the back 40 "scratch cooking"

By Avalon Jackson, Cook

appreciation for that special lady. Yes, your mom. Mother’s Day was nationally recognized in 1914 by President Woodrow Wilson even though it was first suggested as early as 1872. True origins of Mother’s Day can be traced all the way back to ancient Greece and the honoring of Rhea the "mother of the gods." Today we use this day to show our mothers how much we care. Whether it is just a card dropped in the mail or a lavish feast, the second Sunday in May is all about your mom. June brings more reasons for celebration including Mother’s Day’s counterpart, Father’s Day. The first Father’s Day was celebrated in Spokane, Washington in 1910. Father’s Day was officially recognized until President Lyndon Johnson declared that every third Sunday of June belonged to the dads. On June 22 we celebrate the summer solstice. This is the longest day of the year and the shortest night. This joyous day also marks the beginning of summer as a season and that is a reason to celebrate in and of itself! However or whatever you choose to celebrate in May and June, one thing is for sure, it’s not a party without treating yourself, family and friends to mouth-watering desserts. While your options are virtually limitless, we find that a delicious carrot cake is always a crowd pleaser and sure to make the ones you care about celebrate you!

Try this delicious carrot cake recipe at home:

Cake:
- 2 c All Purpose Flour
- 2 Baking Powder
- 2 Baking Soda
- 2 Cinnamon
- 1 Carrots (shredded)
- 1/4 c Walnuts (chopped)
- 1/2 c Sugar
- 5 Eggs
- 2 T Balsamic Vinegar
- 2 T Canola Oil
- 2 1/2 c Powdered Sugar
- 1 Vanilla

\[ \text{Grilled Salmon with Grapefruit} \]

4 Salmon Fillets, 6 oz
1 c Grapefruit Juice, from one to two grapefruits
2 T Balsamic Vinegar
1/2 c Brown Sugar
1/2 t Sea Salt
1/2 t Black Pepper
8 Slices of Grapefruit from one large grapefruit

Combine the juice, vinegar, and half each of the salt and pepper. Bring to a boil and reduce heat to medium. Cook uncovered for about 15 minutes, or until the liquid is reduced by half and thickened. Snip the remaining salt and pepper on each side of each salmon piece.

Grill the salmon over medium heat for about 5 minutes per side. Brush the fillets with half of the glaze while grilling.

Serve the salmon over the grapefruit slices and pour the remaining glaze over part of the salmon fillets.

Try serving this salmon with boiled fingerling potatoes with butter and parsley and steamed asparagus.

Serves 4.

Justin Hemming, Assistant Produce Manager, has worked at WFC for over five years both in the deli and now in the produce dept. He lives in town with his handsome dog Cosmos.

Grilled Salmon with Grapefruit:

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new products

HBC (Health & Body Care)
- Lumina CELL FOOD — a liquid supplement (just add to water!) of ionic trace minerals, plant enzymes and amino acids.
- Burt’s Bees Carrot Seed Oil
- Complexion Mist
- Burt’s Bees Feelin’ Flaky Shampoo
- Superior Herbals Soaps — made by a couple in Lutsen
- EO Hand Sanitizer — 2 oz., 8 oz. and travel pack sizes.
- Kiss My Face Cheap Kisses
- Travel Bags
- Eclectic Institute Maitake Mushroom supplement
- Quantum Migrelief: Feverfew, Magnesium and Riboflavin (B2)
- Source Naturals Ultra Colloidal Silver
- HerbaSway Concentrates: Green Tea, Blueberry Magic and Cholestrita
- Bulk Herbs, Spices & Tea
- Mrs. Kelly’s Organico Melograno — this pomegranate, hibiscus and organic green tea blend is a tribute to the adventures the Kelly family had on a trip to Italy.
- Mrs. Kelly’s Blueberry Rooibus — a zesty blend of blueberries and rooibus, worth having in the pantry just for the delicious aroma.
- A Special Note from Buyer Susan: If you are a camper, I’d like to point out a few items for the upcoming season. On your next excursion, bring along some dehydrated bell peppers, carrots, white cheddar cheese powder, egg powder, crystallized ginger, basil, and some broth base such as vegetable or chicken flavor. Enjoy!
- General Merchandise
  - High Mowing Seeds
  - Spongex Sponges
- 1 oz. bottle with dropper for your Burt’s Bees Carrot Seed Oil
- High Mowing Seeds
- Spontex Sponges
- Organic Amaranth (replaces non-o amaranth)
- Organic Pine Nuts (replaces non-o pine nuts)
- Organic Wild Rice (replaces non-o wild rice)
- Relaxing Lavender & Jasmine Shampoo
- Ecco Bella Dark Chocolate Face Mask
- Burt’s Bees Feelin’ Flaky
- Flowers on the Rocks container gardening, garden design and maintenance — with an organic touch
- Kathy Thomas 218-290-1439

Flowers on the Rocks
container gardening, garden design and maintenance — with an organic touch
Kathy Thomas 218-290-1439

