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 NOV/DEC 2006  
**GAZETTE**



Annual Recipe Issue!



The Seedling is the name of Laura Stone's mosaic tile piece across from Checkouts 1&2. The Seedling is one-half of the work that was commissioned at the recommendation of our architects in July 2005. Laura advises that the second piece won't take as long to make but we are not expecting to receive it until some time in 2007. Laura lives and works in Knife River, MN.

**Whole Foods Co-op**  
**Holiday Hours:**

Thanksgiving Day — open 9 am — 3 pm  
 Christmas Eve Day — open 7 am — 4 pm  
 Christmas Day — closed  
 New Year's Day — closed



# board report

## Beet, I Said Beet, Tartare

I used to hate beets. When our Food Farm CSA share came packed with beets a few years ago, I was determined not to let any of them end up on the compost pile, and even more determined not to eat them. So I hunted recipes and fed my husband beet salad, borscht, roasted beets, gingered beets, and this beet tartare — which I accidentally tasted and did not hate. This recipe is adapted from Jean-Georges: *Cooking at Home With a 4-Star Chef* by Mark Bittman and Jean-Georges Vongerichten (chef/owner of some of the finest restaurants in America), who cleverly took the seasonings from the classic Beef Tartare and applied them to roasted beets. It's a culinary pun that makes a great Thanksgiving appetizer.

The recipe isn't so much adapted as translated. For example, the original calls for "6 medium beets, or about 1 pound." I fell for this joke the first time I made it. It seems that Jean-Georges' idea of a medium beet is quite a bit smaller than John Fisher-Merritt's idea of a medium beet. Using six strapping, organic, Food Farm style beets will result in enough Beet Tartare for everyone in Carlton County. So weigh, don't count.

### Ingredients:

- 1 lb Beets
- 1 Shallot, chopped (can substitute 1 small clove garlic)
- 1 T Worcestershire Sauce
- 2 t Sherry or Red Wine Vinegar
- 1 small Dill Pickle, chopped
- 1/4 c Capers, drained (use the fat kind, not the tiny "nonpareil" kind)
- 1-2 T Mayonnaise
- 2 T chopped fresh Parsley, plus more for garnish
- Sea Salt and Black pepper to taste



Jean Sramek, your Board President

Preheat oven to 350F. Wash beets, then wrap individually in aluminum foil. Place in roasting pan or cast iron skillet and bake for 60-90 minutes (depending on enormity of beets) or until tender when poked with knife. Let cool, peel, and cut into large chunks. Place beets in food processor with all ingredients except mayonnaise and parsley. Pulse a few times, scraping down bowl between pulses, until the mixture is minced and harmonious, but not pureed. Do not use a blender! Spoon into bowl and fold in mayonnaise and parsley. Adjust seasonings, then garnish with additional parsley and serve with rye flatbread or sliced pumpernickel bread. Keep away from white tablecloth. 

smooth consistency. (add peanut butter, if using, at this point). Repeat until all veggies are whirred. Put this blend into another pot, and add remaining spices, ginger, coconut milk, and OJ. Stir this with a spoon, adding cupfuls of the broth to smooth out the soup. Also, add any extra salt and pepper, or curry and ginger to taste. I like it spicy.

*I called this African yam soup, but I've never had soup in Africa, so it's not anywhere near authentic. As for a recipe...umm...I use to make soup for the Good Earth Co-op in St. Cloud.*

### "AFRICAN" YAM SOUP

Jesse Hoheisel, Meat Buyer

- 3 medium to large Yams, chunked
- 5 medium Potatoes, chunked
- 4-5 Carrots, chunked
- 2 stalks Celery, chopped
- 1 medium Onion, chopped
- 1 T Curry Powder
- 1/2 t Cayenne (add more if you like it spicy)
- 1 T Ginger, grated (to taste) also dependent on how strong you want it
- 1 can Coconut Milk
- 2-4 t Salt & Pepper

#### optional:

- 1/2 c Orange Juice
- 1 c Peanut Butter

You will need: two pots, a sieve, and a food processor to do this justice.



Jesse, your Meat Buyer, says:  
It's getting close to Thanksgiving! Frozen turkeys will be available in early November, and fresh turkeys will arrive the week before Thanksgiving Day. It will be a first come, first serve basis. No special orders will be taken for turkeys.

Fry onion w/oil in stock pot 'til brown. Add celery, carrots, yams, and potatoes, & cover w/water. Add salt. You may add some (<1/2) of the curry and ginger to this "broth" as it comes to a boil. When veggies are soft, use a sieve to scoop out veggies and put in food processor. Whir 'til a smooth consistency. (add peanut butter, if using, at this point). Repeat until all veggies are whirred. Put this blend into another pot, and add remaining spices, ginger, coconut milk, and OJ. Stir this with a spoon, adding cupfuls of the broth to smooth out the soup. Also, add any extra salt and pepper, or curry and ginger to taste. I like it spicy.

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**CURRIED POTATOES**

*Lyndon Ramrattan, Deli Assistant*

- 1 lb Potatoes, peeled and sliced
- 1 Onion, chopped finely
- 1 Tomato, chopped
- 3 cloves Garlic, minced
- 2 T Curry Powder or more ( to taste )
- Water, about 1/2 c
- Salt to taste
- 1 Hot Pepper
- 2 T Oil

Heat the oil in a heavy bottomed pot or iron pot. Add onion and garlic and sauté until soft but not brown. Add curry powder and fry for about 1 minute

Add 1/2 cup of water and continue cooking until mixture has thickened.

Add potatoes and mix well with the curry. Add tomato, salt and pepper and cook a few minutes more. Add water to cover, lower heat and cook potatoes until soft, adjust seasoning to taste



**Lyndon Ramrattan, Deli Assistant**

**COCONUT BAKE**

- 2 c Flour
- 3/4 t Salt
- 2 t Baking Powder
- 1 oz Margarine (such as Earth Balance)
- 3/4 c grated Coconut
- 2 T Sugar
- 2/3 c Water

Sift flour, salt and baking powder into a bowl. Rub in the fat, then stir in sugar and grated coconut. Add water, and mix into a firm dough.

Turn out onto floured board, knead lightly, shape into a ball and leave covered for 15-20 minutes. Press into the center and using a rolling pin, roll into a circular shape about 3/4" thick.

Heat oven to 350°.

Decorate the dough with fork or knife marks. Put onto a flat, greased baking sheet and bake till brown for about 20-30 minutes.

Remove from oven. Cut into desired shape 2-3 inches wide. Serve hot, attractively arranged on a flat dish.

**COCONUT RICE**

- 1 lb Beef, Chicken or Fish
- 2 c uncooked Rice
- 1 medium Onion
- 3 Tomatoes
- 1 t Thyme
- 1 t Curry Powder
- Salt and Pepper to taste
- 1 Coconut (Use can of coconut milk if no coconuts are available)

Cook the meat in water with the onion, salt and pepper. Grate the coconut. Pour hot water over the grated coconut and let it stand for 15-20 minutes. Squeeze to remove the milk from the coconut.

Strain the coconut, put the liquid in a pot and bring to a boil. Add the rice and cook for ten minutes.

Add the cooked meat, curry, thyme and tomatoes which should be chopped into small pieces. Cook for another ten minutes or until the liquid is absorbed. Serve hot.



**Shannon Szymkowiak, Marketing & Member Services Manager**

**WHEY TO GO CHOCOLATE ENERGY DRINK**

*Shannon Szymkowiak, Marketing & Member Services Manager*

- 1 Banana, frozen
- 1 c Rice Milk, chocolate enriched
- 1 - 2 T Peanut Butter
- 1 scoop Whey Powder

Blend all in a blender. Add more rice milk or use non-frozen bananas for a runnier drink, frozen bananas and a little less rice milk for a more shake-like consistency. M-m-m-m-tasty!

**CURRIED CHICKEN WINGS**

- 24 Chicken Wings
- 1 c Coconut Milk
- 2 c instant mashed potato mix
- 2 T Curry Powder
- 6 T Margarine, melted
- 2 cloves Garlic, minced

Rinse chicken wings and pat dry. Cut chicken wings apart at both joints. In large bowl, add wings to coconut milk, and stir well. Cover and refrigerate for 2-3 hours.

In another bowl, combine potato mix and curry powder.

Stir chicken to moisten well. Drain briefly, one at a time, and roll on potato mixture to coat completely.

Place wings in well-greased baking pans. Combine melted margarine and garlic; pour over chicken.

Bake uncovered in 375° F oven for about 45 minutes or until well browned. Serve hot.

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## Garbanzo Gazette

Published by Whole Foods Co-op

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**STORE HOURS:**  
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Membership Costs:  
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The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Thursday, December 1st. Refer submissions and questions to shannon@wholefoods.coop.

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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.

# savor the season holiday heck

by Shannon Szymkowiak, Marketing & Member Services Manager

**OK**, it doesn't have the ring that the H-E-doublehockeysticks does, but you get the gist.

I may have mentioned that I'm not the biggest fan of our December holiday season. Oh, I like the twinkle lights (on someone else's house), and maybe one or two Christmas songs (note: one or two), and believe me, I'm first in line for Christmas treats, but overall, it grates on my nerves. Maybe it's the fact that as I write this in the first week of October, I've already seen holiday displays in three stores and maybe by December 1st, I've had about all I can take. Maybe it's the dark. Maybe I didn't get that all-important gift when I was a kid and now I'm traumatized, but there it is. I'm Scrooge.

So why the H-E-doublehockeysticks would I write about holiday cooking then? Why not make Michael Karsh write an extra "Back 40" and rename it Savor the Season? Well, remember the comment about the treats? Yeah, treats. It's all about the treats.

