

With the changing of the seasons come many reasons to celebrate. Whether it's enjoying the rainy beauty of spring in May, or soaking up the brilliant rays on those balmy days in June, the reasons to celebrate are many and varied. With the arrival of May come the celebrations of Cinco de Mayo and Mother's Day. June brings a fresh start with Father's Day and the beginning of summer with the solstice.

With the inevitable rain in May also comes a new sense of life as winter's debris is washed away and is replaced with the wonderful fragrance of freshly cut grass, blossoming flowers and sweet morning dew. For us in the Northland this is more than enough to celebrate for the whole month of May, but it doesn't stop there. May is full of events worth celebrating. Kicking off the month is Cinco de Mayo, the day commonly thought of as Mexico's Independence Day. However, Cinco de Mayo commemorates one victory of the Mexicans over the French army in the year 1862. Festivities vary from one area to another but all involve feasting with friends and family. May is also the designated month for you to show

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

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!

# gourmet to go celebrate! by Avalon Jackson, Cook

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 not 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

Try this delicious carrot cake recipe at home:

- Cake:**
- 2 c All Purpose Flour
  - 2 t Baking Powder
  - 2 t Baking Soda
  - 2 t Cinnamon
  - 1 # Carrots (shredded)
  - 3/4 c Walnuts (chopped)
  - 2 c Sucanat
  - 5 Eggs
  - 1 c Canola Oil

- Frosting:**
- 8 oz Cream Cheese (room temp)
  - 2 sticks Butter (room temp)
  - 3 1/2 c Powdered Sugar
  - 2 t Vanilla

**Directions:**

**Cake:**

Sift flour, baking powder, baking soda and cinnamon into large bowl and whisk together.

Add shredded carrots and chopped walnuts to flour mixture and mix.

In a food processor or with an electric mixer, blend eggs and sucanat. When smooth slowly add canola oil and mix well.

Pour egg/sucanat mixture into flour/carrot mixture.

Divide batter between two 9 or 10 inch oiled round cake pans. Bake at 325 degrees for about 30–35 minutes. Use a toothpick to check if they are done.

Cool cakes and prepare frosting.

**Frosting:**

With an electric mixer or in a food processor blend cream cheese and butter together. Scrape down sides of bowl and process until smooth. Add powdered sugar and vanilla and process again until smooth.

**Assembly:**

Frost top of one cake. Place the other cake on top of the first and use the remaining frosting to cover all sides. May garnish with additional chopped walnuts. [CG](#)

**Avalon Jackson**, Cook, loves to bake at work and at home. She enjoys nothing more than indulging your sweet tooth.

## the back 40 “scratch cooking”

While chimpanzees may eat ants on a log, we are the only species that combine ingredients such as celery, peanut butter, and raisins to work off the flavors of each component. Although many people are intimidated by the possibility of failure, cooking for yourself and loved ones has so many benefits. In our busier lives, more so than our not so distant relatives, we sadly prepare fewer and fewer meals these days. The advantages to home cooking are numerous, including the control over salt and fat content, the desired degree of doneness or tenderness, sharing both the kitchen and dining room experience, and the opportunity to make ample amounts for leftovers. It is also a good way to save money as eating out regularly can be rather expensive. Cooking at home also allows you to know and control exactly what you're eating. You can make items from your own garden, focus on the seasonal crops, and invite others to join in to reap the rewards of your efforts. You could even start a potluck with family, friends, or co-workers.

The art of combining thousands of ingredients is an amazing one. I often look at a recipe and wonder whoever thought of that or when that was first done. Recipes are truly limitless and continue to evolve using newly available ingredients. There are so many cultural cuisines to borrow from and combine into an entirely new and unique flavor. Many of the ingredients at hand today were not even known about by many of us all that many years ago. The magic of cooking combines the various methods of cooking,

flavorings, and methods. You can braise cabbage, steam cauliflower, caramelize leeks, sweat onions, and so on.

Following recipes is important in the beginning of a life of cooking from scratch. It is important to have those early successes, which build confidence in your abilities. In this way, you can learn why certain steps work or ingredients work in unison. After you can prepare a dish readily and have a solid foundation, you can feel free to adjust it and experiment. Cooking is different than baking in its strictness. Baking is indeed a science and requires precise measurements to see satisfactory results. Cooking is a much looser practice, adding half the amount of onion called for will not ruin the recipe. One great technique to experiment without fear of compromising the entire dish, is to put a small amount of your prepared food into a dish and add a little of an ingredient to that amount. Did adding a little salt help? Did putting in a drop of lime juice make the other flavors come out more? You have utter control when cooking at home, if you don't like cashew, well then, feel free to substitute them with pecans. Start off with simple combinations of ingredients by making dishes like soups or salads.

