

Management Report

On February 27, 2004, WFC happily hosted a visit from **Mayor Herb Bergson** as part of his commitment to Fridays in the Community. Mayor Bergson chatted with customers, staff and Board President Katie Neff Dawson before his tour ended up downstairs in the office. There we showered him with graphs and charts and 8x10 glossies about the amazing success of our co-op and the history and challenges of our site search in the Hillside.

Also invited was **Heidi Timm Bijold**, our contact at the Duluth Community Development Office and a strong supporter of WFC's efforts to expand in the Hillside. Between my presentation and the information provided by Heidi and Assistant Store Manager Chris von Rabenau, Mayor Bergson left knowing a lot more about co-ops, natural foods and the need to maintain goods and services in this neighborhood. He also really enjoyed the samples we provided.

In March, we began negotiations on a site in the Hillside. As those negotiations are on-going at this writing and as the site is not publicly for sale, there is not much else to say on this except that entering negotiations also prompted visits with and by local lenders. These visits provided more opportunities to educate community leaders about our cooperative structure, our products, mission and goals for a new site. Each meeting, each contact brings us closer to securing a new site, though the route often feels more circular than forward!

Sales growth and membership growth are critical factors to acquiring financing for our expansion. Though parking may be scarce and the checkout lines are sometimes daunting, THANK YOU all for continuing to support and encouraging your friends to support the Whole Foods Co-op.

Sharon Murphy, General Manager

"Each meeting, each contact brings us closer to securing a new site," ...

*~ Sharon Murphy, General Manager
Management Report*

A Pleasant Farewell...

Happy New Beginnings

~ Meryl Skinner,
mgraphic@boreal.org

March 1, 2004

Dear WFC Board, Staff, and Member-Owners,
Long, long ago, before cell phones and digital cameras; before Hybrid cars and internet shopping; before the OJ trial and F-R-I-E-N-D-S; before the Chili Peppers got red hot and New Age guys got sensitive; before espresso bars appeared on every corner, and Wasabi paste appeared in every refrigerator; before BoTox and Tae Bo; before every body part of a new generation had been pierced by ornaments of mass identification ... at the dawn of desktop publishing, when a gal could still rely on sensible tools - like the sharp edge of an Ex-acto knife and the smooth end of a glue stick - I began editing and designing the Garbanzo Gazette.

At a pivotal point in the previous millennium, I was approached in the 8th Street store about producing the Co-op's newsletter. The interview and selection process was demanding.

As I recall, I had to keep smooch-



ing myself up against a display of chips to let shoppers squeeze by while the outgoing editor pleaded with me to take over.

"... and you also get a working-member discount ... and you get to choose the theme and assign all the articles and ..." I suspect she had approached a great many people in the aisle that day.

"I told her I'd think about it..."

I, apparently, was the only one who agreed to think about it. "I like to

cut and paste," I said.

That answer was good enough for her and good enough to get foot traffic flowing again. I stepped

(Continued on page 2)





news bites

WFC welcomes

Mike Heller, Clerk, **Janet Ramel**, Produce Assistant and **Caroline Shallman**, Financial Assistant. We are also delighted to welcome back **Dana Cunningham**, Buyer's Assistant and **Steve Perry**, Assistant Deli Manager.

Please remember to cash or deposit your **patronage rebate check** (mailed December 5, 2003). The dollar value of rebate checks not cashed by June 2004 will become taxable income for WFC.

Food Policy Committee meeting, Monday, May 10, 5:30 - 6:30 PM, at WFC's Annex, 1522 East Superior Street (upstairs/front entrance).

WFC will be **closed** on Monday, May 31, 2004, Memorial Day and Sunday, July 4, 2004, Independence Day.

COMING SOON !!! WFC's **Annual Midsummer Organic Food Fest**, Saturday, July 31, in our parking lot.

For the latest research on genetic engineering of food crops, follow the links at <http://www.ucsusa.org/> for a report published in February 2004 by the Union of Concerned Scientists that found widespread contamination of conventional seeds with GE contaminants.

DON'T FORGET your plant pick-up dates!

In Store Music: Please, if you have any issues with out in-store music, contact a coordinator. They can either turn down the music, change the station, or even turn it off.

STAFF ANNIVERSARIES

WFC is proud to recognize the following employment anniversaries:

MAY

Dianna von Rabenau,
Manager of Marketing &
Member Services – 17 yrs

Michael Karsh,
Produce Manager – 14 yrs

Teague Alexy,
Produce Assistant – 4 yrs

JUNE

Chris von Rabenau,
IT Manager/Assistant
Store Manager – 18 yrs

Penny Nemec,
Office Manager – 8 yrs

Jay Finch-Newkirk,
Coordinator – 7 yrs

Britta Keenan,
Produce Assistant – 3 yrs

(Continued from page 2 ~ Final Farewell)

aside as she went off to confer with Manager Sharon Murphy, and I was officially welcomed to the Co-op staff.

Nearly 15 years, 90 issues, and a major Co-op expansion later, I am stepping aside once again.

When I began working on the Gazette, I edited and designed the entire eight-page, pocket-size publication. Yes, indeed, the entire eight pages. Through the years, as the Co-op grew, the newsletter grew - into 12 pages, then 16. A new 8 1/2" x 11" format was developed and the task of editing and designing was divided. A newsletter coordinator was hired to handle editorial material and ads. With the newsletter expanding to 24 pages, I could just focus on putting it all together.

Sometimes I put it together with scissors and glue, rough print outs and White-Out; with copies of copies of ads and graphics; with handwritten articles processed through PageMaker and Quark; through the magic of e-mail, and by the grace of tech support.

But I couldn't have put it together without the Co-op staff, Board, and member-owners who write and illustrate the articles, supportive advertisers, newsletter coordinators (thank you, Dianna!), printers and mailing crew, and especially Sharon, who provided the opportunity for me to serve the Co-op in this rewarding position. To all of you who have worked with me through the years, I am grateful.

The March/April issue of the Gazette was my final one. With this issue we welcome a new designer and new beginnings. The best is yet to come.

And although I'm packing up my font suitcases and moving on from the newsletter, I'll still be part of the Co-op - probably that gal in front of you, blocking the aisle while talking on my cell phone.

Respectfully submitted,

Maryl Skinner,

M Graphic Design

Grand Marais, Minnesota ■



Sharon Murphy and Maryl Skinner

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~ Insty-Prints Staff

Insty-Prints would like to take this time to say thank you to Maryl for all her time and dedication to the Whole Foods Co-op Newsletter. It's been great working with you Maryl!