My mom did the whole deal — Spritz, Swedish Thumbprint, Peanut Blossoms (made the RIGHT way, with hardly any more cookie than candy kiss), Russian Teacakes, the works. By the time I reached my teens, she and her seven sisters had taken a candy making class — heck, they WERE the candy making class — and we then had scads of homemade candy, too. My sweet tooth was developed and honed at an early age. Some things don't change. Even my brother, who

doesn't care so much for sweets, can't resist a treat with the deadly nuts and caramel combination.

I know I should be talking about eating right and good nutrition and all that. But every once and a while, a treat is what is needed. Something special to add to the festivities. Something to look back on and remember mom, in the kitchen, cooking for her favorite holiday, with love, for those she loved.

Please enjoy one of my classic holiday favorites. But don't forget that any day can be made a holiday with the right attitude and the right shoes. Love someone a little more today, and have a H-E-doublehockeysticks of a happy holiday season.

## ELEGANT TOFFEE

1 c unblanched whole Almonds  
1 c Butter  
1 c Sugar  
1/2 t Vanilla  
1/4 t Salt  
12 oz Milk Chocolate Chips/Chunks  
1/2 lb Walnuts, finely ground

On a foiled baking sheet, arrange the almonds in a single layer over an area measuring 12x7"; set aside. In a heavy 2 quart saucepan, combine butter, sugar, vanilla and salt. Cook over high heat, stirring constantly with a clean, dry

wooden spoon until butter is melted. Continue cooking and stirring for 5-7 min. or until candy is the color of unblanched almonds. Immediately pour candy over almonds without scraping pan, covering all nuts. Cool completely.

Meanwhile, in top of double boiler, melt chocolate over hot (not boiling) water (or melt chocolate in a heavy saucepan over low heat).

Break toffee into large pieces. Move top part of double boiler containing chocolate to work surface. Place ground walnuts in a large bowl near the chocolate. Using a fork, dip each piece of toffee in the melted chocolate, spreading chocolate over toffee in a thin, even layer. Scrape off excess with another fork. Using 2 other forks, coat each piece very lightly with ground walnuts. You can also do this whole procedure using gloved hands. Place on foil or waxed paper to set. Break into serving size pieces. Store in a tightly covered container in refrigerator.

Makes 2 lbs.

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# Love in Aisle 3

by Anni Friesen, Member Services/Classroom Coordinator

When I talk to my single friends, or my single mother, I often hear complaints that it is impossible to meet someone. Many friends have tried the bar scene once and again, to no avail. My mom has tried on-line dating sites with not a lot of luck. The one question that arises again and again is: how do I meet someone nice after trying all the traditional ways?

There are few new trends occurring in the dating world and, surprisingly, they might have a bit to do with our very own Co-op. Though I can't back this up with hard data, I have several sources that have claimed that the Wedge Co-op in Minneapolis was rated as one of the top places to meet singles. Linden Hills also has a date night where they turn down the lights and play soft music, while their shoppers ease into their comfort zones and open themselves up to love (or maybe just a little light flirtation.) Now, I'm not trying to say that our wonderful Co-op should just be a "meat market" (after all, we do have an awesome produce department!) but if you think about it, most of the people who shop at the Co-op are concerned with where their food comes from and how it's produced. In looking for a friend or a mate, it stands to reason that we would be interested in those who have hold interests and ideals that are similar to our own. I'm not suggesting that you use the horrible classic produce pick-up lines, (in fact, I'm suggesting that you should never, under any circumstance, use them) but who says that you need to head to a bar or a website in order to meet new people?

Another rising trend in the dating scene is cooking classes. And for those of you who didn't know, we offer them! I think the reasoning behind this one is very similar to the last; we all want to meet people who share our interests. Although mainly women have attended most of our cooking classes so far, I was once told that the more people you meet, the more your

network grows. For instance, you go to our "Seasoned Greetings!" cooking class and sit next to "Barbara." You get to talking and make plans to get together to try some new vegetarian recipes. While at her house, Barbara mentions that you are just her friend's



Anni Friesen, Member Services/Classroom Coordinator trying to find volunteers.

"type." After a fabulous first blind date, you and Barbara's friend decide to run off to Iowa to buy a sustainable farm and live happily-ever-after. Or, maybe you just learn a great new way to prepare tofu. Either way, it's a win/win situation!

No, the Co-op isn't a dating service. I'm just suggesting that our store is a great place to meet new people. I'm constantly surprised and impressed with the sheer volume of customers who seem to know each other. It's almost impossible to go into the store and not see people taking a break in



Anni thanks you for volunteering.

the midst of their busy lives to have a friendly chat. So take a break from the "conventional" and try an organic way of meeting people! ☺☺

# Dean's List

by Anni Friesen, Member Services/Classroom Coordinator

When I started working at the Whole Foods Co-op last November, I wasn't sure where it was going to lead. As a recent college grad, I had no concrete plans and sending out resumes for jobs that were related to my field seemed a daunting task (many ask: what do you do with an English major?). I decided that, instead of moving to the Cities as so many of my cohorts had, I would take the road less traveled and relocate to Duluth. This was, admittedly, a rash and not very well thought out idea, but because of my almost-lifetime connections up here (my father has conducted a summer orchestra in Duluth for twenty years now), Duluth had always felt like home. After working retail for three months, I was lucky enough to gain employment as a cook in our very fine Fog City Deli. In that time, I



Anni giving you her best smile so you will volunteer.

learned an immense amount about organics, co-op life, and (of course) cooking.

After eight months, the job of Member Services Coordinator opened up, and I thought that it might be a good way for me to put some of my non-cooking skills into use. In my first few weeks, I had the daunting task of preparing the next 3-month class cycle. I started with a long list of ideas and a few names and built from there. I'm happy to say that the end result is something I'm pretty proud of, and I hope that some of you have been, and

will be able to, join us for our classes.

In the upcoming months, we have some pretty cool classes. We kick off November with a class taught by our very own Deb Manhart, who will be giving a lesson on how to make a holiday meal a bit more vegetarian-friendly. Dear to my heart, we have three more cooking classes in November; Wendy Savage with a educational/ food preparation class on wild rice, Emily Montgomery back with her ever popular "Juicing for Life" class, and Lyndon Ramrattan with a second Caribbean cooking class (this time on breads and soups!)

We also have a few educational classes, which I think are both important and incredibly interesting. Kay Smith heads off this list with her November 18th class about how using herbal remedies can help decrease your risk of becoming ill this cold and flu season. Adam Sundberg, who has graciously rescheduled his September class on decreasing the risk of cardiovascular disease, follows her. In our final class of the cycle, we are proud to offer a discounted class taught by Dean Talbott on how to lower your heating bill costs. All the money from this class will be donated to HeatShare, a program that helps those who cannot afford to pay their heating costs. But wait! In celebration of the holiday season (but mostly because Shannon and I both enjoy a good party every once in a while!) please join us for a Member Holiday Mixer. We can't wait to prepare some fabulous hors d'ourves and get to know some of the people who really make this place great. I'm looking forward to meeting many of you, whether it be at our holiday mixer, at our classes, in our store, or partaking in some of our fun volunteer opportunities. (By the way, if you're interested in volunteering, give me a call or sign up in the vestibule!) Hope life is treating you as well as you treat each other! ☺☺

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# staff news

## Welcome new Folks!

Olivia Corbett, FE Asst.  
Jeremy Ehlert, Produce Asst.  
Amber Haselman, Deli Asst.  
Kevin Krawiecki, Produce Asst.  
Daniel Larva, FE Asst.  
Charlie Lyons, FE Asst.  
Matthew Wenger, Store Ops

## And a big "Welcome Back!" to

Johnathan Kresha, FE Asst.  
Frida Sander, Produce Asst.  
Kathy Thomas, Deli Asst

## STAFF ANNIVERSARIES

NOTE: the last GG had some errors and omissions, corrections below:

### SEPTEMBER:

Vicky Carper	1 yr
Colleen Hoppe	1 yr
Sarah Fenner	1 yr
Julie Unalock	1 yr
Jaclyn Bradley	1 yr
Michael Colvin	1 yr
Emily Demmer	1 yr
Jeremy Francisco	1 yr
Jahn Hibbs	1 yr
Delores Meidl	1 yr
Lupita Marchan	2 yrs
Larry Cuffe	1 yr
Kathy Pokela	1 yr
Melanie Lynch	1 yr
Jessica Torvinen	1 yr
Heidi Frison	1 yr

### OCTOBER:

Jill Hall	1 yr
Maria Johnson	1 yr
Raelynne Monahan	1 yr
Necia Cochlin	1 yr
Jesse Hoheisel	1 yr
Lisa Anderson	9 yrs
Carol Kari	1 yr

### NOVEMBER:

Jason Kokal	2 yrs
Scott Alsleben	1 yr
Eric Bong	1 yr
Lynn Brasgala	1 yr
Per Carver	1 yr
Anni Friesen	1 yr
Melissa Litchke	1 yr
Wendy Sjoblom	1 yr
John Underwood	1 yr
Liz Auchter	1 yr
Lynette Chesney	1 yr
John Freedline	1 yr
Andrea Geary	1 yr
Dustin Mencil	1 yr

### DECEMBER:

Sonya Welter	3 yrs
Chad Terch	2 yrs
Charlotte Van Vactor	2 yrs
Karl Becker	2 yrs

This has been the favorite bread recipe of my family for four generations. Grandma was very practical, so she included the leftover oatmeal from breakfast. I can't remember ever having dinner at Grandma Johannsen's and not having this bread. It was even featured in her hometown newspaper (Harlan, IA) in the early 60s.