It doesn't have to be all or nothing with cooking from scratch. If you want to make a soup but don't have the time to make homemade chicken stock, then use a good quality prepared chicken stock. Feel free to take advantage of time savers, just buy quality products and check the ingredients. It's wise to taste it so you can compensate for strong flavors, like a

particularly salty stock. Cooking can be such a wonderful way to express your love of others with the time and care taken to prepare a dish or meal.

Cooking the food just before eating it is also a fantastic appetizer, so to speak. What better to pique your appetite than to smell that freshly zested lemon or those mushrooms absorbing the juice of their neighboring pearl onions? It is surely satisfying to sit down to a meal that you prepared with your own efforts, to literally eat the fruits of your labor. Leave the dishes for the morning.

Resources for recipes are abundant. Try libraries, cookbooks, bookstores, friends' collections of recipes, the newspaper, cooking shows, and surely the world wide web. A great practice is to search for a recipe on the internet and combine what you like about two or three different recipes. You can even refine your search to look for recipes with those two or three ingredients that you'd like to see together. Write notes on your recipe about what worked and didn't as far as adaptations. Maybe one day a week, take the time to make a new dish or utilize a main ingredient that's new to you. As you look at more and more recipes you'll learn combinations of ingredients that are sure hits. Leeks are great with potatoes, cabbage loves tomatoes, pears and vanilla go perfect together, lemons are a match with asparagus, nutmeg matches Brussels sprouts, and the list goes on.

Here is a simple, yet satisfying recipe perfect for the springtime. Put on your apron and paint the salmon pink, if you will. I wish you great cooking and wonderful eating.



**Grilled Salmon with Grapefruit**

4 Salmon Fillets, 6 oz

1 c Grapefruit Juice, from one to two grapefruits

2 T Balsamic Vinegar

2 T 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.

Sprinkle 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. [CG](#)

**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 Cosmo.





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MAY/JUNE 2006

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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**
- **Ecco Bella Dark Chocolate Face Mask**
- **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 Cholestra**
- ### Frozen

- **Quorn Cutlets** (meatless)
- **Quorn Nuggets** (meatless)
- **Quorn patties** (meatless)
- **Morningstar Farms Thai Burgers** (meatless).

## 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



Kerri Haldeman, Mary Shackelford and Julie Kohls, Stockers, keep our aisles full of all products, old favorites and new!

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, bacun's, and some broth base such as vegetable or chicken flavor. Enjoy!*

## General Merchandise

- **High Mowing Seeds**
- **Spontex Sponges**
- **1 oz. bottle with dropper for your extracts**
- **Ambassador Boar Bristle Hairbrushes**

## Bulk Department

- **Organic Amaranth** (replaces non-o amaranth)
- **Organic Pine Nuts** (replaces non-o pine nuts)
- **Organic Wild Rice** (replaces non-o wild rice) CC

# We Reply

Dear Co-op,  
I miss some of the items from the "old" store. Also, the new Deli Hot & pre-made things are not well suited for us Celiac folks. *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

If 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,  
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, Cheesehead*

Dear Cheesehead,  
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!  
— Wolfie, Cheese 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





### Flowers on the Rocks

*container gardening,  
garden design and  
maintenance*

— with an organic touch

**Kathy Thomas**  
218-290-1439

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,  
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 to a company that recycles plastic #1 – #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



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# 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 on their balance due 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. GG

