



“Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility.”

— Ban Ki-moon, UN Secretary General

our past

This recently discovered issue of the Scoop from 1978 “WOMEN IN CO-OPS” issue holds many gems, but most noticeable are how similar the themes are to today’s discussions. “Moving Toward Our Vision”, “Ruits and Froots” and “Smashing the Scarcity Myth” (an article about agribusiness in developing nations) illustrate what co-ops were striving for, how much we’ve accomplished in the last 34 years and the work that lies ahead. As a tribute to the International Year of Cooperatives, we take an unattributed quote from this issue:



“Our visions are beautiful and we’re beautiful. Some of what we’re working for is in the future but heaven forbid we should wait until then to enjoy ourselves. Revolution is a process as well as a goal. It’s exciting, exhilarating when you

catch those glimpses of what the world could really be like, and that we just might be able to pull it off. Do you believe it? We’re doing it. That’s why we’re here. We’re doing it already.”

our present

The co-op is involved in the community and our Owners are engaged with us. Owner Melissa Boyle shared a “thank you” and picture on our Facebook page for her Campfire Brownies, we requested the recipe and in true cooperative fashion, she shared her wisdom with us (and on a tight deadline, no less!) Our Owners and Staff are making a difference in the Twin Ports community, one morsel at a time.

Campfire Brownies

Melissa Boyle, WFC Owner

What you will need:

- Thick skinned orange(s) with a perfect navel (not the kind with another little orange growing in it)
- Brownie mix (I used Pamela’s Gluten Free, but any kind will work)
- Orange juice or water

Cut the orange(s) across the top to make a lid (about 1/3 of the way from the top), then scrape out all the orange innards (kinda like carving a pumpkin) being careful not to damage the peel. Squeeze the juice from the innards if you are using juice instead of water for the mix.

Stir together the brownie mix, substituting the water with orange juice if you wish.

Fill the orange(s) with the brownie mix, replace the top part of the orange and wrap in a double layer of foil, making a little handle with the foil if you wish.

Place the brownie in the hot coals of a campfire that has been burning for awhile. It took about 15 minutes for my single serving to bake. Rotate it 1/2 way through if you wish.

NOTE: wrap your oranges well and keep them upright in the fire or your brownie will ooze out. Let cool and enjoy!



our future



Resetting our merchandise, expanding our seating area, and improving our parking are just a few of the ways we are keeping up with increasing business. Who knows what else the future may bring?



The theme of the International Year of Cooperatives, as declared by United Nations General Assembly Resolution 64/136, is “Cooperative Enterprises Build a Better World.” To learn more about co-ops, watch:

www.youtube.com/user/ChooseA-Coop?feature=mhsn

To learn more about what other food co-ops are doing to sustain their communities, visit: www.StrongerTogether.coop/voices-from-the-field

For more information about the International Year of Cooperatives, visit: www.2012.coop

Visit www.campaign.coop to see ways you can support the national cooperative Development Act

Water Issues & Art?

by Ed Newman

It’s no surprise that artists would be attracted to the Northland. Increasingly the fermenting art scene has produced several new art galleries and increasing numbers of people stirred to find new means of creative expression. The region abounds with subject matter, from the aerial lift bridge to the lighthouses, ships, seagulls and sensational skyline scenes. But at the heart of it all is Lake Superior, with her broad embrace of the shorelines of three states and two countries.

Many of us take these pristine waters for granted. We are blissfully ignorant of the fact that 1.1 billion people on this planet have no access to safe, clean drinking water. Most of us are unaware that lack of clean water kills more people than war.

This summer several local artists will be participating in a June group exhibition aimed at raising awareness for



Tonya Borgeson, WFC Owner

water-related issues leading up to Lake Superior Day. Artists are just one of many groups who recognize the value and importance of our waters.

The group exhibition, called *Respect Protect Fulfill—We Humans need Water to Exist*, will be June 6-28 with a follow-up solo exhibit June 29- August 7th by Tonya Borgeson called *Waters What about the Waters IV—our daily use*, at the Whole Foods Co-op on East Fourth Street in Duluth. The artists whose work will be featured in June include Kristen Anderson, Tonya Borgeson, Sarah Brokke Erickson, Martin DeWitt, Adu Gindy & Ann Kleistian.