BOARD REPORT by Chad Coffey

Building the Collective and Membership Linkage

Our Co-op is truly amazing. Every month we review and approve new members and almost every month the number is outstanding. Another amazing item is that over 60% of sales are to member-owners...that is great participation. One thing it shows is our membership truly takes ownership and the store is doing it right. Of course I can't mention sales without applauding the staff and the job they do. Our growth has come despite the store's physical limitations. So once we do relocate, it is only up from there.

When I think about relocation it reminds me of

when I used to build models. Some of the kits were easy, and some were not. The most complicated involved plans that had several levels and elements. I remember looking over the plans and thinking how amazing that there are hundreds of parts coming together to build one incredible project. This helps me realize that our project of relocation will come together in the end. We have a wonderful co-op with deep roots in the community, stable and progressive employment, healthy food alternatives and a highly involved membership. When we relocate it will only make us stronger and enable us to continue our growth.



Membership Linkage is the other subject I would like to talk about. As a board we want to work harder at becoming linked with members. We are advocates for you and a goal is to increase that connection. One way we do this is by participating at Co-op events, like Membership Appreciation Day and the Earth Day celebration. Look for us at the next Co-op event or contact us to address any issue you would like to focus on. Thanks for your continued support and patience.

Chad Coffey
Board Secretary



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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 the Co-op. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Tuesday, June 1st. Refer submissions and questions to Dianna von Rabenau at dianna@wholefoods.coop

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SUPERIOR GROWN:

Celebrating a Year of Hard Work!

By Cree Holtz

It seems like just yesterday, I was celebrating last year's spring season by helping to clear a farmer's field of stones after the dormancy and upheaval of winter. So much rock that rises to the surface; what effort it takes to remove those stones! Yet, with the passing of a year and a season of growth, it will soon be time again, to prepare the land for planting. As the earth slowly turns towards the sun, the dirt warms, sap moves, and the green edged ground appears, it is time again, to celebrate the stone, celebrate spring.

There is more for us to celebrate though! Last spring, eighty producers and interested citizens came together for a day of work at the Planting the Seed: Helping the Local Food System Grow gathering to create a project that could be of help and service for our regional farmers and businesses. From that day, Superior Grown was born and since, many volunteers have truly helped make the project a success. Looking back at the year, we have a lot to be proud of!

In Northeastern MN and Northwestern WI, we are blessed with the bounty of having a rich agricultural heritage with many small-scale, sustainable family farms. Superior Grown recognizes this bounty and is working to reconnect people with our dedicated farmers.

By partnering regional producers, businesses, and consumers, Superior Grown works to promote local products and create a sustainable community food system in the Northland. Soon, consumers will be able to find local products, labeled as Superior Grown. They will be able to get to know the farmers who provide for them. Businesses will be able to choose fresher, more quality items for their retail markets, keeping food dollars within the local community. And most importantly, our farmers will be able to retain a greater percentage of the food dollar. By using the Superior Grown

"It is only good enough for your family,
if it is good enough for mine"
~ Superior Grown



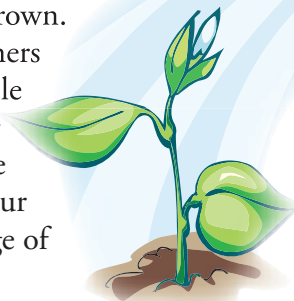
trademark as a marketing and educational tool, we increase consumer and market awareness and demand for 'local' we promote choices, we recognize producer efforts to become more environmentally friendly, and we distinguish and create a unique identity for our regional farmers and the 'superior' food they supply.

So why support Superior Grown?

There are many reasons. Local food strives to be better quality and better for you. Did you know that the average food travels from farm to plate is 1,500 miles? With a week or longer delay from harvest to dinner table, sugars turn to starch, plant cells shrink, and produce loses vitality and nutrients. Food that is picked in your own community is usually picked within a day or two of sales. The food is fresh, crisp, and loaded with flavor and nutrients. In fact, Superior Grown values the quality of local food and products so much, that we have adopted a Code of Quality that states: "It is only good enough for your family, if it is good enough for mine". To help maintain quality for consumers, Superior Grown Criteria prohibits the use of genetically modified organisms in livestock and crop production, prohibit the use of animal by-products in livestock feed, and prohibits the use of antibiotics and synthetic medications for livestock unless preventative practices are inadequate to restore an animal to health.

By supporting Superior Grown, you are supporting local families. With commodity prices at a historic low, often below the cost of production, farmers now get less than ten cents of the retail food dollar. By supporting local farmers, it means that farm families can stay on the farm. You help ensure that there will be farms in your community tomorrow and that future generations will have access to nourishing and abundant food.

And by supporting Superior Grown, you help preserve open spaces and a clean environment that benefits wildlife. A well-managed farm is a place where resources of fertile soil, clean water, and other



(Continued on next page)

natural resources are valued. Superior Grown regards our environment with appreciation. Under our Criteria, products must be produced under sustainable farming practices that enhance finite resources on our farmlands.

Just as spring is being heralded in with a growing season that is right around the corner, it is here again for Superior Grown. Like farmers, we have so much work to do! As we go about our business, tapping the maple trees, starting transplants in the greenhouses, preparing a seasonal menu at the restaurants, and clearing the fields of stone, we must also work together to raise awareness and normalize Superior Grown in our community households, co-ops, retail businesses, and restaurants. The choice is ours. Let's keep it local! Support Superior Grown. Together, we have a wonderful year of work coming our way!

For more information about Superior Grown, please visit www.superiorgrown.org or contact Cree Holtz, project coordinator, at 218-525-4781 or holtz@isfusa.org.



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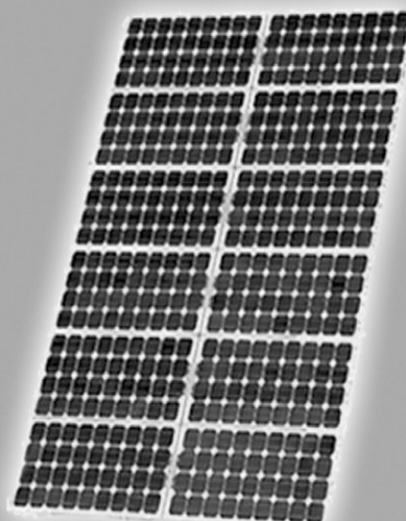
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Barb's Garden

Interview with Barbara Hollinday
of Barb's Gardens

March 26, 2004

By Charlotte Klesman

Barb Hollinday, the owner of Barb's Gardens, supplies the organic plants sold through the Whole Foods Coop. I visited her farm the last week of March.