Member #	Credit Bal	Member #	Credit Bal	Member #	Credit Bal
47	(19.03)	2720	(7.47)	4649	(5.50)
97	(8.52)	2740	(26.22)	4671	(0.97)
145	(28.33)	2753	(2.17)	4703	(6.61)
168	(13.10)	2784	(4.36)	4727	(2.15)
203	(6.18)	2807	(26.59)	4748	(20.00)
223	(2.00)	2975	(9.09)	4860	(8.08)
229	(3.28)	3136	(29.14)	4916	(20.00)
500	(8.10)	3350	(0.41)	4928	(0.37)
540	(10.00)	4031	(4.99)	4975	(3.80)
615	(41.80)	4068	(6.12)	6103	(3.10)
1149	(6.52)	4088	(1.50)	6149	(50.00)
1151	(0.04)	4139	(4.26)	6197	(11.18)
1274	(4.50)	4210	(0.50)	6209	(10.45)
1657	(6.80)	4218	(4.13)	6378	(12.48)
1931	(7.20)	4225	(17.55)	6476	(4.00)
1958	(8.61)	4230	(5.40)	6661	(3.31)
2149	(2.00)	4244	(1.17)	6788	(3.37)
2197	(7.24)	4485	(13.53)	6853	(0.20)
2325	(11.33)	4552	(24.19)	6993	(1.21)
2415	(1.24)	4615	(3.84)	7687	(2.48)
2662	(1.00)	4632	(10.82)	7784	(20.00)

# 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! GG

**Gina LaBrosse**, Member Services Coordinator, came home to Duluth to raise a family, share a community of good peeps and live 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.

## 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?

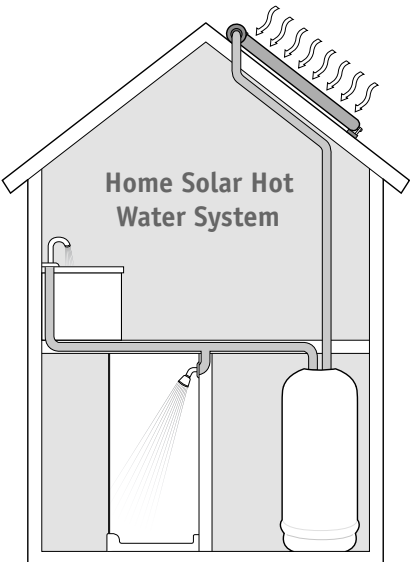
- Pick up a Board Application packet at the Customer Service Counter or call to request an application by mail (218-728-0884, ext. 182).
- Contact a Board member to discuss your questions about being on the Board. Email at wfcbod@wholefoods.coop or leave a phone message (218-728-0884, ext. 101) and a 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.
- Deliver 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. GG

### CELEBRATE!

Often sung at 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!

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## Garbanzo Gazette

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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.

**MOVING?** Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

# Spring Cleaning!

by Alaena 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've been 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:

1/2 t Washing Soda

2 t Borax

Stir until dissolved.

Add:

1 t Liquid Castile Soap

(I use Dr. Bronner's)

Add:

1 c Natural Grain-Distilled White Vinegar

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 3/4 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. Spray on the surface and wipe off with a dry rag. Don't rinse at all.

Makes 1 pint spray.

NOTE: New research is proving that the old folk recipes using herbs and essential oils to kill germs, such

as those used by 14th century doctors during the Black Plague, were based on good science. Many essential oils, such as the oils of lavender and thyme, are more antiseptic than phenol, the industry standard. Research is also showing that antibacterial plant oils may not cause drug resistance as could be the case with common chemical disinfectants. This essential oil-based spray leaves a lovely, clean scent. It is a good choice to use for misting your cutting board after use.

Mix up some natural cleaners, and get busy with spring cleaning and when spring is finally sprung you can spend your free time basking in the warmth of the sun soaking up that Vitamin D and not locked into housecleaning drudgery! GG

**Kay Smith**, herbalist with over 20 years experience and education, teacher, mom, wife, friend, massage therapist, a member of the Lake Superior Herbalist Guild.

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

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

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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!

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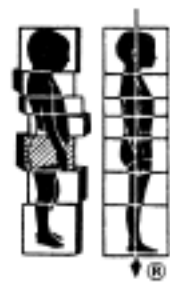
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# board report the greater good, part II

by Jean Sramek, Board President

In 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 members — 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 retirement age were expected neither to live very long nor to have much money.



Jean Sramek, your Board President

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 rebate 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. GG

## 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 create balance.

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, Farmer's Market, or local produce at the Co-op?

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 fretful children, relieve bee stings, strew graves and churches, and braid into victory garlands. It also, less apocryphally, sweetens 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 sattvic, 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  
(Sauté in olive oil if digestion is a problem)  
2 handfuls of parsley, chopped  
1/4 cup olive oil  
3 tbsp. lemon juice  
freshly ground black pepper  
1/4 tsp. salt, or more if desired

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.