## GRANDMA MALINDA'S RYE BREAD

Wendy Sjoblom, Deli Cook

2 1/2 c warm Water  
1 package Yeast (2 1/2 T)  
Approx. 3 C unbleached White Bread Flour  
1 c Oatmeal  
1 c hot Water  
3 c Rye-Graham Flour such as Hodgson's Mill Rye  
1/2 c Butter or Shortening, melted  
1 1/2 T Salt  
3 T Dark Molasses

Combine warm water and yeast and let dissolve. Add enough white flour to make a sponge and set aside. In a small bowl combine oatmeal and hot water and set aside. Combine rye flour, shortening or butter, salt, molasses and enough lukewarm water to moisten. Combine sponge, oatmeal and rye mixture and beat until well-mixed. Start kneading the dough and add remaining white flour gradually while you knead until it isn't sticky and feels solid. Keep on kneading, the more the better, for at least 15 minutes. Put into a lightly oiled bowl and cover with a cloth or plastic wrap, and let rise until doubled. Form into loaves, put in bread pans, and let rise again until doubled. Bake at 425 for 15 minutes, then at 350 for 30-35 minutes. Makes 6 small loaves.

## SCANDINAVIAN FRUIT SOUP

("Frugtsuppe" in Danish or "Fruktsoppa" in Swedish)

1 c Prunes  
1 c Dried Apricots  
3/4 c Dried Apples (optional) Dried Peaches, Pears, or try the Dried Cherries, Blueberries or Cranberries  
6-8 c Water (or combination of Water and Grape Juice)  
1/2 c Dark Raisins or Currants  
3 T Tapioca  
1/2 C Raw Cane Sugar (or less, to taste)  
1 Orange or Lemon, sliced thin  
1 Cinnamon Stick Cream

Put the dried fruit (except raisins) and cold water into a stainless steel or enamel saucepan and let soak for 30 minutes. Cook tapioca separately in

water for 10 minutes or until transparent. Add sugar, cinnamon stick and orange slices to the fruit mixture and bring to a boil. Reduce heat, cover and simmer about 20 minutes or until fruit is tender, stirring occasionally. Add tapioca mixture at this time. You might need to add more water if it's too thick. My aunt Jan uses Grape Juice in place of the water, in which case you could get by with less sugar. Cool and remove cinnamon stick and oranges. Serve warm with half-n-half or chilled with whipped cream and almonds.



Wendy Sjoblom, Deli Cook

A Johannsen family staple. They're more crispy, like a gingersnap, than most molasses cookies.

## AUNT PHYLLIS' SUGAR AND SPICE COOKIES

3/4 c Unsalted Butter or Shortening, softened  
1 c Cane Sugar  
1/4 c Molasses 1 Egg  
2 c unbleached Flour  
2 t Baking Soda  
1/4 t salt  
1 t Cinnamon, ground  
3/4 t Cloves, ground  
3/4 t Ginger, ground

Cream butter and sugar. Add egg and molasses and beat well. Sift together dry ingredients and add to butter/sugar mixture. Chill dough. Roll into balls the size of a walnut. Flatten on ungreased cookie sheet with a glass dipped in sugar. Bake 10-12 minutes at 375.

When Dad went fishing in Alaska and came back with a cooler full of salmon, Mom made this chowder and everyone wanted the recipe:

## RITA'S SALMON CHOWDER

1/2 c each Celery, Onion, Green Pepper, chopped  
1 clove Garlic, minced  
3 T Butter  
1 14 oz can Chicken Broth  
1 c Potatoes, diced  
1 c Carrots, shredded  
1 t Salt  
1/2 t Pepper  
1/2 t Dill weed  
1 can Cream-style Corn  
1 pint Half & half  
2 c Salmon, cooked, skin and bones removed

Poach fresh salmon in small amount of water. Cool and break into chunks. Save stock to add to soup with chicken broth. In large saucepan or soup kettle

sauté celery, onion, green pepper, and garlic in butter. Add broth, potatoes, carrots and seasonings and bring to a boil. Reduce heat and simmer 40 minutes, covered. Stir in corn, cream and salmon. Simmer 15 minutes or until heated through (to 165). Makes 2 quarts.

This dish was a staple of my diet growing up at every pot-luck my family held, typically around the Jewish holidays. It reflects my Grandmother's Ukrainian heritage, as also did the schmaltz or rendered chicken fat that was in her original. As a young kid, I used to grab the bowl of Kasha and hide under the table to eat as much of it as I could before someone found me. If I had to eat one dish every day for the rest of my life, it would be this one. This is a vegetarian version of the recipe. The schmaltz certainly provides the genuine experience, but my 80-year-old Nana says that this version is good!

## KASHA VARNISHKES

Michael Karsh, Produce Manager

3 c Whole Buckwheat, hulled (PLU # 448)  
2 Large Eggs  
5 T Oil  
1 t each dried Thyme, Celery Seed, Garlic and Oregano  
1 Large Onion, chopped  
3 T Nutritional Yeast Flakes  
2-1/2 t Sea Salt  
2 t Tamari  
5 C Water  
2 C Pasta, cooked (traditionally bow ties or farfalle, but any fun shape will do)



Michael Karsh, Produce Manager

Heat medium stock pot, and add the oil. Warm the oil slightly over medium-high heat and add onion. Allow onion to brown slightly,

then add the herbs. Stir this mixture frequently for about 1 minute. Sprinkle the nutritional yeast over the mixture, stir well and allow to sit for about 45 seconds. Add water, tamari and salt. Cover and allow to come to a boil. Now heat a dry heavy skillet on another burner. Mix buckwheat and egg together, and pour into the well-heated skillet. Stir well until grains become separate, about 3 minutes. Turn off burner and add to boiling water. Stir well, and cover, reducing heat to medium low. Allow to cook much like brown rice, about 40-50 minutes. Once the grains are fluffy add the cooked pasta and fold in to combine.

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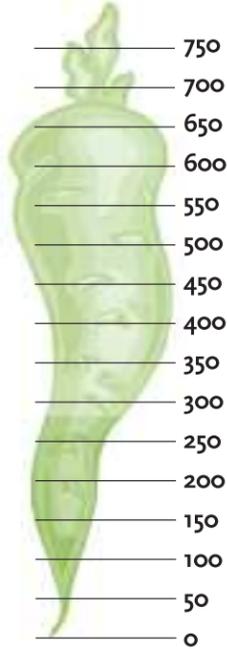
YOU NEED THIS!!

# welcome, new members!

- Andrea Crysler
- Katie Ahlberg
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- Kevin Viken
- David Schoonover
- Elizabeth Lattery
- Sally Goodman
- Hollis Caywood
- Dianna Bankey
- Candice Harshner
- Kathleen Biondich
- Mary Lukkarila
- Ingrid Bevis
- Debra Ager
- Merel Pelkey
- Deedee Shogren
- Amy Olson
- Judy Worrath
- Janice Hawes
- Craig Johnson
- Mary Kay Jansson
- Linda Wolz
- Jacob Engstrom
- Becky Albertson
- Amy Burkett
- Don Knudson
- Sarah Berguson
- Davis Helberg
- Marian Flammang
- Doris Moffett
- Laurie Vanbrunt
- Mildred Finch
- Carson Vaillancourt
- Lynn Grandson
- Sharon Kangas
- Mary Yount
- Heather Cunningham
- Heidi Schaefer
- Brita Spencer
- Therese Frech
- Kathy Dowell
- Alyssa Cahill
- Randal Zimmerman
- Cheryl Zupec
- Jean-Marie Garay
- Virginia Larva
- Jennifer Wright
- Catherine Wilkstrom
- Carolyn Dorfman
- Nicole Davis
- Beth Ruark
- Patricia Joyelle
- Michaela Smith
- James Hamblin
- Merry Anne Mattson
- Heather Stewart
- Deborah Deluca
- Summer Barton-Taylor
- Scott Youngdahl
- Ervin Kruse
- John Wold
- Elizabeth Makynen
- Ben Lindello
- Lisa Lukkala
- Tammy Kell
- Carol Johnson
- Ruth Strom
- Mccutcheon

- Anita Hanson
- Phyllis Saboc
- Nathan Mccauley
- Margaret Menzies
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- Janelle Jones
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- Dustin Moriarty
- Mary Overland
- David Kemp
- Marlaine Willms
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- Wende Morrell
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- Sherri Klassen
- Jayson Bixler
- Karen Boeselager

- Henry Helgen
- Rhonda Bakke
- Heidi Bringman
- James Paul
- Anne Blakeley
- Suzanne Mcdonnell
- Angela Dougherty
- Cheryl Blue
- Kathleen Neff
- Mark Whitlock
- Susan Farrell
- Roger Hultman
- Tom Miller
- Bonnie Phipps
- Melissa Britton
- Kate Stenehjem
- Nicole Carlson
- Dennis Bloomquist
- Elizabeth Devaney



We have set a goal of 730 new members before July 1, 2007. An additional 107 new members brings the total to date to 388. We're halfway there! Thank you, new Members!

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Food Policy Committee  
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### Sharon Murphy, General Manager

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smurphy@wholefoods.coop

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

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

Letters addressed to Board members % Whole Foods Co-op, 610 E. 4th St., Duluth, MN 55805 will be forwarded unopened to the Board/Board member.

## mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

## co-operative principles

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

**W**e've all heard the phrase "that's as easy as pie," yet for most folks, making a homemade pie probably doesn't seem very easy to do.

Well if there is any time to change this frame of mind it would be now. The weather is cool, the holidays are here, people generally are a little more open to spending some time in the kitchen and, of course, the smell and taste of pie out of the oven is enough to make anyone a believer in the benefits of home cooking. So how about if we go with a seasonal favorite: pumpkin pie.

The first thing to do is pick out the right pumpkin. That's right, we are doing this from scratch.

Look for pie pumpkins; they are generally smaller than your average jack-o-lantern ranging, from about eight to 10 inches in diameter. While you can use the bigger pumpkins, pie pumpkins will be sweeter, and have a less grainy texture. When selecting, look for one that is firm, heavy for its size, is blemish-free, and has a good orange color.