Garbanzo Gazette: *How do you begin the new growing season?*

Barb: First I decide what to grow. I look at previous years to see what people ordered, but I keep some less popular plants if I think they're fun, particularly herbs. And I select varieties that mature quickly in our cold area. We're different from the rest of Minnesota. It even changes about 40 miles out of Duluth. We're colder and we have a few more challenges here.

GG: *What plants will you sell?*

Barb: I stay with tomato and pepper varieties that I know will mature here. I grow vine crops like the butternut and buttercup squash and a couple of pumpkins; a pie pumpkin and a pumpkin that WFC gardeners can raise for Halloween. I choose varieties and colors of flowers I'm partial to, and I throw in perennials like giant columbine, foxy digitalis and Indian spring hollyhock because you'll get flowers the first year from them. And I love herbs. I don't often cook with them, but I love the smells and the textures and qualities of herbs. I also belong to an herb group in Duluth called Essential Herbs.

GG: *How did you start your business?*

Barb: My mom and dad started it in the '70's as a retirement project. They grew vegetables because

they had a lot of acreage. They joined the farmers' market and grew vegetables to sell, and then decided to grow their own plants. After that it got out of hand (Laughs.) I was fortunate enough to be able to help in the spring and summertime, and it was fun.

GG: *When did it become organic?*

Barb: About four years ago. The Whole Foods Coop needed someone new to grow plants and they called me. I had not grown organic, but I checked with the grower, Mike Olund, before to see how it would be. He said, "Barb, it's really easy. It's just like your grandparents used to do it." I became certified last year.

GG: *For you, what was the biggest difference between organic and regular gardening?*

Barb: At first, weeds were the biggest problem. But then I began using Sustain, which is an organic product made from turkey manure. It's easy to use and I know it's been approved. Otherwise it's the same, except for more paperwork.

GG: *How about the taste?*

Barb: I think anytime you grow your own vegetables the flavor is just so much better. A homegrown tomato is better than a store-bought tomato by any

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stretch of the imagination. I call the ones in the store “bounce tomatoes.” Tomatoes take a little longer to grow here, and I think it makes the flavor better. It’s just richer.

GG: *Once my plants arrive, when should I put them out?*

Barb: It depends on the plants. You can put some out early in May. But the ones like tomatoes and peppers you want to put out after frost, or be ready to cover them. You need to be aware of the weather and your own microclimates.

GG: *How do you control bug outbreaks in your greenhouse?*

Barb: I pray I don’t get any (Laughs.) I block them out with doors and the fan. And there’s insecticide soap that I use. The plants usually don’t have time to get bugs before I sell them. But when I do use something it’s organically approved.

GG: *I’ve brought my plants home. What now?*

Barb: First harden them off. They’ve been in a greenhouse, and you don’t want to put them directly into your garden. Put them in a shaded area out of the wind, then gradually move them out before putting them in the garden. Till and compost or fertilize your ground, then plant your plants. If they need protection, protect them, then just water and weed them and watch them grow.

GG: *Why buy local organic fruits and vegetables?*

Barb: Well, the flavor. If it’s Minnesota grown it’s 2,000 miles fresher. It’s just better. And the price is not much different. I think it’s a misconception that organic is so much more expensive. Whether it’s organic or it’s not I think you should buy locally because you know what you’re getting. If you plant it yourself you know what you planted. You don’t know where the tomatoes in the commercial store came from.

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Better in Bulk

by Jim Richardson



More of my secret co-op favorite recipes

Here's my favorite new Salad Creation

Start off with a heap of bulk salad greens from the produce department. Add diced organic tomato, thinly sliced organic zucchini, and some red onion. Follow this with several pitted Greek country olives (available in the cheese case), and some cubed organic White Wave tofu. Sprinkle with generous portions of the following nuts: organic raw no-salt pistachios, organic tamari-roasted Italian almonds, organic cashews (any kind; I favor the organic curry cashews), and roasted salted organic sunflower seeds (these are local). Then add a couple of sweet things to balance the savory, perhaps a handful of biodynamic raisins and/or fresh blueberries. Wow! And then, because I put it on everything, I will add a teaspoon or more of nutritional yeast flakes for a protein, B vitamins, and flavor boost. I also put Bob's Red Mill Flax Meal on top of everything, so I lightly powder that over the top. Lastly add my secret ingredient: bulk taco mix, which doubles superbly as vegetarian "bacon bits."

How to dress such a salad? Recently I've gravitated towards the Drew's All-Natural dressings, like the Kalamata Olive & Caper or the Thai Sesame Lime. However, I am equally likely to do some kind of oil and vinegar thing. I am a big fan of olive oil and balsamic, but I also like to experiment with some of the nutritional oils like Hemp oil or Wheat germ oil, both of which I find very tasty. A dash of tamari (or my favorite, shoyu) can really add a lot of flavor too. The adventurous may want to add a dash of cayenne at any stage above.

Here's my favorite new Sandwich Creation

First you're going to want to get a hold of some White Wave tempeh (any of the three flavors will do although I stick with the plain). I cut the tempeh in half and then cut the halves in half, such that I wind up with four thin rectangular tempeh patties. Each patty will make

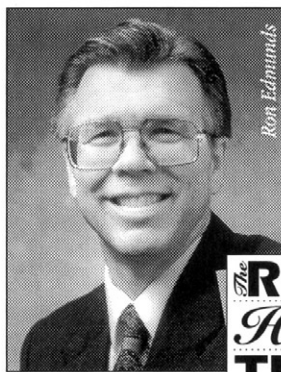
one sandwich. Fry the tempeh in olive oil on med-low heat until browned. At the same time, fry up some red onion and a generous heap of portabello mushroom slices (using butter for this part is acceptable). If space permits, do this all in the same pan at one time so the juices co-mingle. Add a slice of your favorite cheese or cheese substitute if you desire. While all that is frying up, toast some bread. I use French Meadow Flax & Sunflower Yeast-Free bread, which is organic and more delicious than any bread I can name. The slices are extremely wide though, so I just use one and cut it in half to make a single sandwich. Once toasted, spread Vegemise (or mayo) and some sort of Dijon on there. Stack it high with the tempeh, mushrooms, and onions. The coup de grace: Cascadian Farms Organic Sauerkraut, for Rueben-style extravagance and epicurean delight. ■