We Reply

Dear Co-op,
I miss some of the items from the “old” store. Also, the new Dell Hot & pre-made things are not well suited for us Cellic folk. Signed, Gluten-Free
Dear Gluten-Free, I would appreciate knowing what you miss and we will try to work it into the rotation. Although the tags may not specifically say “Gluten Free,” we have several items each day that are. If you have a hard time reading ingredients, please ask us, we are happy to help!
– Jane, Deli Manager

Dear Co-op,
There are specific grocery items that we no longer carry, please ask. We may be having trouble sourcing them or it may be an item we can special order.
– Lisa, Merchandising Manager

Dear Co-op,
Put pencils & paper out by the community boards so people can write down numbers & names. Signed, Active Citizen
Dear Active Citizen, Great idea! Consider it done!
– Gina, Member Services Coordinator

Dear Co-op,
Why no grapeseed oil? Eh? Signed, Canadian (we think)
Dear Canadian, Grapeseed oil has been out of stock from our supplier for quite some time (all brands!) I will keep tryin’!
– Karl, Grocery Buyer

Dear Co-op,
What is the ATM costing us? Signed, Fiscally Concerned
Dear Concerned, The ATM is costing WFC floor space, electricity & a computer connection. It is offered as a service to our customers. We make NO money on it & have no responsibility for maintaining it.
– Sharon, General Manager

Dear Co-op,
Can we get covers for the Dahl milk? Signed, Crying over spilled...
Dear Crying, We now offer reusable, plastic covers with a pour spout for $1.49 available at the registers.
– Brad, Cool Buyer

Dear Co-op,
Keep Vermont cheddar in stock! Signed, Cheeshead
Dear Cheeshead, I am sorry that Vermont cheddar has not been on the shelf on a regular basis. I will try to source a more reliable supplier. Stay tuned & thanx for the comment!
– Wolfe, Cheese Buyer

Dear Co-op,
Do you have any of Burt’s Bees products in Bulk?
Signed, Squeaky Clean
Dear Recycle, Burt’s Bees Company does not offer their products in Bulk. Sorry!
– Jim, HBC Buyer

Dear Co-op,
Can you get any of Burt’s Bees products in Bulk? Signed, Squeaky Clean
Dear Clean, Burt’s Bees Company does not offer their products in Bulk. Sorry! I will check.
– Jill, Bulk Buyer

Dear Co-op, Consider strongly offering option to purchase DTA bus passes at your service desk. Signed, Keep on Bussin’
Dear Bussin’, Coming Soon!
– Briana, Front End Manager

To the Canola Concerned:
Please read the article on page 11. We hope this addresses your concerns.
– Jim, Bulk Buyer

Dear Co-op, Can you get any of Burt’s Bees products in Bulk? Signed, Squeaky Clean
Dear Clean, Burt’s Bees Company does not offer their products in Bulk. Sorry!
– Jill, HBC Buyer

Dear Co-op, Why don’t you change your trash service? Why do you recycle DTA #1 to #7? Signed, Recycler
Dear Recycler, Our current waste company, Hartel’s/DBJ does recycle all of our #1 – #7. Thank you for your concern!
– Debbie, Store Manager

You Are Unique. Your health care should be, too.
Overwhelmed by menopausal treatment options? Bothered by pain, fatigue, weight gain and insomnia? We provide the women’s health care you’ve been looking for:
- Intelligent, individualized hormonal health care.
- Comprehensive nutritional and chiropractic health care.
- Risk assessment for breast cancer, heart disease & osteoporosis.
- Truly preventive care, rather than just early detection.

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Virginia Shapiro, DC | Nancy Sudak, MD • www.YourHealthandWellness.net
IOU owing to you?

by Christina Cotruvo, Finance Manager

WFC’s store charge is a nice member benefit for those times you are shopping and discover you had forgotten your checkbook or wallet. The charge limit is set according to your member equity owned, which varies between a $20 to $50 maximum limit. There are many members who have an old credit IOU balance on their account, possibly a result of an over payment or a refund. By the end of our fiscal year we must clear up these credits (June 30, 2006). Any credit balance remaining as of July 1, 2006, will be withdrawn from the member account and contributed to the Fran Skinner Matching Equity Fund. If you are listed as having a credit balance, the next time you come in, check with the Customer Service Counter to verify the credit amount is the same and then ask the cashier to apply the credit to your purchase as you check out your groceries. Or, if you wish a check for the IOU credit amount, please contact me or leave a message with Customer Service. Following is the list of member numbers and credit on account as of March 27, 2006.

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We, as a member co-op, believe that competition is natural and good. We will compete, but we will also support each other. We are dedicated to making Duluth a better place to live and work. We believe that co-ops can make a difference. We are honored to be listed as an eligible Board candidate at WFC. We would love to market, speak and share our passion for the mission of WFC. We are dedicated to providing the best possible service to our members. We have experienced with the important roles of the Board of Directors and would be honored to serve our members.

Interested in running for the WFC Board?

It’s never too early! A member interested in serving on the WFC Board of Directors can learn more about the role and responsibilities of Board members without obligation and can apply to be a Board candidate at any time.