While you may be tempted to buy a bigger pumpkin, carve it for a decoration and then use it for a pie — DON'T! Once exposed to room temperature air, the cut flesh is ideal for bacteria growth and will make for a very unpleasant postpie eating experience. Once you've picked the perfect pumpkin it's time to make pie.

First wash the exterior of the pumpkin in cool or warm water. Next, using a serrated knife and a sawing motion, cut your pumpkin in half lengthwise. Now scrape out the stringy strands that hold the seeds. A large firm serving spoon or a heavy ice cream scoop will make this easier.

If you want a healthy snack, save the

seeds for roasting (recipe on back); they are tasty and really good for you too! Once you've cleaned it out, remove the stem. You have a few ways to cook it.

**Using the oven** — Place whole, uncut pumpkin on a foil-lined baking sheet. Bake at 350 degrees for 90 minutes or until tender, turning baking sheet occasionally. Remove from oven, and cool.

**Microwave** — Put the pumpkin into a microwaveable container. (You may need to cut the pumpkin to make it fit). The larger the pieces, the easier it will be to scoop out the cooked flesh. Put a couple of inches of water in the bowl, cover it, and put in the microwave. Cook it on high for 15 minutes, check to see if it is soft, then

bowl mix your pureed pumpkin with:

1 C Sugar  
1-1/2 t ground Cinnamon  
1 t ground Cloves  
1 t ground Allspice  
1/2 t ground Ginger  
1/2 t Salt  
4 large Eggs  
1-1/2 12 oz cans Evaporated Milk

Mix all of the ingredients well, using a hand mixer and pour it into your pie crust, filling it to about a half inch from the top. (This will give you a nice full pie when it is cooked.)

Place it the oven and bake at 425 degrees F. for the first 15 minutes, then turn the temperature down to 250 degrees F. and bake another 45 to 60 minutes. It's done when you can

# fresh perspectives

## easy as pie!



insert a clean knife into the center and it comes out clean. Cool before serving.

Now sit back and smile as your taste buds dance and the compliments roll in.

### Pumpkin Seeds Roasting on an Open Fire...

Well not exactly, but if you want to enjoy the seeds from your pumpkin—and I'm sure you will when you taste them roasted. But you will even more when you realize just how good they are for you.

Pumpkin seeds are well known for providing high quality nutrients, protein and oils. They are rich in omega-3 fatty acids, zinc, and vitamins A, C and E, and their protein content ranges from 30–40 percent. This is higher than is derived from sesame, poppy, and even the very popular sunflower seeds.

So where do you start? First you'll have clean your seeds by placing them in a bowl of water and rub them between your fingers. Remove the all of the stringy flesh and discard. Now drain off the water and rinse your seeds again.

Once they're clean, spread them out on a clean paper towel to dry.

Preheat the oven to 375 degrees F. Put the seeds in a bowl and coat with melted butter, or olive oil. Now season with a little salt and pepper. Spread the coated seeds evenly over a cookie sheet and bake. Cook them in the oven for 20–30 minutes. Then raise the oven temperature to 400 degrees; this will help to brown the seeds. Cook for five to ten minutes more until they achieve a nice golden brown.

Once you've tried them this way I'm sure you will be able to think of other spices to try. Lots of folks enjoy them with sprinkled cayenne and a little lemon. Or with honey and cinnamon, or even with an Italian blend of thyme, oregano and sun-dried tomato. The sky's the limit. ☺

References this issue: How to Make Homemade Roasted Pumpkin Seeds, Directions for Making Pumpkin Pie from Scratch, [www.pumpkinpatchesandmore.org/](http://www.pumpkinpatchesandmore.org/); When You Need Fresh Pumpkin Puree — <http://www.cookinglight.com/>; Organic Trade Association — <http://www.ota.com/organic/mt/consumer>

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Over the past year I have started working on a cookbook mainly working on full meals. This is a meal I created last fall. These recipes were created with time and efficiency in mind. There are several ingredients that overlap in the recipes such as shallots and garlic. When prepping the recipes mince the shallots all at once and if you are not taking the easy way out by buying pre-minced garlic, mince all garlic at the same time.

**HAZELNUT CRUSTED PORK MEDALLIONS**

Debbie Manhart, Store Operations Manager

- 1 1/2 – 2 lbs Pork Loin
- 1 1/2 c Hazelnuts
- 1 1/2 T Rosemary, fresh
- 2 T Parsley, fresh
- 2 T Olive Oil
- 2 T Shallots, fine diced
- 2 t Garlic, minced

Cut pork loin into 3/4 – 1 inch slices and flatten to 1/4 – 1/2 inch. Sprinkle both sides with a little salt and pepper and set aside.

In a food processor (or with a knife) fine chop the hazelnuts, rosemary, and parsley — separately, then combine.

Press hazelnut mixture into both sides of the pork medallions.

Heat the olive oil in a skillet and add the garlic and shallots — stir. Add the medallions to the skillet and cook for about 4 minutes, turn and cook another 4 minutes. The pork will be done when it reaches an internal temperature of 160°F.

Optional — can top with a small amount of pork gravy.

**PARSLEY POTATOES**

- 1/2 lb Fingerling Potatoes\*
- 3 T Butter
- 2 T Shallots, fine diced
- 1 T Garlic, minced
- 1 t Sea Salt
- 1 t Black Pepper
- 2 T Parsley, fresh
- 2 T Chives

Cut fingerlings in half lengthwise and boil until just fork tender — drain.

Melt butter in a skillet and add the shallots and garlic. Sauté for 3 minutes and then add the fingerlings, salt, and pepper. Sauté for 5 minutes or until hot then add the chives and parsley. Stir to combine and serve.

\*Can replace fingerlings with red potatoes or purple potatoes cut into bite size pieces.

**SAUTÉED ASPARAGUS**

- 1 lb Asparagus
- 1 T Butter
- 1 T Olive Oil
- 1 t Garlic, minced
- 1 T Shallots, fine diced
- 1/2 t Sea Salt
- 1/2 t Black Pepper

Break hard ends off of the asparagus and cut into bite size pieces.

Heat butter and oil in a sauté pan and add the garlic and shallots. Sauté for 3 or 4 minutes and add the asparagus, salt, and pepper. Sauté until the asparagus is just fork tender — about 5 minutes.

My mother, who was raised Mennonite, made this (my favorite soup) for me anytime I was sick. It became a tradition that whenever I would come home from college. I would be greeted at the door with the scent of Green Bean Soup. Because I'm a "throw-together" cook, these are just approximations. Feel free to add a bit here or a substitution there.

**MOM'S MENNONITE GREEN BEAN SOUP**

Anni Friesen, Member Services Coordinator

- 2 c Ham, 1-inch dice, or 1 ham bone
- 4 c fresh Green Beans, 1-inch
- 2 medium Onions, diced

- 4 medium Red Potatoes, 1/2-inch cubed
- 6 c Water
- 1 1/2 t Summer Savory
- 1 T Liquid Smoke
- 3 T Cider Vinegar
- 2 T Olive Oil
- 1 1/2 c Sour Cream
- Salt and Pepper to taste
- 1 Bay Leaf

Sauté the onions in olive oil until translucent. Add the water, ham, liquid smoke, cider vinegar, summer savory, salt, pepper, and bay leaf. (The water should be about half way up the pot. Remember: you need to leave room for the vegetables!) Bring the base to a boil and then reduce heat, cover, and let simmer for about 30 mins. (I actually usually do 15 min. because I'm impatient) Add the potatoes and green beans. Turn the heat to medium-high. Cook until the vegetables are on the tender side of al-dente. (If you will be reheating or freezing, it is best to leave the veggies a bit firmer.) Turn burner to low. Remove 2 ladlefuls of broth and put into a medium size bowl. Add all of the sour cream to the broth and stir (I usually use a whisk to make sure all the sour cream clumps are removed.) When the broth and sour cream are combined, add the mixture to the rest of the soup and serve. My brother and I both like to have extra, salt, pepper, and vinegar on the side so we can adjust it to our personal preferences. I hope you enjoy my favorite comfort food on a cold day.