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— Debbie, Store Manager



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## staff news

### STAFF ANNIVERSARIES:

<b>May:</b>	
Michael Karsh	16 years
Teague Alexy	6 years
Sue Boorsma	1 year
Susan Stone	1 year

<b>June:</b>	
Christof von Rabenau	20 years
Jay Newkirk	9 years
Brad Rozman	2 years
Christie Culliton	1 year
Jane Herbert	1 year
Rayann Schramm	1 year

Congratulations to **Produce Assistant Teague Alexy** on the birth of his daughter, Annika Nora.

**Coordinator Rain Elfin** and his wife have purchased a home in the Denfeld neighborhood with the help of Northern Communities Land Trust. Welcome home!

### Please welcome our newest staff:

**Kala Edwards** – Deli Counter  
**Deb Elmer** – Administrative Assistant – Finance  
**Julia Holmblad** – Produce Assistant  
**Rianna Reiter** – Deli Counter  
**Joseph Woodcock** – Storekeeper – Store Operations  
**Morgan Alexy** – Deli Cook  
**Bjorn Bjerkle** – Deli Dishwasher  
**Prep Cook**  
**Rebecca Hinds** – Front End Assistant  
**Charles Janovick** – Front End Assistant  
**Kerri Haldeman** – Merchandising Stocker  
**Jeff Wilson** – Deli Cook  
**Jason Caddy** – Merchandising Stocker  
**Mary Shackelford** – Merchandising Stocker  
**Jennie Lennick** – Front End Assistant

These are the most recent graduates of the now nationally famous Whole Foods Co-op Staff Training Program. Congratulations!

**Julia Holmblad**, Produce  
**Jahn Hibbs**, Produce  
**Lynn Brasgala**, Produce  
**Lyndon Ramrattan**, Produce  
**Bjorn Gangeness**, Produce  
**Rose Anderson**, Produce  
**Emily Demmer**, Deli  
**Heather Telschow**, Deli  
**Mike Colvin**, Deli  
**Katy Pokela**, Deli  
**Kathy Thomas**, Deli  
**Wendy Sjoblom**, Deli  
**Eric Bong**, Deli  
**Anni Friesen**, Deli  
**Andrea Geary**, Deli  
**Lynette Chesney**, Deli  
**Jane Herbert**, Deli  
**Heidi Frison**, Merchandising (soon to be Deli)  
**Rae Lynn Monahan**, Merchandising  
**Lisa Anderson**, Merchandising  
**Jesse Hoheisel**, Merchandising  
**Christine Gildersleeve**, Merchandising  
**Becki Jarvis**, Merchandising  
**Stephanie Blohm**, Front End  
**Karen Salisbury**, Front End  
**Vikki Swenson**, Front End  
**Jason Kokal**, Front End

Congratulations to HR Manager **Colleen Kelly** on completion of the Human Resource Generalist Program at the University of Wisconsin-Superior.

**THANK YOU SO MUCH**  
 To All WFC Employees!

## better in bulk

**H**opefully all the scoop bin lids have had magnets added to them by the time you read this and can stay open by themselves so you don't need three hands to shop anymore. Other bulk aisle fixes are in the pipeline as well.

Check out our new organic Minnesota grown wild rice, hand harvested by Native Americans and processed over a wood fire. We will carry this as long as supplies last, but the wild rice harvest was low this year so we may see some occasional shortages as suppliers run low on their inventory.

Tasted the organic bulk dried mango lately? The quality is unsurpassed. This is one of the flagships of the bulk foods aisle as far as I am concerned, emblematic of the kind of quality food the bulk aisle is known for.

I made delicious burritos by substituting polenta for rice. Let's see, what else was in there .... Can of black beans sautéed with onions, garlic, cayenne, and juice of a whole lime squeezed in.

With the polenta and beans you still get your grain-and-legume-food-combining-full-protein, plus the polenta made a fun substitute in terms of both flavor and texture (and I supplemented it with a couple tablespoons of nutritional yeast flakes too). The whole thing was topped with organic mango salsa, and homemade mango and avocado guacamole. Wow. A side note about making polenta is that you must take care to stir it constantly or it will burn. But don't let that deter you; the time and energy expenditure is not significantly greater than making rice, and it is arguably better tasting than rice. Lazybones method: crumble in the precooked polenta logs from aisle two instead of cooking your own bulk polenta. Tradeoff: the freshest taste possible.