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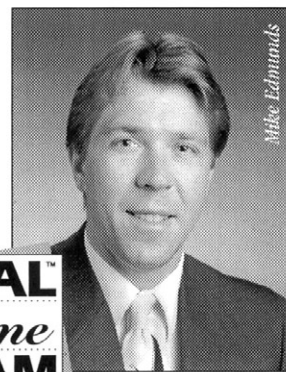
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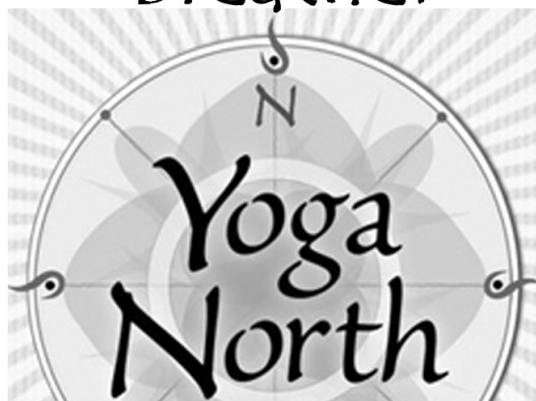
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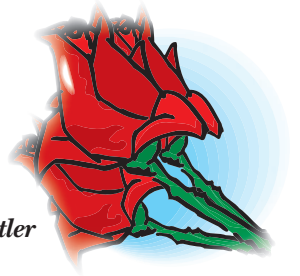
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Unveiling Rose

~ a short story of fiction by Carol Butler



The dear young woman on the television said she didn't talk about it. She said she went to a psychiatrist before telling her own husband. Rose could understand that. Not that she had anything to tell. Not that she'd have gone to a psychiatrist, heavens no, sixty-three was far too old for stuff like that. But she liked that the woman on the television program had taken care of it on her own, without bothering anyone. Rose considered herself a capable woman, and so she made herself an appointment to see her good doctor. A man who rarely smiled...just the sort of expert she trusted.

Then of all things he sat there, right behind his desk and suggested, as an aid to her weight loss regimen, she visit a nudist camp.

"Are you out of your mind? At my age?" Rose jumped out of her seat, "You can't possibly suggest that I attend one of these?"

"A temporary stay, say, a weekend retreat." He passed something across his desk. Rose dipped her eyes toward the brochure.

"You know, I've been loyal to every diet you've ever suggested," she said, "even the one where I couldn't eat fruit."

"A place like this could be very rejuvenating." The kind doctor stood and walked to her, pressing the brochure in her hand, leading her to the door.

"Every time I darken your door there's another thing I'm supposed to give up. And this time, it's my clothes!"

He moved her into the hallway with one of his rare smiles and gently closed the door. Rose didn't see the smile. She saw only the brochure. Rose left, and thought of little else for the rest of the day.

It made her angry, really, all the things he'd asked her to give up and she'd crossed them out of her life, one by one without question. White rolls, elevators, the nut mix at her bridge games. Always trying to count something or avoid something but it all required so much effort. All she ever wanted was to loose ten pounds and now even that wouldn't be enough. What in the name of heaven was she doing so wrong? It was just too hard. Rose gave the brochure to her sister.

"Oh, I think it's a marvelous idea," said Estelle. Of course she would, svelte as a pine board and a whole four years older. "Its in the mountains, who'd see you?"

"The other people staying there, of course!"

"Would you be looking at them?"

"Heavens no!"

"Then what makes you think they'd be looking at you?"

Oh honestly, Estelle really could be a dimwit. Had they not decided to live together after her Henry had passed, Estelle would be completely lost, Rose was certain.

"Look here, it says you are assigned a private hermitage,"

Estelle persisted, pointing to a small photograph, "It looks nice."

Rose looked. It had been frightening, unfolding the information, as if a nudist might come leaping out. Rose had to sit down, pulling a white shawl about her shoulders, the very idea of it all making her chilly.

At the end of the day she was still thinking about it, sitting on the edge of her bed doing leg lifts, pointing her toes, flexing them. She lost count, thinking what it would be like, walking around without any clothes. Good heavens the very idea, she swung her legs up on the bed for her calf stretches. Exercise required so much effort. Movements that had once come easy... Had she marveled then at their ease? At her body's fluidity and grace? No. She had always begrudged it something. She had always been trying to make corrections, as long as she could remember. And now, the farther she looked back the more she saw how perfect she had been, without knowing it. Was it possible, then, that she could be perfect now?

She fumbled about with this idea until it occurred to Rose sometime in the middle of the night that she had begun taking things away from her life without ever putting anything back in...gradually, thing by little thing, until what remained felt like a large, rather weary husk...not very joyful. How had she let that happen? Rose Senegalia, a woman of independent means?

Well, boo-hoo for me. Rose, rose, that was what she did. In her heavy, maroon gown inappropriate for such a warm spring night she made her way down the hall, checking at her sister's door to be sure she heard sleep. In the kitchen the moon clung vigorously to their sheer curtains and the potted ferns and spider plants sitting in their windows. She had the feeling she might not remember this correctly in the morning. That now, standing here with her hair down and her thoughts prickly she might think of it one way when really, in the morning, she would see it as another. But never you mind, Rose thought, I'll have a look outside. The light was just so right.

Good lighting always was a woman's best friend. The full moon flattered and calmed. Smoothed and cooled. She raised her hands up; the wind came in behind her, pressing her gown as if holding. There were no other lights, no other sounds. The sky wasn't black but deep mercurial blue, the clouds transparent where they slid across moon

(Continued on next page)



glow. A way to be seen.

Rose had never much cared for being seen, she didn't like what she looked like.

But standing there in the middle of moon silk, the only thing to compare herself to the clouds, she felt like them. Wanted to be filled, like them, for her skin to be translucent and her mind light. Free, like the clouds.