Artists can play an important role with regards to the manner in which we think about water. Tonya Borgeson, founder of The Snoodle Gallery and instructor at Lake Superior College, is an artist who does not take our waters for granted. “Creative thinking requires an



Is water a fundamental right or is it a commodity?

outlook that allows you to search for ideas and solutions in a non-linear fashion,” says Borgeson, “You try different approaches, explore ideas in unusual outside places. A creative outlook enables one to come up with new ideas.”

Borgeson’s aim with this show is to increase the

There is a water crisis, but the crisis is not about having too little water. It is a crisis of managing water so badly that billions of people and the environment suffer.

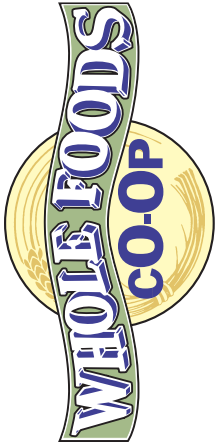


viewer’s global awareness and appreciation for the interconnection of all life. “Water is everybody’s business,” she said. “60% of the human body is water, the brain composed of 70% water, lungs 90%, blood 83% water.”

The focal point of these artists is to engage the public to raise important questions. What are your daily activities that involve water? The show aims to help us think more deeply about this part of our lives we so often take for granted and to examine our daily patterns and actions related to water usage.

How will you help solve this problem? What are you doing to address the water crisis of our times?

For more information contact Tonya Borgeson at The Snoodle Gallery in West Duluth. **CG**