Either way, I heart polenta. Bulk polenta makes a great pizza crust too. Smooth it out thinly onto a cookie sheet and allow it to cool all the way. A couple hours should do the trick for sure. Cool polenta loses its porridge-like consistency as it dries and hardens

a bit. If you're ambitious you could smooth and cool the polenta the night before and refrigerate it until you're ready. Then spread tomato sauce and your favorite pizza toppings on it and bake it until the toppings start to brown. It can take some practice to get the crust just right; my first couple of tries fell apart rather easily (but still tasted fabulous — I just pretended it was a casserole). The main issue is to let the polenta cool completely so it has more body; make it a thin crust and it should dry well all the way through.

Here's a fun recipe I found for all you folks allergic to corn:

**Corn-free Baking Powder:**  
 1/2 t Cream of Tartar,  
 plus 1/4 t Baking Soda.  
 Blend, store airtight, yields 1-2/3 c  
 and use one-to-one in recipes.

I remain your humble servant. **GG**

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



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# management report

In the March–April 2006 issue of Cooperative Grocer ([www.cooperativegrocer.coop](http://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. [CG](#)

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



Sharon presenting at an All Staff Meeting.

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GME Committee

Membership Committee

Term expires 2006

## Chad Coffey

chad@wholefoods.coop

Secretary

Food Policy Committee (Chair)

GME Committee

Membership Committee

Term expires 2006

## Chris Edwardson

chrise@wholefoods.coop

Vice President

Board Recruitment Committee

Finance Committee

Membership Committee

Term expires 2006

## Lynn Fena

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Board Recruitment Committee

Food Policy Committee

Membership Committee (Chair)

Term expires 2007

## Erik Hahn

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Food Policy Committee

Membership Committee

Term expires 2007

## Theresa Koenig

theresa@wholefoods.coop

Board Recruitment Committee

Term expires 2007

## Jean Sramek

jean@wholefoods.coop

President

Food Policy Committee

GME Committee (Chair)

Term expires 2007

## Sharon Murphy, General Manager

Whole Foods Co-op

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Duluth, MN 55805

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728-0490/fax

724-7998/h

smurphy@wholefoods.coop

WFC web site: [www.wholefoods.coop](http://www.wholefoods.coop)

Address to communicate with entire Board and General Manager: [wfbod@wholefoods.coop](mailto:wfbod@wholefoods.coop)

To speak to a Board Member or the General Manager, call the store at 218/728-0884

## 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

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

# Socially Responsible Investing

## Investing to reflect your own beliefs and priorities

by Jim Booth, Member

As 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 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 tied 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 hires and promotes women and minorities, compensates their 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 national foreground. Apartheid, Viet Nam, and later the Exxon Valdez spurred public indignation about corporate practices.

An example of a conscience

decision made by a fund company to pioneer socially responsible investing, the Calvert family of funds in 1982, launched the Calvert Social Investment Fund (CSIF). CSIF was the first mutual fund to actively oppose apartheid in South Africa. Then in 1994 following Nelson Mandela's victory in the country's first open elections, Calvert became one of the first mutual funds to re-invest in a free South Africa.

There are several mutual fund companies that proclaim to be socially responsible funds yet according to Paul Hawken, an environmentalist, entrepreneur, journalist and author, some fund companies may not invest in gambling so they could be called "socially responsible" but they may still hold Halliburton and Monsanto. The reason for this is people want returns, the highest they can get. In most cases returns for the socially responsible funds should lag behind their corporate counterparts. Why would you expect lower returns? The industries that drive the market include tobacco, alcohol, utilities, pharmaceutical, banks, computer companies, soda companies, etc. Most of these companies for a variety of reason shouldn't clear the screening 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 advisors 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 Investee" Green Money Journal Spring 2005 issue, "That being a socially responsible investee 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 than 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.


GG

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# Book Review

by Judy Kreag, member

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 60% 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 found themselves demoted, reprimanded, slandered and silenced.