Board recruitment is an ongoing process, the goal of which is to maintain an enthusiastic Board that represents the concerns and vision of the WFC membership. It is also important for the membership to have a choice among qualified candidates to represent the interests of their cooperative. Your interest, your input, and your participation in the Board election process makes our co-op stronger!

What can I do to become a WFC Board Candidate?

• Pick up a Board Application packet at the Customer Service Counter or call to request an application by mail (218-728-0884, ext. 182).
• Contact a Board member to discuss your questions about being on the Board. Email at wfcbod@wholefoods.coop or leave a phone message (218-728-0884, ext. 101) and a Board member will return your call.
• Attend a Board meeting. The next three meetings are May 22, June 26 and July 24 from 5–7 pm in the conference room at WFC.
• Attend the Annual Membership Meeting on July 28, 2006. Potential candidates will be introduced to the membership at that meeting.
• Delve your completed Board Application to WFC by August 1, 2006, to be included on the next Board election ballot. Get yours in on time!

To be an eligible Board candidate, your name must be the first name listed on your membership, your required equity payments must be current, your current address must be on file, and you must have no outstanding indebtedness to the Co-op or overdue IOU balance.

Dean’s Report

by Gina LaBrosse, Member Services/Classroom Coordinator

new classes a hit!

Another wonderful session of classes has come to a close and we could not be more proud of our “University” and our participants!

Our new classroom space has proven to be a true gathering place for diverse and wonderful forums: from training our high-caliber staff with our intensive educational classes right down to the very popular lectures and cooking classes offered to everyone.

Since our last report, Dr. Kohls has completed his three-part series of lectures on “Nourishing the Brain,” our most well attended class so far! Dr. Kohls has a quiet and easy way of conveying his passion for educating us on the connection between our body and our mind and the health of the brain through thoughtful nutrition. It will be an honor to ask Dr. Kohls back for more of his expertise, so look forward to seeing more lectures by him at WFC-U.

My thanks to all who participate in making our new classroom a great venue for community building through education and cooperation.

Our next series of classes features more of our wonderful staff doing lectures and teaching us the finer points of eating well, all served up with laughter and the greater good in mind. Please check out our entire new classroom offerings and be sure to sign up soon!

Gina LaBrosse, Member Services Coordinator, came home to Duluth to raise a family, share a community of good peeps and where she can see the Lake every day. Her favorite hobbies are motorcycling with her bad-a** friends and eating whole, nutritious, fair-traded chocolate. She wishes you peace and good juju.

CELEBRATE!

On our birthdays and name days in Poland much like the “Happy Birthday” song in the United States, “Sto Lat” is more versatile as it can be also heard at special events and occasions such as anniversaries, patriotic events and award ceremonies.

Sto Lat (English version)

Good luck, good cheer, may you live a hundred years.

Good luck, good cheer, may you live a hundred years.

Good luck, good cheer, may you live a hundred years.

One hundred years!

Sto Lat

A whole new meaning to the word sunbathing.

CONSERVATION TECHNOLOGIES

Imagine, not electricity or propane, but the sun heating your water. Harnessing nature’s power using a new advanced technology, a solar hot water system can supplement any water heating system. Plus, with current federal tax credits it’s now more affordable. Call or stop by our showroom for more info. www.conservtech.com

Angelina LaBrosse, Member Services/Classroom Coordinator, came home to Duluth to raise a family, share a community of good peeps and where she can see the Lake every day. Her favorite hobbies are motorcycling with her bad-a** friends and eating whole, nutritious, fair-traded chocolate. She wishes you peace and good juju.

Sto Lat

FRESH HANDCRAFTED ALES

GOURMET SANDWICHES • VEGETARIAN MENU

HOMEMADE SOUPS & CHILI

GROWLERS TO GO • LIVE ENTERTAINMENT

4804 Oneto St. Duluth, MN 55807 - (218) 722-9003
Pursuant to WFC Bylaws, all members agree to provide the association with their current address and to keep the association informed of any changes in that address. In an attempt 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.

Membership Costs: $100 per voting membership
Further membership information is available at the Co-op

In an effort to minimize our use of paper and ink, 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 Thursday, June 1. Refer questions and submissions to shannon@wholefoods.coop.

Garbanzo Gazette is also available on our website at www.wholefoods.coop

Merchants of our herb guilds are beginning to plant seeds indoors, in anticipation of springtime on the horizon. The spring cleaning bug hits us about this time, perhaps a genetic carry-over from our ancestors, who used this time to get their homes in order so that they could spend their time tending their gardens when the weather warmed. We're researching and developing our own blends of natural cleaning products, with this in mind. Non-toxic to us and the environment, they work as well and sometimes even better than their chemical counterparts! Here are a couple of recipes that I love so much that housework is almost a joy!