610 East 4th Street
Duluth MN 55805
Address Service Requested

PRSRT STD
U.S. POSTAGE
PAID
DULUTH, MN
PERMIT NO. 492

WHOLE FOODS

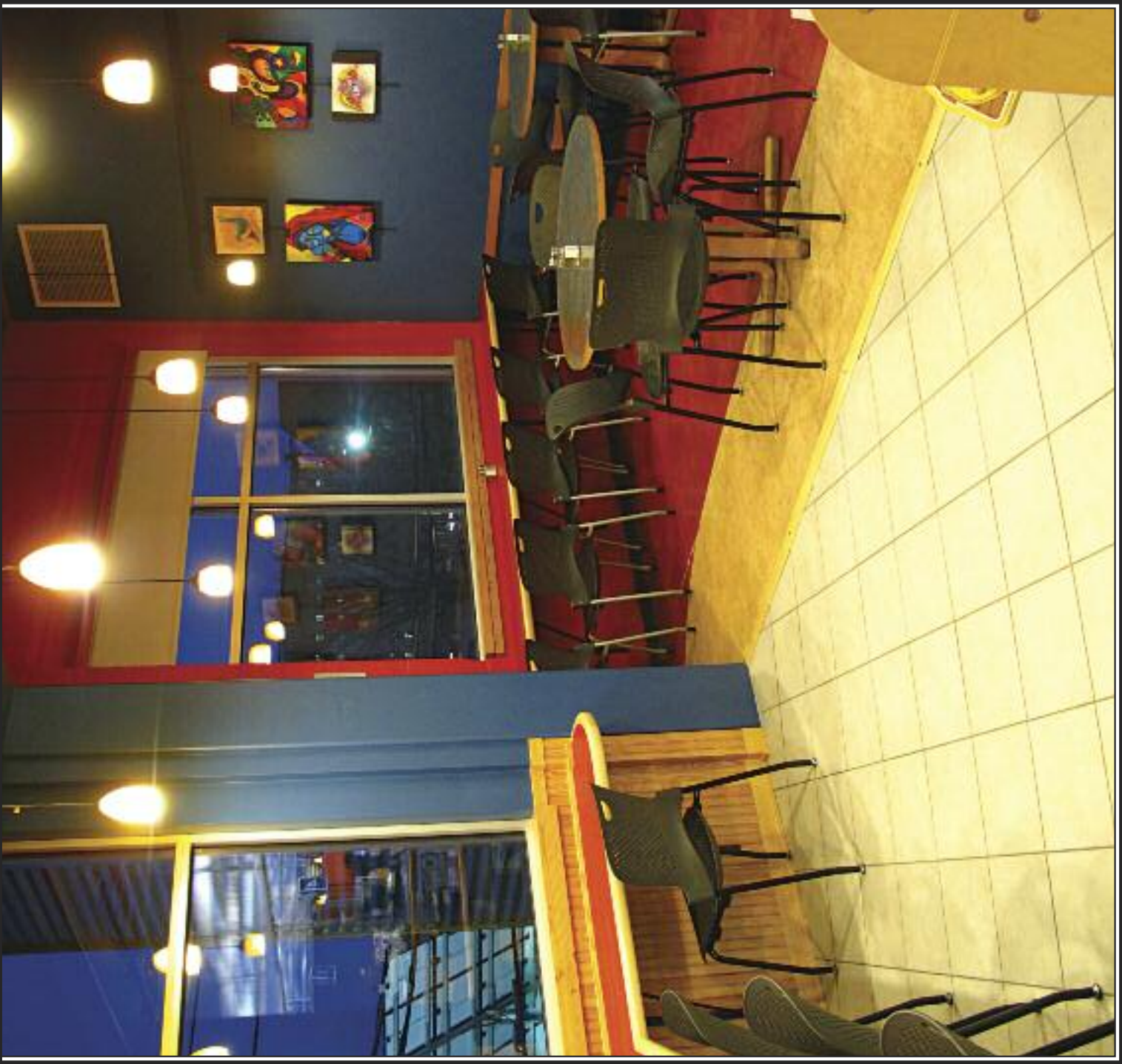
CO-OP

DULUTH, MINNESOTA

GARBANZO

SUMMER 2012

GAZETTE





Kristen, RYT 200, Yoga North Instructor

Stride in & Stretch out!

Yoga is an excellent way to build stability, strength and flexibility for outdoor activities.

Summer Session begins

Monday, June 4th

studio: (218) 722-9642

4628 Pitt Street, Duluth

online: YogaNorthDuluth.com

Facebook.com/YogaNorth





Woodworking

Modern Classics and Old World Craftsmanship
• built-ins • nooks • custom doors • built-ins • furniture •
• [Dana Edholm](http://DanaEdholm.com) • [Den Legends](http://DenLegends.com)
218-348-9434 • 218-269-9343



GARBANZO GAZETTE

Published by Whole Foods Co-op
610 E. 4th St. • Duluth, MN 55805
(218) 728-0884 • fax (218) 728-0490
www.wholefoods.coop

STORE HOURS:
7 am – 9 pm every day

Ownership Investment:
\$100 per voting membership

Further ownership information is
available at the Whole Foods Co-op.



The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op, 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 Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Wednesday, August 1, 2012.

Refer submissions and questions to
shannon@wholefoods.coop.

Editor: Shannon Szymkowiak
Contributions: Owners & Staff
Design: Kollath Graphic Design
Printer: InstyPrints
Mailing: Barcodes Plus
Reprints by prior permission

The Garbanzo Gazette is printed on 100% post-consumer recycled paper with soy ink. This paper is recyclable.

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



MOVING? Pursuant to WFC Bylaws, Article I, Section 6. Current Address. Each Member agrees to provide to the cooperative his or her current address and to keep the cooperative informed of any changes in address. This obligation shall continue even after a membership has been terminated as long as the Member has any interest in the cooperative. In an effort to remind our Owners to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making an Owner temporarily inactive when there is no current address on file. Inactive Owners are not eligible for benefits and will not receive the newsletter.



BEFORE RECYCLING THIS COPY of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

management report

by Sharon Murphy, General Manager & WFC Owner

A co-op is a business model that allows a group of people to combine their resources to meet their common needs. Each Owner invests equally and each Owner has one vote. I haven't been an Owner of Whole Foods Co-op since its beginning in 1970, but I have experienced two increases in the required equity investment—from \$5 to \$10 in about 1983 and from \$10 to \$100 in 1990. Each increase in investment was discussed at length with Owners, was compared to equity requirements at other food co-ops, required a by-law change approved by Owners, and included a "grace period" for current Owners to come up with the difference between their original investment and the new amount required.