The bottom line is that Monsanto has filled our stores with GE foods whether they are safe or not. At a biotech conference in 1999 Monsanto envisioned the world in 2020 as one where 100% of all commercial seeds would be GE and patented. In other words, natural seeds would become extinct! As of 2003 they owned 23% of the world's seed companies capturing

## 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. 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 *Seeds of Deception*. I'll bet you won't be able to put the book down. GG

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

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.....  
*If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right.*  
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**CELEBRATE!**  
.....  
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**T. Rox**

**Calendar of Events**

**May/June 2006**

**Basic Numerology:** Learn how basic numerology can help you discover what motivates you, your purpose in life, and where your hidden talents lie.  
Saturday, May 20, 10 am-12 pm (\$25)

**Discovering Your Inner Wisdom:** Exercises and techniques designed to help you access your own inner wisdom and guidance.  
Wednesdays (5/17; 5/24; 5/31; 6/7; 6/14; 6/21), 7 pm-9 pm (\$125)

**The Experience of Knowing:** All day workshop focusing on "taking our seat" in the world.  
Saturday, June 10, 10 am-4 pm (\$65 includes lunch)

**Basic Numerology:** Learn how basic numerology can help you discover what motivates you, your purpose in life, and where your hidden talents lie.  
Saturday, June 17, 10 am-12 pm (\$25)


T. Rox offers intuitive guidance and counseling to individuals and groups, as well as personal numerological charts and consultation, by appointment. For more information or to register for an event, please call 218.310.7181 or send an e-mail to [troxduluth@yahoo.com](mailto:troxduluth@yahoo.com).

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# news bites

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

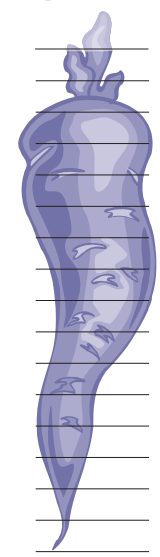
- Institute of Agriculture and Trade Policy (IATP) [www.environmentalobservatory.org/library.cfm?refID=361242](http://www.environmentalobservatory.org/library.cfm?refID=361242)
- Organic Consumers Association offers a short film and a teaching packet on “The True Cost of Food” [www.organicconsumers.org](http://www.organicconsumers.org)
- 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/veiw06/0324-21htm](http://www.commondreams.org/veiw06/0324-21htm)
- Another perspective on the “other” Whole Foods, “Is Whole Foods Wholesome? The Dark Secrets of the Organic-Food Movement” by Field Maloney [www.slate.com/id/2138176](http://www.slate.com/id/2138176)
- “New Studies Back Benefits of Organic Diet” by Stephen Leahy [www.commondreams.org/headlines06/0304-03.htm](http://www.commondreams.org/headlines06/0304-03.htm)
- 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 Northwest Coalition for Alternatives to Pesticides (NCAP): [www.pesticides.org](http://www.pesticides.org)