Old Rosie thought about neighbors and breakfast conversations, church fans and the malt balls hiding in her letter drawer. What it came down to was she needed a new nightgown...a light nightgown. There was no reason to be wearing such a heavy thing around this time of year. She would shed it; discard it, time for something new. And so she took it off, right then and there. Lifted it over her head and stood in her panties before the moon of God. She gasped. Her skin

quivered, giving off energy surprising for the middle of the night. Who would have thought? Rose felt vigorous. She strode forward, she began to garden, pulling the weeds which had been nagging her for days but somehow she'd not had the zeal until just then. She did this, getting lost in the feel of the plants, in the motions of

her body. It still worked pretty well, all things considered. She didn't know why but she found tears on her cheeks. That's fine, she thought, this is who I am. This is where I belong. And dash it all...this is good enough.

Slipping through her back door, Rose carried her nightgown upstairs to the bathroom. She washed the dirt from her fingernails, looking up once in the mirror to see her face. It was old Rosie all right, but a smug Rosie. She smiled into the sink. When she was done washing, Rose tossed the nightgown into the rag bin and went to her room.

She slept with the window open. She slept with her skin touching the sheets, with her hands folded and resting on her soft stomach. Her hands rode up and down all night while she breathed. The gardening had made her tired, and so she fell asleep without having to think any more about it.



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FRESH PERSPECTIVES May 2004

PROMISES, PROMISES

For years manufacturers have told us that there is no chance of genetically modified organisms (GMOs) mixing with native plants and that genetically engineered (GE) crops will reduce pesticide use. However, recent studies have shown both claims to be false.

In a November 2001 article in the acclaimed British journal *Nature*, a study by Dr. Ignacio Chapela, a microbial ecologist at the University of California at Berkeley, and graduate student David Quist, reported that native corn in Mexico had been contaminated by material from GE corn. This was significant because it proved that the behavior of the engineered material (introduced DNA) is unpredictable, uncontrolled and does, in fact, travel from one field to another. This means that **plants that are wind pollinated**, like corn, **can be contaminated** contrary to what manufacturers of GE plants have said all along. What may be the most troubling is that the new GE genes

found in the genetic material of the native corn were shown to be multiplying inside the plant's genome and could interfere with the functioning of the corn's normal genes.

Studies reported in the journal *Nature* are *only* published after rigorous peer review. But in April 2002, *Nature* did something they hadn't done in their entire history. They ran an editorial which said, "the evidence available is not sufficient to justify the original paper" and that they wanted "to allow our readers to judge the science for themselves." It was later discovered that the controversy leading to this retraction was ignited by an email campaign traced to a PR company with ties to Monsanto, the largest manufacturer of GE crops, and that two of the scientists who contributed emails critical of the study didn't even exist. Was economic pressure a factor? You decide!

A study on pesticide use, entitled "Impacts of Genetically Engineered Crops on Pesticide Use in

the United States: The First Eight Years," released in November 2003, reports that GE corn, soybeans and cotton have resulted in the **application of more pesticides, not less**. Why? Because most of these GE crops have been modified to resist a single herbicide (mainly glyphosate, sold as RoundUp) and the weed species that were traditionally easy to control with one

herbicide application have now developed resistance. This has also led to the rapid spread of the more resistant weed species as well.

These herbicide-tolerant crops are responsible for the application of nearly

70 million *additional* pounds of pesticides. (Globally, about three-fourths of the GE crops planted in 2002 were herbicide-tolerant.) This landmark study is evidence that the GE industry's claim that it has markedly reduced pesticide use is in fact untrue.

GE crops modified with *Bt*, (a



What Is Genetic Engineering, Anyway?

The National Organic Standards Board defines Genetic Engineering as: Made with techniques that alter the molecular or cell biology of an organism by means that are not possible under natural conditions or processes.



protein from *Bacillus thuringiensis*, which is a naturally occurring soil bacterium that wards off a major corn pest called the European corn borer) was shown to reduce pesticides by an estimated 19.6 million pounds in the past eight years. However, it is important to note that these crops are genetically designed to continuously produce the *Bt* insecticide within the plants themselves even after the corn is picked; all wildlife, livestock and consumers feeding on the plants are exposed. What is the long-term effect? Only time will tell.

Overall, **the study's conclusion** is that the planting of GE crops caused about **50 million additional pounds of pesticides** to be used in U.S. agriculture.

Most of the GE food crops currently approved in the US are **used in processed food**, making the produce department a pretty good place to shop when trying to avoid GE food, at least for now. But GMO drift is becoming more and more of a problem. And even though GMOs are banned from organic agriculture, a farmer can't stop the wind and the pollen it carries. Lastly, GE crops or products **don't have to be labeled** so as more new crops become commercially available you may not know what you are eating.

Ask Dr. Patty Produce

Q: I wonder, are organic standards keeping GMOs out of the organic food supply? Just Call Me, Old Fashioned and Concerned

A: Dear Old Fashioned, While European certification agents have zero tolerance standards for GMOs in organic foods this is not the case in the US. Farming practices using GMOs are prohibited but there is not an established tolerance level of any kind—zero or above—for GMOs. This means that testing is not required in cases where genetic drift (similar to pesticide drift) may be a risk. Many food processors require their own testing. You can research the standards of the manufacturers whose products you buy. Some are very strict; others are not. Thankfully, there is a movement afoot in the US to establish a zero, or very low, tolerance level for GMOs in organic food.

Visit These Websites

Biotechnology Info Resource: www.nal.usda.gov/bic/
Food & Drug Administration: <http://vm.cfsan.fda.gov/>
Mothers for Natural Law: www.safe-food.org/
Pesticide Action Network N America: www.panna.org
Center for Food Safety: www.centerforfoodsafety.org/
Third World Network: www.twinside.org.sg/index.htm
The ISB News Report: www.nbiap.vt.edu/
Organic Consumers Association: www.purefood.org/

Are You Eating Genetically Modified Foods?

If you live in this country and consume cheese and dairy products, cereal, junk food snacks, and/or soft drinks then you've probably eaten foods from genetically modified crops. GE Food Crops Currently On The Market:

Beet, Canola, Cantaloupe, Corn, Cotton
(cotton seed oil is common in potato chips),
Flax (flax seed oil, etc), **Papaya, Potato,**
Radicchio, Rice, Soybean, Squash, Tomato,
Watermelon, Zucchini

The above crops were engineered for herbicide, insect or virus resistance.