With the 1990 investment increase from \$10 to \$100, there was concern that Co-op ownership would be out of reach for many in our community. In 1991, the Board approved creation of a Matching Fund to assist individuals who made the minimum \$20 investment but who, after two years, could not purchase the balance of required equity and whose income met current Federal Poverty Guidelines based on family size. Staff and Owners put together a fundraiser to kick off the Fund as, by law, a cooper-

ative cannot pay for an individual's equity investment. That fundraiser, an art auction (silent and not so silent), was enormously successful by 1991 standards netting \$900. In 1994, the Board of Directors approved a name change for the Fund in honor of one of our founding members, Fran Skinner.

Information on the Fran Skinner Matching Fund is available in a brochure at the Customer Service Counter, is included in every New Owner Manual and is mailed to Owners who are nearing the end of the two-year period to complete the purchase of their equity investment.



Sharon Murphy, General Manager since 1988, attended first CCMA in 1988, Gazette contributor since 1978.

ing a donation in any amount at the same time you pay for your groceries.

Our goal for this fundraising effort is to raise the balance in the Fund to at least \$3,000 and to raise awareness about the accessibility of cooperative owner-

ship. While we welcome everyone to shop here, there are definite benefits to becoming an Owner. Food co-ops help build healthy communities. Owners of Whole Foods Co-op are part of a community that supports sustainable production methods, healthy and delicious foods, and the growth of our local economy. Co-op ownership feels good. We want everyone to have the opportunity to be a part of this vibrant community resource. **GG**

Cooperative enterprises build a better world.

Keep cooperative ownership accessible.

Get on the bus, Gus!

Over the last two decades this Fund has been supplemented by individual donations of cash as well as equity returned by beneficiaries of the Fund who terminated their ownership. The Board of Directors has approved the application of every Owner who met the eligibility guidelines and applied for support from the Fund. As the Fund balance is now less than \$1,000, beginning July 1st we will offer an option to easily and quickly donate to the Fund by rounding up payments at the checkout or by mak-

COOPERATIVE ENTERPRISES BUILD A BETTER WORLD



progress on ends

In the Policy Governance model, an ENDS Statement answers the question "What will be/is different because this co-op exists?" The ENDS Statement approved by the WFC Board of Directors on March 23, 2009: *In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.*

In the January-March 2012 quarter, management reported the following progress on ENDS:

- \$1,000 to East Hillside Patch's Mind 2 Mind Program, a free after-school and summer program for youths 6-14 in the East Hillside and Endion neighborhoods
- \$200 to Lake Superior Sustainable Farming Association for scholarships to the Good Agriculture Practices/GAP

program on food safety standards for urban growers

- \$250 to the National Sustainable Agriculture Coalition to support programs to benefit family farmers, the environment, rural communities and local food systems.
- \$1,000 to Community Action Duluth in support of their programs to engage our community to end poverty.
- \$1,000 to Duluth Community Garden Program to sponsor an after-school, 10-session Sustainable Food Systems Curriculum for third-graders at Grant/Nettleton School.
- \$1,000 to co-sponsor Community Wellness Day (April 28, 2012, 11 AM–3 PM, Romano Gym, UM-D) with guest speaker Farmer Joel Salatin.

- Management participation with and logistical support for the Good Food Network Steering Committee, Growing Farms Steering Committee, the Safe and Walkable Hillside Committee, the Myers-Wilkins Community School Collaborative Board, and the Northern Community Health Cooperative.
- Support for our community through the Cab Coupon Program and donation to the Duluth Community Garden Program of 10 cents for each packet WFC sells of certified organic vegetable/herb seeds.
- Payment of wages, salaries and benefits for nearly 100 employees in this quarter amounted to \$632,457.
- Discounts to Owners in this period amounted to \$8,371.

Future ENDS reports will include the amount of LOCAL purchases based on management's new definition of LOCAL effective June 1, 2012 (see The Back 40 article in this issue).

Bob Gabres
Therapeutic Massage L.L.C.