All-Purpose Spray Cleaner:
Heat 2 c Distilled Water:
Add:
2 t Borax
1/2 t Washing Soda
Add:
Heat 2 c Distilled Water:
Add:
1 t Lemon Castile Soap
(I use Dr. Bronner's)
Add:
1 c Natural Grain-Distilled White Vinegar
1 t Lemon Essential Oil
1 c Sweet Orange Essential Oil
Pour into clean gallon jug, either heavy plastic or glass, so the cleaners will not dissolve it. Label clearly. Pour into labeled spray bottle to use. Shake before each use. Spray on and wipe clean with cloth. Use as a daily shower spray to cut down on soap scum. Just spray, leave on for 20 minutes and wipe with a towel or spray and leave to dry. Use the All-Purpose Cleaner for your kitchen counters, appliances, floors, and windowsills. Use in your dishwasher as a dish rinse or in the laundry as a rinse.

Creamy Soft Scrub:
Pour 1/4 c baking soda into a bowl.
Add: 1 t vegetable glycerin to keep the mixture from drying out. Add enough liquid detergent to make a texture like frosting (about 6 t). Add: 5 drops each Tea Tree and Lavender essential oil to kill bacteria. Scoop the mixture onto a damp sponge, and wipe the surface. Wipe off with dampened cloth and polish with dry cloth. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit. Store in a sealed glass jar to keep the product moist. Works great for shining my glass stove top!

Anti-Bacterial Spray:
2 c Water
1 T Liquid Castile Soap
(I use Dr. Bronner's Lavender)
40 drops pure Lavender Essential Oil
Pour the water into a spray bottle. Add the soap and lavender essential oil and shake to blend. Add to a spray bottle and use. Use the All-Purpose Cleaner for your kitchen counters, appliances, floors, and windowsills. Use in your dishwasher as a dish rinse or in the laundry as a rinse.

You're half way there!
Maka a Pit stop for Organic Food
Natural & Organic Snacks
Energy Foods, Great Cup of Coffee!

Jill's Hickley Mobil
SW corner of I-35 & Hwy 48 at Hibbing Exit

Spring Cleaning!
by Alaina Diamon, Lake Superior Herbalist Guild

Members of our herb guilds are beginning to plant seeds indoors, in anticipation of springtime on the horizon. The spring cleaning bug hits us about this time, perhaps a genetic carry-over from our ancestors, who used this time to get their homes in order so that they could spend their time tending their gardens when the weather warmed. We're researching and developing our own blends of natural cleaning products, with this in mind. Non-toxic to us and the environment, they work as well and sometimes even better than their chemical counterparts! Here are a couple of recipes that I love so much that housework is almost a joy!

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Energy Foods, Great Cup of Coffee!

Jill's Hickley Mobil
SW corner of I-35 & Hwy 48 at Hibbing Exit

Moon & Stars Childcare
Evening and Weekend Hours
Call 218-724-3945 or email
moonandstarschildcare@yahoo.com
Four openings from infant to school age!!
Before and after school care openings also available.
Excellent references available.
A few good reasons to call would be:
1) Smaller Child Count
2) Flexible Scheduling
3) Environmentally conscientious home
4) Home cooked meals that are mostly organic using whole food ingredients
Alternate diets and Breastfeeding moms welcome!

DULUTH'S LARGEST SELECTION OF CERTIFIED ORGANIC WINES!
* OVER 1,000 HAND PICKED WINES
* KNOWLEDGEABLE STAFF
* LARGE SELECTION OF WINE RACKS, STEENWARE, OPENERS, BOOKS & MORE

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Caryl L. Larson
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Duluth, MN
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ROLFING® Structural Integration Manual Health Care
218-149-3138
clarolfer@prodigy.net

YOU NEED THIS!!

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 with her or his 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.

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1 t Lemon Essential Oil
1 t Sweet Orange Essential Oil
Pour into clean gallon jug, either heavy plastic or glass, so the cleaners will not dissolve it. Label clearly. Pour into labeled spray bottle to use. Shake before each use. Spray on and wipe clean with cloth. Use as a daily shower spray to cut down on soap scum. Just spray, leave on for 20 minutes and wipe with a towel or spray and leave to dry. Use the All-Purpose Cleaner for your kitchen counters, appliances, floors, and windowsills. Use in your dishwasher as a dish rinse or in the laundry as a rinse.

Creamy Soft Scrub:
Pour 1/4 c baking soda into a bowl.
Add: 1 t vegetable glycerin to keep the mixture from drying out. Add enough liquid detergent to make a texture like frosting (about 6 t). Add: 5 drops each Tea Tree and Lavender essential oil to kill bacteria. Scoop the mixture onto a damp sponge, and wipe the surface. Wipe off with dampened cloth and polish with dry cloth. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit. Store in a sealed glass jar to keep the product moist. Works great for shining my glass stove top!

Anti-Bacterial Spray:
2 c Water
1 T Liquid Castile Soap
(I use Dr. Bronner's)
40 drops pure Lavender Essential Oil
Pour the water into a spray bottle. Add the soap and lavender essential oil and shake to blend. Add to a spray bottle and use. Use the All-Purpose Cleaner for your kitchen counters, appliances, floors, and windowsills. Use in your dishwasher as a dish rinse or in the laundry as a rinse.