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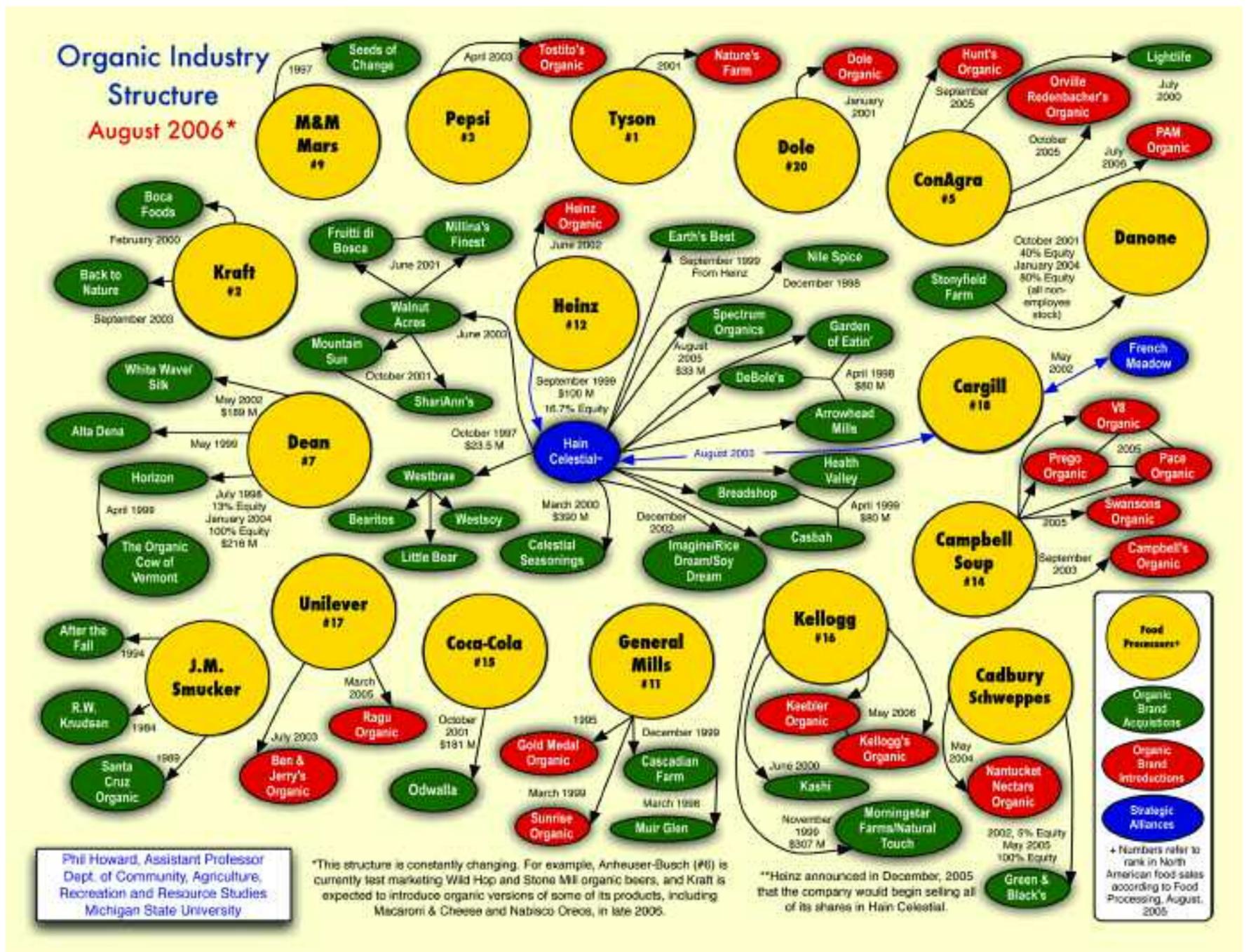
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We often get asked who owns what? As of August 2006 these are the corporations who own our most popular natural foods brands.





*My husband and I get invited to a lot of football parties. I suspect it has something to do with my appetizers. It was hard to write recipes, because I just whip them out. I hope you enjoy them as much as our friends do.*

## STUFFED MUSHROOMS-II

*Deb Elmer, Financial Assistant*

4 cartons mushrooms with stems twisted out.

### Filling:

1 lb Pork Sausage  
2 Eggs  
1 c Swiss Cheese  
1/4 c Mayonnaise  
3 T Butter, melted  
2 T Onions  
2 T Spicy Brown Mustard  
1 t Garlic Salt  
1 t Cajun Seasoning  
1 t Worcestershire

Mix filling and stuff mushrooms. Bake at 350 for 1 hour or until golden brown.

Also works well when done to put in a crockpot on low.

## PICO BREAKFAST BAKE

1 lb Pork Sausage  
1 c fresh Pico De Gallo  
1 bag frozen Hash Browns  
6 Eggs, beaten  
Cheese

Brown sausage (drain grease), Add frozen hash-browns, salsa and stir. Pour eggs over top. Cook 10 to 15 minutes, melt cheese on top.

## JALAPENO POPPERS

fresh Jalapeno Peppers  
Cream Cheese  
Bacon

Slice peppers long way and clean out seeds, fill with cream cheese, slice bacon in half and using half a slice wrap it around pepper, place peppers on cookie sheet and bake till bacon is done. It's a great party favor, works well when done to put in a crockpot on low.



Deb Elmer, Financial Assistant



Christina Cotruvo,  
Financial Manager

*Attached is my current FAVORITE and easy desert! It's rich and extra yummy. This high-calcium "pudding" has the benefits of cocoa and cinnamon — and the flavor of Mexico. Experiment with different brands of ricotta — they have different textures and flavors. This is from the recipe-a-day from Dr. Weil's e-mail.*

## CHOCOLATE RICOTTA

*Christina Cotruvo, Financial Manager*

Two 1/4-cup servings  
Prep time: 10 minutes  
1/2 c lowfat Ricotta Cheese  
2 T mild Honey  
2 T Cocoa Powder  
1/2 t Vanilla  
1/2 t ground Cinnamon

Combine all the ingredients in a food processor and process until smooth.

Scoop into small dessert dishes and serve.

### Nutritional Information:

Per serving:  
145 calories  
3 g total fat (2 g sat)  
11 mg cholesterol  
24 g carbohydrate  
10 g protein  
2 g fiber  
100 mg sodium

*The following recipe has been a family favorite of mine for many years. During holiday family dinner gatherings it was my Grandma's dish to bring along. After she died the honor went to my Mom. Now it's my dish to provide. This was a recipe, as many handed down recipes are, never written down except by my Mom who would watch my Grandma cook and try to write down as accurately as she could, a skosh of this and a handful of this and a pinch of that. Enjoy!*



Julie Unulock,  
Financial Assistant

## RED CABBAGE

*Julie Unulock, Financial Assistant*

Combine all of the following ingredients in a pot (size depends on how big your head of cabbage is.)

Shred or finely chop 1 head Red Cabbage, 1 Red Onion, 3 Apples (I prefer tart apples)  
Salt and Pepper to taste  
2 T Shortening  
1/4 c Brown Sugar  
1 T White Vinegar  
and a little water (not too much).

Cook on medium high heat, stirring occasionally. Test a spoonful once in a while to taste if too sweet or sour, and add a little brown sugar if too sour or a little vinegar if too sweet. It's all about finding the taste you want.

*An incredibly simple and incredibly tasty dish sure to woo any mushroom lover. Serve with honey-glazed carrots and good bread. Recipes serves two.*

## STUFFED MUSHROOMS-I

*Sonya Welter, Stocker*

10–20 Crimini Mushrooms (depending on size)  
1 small Onion, minced  
2–5 cloves Garlic, minced  
5 oz frozen Spinach  
4 oz Feta Cheese, crumbled  
1/4 c Bread Crumbs  
Olive Oil

Saute onion in oil until soft and translucent; add garlic to the pan with the onion, saute another minute; set aside. Defrost spinach and squeeze out all excess moisture (should be as dry as you can get it). Stir together spinach, Feta, onions and garlic. Clean

mushrooms and brush with oil; stuff with spinach/feta mixture. Bake at 350 for 15–20 minutes.

## VEGAN RISOTTO

1 c Arborio Rice  
5 c Vegetable Broth  
1 bunch Green Onions, chopped  
handful of fresh Shiitake Mushrooms, cleaned and

thinly sliced  
2–5 cloves Garlic, minced  
small handful fresh Basil, minced, or generous pinch dried Basil  
Olive Oil

Saute onions, mushrooms, garlic in saucepan. Add rice and coat well with oil. Add basil. Add broth gradually and simmer until done, stirring often.

## COCONUT-WALNUT-CHOCOLATE CHIP COOKIES

1 1/2 c Gold-n-White Flour (PLU 411)  
1/2 c Ecosweet Cane Sugar (PLU 888)  
1 t Baking Soda  
1 t Baking Powder  
1/2 c Butter, softened  
2 Eggs, at room temperature  
1 T Vanilla  
1/2 c dried Coconut  
1/2 c Chocolate Chips  
1/2 c Walnuts, chopped

Sift together flour, soda and powder. In a separate bowl, cream together butter, sugar, eggs, and vanilla; gradually blend in flour mixture. Stir in chocolate chips, coconut, and walnuts. Spoon onto ungreased cookie sheets and bake at 350 for 12 minutes, or until bottoms are golden brown. Makes 24–36.

*I would like to give some credit to Heidi Frison from the Deli for her suggestion of using half and half—what a great alternative.*

## MY FAVORITE ALFREDO SAUCE

*Maria Hickey, former Shiftee*

1 T Olive Oil  
1 c Asiago Cheese, shredded  
2–3 large cloves of Garlic, minced  
1 c fresh Spinach, chopped  
1 pint Half & Half

1/2 c Portabella Mushrooms

In a large frying pan, sauté garlic in olive oil over medium/high heat. Add half & half and bring to a low boil, continue to reduce and stir for about 15 minutes at medium/low heat. Add Asiago, spinach and mushrooms and continue stirring, and boiling another 10 min. Voila, you have delicious, easy, and pretty low fat Alfredo sauce, which will serve about three. I would suggest serving with Rising Moon frozen raviolis or tortellini.

## Gary G. Kohls, M.D.

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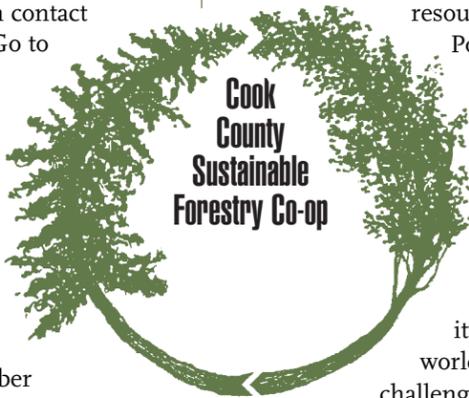
# new this year: winter holiday wreaths!