**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.

# 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!**

- |   |   |   |
|---|---|---|
| Bonnie Barker<br>Pat Krieg<br>Jim Snow<br>Darcy Modean<br>Molly Weyrens<br>Wanda Birnbaum<br>Carol Kidder<br>A. Hank Kryger<br>Joseph Stensland<br>Jeremy Peterson<br>Ann Pepple<br>Don Ortle<br>Ronald Minter<br>Larry Fortner<br>Shari Flesness<br>Brian Malarski<br>Crystal Glowacki<br>Beth Prewett<br>Susan Southard<br>Sarah Banvelos<br>Jonathan Gervais<br>Rayanne Swanson<br>Chelsea Morgan<br>Charlene Applewick<br>Christine Leland<br>Gary Fergon<br>Anna Marie Leusman<br>Lauri Walters<br>Kate Maclean<br>Bente Soderlind<br>William Kleczka<br>Kenneth Olson<br>Anna Weis<br>Kathy Goedel<br>Chris White<br>Ruzanna Vinnik<br>Karen Allison<br>Mary Sage<br>Kathleen Kaneski<br>Margie Moeller<br>Casey Modich<br>John Witte<br>Karl Becker<br>Lucinda Johnson<br>John Prachar<br>Stephanie Kistner<br>Karen Nease<br>Patricia Pearson | Mikel Roe<br>Jeanne Tonkin<br>Hillary Chirchill<br>Doris Evans<br>Lynn Baarbe<br>Elaine Klasen<br>Sherry Vail-Harnell<br>Carla Tamburro<br>Stephen Barnum<br>Anita Gille<br>Shelley Richmond<br>Helen Gildseth<br>Terry Blustin<br>Mychelle Rutherford<br>Michelle Jo Snyder<br>Rae Lynn Monahan<br>Lance Snow<br>Victoria Morrison<br>Jennifer Fronden<br>Susan Hite-Kirk<br>Naomi Klanderud<br>Bergman<br>Bob Nelson<br>Amanda Eckberg<br>Trevor Dupras<br>Gary Gange<br>Mark Winans<br>Sara Lavalley<br>Johanna Toole<br>Renee King<br>Holly Hakila Hagen<br>Mary Evancevich<br>Maxine Proetz<br>Elizabeth Santodonato<br>Jim Booth<br>Christine Nephew<br>Marta Maddy<br>Kathleen Chapman<br>Karen Young<br>Mary Keenan<br>Gwenne Gustafson<br>Lyann Yates<br>Julia Lightfoot<br>Michelle Mccorison<br>Christina Schmidt<br>Rhonda Oland<br>Flor Anne Nyquist<br>Deborah Nikstad<br>Jack Karpinen<br>Phil Wolfe<br>J. Lewis Bailey<br>Hilary Buckwalter<br>Judy Casserberg<br>Heather Odden<br>Jacob Lebeau<br>Shannon Marie Stone<br>Karen S Monson<br>Brian Shand<br>Brian Heaslip<br>Toni Hadmark-Foster | Daniel A Holm<br>Tim Johnson<br>Nancy Burkes<br>Frank J Ozanich<br>Edward Lewis<br>Anne Knuth<br>Darrell Lyle Miller<br>Duane Maki<br>Cami Inforzato<br>Corinne Martin<br>Susan Diane Johnson<br>Kathleen M Grigg<br>Kristin Norlander<br>Rusty Smith<br>Daisy Dimitri<br>Barbara L Kokotovich<br>Sharon Hallberg<br>Jerome Lee<br>Julie Boll<br>Carol Mcgovern<br>Rosemary Guttormsson<br>Michelle Decaigny<br>Brandon Galindo<br>Jean M Hogan<br>Heather Kothbauer<br>Donn B Anderson<br>Susanah Lee<br>Brodin<br>Leanne Ventrella<br>Jessica Myshack<br>Traci H Eaton<br>Elizabeth A Burns-Koivisto<br>Mary Jo Furtman<br>Matt Beales<br>Lynn Schneider<br>Melanie Ann Ross<br>Lisa Mandelin<br>Lucy Meade<br>Jonna Marholz<br>Dianne Joyce<br>Hudson<br>Inge Helga Cannon<br>Joyce E Yelensky<br>Matthew C Essay<br>Michele S Moore<br>Joleen Finken<br>Aaron Raleigh<br>Johnson<br>Gary Meier<br>Justin Erickson<br>Ningmei Hu<br>Keith Hamre<br>Lori Ann Lyons<br>James William Christensen<br>Jory Bowen<br>Ken Oelkers<br>Beverly Garrett<br>Robin Reckinger<br>Karen Makowski<br>Christine Wickenheiser<br>Kerri Haldeman<br>Deanne Roquet<br>Rodger Lee Jackson<br>Joseph A Karulak |
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# Canola Oil Fears Addressed

by Jim Richardson,  
Bulk Buyer

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 needs at least a shred of documentation and evidence beyond mere anecdote. The Perceptions article, which was also 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, it seems to cater to morbid 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 paranormal 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 (although it has been used in a pinch in India and China for a couple hundred years). The health effects of consuming lots of un-crossbred rapeseed oil are deleterious, primarily because of the erucic acid (although small amounts of erucic acid have some medicinal uses). However, if it's called Canola oil, it represents a cultivar of the rapeseed that has had the erucic acid content all but completely bred out of it. The name Canola is an acronym for "Canadian oil, low acid," and in the absence of high concentrations of erucic acid, it has some desirable qualities including a healthy fat profile.

Myth #2: The Wall Street Journal published an article that showed cooking with Canola oil causes lung cancer.

FALSE. The article focused on a study of extremely high-heat frying with un-crossbred, high erucic acid rapeseed oil in China. Canola oil, with its low acid content, was not the focus of the study. In addition, traditional Chinese cooking uses much higher frying temperatures than are normally used in our culture. These extremely high temperatures were bringing the rapeseed oil to

its smoke point, an unhealthy situation for any oil, but particularly in the case of rapeseed as high concentrations of erucic acid were inhaled.

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 #3: 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, coconut oil, and olive oil. They can all be used for both food and industry, depending on how they are processed.

Myth #4: 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, bronzed field beetle larvae, snails and slugs. Canola's susceptibility to pests is precisely why most of it is grown in Canada, as Canada's cold weather discourages pests.

Myth #5: 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: Rapeseed, 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 revolve 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%. **CG**

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

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