Relaxation Massage
Neuro-Muscular Therapy for Pain Relief
2020 E. 2nd Street • Duluth, MN 55812
cell (218) 391-9155
ABMP Member

save the date!



annual owner meeting
saturday, october 13th
more information coming in the fall gazette



the buzz

wfc staff news & award winners

by Jill Holmen, P & E Coordinator & WFC Owner

STAFF ANNIVERSARIES

June

Dean Bishop, *Administration* 3 years
 Alyssa Elliott, *Deli* 1 year
 Aimee Foster, *Merchandising* 1 year
 Anton Lepak, *Deli* 5 years
 Alex Musker, *Deli* 1 year
 Michael Olker, *Front End* 7 years
 Joe Ulvi, *Merchandising* 6 years
 Adam Hakkila Wisocki, *Promotions & Education* 1 year

July

Jessica Belich, *Front End* 11 years
 Kelly Bittner, *Merchandising* 4 years
 Trista Rider, *Merchandising* 1 year
 Luke Vandrovec, *Front End* 3 years
 Breann White, *Deli* 1 year

August

Mauro Alves, *Deli* 2 years
 Kristine Bergren, *Produce* 2 years
 Kenny Bitzer, *Front End* 3 years
 Brian Bluhm, *Front End* 2 years
 Charles Danielson, *Front End* 2 years
 Anna Lieftring, *Front End* 1 year
 Jim Richardson, *Merchandising* 14 years
 Dylan Savall, *Front End* 3 years
 Josh Swanson, *Deli* 2 years
 Andy Theuninck, *Administration* 7 years
 Laura Wolden, *Produce* 5 years

MARCH



Gumby Award
 Roger Yeager
 Deli Cook



Gumby Award
 Ryan Lawrence
 Deli Counter Clerk



Customer Service:
 Kevin Taylor
 Merchandising Clerk

APRIL



Gumby Award
 Adam Hakkila
 Wisocki
 Promotions &
 Education
 Coordinator



Gumby Award
 Sarah Kocian
 Front End Clerk



Customer Service:
 Darnell Nelson
 Front End Clerk

Three Cheers to Merchandising Clerk Aimee Foster who graduated magna cum laude from UMD on May 12th with a degree

in English. We applaud and congratulate you, Aimee!

Jill Holmen, Promotions & Education Coordinator is a proud new Auntie to nephew Riley, born the end of February out in Eagle, Colorado. She anticipates many more trips to the mountains to squeeze

those cute little cheeks.

MOD Jessica Belich bids WFC a fond farewell as she and her family move to



Fun At The Co-op
 by Eric Nied of the
 Front End.

the beautiful state of Oregon. They plan to visit Duluth whenever possible but look forward to new adventures out west. WFC will miss our "Mama Bear."

Rebecca Bischoff, Merchandising Clerk, is jazzed to be leading Zumba classes at Chris Jensen Health and Rehabilitation Center in Duluth. Classes run Mondays and Thursdays from 5:15–6:15 pm and all are welcome. Classes cost a mere \$5 and the first is free!

Several Co-op staff members are going *really* local by raising chickens, honey bees, and countless fruits and vegetables this year. We look forward to sharing our recipes in the Winter Gazette.

GG

MAY



Gumby Award
 Sonja
 Deli Counter Clerk



Gumby Award
 Breann White
 Deli Counter Clerk
 & Deli Cook/
 Baker



Customer Service:
 Christy Becker
 Front End Clerk



Customer Service:
 Cara Scannell
 Deli Counter Clerk

Jett Sophia

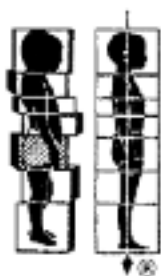
Psychic Readings

for clarity, support, insight, and healing
 readings in-person or by phone

www.savvypsychic.com

jett@mm.com

(612) 965-9708



YOU NEED THIS!!

Cheryl L. Larson
 Certified Rolfer
 Duluth, MN
 1320 Kenwood Ave.

ROLFING®
 Structural Integration
 Graduate of the
 Canadian College of Osteopathy

218-349-8138

www.rolfingbylarson.com

8th Annual
Rhubarb Festival

Chum
 Food • Shelter • Dignity • Hope
chumduluth.org/rhubarbfestival

JUNE 23, 2012 • 9 am - 4 pm
 11th Avenue East & London Road, Duluth

FREE Performances by Pieta Brown, Four Mile Portage and Wind Chill
 Rhubarb Bake Sale & Coffee Shop • Contests & Games • Silent Auction

Feel Better
 Connect with Life

Talk Therapy
 Expressive Therapy
 Sandplay Therapy
 Sliding Fee Scale

Catharine J. Larsen, M.A.
 Licensed Psychologist
 500 Level Yoga Instructor

7622 Bayhill Trail • Duluth, MN 55807
calarsen@charter.net
 218.733.9903



in balance with ayurveda

by Bonnie Ambrosi, WFC Owner

Ayurveda, literally “life science,” is a holistic health philosophy from ancient India, based on balancing the elements (earth, water, fire, air and ether) in the body and mind.