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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.
by Jean Sramek, Board President

I n our last episode, WFC’s Board — after nearly two years of discussion, input from members, and analysis, and meetings — considered a recommendation by the Membership Committee to discontinue the working member discount. At their March meeting, the Board approved a motion:

To discontinue working member discount accrual at the end of the current fiscal year (June 30, 2006) and to continue to offer volunteer opportunities for members to participate in Co-op events.

Current working members will receive their discount as long as they have a balance of accrued work credit. This was a decision that was a long time coming, and we are confident it was a good decision.

Now we are in the process of making another discount decision: whether to retain or discontinue the discount for senior citizens — that is, the 5% discount for WFC members who are at least 62 years of age and who request this discount.

You may be saying to yourself, “Is WFC’s Board, drunk with power and giddy from paint fumes, just slashing member benefits willy-nilly, because they can?” The answer is NO (besides, the paint used at the new site is non-toxic). We are not entering into this decision — or any other decision that affects WFC members — lightly. We are simply doing our job, which is to maintain a vision for WFC, to look towards the future for our member-owned cooperative, and to do what’s best for the long-term financial health of WFC.

A retail discount given to senior citizens is a somewhat dated tradition, a social convention that grew out of a time when people of retire age were expected neither to live very long nor to have much money.

We are not saying that no seniors are poor or that we begrudge them discounts. However, we have heard from many groups (e.g., students, low income neighbors, families with young children) that would also benefit from a discount. We want WFC to be financially healthy, to pay fair wages to our employees, to provide a relate to all members, and to keep prices fair and competitive for people of every demographic.

Last year, the Membership Committee surveyed our senior members and researched what other cooperatives are doing about preferential discounts. If WFC’s senior member discount is discontinued, seniors and other groups may still be offered promotional discounts on certain days and on certain items in addition to the “member-only” specials all members currently enjoy.

As always, we’d like your input. What do you think? Please join us at the next Membership Committee meeting on Monday, May 8, 5-6 PM in WFC’s classroom space on the lower level. Help us work towards the greater good.

Thank you to whoever helped us keep up on the shoveling this winter at the old store location. It didn’t go unnoticed and was much appreciated!
— Debbie, Store Manager

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the seasonal table

by Bonnie Williams Ambrosi, member

Ayurveda, the practice of bringing our constitutions into balance with Nature, has its origins in ancient India. Ayurveda — “the science of life” — is considered the medical branch of Yoga. But the practice of Ayurvedic diet is not limited to Indian food, as you know from my columns. It simply requires that we perceive the qualities of the food we eat, as well as of the world around us and our own bodies and minds, and learn to use these qualities to our advantage.

Since everyone’s body is unique, there is no short list of good or bad foods in Ayurveda, except to say that fresh, whole foods are generally preferable to processed forms. And that leads us to eating seasonally, for what is more fresh and whole than food from the garden, from a farmer’s market, or local produce?

Two early summer crops are green onions and parsley (especially if you start the parsley indoors or buy plants to set out). Herbalists have revered parsley since ancient times. It has been called upon to cure baldness, calm firey children, relieve headaches, strew grasses and churches, and braid into victory garlands. It also, less apothecarily, sweats the breath, improves digestion, and cleanses the blood. In Ayurvedic terms, it is slightly warming and mildly diuretic.

Onions are another ancient medicine/food. They are expectorant, aphrodisiac, and diaphoretic (promoting sweat). They boost the immune system, and for this reason are helpful for colds and flu. They are strengthening, too, building up a weak constitution. Because of their stimulating properties, however, onions are not considered sattic, or balanced, food for meditators. The taste of the onion is pungent and hot, but its energy is surprisingly cool, making raw onion difficult to digest. If you have problems with it, cooking the onion makes it much easier on the stomach.

This recipe, of Italian origin, uses parsley and green onions together with beans, which are good food in every season.

White Bean Salad
2 cans (app. 2 cups) cooked white beans
2 or more green onions, chopped
1/4 cup olive oil
1 tsp. lemon juice
freshly ground black pepper

Combine all ingredients in a bowl and let them sit quietly for a while before being eaten, to marry the flavors. Serve at room temperature with some excellent bread.
Opportunity at the Berkeley Public Library

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In the March–April 2006 issue of Cooperative Grocer (www.cooperativegrocer.coop) magazine, Whole Foods Co-op received national recognition for our use of sustainable building practices in the remodeling of 610 East 4th Street AND for our comprehensive employee education program. In April, we opened our employee classes to staff from co-ops throughout the Midwest. During the eight plus years we spent planning and training for our expansion, we apprenticed our employees at other co-ops, audited their floor plans, equipment choices, and policies. Now it is payback time. We are looking forward to sharing our experience and keeping the cycle of continuous learning spinning.

After fulfilling another flurry of documentation requests from the U.S. Green Building Council folks who are auditing our request for a LEED (Leadership in Energy & Environmental Design) certification, I came across a few facts that don’t usually get included in our building tour presentation:

• Over 77% (676 tons) of the construction waste generated in the remodeling of 610 was diverted from the landfill and recycled (LEED goal was 75%).
• Over 25% of the cost of all construction materials was expended on regionally manufactured materials (LEED goal was 20%).
• Nearly 12% of the total materials cost was expended on materials with post-consumer recycled content and/or post-industrial recycled content (LEED goal was 10%).

