfood.com), [mdrgich@d.umn.edu](mailto:mdrgich@d.umn.edu) or [richa514@d.umn.edu](mailto:richa514@d.umn.edu), 218-260-5177 for more information.

*Allen Richardson farmed organically for four years in Pennsylvania, interned with public interest group Friends of the Earth in Washington DC about the hazards of genetic engineering and now works with WELRP on the Save Wild Rice campaign. [www.savewildrice.com](http://www.savewildrice.com)*

the container is not securely closed. I know the containers can sometimes be awkward to figure out, but please let the cashier know if you weren't able to close it properly. One cashier accidentally stuck his fingers into someone's food when reaching to ring it through. At times, the hot bar food is just that: hot. We appreciate your cooperation and I'm sure you'll appreciate not having our fingers in your food.

## A Tisket a Tasket, Please Unload Your Basket

- When you come to the register to check out, please unload your basket to avoid and reduce repetitive stress for the cashier. If you need assistance, we will always be glad to help. Each cashier rings through approximately 125 transactions per shift, and possibly more depending on the length of their shift. Any assistance to avoid repetitive stress is greatly appreciated.

Briana Lowrie is the Front End Manager for Whole Foods Co-op. She has been employed with WFC since September 2003 and has worked in the co-op grocery industry for more than eight years. She is passionate about improving the systems and services of the Front End and looks forward to suggestions and comments. She can be reached by email ([briana@wholefoods.coop](mailto:briana@wholefoods.coop)), postal mail, phone, or in person at the

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# staff shenanigans what we're up to



Anni Friesen, Marketing & Member Services Coordinator, living it up at Living Green 2007.



Look out for Front End Assistant Jason Kokes' photography to be featured in the Brewery Creek Overlook in April. All photos were taken in Minnesota and Wisconsin and he hopes to make a career of it.



Stocker Larry Cuffe shows off one of his favorite products, Dahl Dairy butter. Look for staff recommendation signs throughout the store.



Shift Leader Jackie (featured on page 13) models the fashionable new WFC toteboxes available for only \$2. Great for getting a punch on your Reduce, Reuse, Redeem! card.



Receiving mascots monkeying around.

## the back 40 cold liquid sun

I had been in the practice of saying that 2006 was probably the worst year to grand open anything featuring organic produce. This not because of supply or quality, though there were certainly issues there as well, rather it was primarily the prices and their trends upwards that had me worried. It was the first year in which wholesale prices for cases of apples entered three digits; it was the first year I had seen a price differential with organic celery that topped two dollars a bunch. Demand continues to grow, and we all know of Wal-Mart's greater emphasis on organics (though to see the reality is to be unimpressed).

Now 2007 begins with ice and snow; citrus freezing and transplant-killing weather in the cradle of much non-local organic produce: California. This will certainly mean less available product in citrus and, like last year, the higher prices that can follow short supplies. But additionally, damage to early plantings of some crops may mean that those items may be completely unavailable organically for some period of time. While the situation seemed dire to begin, the outlook has improved some.

We had more Valley Cove oranges, and specialty citrus like the Satsumas

and blood oranges stayed in the display much longer than expected. And all of this follows the e. coli scare in spinach that, though an Earthbound Farms package became a media poster child, had no connection to any organic products, and the usual suspects appeared to claim that organics were inherently unsafe when the level of oversight in organic production far exceeds anything in a comparable non-organic setting.

So what to make of this, growing



Buying regionally supports local organic farmers like Rick Dahlen.

pains or unreliability? In my opinion, both. Prices on non-organics have risen as well, as weather is no respecter of growing standards. But the benefit to the market for non-organics is that non-organic production occurs in a wider variety of growing regions. That allows for the same kind of diversification of risk that any investor

would expect in order to have maximum assurance of a positive bottom

line. A greater emphasis on regional agriculture and proactive development of these additional sources is needed throughout the distribution and retail

**"This is the earth I've fallen against there was no life before this; still icon as if seen through mist cold liquid sun, blue falling from the air... a green shore beyond the rocks; beyond a green continent."**

— Jim Harrison, from *Locations*

environment for organics. Whether it is encouraging more local farmers to put in early greens, to build season extending resources like root cellars, or even simply supporting regional growers through purchasing based on the origin of product there is much that can be done to build more capacity in the organic marketplace.

Now the fortunes of the navel orange are not going to be solved in Aurora, but local growers will be starting their greens and lettuces early to shorten the gaps. Mangos will not be picked in Cook, but the folks down at Co-op Partners Warehouse (our primary supplier of fresh produce) in the Twin Cities work each week with small regional growers from around the country to source the best product, and to develop the very capacity that

can overcome at least some of the issues we are dealing with now. National and international weather trends will always impact us and the king's ransom of variety and quality foods that we have come to take for granted.

In the end, the reliability of supply is a function of growing within limitations, but those very limitations are part of what make organics what they are: time to certify the qualities of the producers and their land and time to work sustainably and responsibly within the boundaries of natural systems. This is not to say that the propaganda regarding organics being

an inherently low-production scheme is in any way true. In fact, organic production levels and quality are the equal or better of non-organic agriculture. We as a movement need to start throwing our nets wider and pushing harder the virtues of organic agriculture as an antidote to the continuing loss of small scale, diversified and responsive food production. Though it is a rough beginning, the message is still a good one — now is the time to build something better and we need more people to do it! **CG**

**Michael Karsh** is the Produce Manager at Whole Foods Coop, where he has worked for the past 14 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.