About 70% of the GE crops grown in the US are herbicide resistant; the majority of these are RoundUp Ready crops bred to withstand frequent herbicide applications from one of America's favorite herbicides. Often touted as environmentally friendly, **RoundUp has been shown to contaminate ground water supplies and is now under review as a carcinogen.**

References for this issue: www.bio.org/foodag/; "Berkeley Denies Tenure to Ecologist Who Criticized University's Ties to the Biotechnology Industry" By Sharon Walsh, "The Chronicle", Volume 50, Issue 18, January 9, 2004; "Impacts of Genetically Engineered Crops on Pesticide Use in the United States: The First Eight Years" by Charles Benbrook; Dr. Ignacio Chapela on "Controversy, Corn and What's Really at Stake in Mexico", *Global Pesticide Campaigner*, Volume 12, Number 2, August 2002; www.bio.org/fooda



CUSTOMER COMMENTS

We love to hear from you!

Please take a moment and fill out your own question or comment before you leave the store.

FEATURED QUESTION:

We have received several questions regarding the deli's policy on filling a customer's container with deli food. I have contacted the health department and was informed that we should not continue this practice. In using our own containers, we can assure our customers that these containers are clean and sanitized and that we take every step to provide safe food.

The deli has always had high standards for food safety and sanitation and we will continue to provide our customers safe food. As of April 15, we will no longer re-fill customer's containers with deli food.

This does not apply to bulk items filled in the deli, e.g. oils, flavorings, peanut butter, etc. Just a reminder that these containers do need to be clean since we are bringing them back into a food prep area.

~ Debbie, Deli Manager

Customer Comment:

"Can you obtain U.S. made jellies or preserves without sugar? Juice sweetener is okay, but no cane sugar - my family reacts strongly to it."

The Co-op responds:

"Our Bionatural jams are fruit juice sweetened, and I can order crofters brand without sweeteners. Let me know if I can order anything for you. Thanks." ~ Lisa

Customer Comment:

"Where are the wild-rice brats? (The old brand) - they've been gone for a week +"

The Co-op responds:

"I'm sorry, I was out of stock when you were in. They are back in stock now. Thanks." ~ Rhonda





Customer Comments Continued . . .

Customer Comment:

"Would you consider carrying Tamarind Tree 'The Taste of India' box meals? (Many are vegetarian and/or gluten free) They are shelf stable. Thanks!"

The Co-op responds:

"This is a product that has not done well in our store in the past, and by talking with other buyers, doesn't sell well in other stores. But I will keep it in mind. I would be happy to special order it for you!" ~ Lisa

Customer Comment:

"I love Aysta milk in glass bottles but more often than not, milk spoils, even before reaching the date on the top of the bottle. Seems it should last at least until that date if it is properly refrigerated (which it is). Any suggestions?"

The Co-op responds:

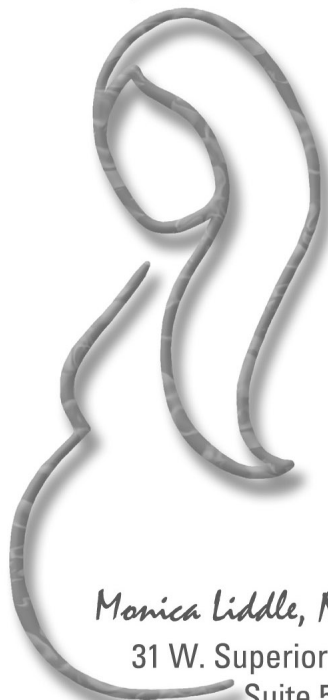
"I am not sure why you are experiencing this issue. Aysta advises to check your temperature setting as it should be 31 to 36 degrees. Feel free to contact Aysta directly at 1-800-410-6455 with additional questions. Thanks."

~ Rhonda

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Letter to the Editor

c/o Tim Larson

I liked your article "What's Your Big Idea?" (Found on the web at www.wholefoods.coop under newsletter, March/April issue.) Many activist Duluthians have asked that question for years. We infact compiled a 'book of our responses entitled 'Resettling Duluth.' A copy should be available in the library or contact Brook Anderson for a copy. Maybe it's time for a second edition of that book - the first came out in 1986.

Vern Simila

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Woodstock Farms came out with a new line of organic vegetables and fruits and are offering them at an everyday low price. Cascadian Farms organic fruits and vegetables are a bit more expensive, but they offer them on monthly specials fairly regularly. We would like to get your feedback on which brand that you prefer we carry on a regular basis. We want to make sure that you get the best value everyday and still be able to take advantage of the monthly coop advantage sales so please give us your feedback on this and whether you are open to switching between the two brands.

Please call or email me your feedback on this.

Thanks,

Rhonda

Frozen/refrigerated buyer

rhonda@wholefoods.coop



NEW PRODUCTS

Cool Department:

Bolthouse Farms 16oz smoothies

Cascadian Farm spud puppies

Ian's fish fillets

Ian's chicken patties

Worthington Foods prosage links

Supplements:

Estroven

Fenugreek Tablets

Colloidal Silver

Liquid **Chlorophyll**

Chlorophyll Capsules

Twinlab Liquid Super B complex

Quick Digest Enzyme lozenges

Alacer Electro Mix

Body Care:

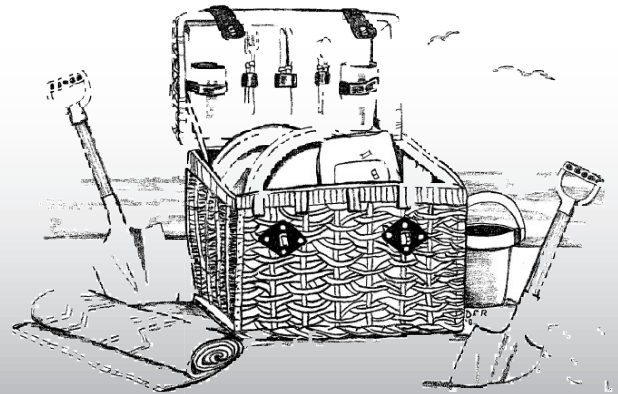
Orgene Vitamin K Cream

Orgene Vitamin E Cream

Burt's Bee's Avocado butter hair treatment

Burt's Bee's Children's Toothpaste

Wally's 4 pack Ear candles



Grocery Department:

New Morning Graham-wiches Cookies *

Honey Graham and Peanut Butter Crème

Chocolate Graham and Peanut Butter Crème

Simply Organic *

Guacamole Dip mix

French Onion Dip mix

Dill Dip mix

Ranch Dip mix

Kashi Organic Promise Cereal

Autumn Wheat *

Fantastic Foods

Vegetarian Chicken Noodle soup

Mock Duck

Country Choice Ginger Sandwich Crème Cookies *

Amy's Kitchen Vegetable Barley Soup *

Meditalia

Pesto Sauce

Roasted Red Pepper Pesto Sauce

Natural Sea Lobster Bisque *

Spectrum Canola Mayonnaise

Seeds of Change

Balsamic, Olive, and Onion Pasta Sauce*

Mediterranean Organic's Preserves*

Black Cherry

Peach Apricot

Wild Berries

Wild Country Maple Sugar Leaves

Glee Gum

Tangerine

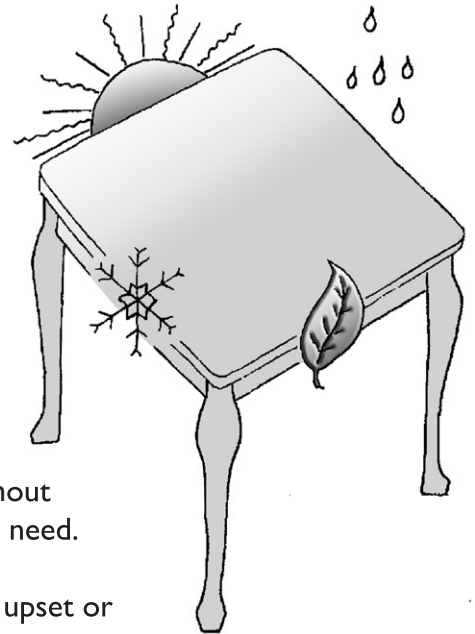
Cinnamon

* indicates organic ingredients



The Seasonal Table

by Bonnie Williams



In Ayurveda, how we eat is as important as what we eat. Here are two simple points to keep in mind:

1. Pay attention to the food you are eating. Put down your book or turn off the television. (Yes, you can do it!) Take pleasure in the taste, the texture, and the nourishing qualities of your meal. Food is meant to satisfy the mind and senses, not just fill the stomach. If we eat without attention, we will not be truly satisfied, and we may eat more than we need.
2. Eat in a pleasant, relaxed frame of mind. If we eat when we are angry, upset or in a hurry, our food will not be properly digested, no matter how nutritious it is. Thich Nhat Hanh recommends taking a moment at the beginning of each meal to breathe, calm down, and smile. Try it, it feels wonderful.

This attitude of peace and mindfulness should extend to the preparation of the meal as well. In this season, what could be nicer than a salad meditation? Make it simple or elaborate. Browse the co-op's produce section. Check out the canned beans, cheeses, baked tofu, and the wide variety of delicious and healthful dressings, oils and vinegars. Here is a hearty, homemade dressing that I like.

Easy Tahini Dressing

1/4 cup sesame tahini
1 tsp. miso
1/2 tsp. mustard
water

*Combine all ingredients in a bowl.
Add water until you reach
the consistency you like.*

Malcolm B. Davy Attorney at Law

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Farm Conference

By Teri Sackmeister

The prospect of attending the Upper Midwest Organic Farming Conference was exciting for me. I truly enjoy learning, and I have a vested interest in organic farming. One day I plan to farm organically and sustainably. Plus, I heard that the catering was expected to be excellent.

My reason for attending the conference was to enhance my knowledge about organic foods. That being said, I learned a great deal by talking to farmers, non-profit organizations, and representatives from food producers, (i.e. Horizon, Cedar Grove Cheese). It was helpful to find out more about the labeling of organic products. I hope to share my new knowledge the about the products the co-op sells with our customers and my co-workers.

I think concerned consumers and co-op members could benefit from attending the Upper Midwest Organic Food Conference as well. The UMOFC takes place annually in La Cross, Wisconsin, at the La Cross Convention Center. This year it took place on Feb. 26th through the 28th. The conference is the largest gathering of people involved in the production and processing of organic food in the United States. It attracts more than 1400 participants, 120 exhibitors, and features 40 seminars. The conference is the project of the Midwest Organic and Sustainable Education Service, (MOSES). MOSES is a non-profit organization that offers a variety of programs to assist farmers, agricultural educators, and others requesting information. MOSES also organizes events, and provides resources to help

people learn more about organic growing opportunities. For example, the non-profit helps new farmers go through the certification process, and grant application.

Most of the seminars were geared towards farmers and the specifics of producing organically and sustainably. Some of the seminars were fairly specific, such as Beekeeping for Beginners and How to Write a Federal Grant Proposal. Others had a more broad appeal. I would recommend the seminars that shed light on the ethics of being a consumer of organic and sustainable

(Continued on next page)

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food. Examples of these included Raising Hogs Humanely and Organic Free Range Poultry Production. These two seminars focused on raising livestock according to National Organic Standards, which requires humane treatment of livestock. Another favorite seminar was The Public Health and Environmental Costs of The Way Most American Farmers Farm. This seminar focused on the impact of what is considered “conventional farming.” They covered genetically engineered crops, pesticide & herbicide use, and the consequences of

hormone use on beef, poultry, and pork.

As a learning experience, the conference was a success. I had lots of fun. I would encourage everyone to attend next year’s conference. You don’t have to be a farmer, although you may find yourself inspired to do a little sustainable gardening.

Contact Information:
www.mosesorganics.org

A **WARM**
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New Members

*May/June
 2004*

Diane Makowsik	Marilyn Van Dake	Ann Andersen	John Gogins
Janelle Stauff	Craig Shillinglaw	Eric Southworth	Jennifer Walrath
Faye Dettmann	Billy Gilgenbach	Anne Holy	Mark Fleischer
Linda Rau	Leslie Peterson	Karin Kraemer	Rebecca Lindquist
Ann Carmichael	Susan Kohls	Christina Mullozzi	Rene Gutmann
Robin Naslund	Stacey Stark	Christine Penney	Judith Wick
Gail Brecht	Patricia Isakson	Elouise Andreas	Katherine Taylor
Ruth Bleidorn	Frank Stearns	Barbara Pfannkuch	John Gogins
Rick Dalen	Marla Ahlgren	Leslie Holck	Janice Viren
Connie Schwegman	Scott Pilate	Brennan Mears	Audra Pike
Joanne Carland	Sheila Coughlin	Peg Krogh	Mai-Anh Kapanke
Susan Furo	Aryn Bergsven	Jessica Mantor	Florence McGreevy
Marisa Ring	Linda Blustin	Sandra Laiti	Paula Pederson
Neal Hessen	Kelly Butcher	Jeremy Bigalke	Carol Lundell
Amy Fitzpatrick	Sandy Pophan	Viola Adams	Scott Wallschlaeger
Marilyn Schroeder	Michael Nordin	Susan Hammond	Suzanne Prochazka
Raymohd O’Dea	Elizabeth Hooper	Lauren Larsen	