We love the summer, with its long days and balmy nights. But the heat can be a real challenge for those of us with fiery constitutions; too much heat makes us grouchy and hot-headed! If you are often hot and bothered, try eating some of these cooling foods every day and you'll find yourself growing cooler and more comfortable.

Coconut Most nuts are warm in energy, but coconut is specific for cooling a hot constitution. If you are fiery, you would do well to include more coconut in your diet, especially in the summer. That advice is easy to follow with so many wonderful coconut products on the Co-op shelves! Canned coconut milk and coconut oil for cooking, chilled coconut milk to drink or on your cereal, coconut creamer in your coffee (but not too much coffee in the summer, as it heats you up). Cultured coconut products are a great alternative for probiotics, especially if you're looking to avoid dairy and soy, but know that all fermented foods have warm energy, so skip them at times when you're suffering most from the heat. Use shredded coconut as a cooling garnish for soups and stir fries. Coconut oil is excellent for the skin and to massage into the scalp to cool your hot head directly.

Cow's milk Also highly regarded in Ayurveda for its cooling properties, especially when sourced from small, humane dairies – thank you Whole Foods Co-op! As noted above, fermentation creates heat, so if summer is hard on you, skip the yogurt and kefir. (Other less fiery types can enjoy these foods year-round.) According to Ayurveda, milk is easier to digest when it has been scalded, then cooled. You can also increase the cooling factor and infuse more flavor by adding a little cardamom, a fire-reducing spice.

Mint Famously cooling, mint is diaphoretic, promoting perspiration, which helps reduce heat. Mint is also recommended to relieve headaches. All mints have a soothing, expanding action on the mind and emotions.

Peppermint is the most stimulating and is a good digestive aid to settle an upset stomach and relieve gas. Spearmint is more relaxing and more suitable for children and bedtime. Fiery folks are advised to drink a cup of mint tea after every meal. Also use fresh mint leaves in salads or to make a refreshing “mint water” infusion for washing hot, itchy skin. Add a few drops of essential oil of peppermint to a basin of steaming hot water and inhale the vapors to reduce nasal and lung congestion.

Cilantro Ayurveda makes great use of this bitter, pungent herb for its cooling power. Cilantro must be used fresh—never dried—but it's easy to grow, tolerating partial shade, and freely self-sows, so consider having a little cilantro patch of your own. It antidotes hot, sour foods like salsas and is a common ingredient in Mexican and Indian cuisines.

The simplest way to use it is simply to scatter chopped, fresh cilantro leaves over your food to make it less fiery.

Cucumber “As cool as a cucumber” is an apt simile. Cucumbers are classified as “refrigerant” in Ayurveda, meaning they cool you off. The seeds are particularly helpful in this regard, so don't scoop them out. Cucumbers antidote the heavy, warm quality of yogurt in the classic Indian raita,

especially when paired with cumin, a cooling spice. Combined with mint in a tabouli, the cucumber lightens up the heaviness of the wheat.

Lettuce There's a good reason why a cool green salad is so appealing in

hot weather! Lettuce is pleasantly astringent, mentally and physically cleansing, and cooling in energy. It relieves burning physical sensations and hot emotions. A common theme among all kinds of diet writers these days is “Eat More Leaves.” Ayurveda agrees!

Now, my fiery friends, you may be wondering whether there are any foods you should not eat during the dog days of summer. There are a few that can really heat you up—they include raw garlic, carrots, fermented foods, coffee,

and alcohol. Go easy on these if you are suffering from the heat.

And remember: what you eat every day forms the basis of your health. Small changes in your daily diet can make a big difference over time! Don't create stress by wrenching yourself into a new diet overnight. If the heat is hard on you, simply begin to eat these cooling foods more often. And if the foods on my “hot” list are some of your favorites, you don't have to go cold turkey. Just reduce your intake, especially when the weather—or your temper—are hottest. You will feel better!