The administrative time/paperwork/cost to track LEED points was significant. But LEED points translate to environmental goals that we made a commitment to our membership that we would meet. And we did.

Now we continue to honor that commitment through our support of organically grown foods, green housekeeping products and practices, and alternative transportation. You may have noticed the Carpool Parking signs in our lot. The goals of our Carpool Policy are to raise awareness that carpooling can:
• Reduce air pollution,
• Reduce fossil fuel consumption, and
• Cut down on parking lot traffic.

After researching the issue, we defined a carpool as a vehicle with three or more shoppers/employees/class attendees at least 16 years of age or with more than two shoppers/employees/class attendees at least 16 years of age from two different households. WFC has 130 employees who work different shifts at different times on different days. Our co-workers have stepped up in support of the Carpool Policy by encouraging carpooling and ride-sharing through our internal email system, thus reminding me that there is at least one other benefit of carpooling — building community.

Employed at WFC since 1980, Sharon Murphy has been the General Manager since 1988 and walks to work most days.

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Socially Responsible Investing
Investing to reflect your own beliefs and priorities

by Jim Booth, Member

A
s I sit down to write this article I am returning from a week long trip to the last fishing village in the Yucatan Peninsula. The village has about two hundred local fishermen and their families. Not much has changed there in the last 50 years or so. They live as they always have but now electricity has reached their village and I fear for the commercialization that will now follow. As I was driving back up the peninsula I was thinking how sad it will be when the entire Yucatan coast is given over to tourists and cruise ships.

Somehow this thought process brought me to my chosen profession of being a financial investment advisor. This means I assist others with their investment decisions and planning for their futures. Somehow, this all ties into being more socially responsible in my practice.

What does it mean to be a socially responsible investor? It means investing to reflect your own beliefs and priorities. It means investing in companies that may meet and reflect your politics, ethics, companies that hire and promote women and minorities, compensates its workers fairly, have good labor-management practices, provide a safe and healthy workplace. Other issues such as environmental issues, pollution prevention, minimizing exposure to environmental risk, may be factors to consider. Finally, areas that may be on the forefront and important include product safety, international operations, indigenous peoples rights and community relations.

The history of socially responsible investing goes back to the ethic precepts embodied in Jewish Law. Quakers and other religious orders starting in the 18th century refused to invest in “sinful” industries such as distilleries and weaponry. In the 1960s, the environment, civil rights, and militarism were all brought to the forefront and important include product safety, international operations, indigenous peoples rights and community relations.

The process to be included in a socially responsible fund, but in many funds they are included. Clearly the only reason for this is returns. There are a few very solid companies that offer mutual funds and aren’t allowing returns to drive them. These good funds can be found by taking a small amount of time and doing research, or contact your financial advisor and ask if they have socially responsible funds. If you would like to know what you own you aren’t allowing returns to drive them. These good funds can be found by taking a small amount of time and doing research, or contact your financial advisor and ask if they have socially responsible funds. If you would like to know what you own you can go to certain websites and enter the name (or partial name) of your fund and find out what companies are held inside that mutual fund.

It is an amazing journey investigating Socially Responsible Companies; some of the CEO’s are truly great at sticking to their principles and beliefs. One example that comes to mind is a story about Zhene Muzyka, CEO of Zhene Gypsy Tea Company. She states in her article “The Socially Responsible Investor” Green Money Journal Spring 2005 issue, “That being a socially responsible investor is exhilarating. I am always at work on making my investors a return, yet it is a return that is holistic.” I would like to echo that sentiment. Investing and following your heart, being true to your spirit and enjoying the financial security that goes along with it is a good thing. If you do your research, invest for the long term and don’t chase returns, socially responsible investing will pay off more then just financially for you and society.

I don’t know if investing socially responsible will help Xcalak stay the sleepy little fishing village it is today. I do know that following my conscience in my investing style will make me more aware of how my investments affect others in this world.

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.

cooperative principles
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Do you know whether the food you put on your table has genetically engineered (GE) ingredients in it or not? If you shop mostly at a regular grocery store you can be pretty sure that some of the food is genetically engineered. By the year 2003, Smith says that statistics showed that 50% of all processed foods, as well as 80% of soy and 38% of corn planted in the US, came from genetically engineered seeds. So, even though very little scientific research on the safety of GE foods has been documented (except what has been done by the biotech giants themselves) hundreds of millions of people have been sold unmarked GE foods for at least the last 20 years.

In reviewing Smith’s book I found that chapter after chapter read like a fiction horror story. From the U.S. and Canada to England, scientists, politicians and consumers who raised questions about the safety of GE foods have been reprimanded, slandered and silenced. Politicians and consumers who raised questions about the safety of GE foods have been demoted. Smith documents examples of how animals turn away from GE food and eat only natural grains. Time and time again the geese, rats, cows and pigs walked right past the GE food and either went to only the natural grains or didn’t eat at all if only GE food was available. It seems that animals have a natural sense to eat only what is good for them. If only Monsanto would pay attention. However, greed often blinds one’s sense of honor. For more detailed information on how the government and big industries continue to tamper with our food supply, pick up a copy of Smith’s book. It’ll be worth it to put the book down.