Co-op Notes and Policies

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Term expires in 2004

Dennis Kaleta

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Term expires in 2005

Katie Neff Dawson, President

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Term expires in 2005

Geiger Yount, Treasurer

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Term expires in 2004

Lynn Fena

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Term expires in 2005

Claire Kirch

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724-4624 clairekirch@aol.com
Term expires in 2004

Jean Sramek, Vice President

316 Mygatt Avenue
Duluth, MN 55803
724-0237 sramek@charter.net
Term expires 2005

e-group address for entire Board including General Manager Sharon Murphy:
wfcbod@wholefoods.coop

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 (by placing an "i" before the member's number) when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

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.

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-OP TOURS & PRESENTATIONS. WFC staff are available to provide store tours or out-of-store presentations on co-ops, natural foods, herbs, organic gardening, etc., to your group, club or class. Please give us at least a week's notice for tours; two weeks for presentations. For more info contact Dianna at 728-0884.

NEWSLETTER ADVERTISING INFO. Call Dianna at the Co-op for current rates and schedules.

REMINDER. If you let someone else in your household use your account, he/she will need a WFC member card. Contact Penny Nemec, 728-0884, if you need another card. Limit is two cards per membership.

REFUNDS & CHECK ACCEPTANCE POLICIES.

These policies are posted on the bulletin board and at the checkouts in the store.

UNATTENDED CHILDREN. On Sept. 23, 1996, the Board approved a policy requested by staff limiting to two (2) the number of unattended children allowed in the store at any one time. This policy is posted on the door and in the store.

BOARD OF DIRECTORS MEETINGS:

Board of Directors meetings, except for agenda items relating to personnel or real estate negotiations, are open to the membership. If you have an item for discussion at the Board meeting, it must be submitted in writing by the first Friday of the month in which you request the Board's consideration. The agenda for each meeting is mailed in advance. Items not on the written agenda will be carried over for consideration. Dates of Board and committee meetings are posted at the Co-op or you can call WFC at 728-0884.

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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.

Support Sustainable Agriculture! Join the new CSA in the Twin Ports Area!



This time around we are featuring the words of two of our newest farmers, Katie and Peter Hemberger. They are starting a new CSA south of Duluth, and I invited them to share their reasons for making this commitment, and their vision for their farm.

Back Forty: What is a CSA, and where did the idea come from?

Farms that participate in the marketing model put forward by the Community Supported Agriculture movement are sometimes referred to as a CSA. CSAs sell shares in their farm. Once a consumer owns a share, they are entitled to a portion of the continuing harvest throughout the season, information on farm activities, and opportunities to visit or volunteer at the farm.

The CSA model originated in Japan in the 1960's. People, mostly mothers, at that time, were concerned about the quality of the produce they were feeding to their families. As a result of this concern, "teikei" groups emerged as a way of giving consumers more direct knowledge of how and by whom their vegetables were being produced. The term "teikei" is directly translated as "food with the farmers face on it". This idea has now spread throughout the world and has continued in Japan, in the form of a massive alternative economy. Currently, in the United States, there are well over a thousand CSA farms.

Back Forty: Why have you chosen to begin farming as an Organic CSA?

We have chosen to start a CSA for a variety reasons. By marketing our produce using the CSA model we will have the ability to make a livable salary from farming. We also hope to gain a direct relationship with a group of people that can comment on and give suggestions about what we produce. Furthermore, we have the satisfaction of knowing we are doing something to

contribute to a food system that strives for sustainability.

We have chosen to be certified as an organic farm because organic farming practices ideally increase the health and vitality of the soil organisms and soil in use, which leads to healthier plants. Humans (as well as other animals) that consume these nutritious plants are then healthier. Beyond animals (human and otherwise), the entire planet is healthier from a system of farming that is not reliant on toxic fertilizers, pesticides, herbicides, and fungicides.

We also feel that the underlying motivations for farming organically do not only lead to a healthier planet ecologically, but also socially. For us, the assumptions of organic farming are quite similar to assumptions made when thinking of how best to deal with the complex social imbalances in our own neighborhoods, as well as those in any other corner of the globe. These basic assumptions include; the necessity of taking a long-term view of things into consideration, the importance of seeing the "real" (not strictly monetary or internalized) costs of actions, the need for a humble respect for the other, be it soil, human, or whatever.

We do not need to rely on the consumption of resources in order to have increased fertility. The soil, given the right circumstances, wants to become more fertile. The systems already in place can do the work for us.

Back Forty: What will you be offering this season?

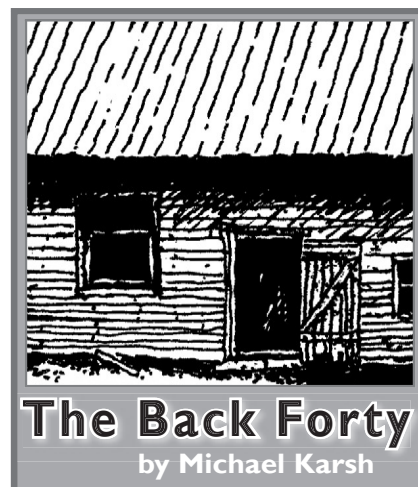
We are going to be growing most of the staple vegetables that will grow in this northern climate. Among these is

included, potatoes, tomatoes, winter squash, beets, broccoli, cabbage, carrot, green beans, onions, and the like. We are also going to be growing some Asian vegetables, including, chinese broccoli, napa cabbage, bok choy, edamame, and bitter melon. Our Asian greens in particular showed promise last season, and we hope to increase the amount of these this year. We are also growing a few varieties of edible flowers that might make their way into the boxes as an aesthetic treat.

Back Forty: What is your inspiration?

The creativity of farming inspires us. There is an honesty in the creation that takes place when the result is a whole field of living things. You cannot fake the creation or hold misconceived thoughts about its needs. This, for us, is what makes growing vegetables exciting.

Look for August Earth produce in our own Produce Department in the coming season. You can also find pamphlets about their CSA at the Co-op.



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