**B**eginning Saturday November 25th, wreaths will be for sale at the Whole Foods Co-op, sustainably harvested by the Cook County Sustainable Forestry Co-op. To be sure you have a wreath waiting, please pre-order at the Customer Service Counter. Your wreaths can be picked and paid for directly from CCSFC in the Co-op parking lot from 12:00 pm to 6:00 pm Wednesdays and Saturdays from November 25th through December 23rd. Wreaths will cost \$35. Extra wreaths will also be available for immediate purchase during these times, subject to availability. "You mean that no trees were harmed in the production of these wreaths?" Nope! Material for these beautiful Balsam wreaths come from lands that are managed under the Principals and Criteria of the Forest Stewardship Council (see story below). They are a byproduct of Fire Wise, a fuel reduction practice designed to reduce the risk of wild fire along the North Shore. We offer these wreaths for sale as a way to fund our work honoring the earth and enabling old growth forests.

The mission of the Cook County Sustainable Forestry Co-op is to offer an economically feasible way for landowners to manage their land sustainably for old growth and a stable climax cover type while deriving personal benefit from the land. Just as the other, non-human members of an ecological region do.

CCSFC is part of the Smart Wood family of responsible forest management teams SM-FM/COC-247.

For more information contact [ccsfc@boreal.org](mailto:ccsfc@boreal.org) or Go to [www.sustainable-woods.net](http://www.sustainable-woods.net) Click on "Forest Products" On the left side click on "Non Wood" Click on "Community Forest Resource Center." We are towards the bottom of the page: click on "Go To Member Page" to see our website.



# Think Green with the Forestry Stewardship Council

**F**orestry Stewardship Council (FSC) is an international not-for-profit membership-based organization that brings people together to find solutions to the problems created by bad forestry practices and to reward good forest management.

In the days leading up to and following the 1992 Earth Summit in Rio, world attention was focused on the challenges faced by cultures around the globe as demands on their natural

resources increased. Poverty, disease, land use change, climate change, and pollution all continue to threaten our resources and the stability of cultures worldwide. The challenges at Rio remain largely unmet. However, the conversations that

occurred there contributed to one solution — the Forest Stewardship Council.

Driven in part by the failure of an intergovernmental process to agree on a global forest compact, and the compelling question "What is sustainable forestry?," loggers, foresters, environmentalists, and sociologists came together in the first General Assembly to form the FSC in 1993.

The Forest Stewardship Council was created to change the dialogue about and the practice of sustainable forestry worldwide. This impressive goal has in many ways been achieved, yet there is more work to be done. FSC sets forth principles, criteria, and standards that span economic, social, and environmental concerns. The FSC standards represent the world's strongest system for guiding forest management toward sustainable outcomes. Like the forestry profession itself, the FSC system includes stakeholders with a diverse array of perspectives on what represents a well-managed and sustainable forest. While the discussion continues, the FSC standards for forest management have now been applied in over 57 countries around the world.

In 1995, FSC-US, located in Washington, D.C., was established as the national "chapter" of FSC.

Its purpose is to coordinate the development of forest management standards throughout the different bio-geographic regions of the U.S., to provide public information about certification and FSC, and to work with certification organizations to promote FSC certification in the U.S. FSC-US has a national presence through the work of its Board of Directors, members, staff, and regional standards coordinators.

The FSC's international headquarters are located in Bonn, Germany. FSC has contact person and national offices in more than 40 countries, creating a global FSC network. For more information on FSC at the international level, please visit [www.fsc.org](http://www.fsc.org).

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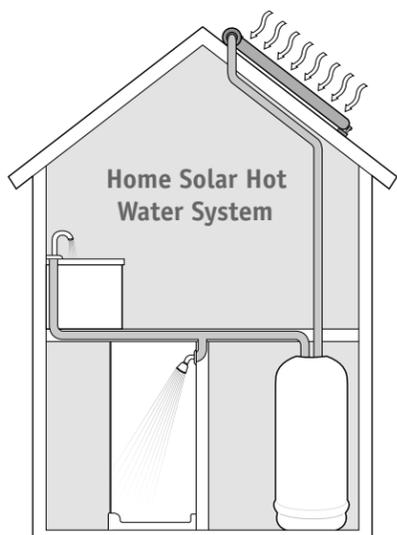
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## attention:

Information about the controversy regarding **Horizon brand products**, subsidiary company of Dean foods, regarding their upholding of Organic Standards, can now be found in the store entrance vestibule and at the Customer Service Counter.

Information about the controversy regarding **White Wave and Silk brand products**, subsidiary company of Dean foods, regarding their sourcing of soybeans outside the US and resulting rainforest destruction, can now be found in the store entrance vestibule and at the Customer Service Counter.

## news bites

- USDA funding of organic agriculture research falls short, very short. [www.organicconsumers.org/2006/article\\_534.cfm](http://www.organicconsumers.org/2006/article_534.cfm)
- Whole Foods Co-op has joined the Non-GMO Project, [www.nongmoproject.org](http://www.nongmoproject.org)
- On Friday, September 29, 2006, Kevin Reilly, Deputy Director of Prevention Services for the California Department of Health Services, announced that all of the spinach involved in the September E. coli outbreak was grown using conventional — not organic — practices.

# book review

*Sneak Preview by Judy Kreag, member*

**W**hen it comes to The Dwelling in the Woods, one learns very quickly that there are many ways to be fed...through solitude, nature, spirit and especially through delicious, wholesome foods. When guests arrive at The Dwelling, a nourishing, hearty meal awaits them in their hermitage. It is apparent right away, through the quality of food, the presentation and the care with which it was made, that the chef's intention is to nourish on many levels. A fresh loaf of homemade, signature cracked wheat bread greets each new guest to begin the nurturing, healing hospitality of each visit.

The book begins with the history of the founding of The Dwelling, a Hermitage Retreat Center. It shares many memorable moments throughout the book, including pictures of staff, guests and volunteers who have shared their hearts and their hands, their time and their money. The book, then, is divided into many chapters sharing the most requested of the recipes created and served at The Dwelling. There are chapters on the

founder's favorites, vegetarian fare, entrees and more. It ends with two unique chapters, one on gluten-free recipes (as the number of people requesting gluten-free has increased dramatically over the past year or so), and one on the recipes for the natural cleaning supplies made and used at The Dwelling. These recipes reflect the continued quest to be more "earth friendly."

One of their most requested recipes is the Mexican Brown Rice Casserole. It is served with tortillas and many side dishes of grated cheese, sour cream,

salsa, and more. That recipe is included in this review.

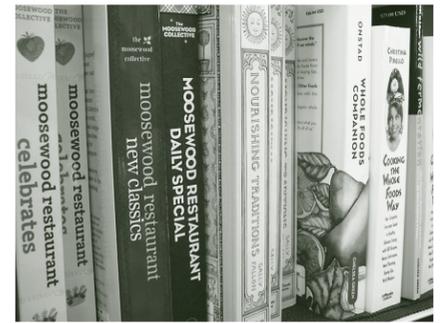
The book is due out in November. To

### "Fed by The Dream" — A Dwelling in the Woods Cookbook

get your copy, or to find out how to become a "hermit," call The Dwelling at 320-592-3708 or visit their new website at:

[www.dwellinginthewoods.org](http://www.dwellinginthewoods.org). 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.



Check out our book shelves for books on everything from soups to nuts.

## Mexican Brown Rice Casserole

*Judy Kreag, member*

Serves 8

- 1 15 oz can Corn, drained
- 1 can (10 oz) diced Tomatoes and Green Chilies
- 1 15 oz can Black Beans, drained
- 8 oz Sour Cream
- 1 jar (8 oz) chunky Salsa
- 1 c Cheddar Cheese, shredded
- 2 c Brown Rice, cooked
- 1/4 t Pepper
- crushed Red Pepper, to taste
- 6 Green Onions, sliced

Mix together & put in casserole dish. Top with sliced green onions, sliced black olives and an additional 3/4 cup shredded cheese.

Bake at 350° F for 50–60 min.

Serve with sour cream, salsa, avocado or guacamole, chips and/or tortillas.

*Make your own holiday treats!*

### ORGANIC PEPPERMINT PATTIES

*Michael Olker, Assistant Front End Manager*

- 3/4 c organic Sweetened Condensed Milk
- 1 1/2 t organic Peppermint Extract
- 4 c organic Confectioners' Sugar
- 3 c Semisweet or Dark Chocolate Chips

In a large mixing bowl, combine sweetened condensed milk and peppermint extract. Beat in enough confectioners' sugar, a little at a time, to



**Michael Olker, Assistant Front End Manager**

form a stiff dough that is no longer sticky. Knead dough like bread dough to remove any lumps and to keep fresh while working. Form into 1-inch balls, then place on waxed paper and flatten with fingers to form patties. Let patties dry at room temperature two hours, turning once (easiest done with a spatula).

To dip, there are two options:

Dip in tempered chocolate (profession method, gives a better finish): In a double boiler, melt 2 1/4 cups of chocolate chips, stirring often until chocolate reaches 115° F. Remove

from heat, add remaining chocolate chips (3/4 cup). Stir until smooth and let cool to 85–95° F. Dip patties, one at a time, into chocolate using a fork or a dipping spoon/fork. Turn onto waxed paper, let cool until set.

OR

Dip in melted chocolate (easy method, tastes just as good): In a medium saucepan over low heat or a double boiler, melt chocolate with shortening, stirring often. Remove from heat. Dip patties, one at a time, into chocolate using a fork or a dipping spoon/fork. Turn onto waxed paper, let cool until set.

Store in an air-tight container. Refrigerate if storing for more than a few days.

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# management report

This issue of the *Garbanzo Gazette* will reach our Members just in time to celebrate our one-year anniversary at 610 East 4th Street. We're celebrating with the unveiling of local artist Laura Stone's long-awaited mosaic tile piece behind the checkouts and a visit from Minnesota's food diva, Lynne Rosetto Kasper, on Saturday, November 4th.