Seeds of Deception
Jeffrey M. Smith

91% of the GE market. However, the public has not taken this lightly and even though the government and large corporations continue to distort, hide and cover up the truth, there are many people around the world working hard to bring healthy food to your table. Jeffrey Smith is one of them. Smith’s new book, written in 2003, has taken on the GE giants in a bold new way. He has filled his book with outrageous examples of how our food is being tampered with and backs his facts up with 15 pages of references. Throughout his book (at the end of each chapter) Smith documents examples of how animals turn away from GE food and eat only natural grains.

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**news bites**
For more information on the hidden costs of cheap food and other hot topics in our industry:

- Institute of Agriculture and Trade Policy (IATP) [www.environmentalobservatory.org/library.cfm?refId=36142]
- Organic Consumers Association offers a short film and a teaching packet on “The True Cost of Food” [www.organicconsumers.org]
- The Common Dreams web site has a link to a fascinating article about the fossil fuel consumed by moving food thousand of miles from where it was grown to where it is consumed: “My Saudi Arabian Breakfast,” by Chad Heeter: [www.commondreams.org/hedlines06/0304-03.htm]

- Another perspective on the “other” Whole Foods, “Is Organics Overpriced?” “Other” Whole Foods, “Is Organics Overpriced?” by Field Maloney: [www.lisacasperson.com]
- One billion pounds of pesticides are used in the U.S. every year, and use in homes and gardens has nearly doubled in the last decade. Learn more about the work of the Northwest Coalition for Alternatives to Pesticides (NCAP): [www.pesticides.org]

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**CELEBRATE!**
In the 1600s, in England there was an annual observance called “Mothering Sunday.” It was celebrated during Lent, on the fourth Sunday. On Mothering Sunday, the servants, who generally lived with their employers, were encouraged to return home and honor their mothers. It was traditional for them to bring a special cake along to celebrate the occasion.

**CELEBRATE!**
On the big day in China, both the bride and the groom’s house are decorated in red.

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**Welcome, new members! Spread the good word!**
We had set a goal of 750 new members before July 1, 2006. The graph shows that at 791 new members we have surpassed our goal! Thanks!

- Mikel Roe
- Jeanine Tunkin
- Hillary Churchill
- Doris Evans
- Lynn Baarbe
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- Sherry VanHarnell
- Carla Tambouru
- Stephen Barnum
- Anita Gille
- Shelley Richmond
- Helen Gilders
- Terry Blustun
- Marybelle Rutherford
- Michelle Jo Snyder
- Rae Lynn Monahan
- Luanne Snow
- Victoria Morrison
- Jennifer Pressman
- Susan Hite-Kulik
- Naimei Klanderud
- Bergman
- Bob Nelson
- Amanda Eckberg
- Trevor Dupras
- Gary Gange
- Mark Winslow
- Sara Lavalley
- Jonathan Toole
- Renee King
- Holly Hakaga Hagen
- Mary Evanswich
- Maxine Proetz
- Elizabeth Sartosontad
- Jim Booth
- Christine Nephew
- Marta Maslanka
- Kathleen Chapman
- Karen Young
- Mary Kerman
- Gweneve Gustafson
- Yvonne Yates
- Julia Lightfoot
- Michelle Mercioron
- Christina Schmitz
- Rhonda Oland
- Flor Anne Neiquist
- Deborah Nikstad
- Jack Karpinski
- Phil Wolfe
- J. Lewis Bailey
- Hilary Backwater
- Judy Casaberg
- Heather Odden
- Jacob Lebeau
- Shannon Marie Stone
- Karen S Minson
- Brian Strand
- Brian Heaslip
- Tini Hardmark-Foster

- Daniel A Holm
- Tim Johnson
- Nancy Burkes
- Frank J Ognizach
- Edward Lewis
- Annie Knuth
- Darrell Lyle Miller
- Dianne Maki
- Cami Inforzado
- Corinne Martin
- Susan Diane Johnson
- Kathleen M Grigg
- Kristin Nonlander
- Rusty Smith
- Darcey Domitez
- Barbara L Kokotovich
- Sharon Hallberg
- Jerome Lee
- Julie Boll
- Carol Megens
- Rosemary Guffo
- Michelle Decaigny
- Branden Galindo
- Jean M Hogan
- Heather
- Kathleen
- Dumi B Anderson
- Sarahanne Leeh
- Brodin
- Leanne Ventrella
- Jessica Myshack
- Traci H Eaton
- Elizabeth A Burno-Kiivisto
- Mary Jo Putnam
- Matt Boales
- Lynn Schneider
- Melanie Ann Ross
- Lisa Mandelin
- Lucy Meade
- Jamma Marshall
- Dianne Jayce
- Hudson
- Jee Ho Byung Camilla
- Joyce E Yelensky
- Michelle E Hood
- Joelok Finken
- Aaron Raleigh
- Johnson
- Gary Meier
- Justin Erickson
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- Leslie C Essay
- Michele S Moore
- Jean M Lyons
- James William
- Christensen
- Jury Bowen
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- Beverly Garrett
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- Kerri Haldeman
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- Rodger Lee Jackson
- Joseph A Kualuk
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- Rita Johnson
- Stephanie Kristvinschuk
- Jason F Freist
- Kevin Z Johnson
- Kerry A Connor Peterson
- Jacob C Olyho
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- Amanda Ann Williams
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- Melissa Doussard
- Daniel Smith
- F Eugene Zentz
- Halsy R Smoger
- Mildred F Williams
- Dawn Youngs
- Monique Liddle, ND, is a Naturopathic Midwife in private practice. Jana Studelska is a certified doula and midwife’s assistant.