We opened our doors at 610 on November 2, 2005. The store looked great though the contractors were still working here and there. The relief at getting the store moved, set up, and open quickly evolved into a race to keep up with membership growth, staff education, and escalating sales. In our first year, we've welcomed over 1,000 new members, and we blew past our 65% sales goal grow-



Sharon Murphy, General Manager, holidays past.

ing from \$4.75 million to \$8.29 million.

Our new site was achieved because of the commitment of our Members, the dedication of our staff, and the support and technical assistance we received from local co-ops, including our general contractor Builders Commonwealth and our lender Members Cooperative Credit Union, from our consultants at Cooperative Development Services, and from our associates at the National Cooperative Grocers Association (NCGA).

We have a lot to be thankful for and a lot more work to do. And now we have two new Board members, Terese Tomanek and David Helf, to help us keep up the pace. Congratulations to Terese and David and to Jeri Brysch on her re-election. GG Employed at WFC since 1980, Sharon Murphy has been the General Manager since 1988 and walks to work most days.

*The recipe for these simply delicious and simple to make almond cookies was adapted from a Time-Life International Cookbook published in the 70s.*

## ALMOND COOKIES

Sharon Murphy, General Manager

Cream together:

- 1 c Butter
- 1 c Sugar
- 1 Egg
- 2 t Almond Extract

Stir in to creamed mixture a cup at a time:

- 3 c Gold-n-White Flour

By hand, make small dough balls the size of whole walnuts. Place balls on greased cookie sheet and flatten slightly by hand or using the bottom of a cup or glass, lightly floured.

Press a whole raw almond into the center of each cookie (takes about 36 almonds). Bake 10 minutes at 350 degrees. Remove from cookie sheet and cool on a wire rack.

These cookies store well.

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# better in bulk

**W**hy aren't I vegan anymore? I now accept many cheeses into my diet that I wouldn't have touched with a ten-foot pole not too many years ago. I definitely favor the high-end, fancy, stinky cheeses, with the attitude of, "Well if I'm going to eat cheese, I might as well eat GOOD cheese." I have definitely noticed the increase in mucus the past few cheese eating years — that level of mucus that people who eat cheese think is normal and that vegans are glad to be rid of to the likely benefit of their health. What happened?

Part of it was being overwhelmed and crushed and stomped day after day by a society and culture that says "eat cheese, it's normal and good, it's an epicurean experience, live a little, blah blah blah." That was a lot of it. I was immune to those forces for years and years but they wore me down. Also part of it was that I was boycotting factory farm food production, but organic dairy largely removes that concern, although not every piece of cheese I eat is certified groovy in every respect. I am a hypocrite in the grand tradition of Walt Whitman who says, "Do I contradict myself? Very well I contradict myself, I am large, I contain multi-

tudes." I think that's how the quote goes.

Alas, cheese eating has impacted the strictness of my vegetarianism too, as I do not make 100% sure every time that my cheese is devoid of rennet (I forget to check sometimes), and I have even consciously decided to eat rennet cheese on a couple of occasions when I had my heart set on goat cheese and all there was was rennet-y goat cheese. I also eat gelpcaps when they contain a supplement I really want or feel I need. Am I more selfish, does that explain it totally? Am I less compassionate to animals; am I less "green" now that I support an animal-based economy instead of a plant-based one? All I know is that compared to most of America I keep it to dull roar — a pretty low bar to raise but there you have my benchmark.

That said my meals are frequently vegan still; I don't feel compelled to have cheese, I don't feel the lack of cheese in any given meal as a loss. But I will just as often choose to add cheese to something. I still eschew ice cream with the exception of a very rare "eating it so it doesn't go to waste" moments. I will never drink a glass of milk again, or eat eggs, although in

baked goods, they are easier to overlook and I do plenty of overlooking, although I still tend to avoid most pastries, muffins and scones without a second thought, a habit left over from my vegan days. This helps you avoid milk, eggs, and refined sugar all at the same time, as well as helping you avoid an overreliance on flour products, frequently not whole grain products anyway and no great loss to your diet. Especially if you eat a live piece of fruit instead. Alcohol is also welcome in my diet and I was never a straight-edge (a brand of vegan that also disdains all hard and soft drugs including alcohol). No, that wasn't me. So now I am just as likely to be mistaken for a Frenchman with the wine, the cheese, the hedonistic streak that says, live for pleasure for you will die — maybe tomorrow — so have another cookie and raise a glass to the moment. If your cheese is vegetarian and organic, then all the better. Because frankly we could maybe all use more of the Hippocratic oath in our lives, "Do no harm." Tough one, that. I guess these days I have amended the Hippocratic oath to say, "Do the least harm possible if you have the energy for it today." A slippery slope, I know. GG

## Jim's Vegan Gonzo Stir-Fry Jim Richardson, Bulk Buyer

*No precise measurements necessary, everything is to taste.*

Golden Rose Rice  
Cherry tomatoes cut in half  
Zucchini  
Several large mushrooms (Ports maybe) and a bunch of small ones  
Kale  
Nutritional Yeast  
Tamari  
Apple cider vinegar  
Olive oil  
Flax oil

Cook rice. Chop veggies. Sauté all veggies in olive oil and tamari at low heat until they cook down a ways. Top rice with cooked veggies, nutritional yeast, a small splash of apple cider vinegar, and a squirt of flax oil. Stir, eat.

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

*This is a great summer-time drink but can be enjoyed anytime of the year.*

## SENCHA GREEN TEA-JUICE COOLER

*Briana Lowrie, Front End Manager*

**Tea**  
4 c Water  
1/4 c bulk Sencha Green Tea Leaves  
1 c Juice (apple, cherry, or your favorite flavor)

**Syrup**  
1 c Cane Sugar  
1 c Water  
6 Cinnamon Sticks

In a medium saucepan over medium heat, bring 4 cups water to just below a simmer. Remove from heat, add the tea, and steep for 4 minutes.

Strain the mixture into a pitcher, add the juice, and refrigerate until cool.

Meanwhile, in a small saucepan, bring all syrup ingredients to a boil over medium heat. Simmer for 5 minutes and refrigerate until cool.

Remove the cinnamon sticks from syrup, and combine syrup and tea, blend well, and serve over ice. If desired, garnish with cinnamon sticks.

Makes 4 servings.

*Serve the tomatoes over pasta or on their own.*

## BURST CHERRY TOMATOES

1 T extra virgin Olive Oil  
1 pint large Cherry Tomatoes  
1 medium Garlic Clove, minced  
1 T fresh Parsley, chopped  
1/2 t Salt  
1/2 t fresh Thyme, chopped  
1/4 t fresh Rosemary, finely chopped  
1/8 t fresh ground Pepper

Heat oil in a medium skillet over high heat until hot. Add tomatoes; sauté 1 minute while rolling tomatoes constantly. Reduce heat to medium.

Add all remaining ingredients; mix well. Cook for 2 minutes (1 minute if the tomatoes are small) or until the skin of the tomatoes just begin to crack, stirring constantly.

Makes 4 servings.

*Here's one of my favorite easy ways to quench my salmon cravings!*

## BROILED SALMON SERVED WITH ASIAN NOODLE BROTH

1 T Olive Oil  
2 t Ginger, minced  
4 Garlic cloves, minced  
6 c Pacific Low-Sodium Chicken Broth  
2 T San'j Low-Sodium Soy Sauce  
3 T Hoisin Sauce (can special order through WFC or found at First Oriental Grocery of Duluth)  
8 oz Organic Planet Soba or Udon noodles  
6 c baby Spinach, coarsely chopped  
3 c Crimini Mushrooms, sliced  
1/2 c Green Onion, coarsely chopped  
12 oz Salmon Fillet (1/2 inch thick), skin removed, cut into 4 pieces  
2 T fresh Cilantro, chopped

Heat broiler. Spray baking sheet or broiler pan w/non-stick spray.

Heat olive oil in a large pot or Dutch oven over medium heat until hot. Add ginger and garlic; cook 20-30 seconds or until fragrant. Add broth and bring to a boil over high heat. Stir in soy sauce and 2 T of the hoisin sauce.

Reduce heat to medium-high. Stir in noodles, spinach, mushrooms, and green onions. Cover, cook 3 to 4 minutes or until noodles are al dente, stirring occasionally with a fork.

Mean while, brush salmon with remaining 1 T hoisin sauce and place on baking sheet. Broil for 6 minutes or until lightly browned and fish just begins to flake, turning once.

To serve, use tongs to transfer noodles and vegetables to individual soup bowls. Ladle broth over noodles. Top with salmon; sprinkle with cilantro.

Makes 4 servings.

*Top vanilla ice cream with this sweet and unique compote!*

## APRICOT AND LAVENDER COMPOTE

1 lb ripe Apricots, quartered  
1/4 c Cane Sugar  
1/4 c Honey  
2 to 4 T fresh Lavender Flowers, coarsely chopped  
1 Vanilla Bean, split lengthwise  
1 qt Vanilla Ice Cream

In large saucepan, combine all ingredients except the ice cream, and mix well.

Cook over medium heat for 6 to 8 minutes or until the apricots are very soft and some of the juice has been reduced (should have a thick apple-sauce consistency).

Remove the vanilla bean. Cool compote to room temperature. Serve over ice cream.

Makes 6 (2-cup) servings.

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# a bit on Brie

By Eric Bong

The holidays are here, and I don't know about you, but I need at least one good cheesy meal before January. I'm a big fan of cheese . . . ALL cheese. Woo me with Wensleydale, charm me with Cheddar, share your Chevre, and I'm in Heaven. I bleed Bleu, as a matter of fact. Yep! It's a rare occasion that I don't immediately fall in love with a cheese — love at first bite, if you will.

But this time of year, I will pass on the Parm, save the Swiss, and forego the Formage. I'm all about Brie!!

Creamy, tangy Brie.