---

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---
The history of the Canola oil scare began in 1996 when Perceptions magazine published an article that made adverse health claims about Canola oil that bordered on outright conspiracy theory. I myself am a conspiracy buff and believe plenty of criminal conspiracies have been successfully perpetrated in secret against the populace. However, to be credible, claims need at least a shred of documentation and evidence beyond mere anecdote. The Perceptions article, which was written pseudonymously, contained neither. It is also worth pointing out that Perceptions magazine is a publication by and for mental health patients (I’m not making this up), and as well as popularizing various claims of the paranormal, “Canola” was used to further foment predilections for paranoia. Of course not all mental health patients are morbidly paranoid or prone to believing undocumented claims. I myself have been a mental health service user in the past, and I am paranoid and have also popularized various paranoid claims. Not to put too fine a point on it, I may be the best person on staff to try and evaluate these claims against Canola.

Since the Perceptions article came out, numerous Internet sites have uncritically echoed it. However, I have found that the claims against Canola amount to nothing:

**Myth #1:** Canola oil was created by genetic engineering.

FALSE. The invention of Canola oil predates the technology of genetic engineering by two decades. Canola oil was created by traditional crossbreeding of the rapeseed plant, in order to lower rapeseed’s high levels of erucic acid. Oil from un-crossbred rapeseed has high concentrations of erucic acid, and for this reason rapeseed oil has never been established as a cultural favorite. Since traditional frying temperatures here in the West are lower, the danger of burning your oil is much less likely, and there’s almost no erucic acid to inhale from Canola anyway. Any oil of any kind that starts smoking in the pan should be discarded, and a lower heat used. That said, canola oil can take heat in the upper registers of Western cooking and is a good choice for frying.

**Myth #2:** Canola oil is an industrial oil unfit for human consumption.

FALSE. Many food oils can be processed for industrial uses, which has no bearing on whether or not they also have food grade forms. The fact that Canola oil can be used industrially with extensive processing does not mean that food-grade Canola oil is unhealthy to eat. Other healthy food oils that have industrial uses after processing include flax oil, walnut oil, cottonseed oil, and olive oil. They can all be used for both food and industry, depending on how they are processed.

**Myth #3:** Insects won’t eat rapeseed or Canola in the fields, so it must be toxic.

FALSE. Major insect pests of rapeseed include: flea beetles, diamondback moths, armyworms, root maggots, grasshoppers, lygus bugs, bronzefield beetle larvae, slugs and snails. Canola’s susceptibility to pests is precisely why most of it is grown in Canada, as Canada’s cold weather discourages pests.

**Myth #4:** Spraying canola oil on insects kills them, so it must be toxic.

FALSE. Any oil makes good pesticide because insects coated in oil will suffocate.

**Myth #6:** Rapedese, a member of the mustard family of plants, was the source of mustard gas in World War I, which demonstrates the toxicity of Canola oil.

FALSE. Mustard gas is a chemical that got its name because of its smell and color; it is unrelated to the mustard family of plants.

**Myth #7:** Canola oil gave rats health problems in scientific experiments, demonstrating Canola’s toxicity.

FALSE. These experiments were invalidated by the discovery that rats do not metabolize any oils well, and so make poor oil research subjects. Any vegetable oil causes health problems in rats.

**Myth #8:** Canola oil causes Mad Cow disease.

FALSE. There are no scientific indications of a Canola/Mad Cow link. The science all points to a mis-folded protein called a prion as the causative agent of Mad Cow. And there is plenty of governmental and regulatory funny business going on surrounding Mad Cow disease, but a secret link to Canola oil does not appear to me to be part of it.

Some criticisms of Canola oil resolve around the fact that much Canola oil, since its invention through crossbreeding, has subsequently been subjected to genetic engineering. In addition it is argued that much Canola oil has been extracted, processed, and preserved using toxic chemicals. All this is TRUE, however, these criticisms only apply to non-organic Canola oil. The way to avoid all that is to buy organic canola oil from the Co-op. By definition — as ensured by third party, independent certifiers — organic Canola oil is free of genetic engineering and chemical processing. The Canola oil I buy for the bulk department is from Spectrum, one of the most trusted and respected organic food companies in the world. I stand behind it 100%

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