Named for the French province it is originally from, this best known of the French cheeses, the "Queen of Cheese," was once a mandatory tribute to Kings, though the Brie that was made then and the Brie now made in France are nothing like the Brie made here in the U.S.

Traditional Brie is made of unpasteurized cow's milk, which is illegal for American import unless it is aged for 60 days or more, but that overripens any raw (unpasteurized) Brie, making it unfit for consumption.

Consequently, imported Brie, because it is pasteurized, never gets the opportunity to mature fully. Raw milk Brie like that made in France develops a natural white moldy rind that is perfectly edible, and usually has a slightly stronger taste, while pasteurized Brie must be sprayed with spores to actually grow mold.

Brie can be made of whole or semi-skimmed milk. The curd is obtained by adding rennet to raw milk and heating up to 37°C. It is then cast in molds on thin layer at a time and

drained for about 18 hours. It is then removed from the molds, salted and inoculated with mold and cellar-aged for 4 weeks or more.

So what can I do with Brie? I usually eat on a cracker, sometimes with a bit of smoked salmon. If you're looking for some-

thing a little bigger, a little more, here are a couple of my favorite Brie recipes:



Eric Bong, Deli Counter Supervisor

## Garlic & Herb Brie Pastry

- 1 10x9 in thawed puff pastry
- 1 14 oz Wheel of Brie
- 2 4 oz packages of garlic & herb Boursin semi-soft cheese
- 1 beaten egg
- 1Tbsp water

Preheat oven at 375° Lightly flour baking sheet. Place puff pastry on sheet and roll out to remove fold lines. Place Brie on center of pastry. Spread 1 package Boursin on Brie, flip and repeat. Fold pastry up around cheese, wrap completely ad trim off excess pastry. Turn over, placing seam side down. Combine egg and water and brush over pastry. Bake until golden brown (approx. 30 min). Let stand for 10 minutes and enjoy! (Thanks to Candace Herbert, Deli Mgr. People's Coop).

## Broccoli with Cambazola sauce

- 1/2 loaf crusty bread
- 2 Tbsp unsalted butter
- S&P to taste
- 1/2c water
- 2 Tbsp extra-virgin olive oil
- 1-1/2 lb. Broccoli
- 1/4 lb. Cambazola (a cheese that is 70% Camembert Brie, 30% Gorgonzola Bleu)
- 1/2 c heavy whipping cream
- 1 Tbsp finely chopped thyme

- 2 Tbsp roasted pine nuts

Preheat oven to 375° Cut bread into thick slices. In a large oven-proof skillet, melt butter, add bread, and toss to coat. Season with S&P. Toss again and bake until brown on outside, soft inside (approx 15 min). Drain on paper towel and keep warm.

In a large skillet, combine water, olive oil, and S&P, and bring to a boil. Cut broccoli florets and add to skillet, cover, and cook over medium heat 5 min. Uncover and increase heat to high to boil off remaining water. Saute broccoli in remaining oil and cook until golden brown.

Meanwhile, in small saucepan, slowly melt cheese with cream. Add thyme and pepper to taste. Place the bread on plates, arrange broccoli on bread, and pour sauce on top. Sprinkle pine nuts on top and serve immediately. (by Michael Chiarello from the Tra Vigne Cookbook)

Brie we carry:

- Saga 10 oz wheel
- Fleurs de France 8 oz wheel
- Rosenberg Danish Brie 8 oz wheel
- Cambazola, Martin-Collette, and Explorateur 2kg wheels, wedged.

We can gladly special order many others!!

## SMOKY MOUNTAIN PIZZA

Jill Holmen, Training Coordinator

Serves 2-4 (depending on your appetite!)

Place on Baking Tray/Pizza Stone:

- 1 Vicolo Frozen Cornmeal Pizza Crust (These are the diggity diggity. They are non-gmo and come frozen in packs of 2)

Sauté (lightly) in Olive Oil:

- Portabella & Shiitake Mushrooms, sliced
- Fresh Asparagus, sliced

Add a splash of both red wine & balsamic vinegar, simmer on low heat for 5 minutes

Construct Your Pizza!

Sauce—Eden Organic Pizza/Pasta Sauce (It's canned, which I typically avoid, but is tasty, chunky, & organic!)

- Add Mushroom/Asparagus Mix
- Raw Red Onion, sliced
- Raw Garlic, chopped (and lots of it!)

Fakin' Bacon Tempeh Strips, sliced (smoky meatless goodness)

Cheese it Up, Yo! (choose your favorite cheese)

(My favorites, though not all together):

- Soignon French Bucheron Chevre (This is a divine vegetarian-suitable goat cheese, no animal rennet)
- Vincent Aged Gouda
- Smoked Mozzarella

The Finishing Touches:

- Fresh Cracked Pepper
- Chipotle Pepper Spice for extra kick (a couple of shakes)
- Drizzle of Madhava Agave Nectar (for that irresistible savory/sweet union)

Bake at 425° for approx. 15 minutes. Devour.

Follow with Dark Chocolate Bar.

This Is a Great Recipe That I Got From a Former Co-Op Co-Worker Years Ago. It Is Great Dish to Bring to a Potluck. Buen Provecho!



Jill Holmen, Training Coordinator

## ARABIAN SQUASH CASSEROLE

Raelynn Monahan, Assistant Merchandising Manager

Preheat oven to 350 degrees

- You will need: 9 x 13 Pan
- 1 T Olive Oil
- 1-1/2 c Onion, chopped
- 4 c Squash or Pumpkin
- 1 t Salt

- 2 small Bell Peppers
- 4-5 cloves of Garlic, minced
- Black Pepper & Cayenne to taste
- 1/2 c plain Yogurt
- 1 c Feta Cheese

In a large bowl, stir ingredients together well. Pour ingredients into a 9" x 13" pan, bake

uncovered for 30 minutes or until bubbly.



Raelynn Monahan, Assistant Merchandising Manager

# Your Co-op Around Town



Ben, Anni and Per show off their voyageur style at the Chili Cook Off.



Chef Per Carver warms his breakfast at Harvest Fest.



**Carrots:** Teri Sackmeister weighs carrots in the root cellar at Food Farm.

# the back 40

**W**rapping up a year in local produce is always sweet in some way. The rush of crops pushing through the soil and into the elements soon enough translates into



**Food Farm:** John and Jane Fisher-Merritt harvest broccoli. John cuts the heads and Jane catches them, removing the leaves before they go into the cart.

even as the first snow arrives to collect in every uneven surface or flaw in structure some veg is at it's best. The cool weather rolls across the outlying areas first, furtive in the lower spots. Roiling like breath on the morning fields, it chills the kales into a



**Sharon Zoff:** Looking at the crop in her blueberry patch

“There is no path; we make the path by walking.”

— Antonio Machado



**Northern Harvest:** Rick and Karola Dalen standing in front of the former dairy barn that will house their new flock of chickens, amongst other things.

bunches of greens and clusters of berries. It can be overwhelming since though we spend millions to predict the weather, each growing season is a path that has to be walked, and has its own character. Like the changes happening in agriculture, you can't stand by waiting for the path, you have to make it with your feet. We had heat and dry, we had serious drenchings. All or nothing would almost seem the best summary of this year. Pepper blossoms fell off, leaving no fruit and broccoli filled out into some fantastic dinner-plate sized heads.

On the far end of the season we see



**Corn Smut:** A fungal growth that occurs on some ears of corn if the humidity and wind conditions are right and prized by some as a delicacy. Park Lake Farm harvests and eats the unexpected gourmet delight! Watch for it at WFC next year.

the ropes of the vines hung with dried and tattered leaves, exhausted and waiting only for the work of myriad smaller life forms, bacteria and worms, to return them in a new guise next year. But

sweetness that not even an early season tender kale leaf can match, and begins the transformation of the parsnip into a true treat. The vital energy that burst the seed, beat the weeds and woodchucks has become concentrated as stored energy in each parsnip, so sweet to our taste.

As with many root vegetables much nutrition and flavor are right under the skin. No ponderous waxed behemoths here where you have to peel away the flavor along with the petrochemicals! Try some of our local organic parsnips steamed with your potatoes and mashed, sautéed in oil, shredded like hashbrowns or in a savory soup



**Park Lake Farm:** Joel Rosen next to his stand of sweet corn.

with skins on. And while you're savoring that sweetness, take a look throughout this issue of the gazette for photos from some of our local farms. (Note: the farmer standing by his corn had parsnips hiding just behind him).

A big thank you to Jahn Hibbs, the photographer for our local farm project and person of passion when it comes to a better future for local agriculture; you have the eye! GG

**Michael Karsh** is the Produce Manager at Whole Foods Coop, where he has worked for the past 14 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he has developed markets for local growers, with an emphasis on Organics.

## farm tour tour date: 26 August, 2006

**A** beautiful day by any standards, including bright and breezy weather, greeted our first annual WFC Farm Tour. This year we made our way out to Olund's Greenhouse in Brimson, MN to learn first-hand about organic agriculture in our region. Mike and Lynn put together a great experience for all of us. We began with an actual tour of the farm, absorbing the progression in greenhouse



design and personal history as we made our way from tomatoes and cukes to the flower beds and vacant garlic field. In conversation sprinkled with humor, Mike gave us a glimpse into the ups



and downs of greenhouse growing, and also of the planning and evaluation that goes into being successful producers. Afterwards, we gathered in the Olund's workshop for some homemade salsas. Lynn spoke to us about the fresh and dried flowers that they supply to WFC and through other outlets. After an introduction to

the basic components, and arrangement theory, all participants had the opportunity to assemble their own dried flower bouquet. Our ages ranged from 3-years on up and a great time was had by all. Watch for your chance next growing season to experience the world of our local growers! GG

**Michael Karsh** is the Produce Manager at Whole Foods Coop and teaches Perfection in Produce and Organic Standards classes for all WFC employees.