Bonnie Ambrosi is a certified Ayurvedic Health Educator. She teaches Ayurveda and Yoga in several locations, and is now collaborating with Your Holistic Path, Duluth's only Ayurvedic center! Contact Bonnie at grihastashrami@gmail.com or go to YourHolisticPath.massagetherapy.com



Using space wisely.

WagnerZaun.com

Wagner Zaun
ARCHITECTURE



Healthy Health

Detox, Release Grief,
Toxic Relationships, E

k e a o h

Ayurveda Health Education, Ayurvedic
Traditional Massage Therapy, Myofasc

Kiki Er. འཕྲུལ་མཁའ་འཁོར་ལྷོ་མ་འཁོར་ལྷོ་མ་

© 2012 Your Holistic Path



Deep Peace Wellness Studio

Jodi Christensen
Christine Daniel
Erin DeWitt
Nancy Knutson
Shannon May

31 West Superior St., Ste 501
deepeaceduluth.com

Discover Deep Peace...



Relax
Relieve Pain
Reduce Stress
Increase Energy
Balance Emotions
Build Community
Evolve

Acupuncture, Chinese Medicine, Somatics, Heart Centered Therapy,
Massage Therapy, Myofascial Release, Naturopathic Medicine, Quantum-Touch®,
Reconnective Healing®, Reiki, Reiki Training, Yoga, and Workshops



gourmet to go wow, things are changing!

by Debbie Manhart, Deli Manager & WFC Owner

If you haven't seen the expanded indoor seating area by now, then you either haven't been in the store, or you are shopping too quickly! We were able to enclose the outside seating area that was next to the inside seating area and create a much bigger space. Hopefully this helps you find a spot to eat your food in comfort while overlooking the great lake that we have out there.



Debbie Manhart

By now, the newly expanded parking lot is also well on the way to completion. This new lot will include a newly created outside seating area to enjoy during our

few months of warmth. This area will also look out over our great lake.

The deli counter has been able to bring back smoothies and add shakes and malts. Counter Manager Alyssa and I sampled a variety of smoothies and shakes around town and we agree that ours are the best tasting. Additionally, no one else uses organic fruit in their smoothies and shakes. Stop by the deli



Your Co-op's recent expansion, the Brewery Creek Overlook

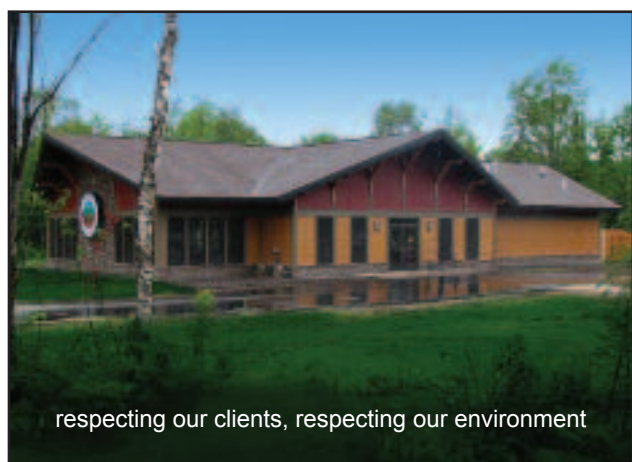
counter and see what flavors are being offered each day.

We have also been able to expand our hot entrees to include breakfast items. We now have breakfast sandwiches, pizzas, burritos, and quesadillas, so look beyond the hot bar to see what we are offering each day. We have also expanded our dinner-type selections as well during the late afternoon and early evening hours. Let us know which items are your favorites.

We now have bigger and better bread choices. Ashland Bakery has agreed to

increase the number of deliveries to three days a week, which means that we get more bread as well as additional varieties of bread baked only on certain days over in Ashland. Red Mug Bake Shop (located above the Red Mug just across the high bridge in Superior) is now bringing in breads as well. They have gluten-free bread options as well as two delicious flavors of regular wheat bread.

Wow! So much can happen in a short amount of time. **CG**



respecting our clients, respecting our environment



410 US Bank Place
130 West Superior Street
Duluth, MN 55802
(218) 727-1330
meyergrourduluth.com

architecture | project management | interior design | planning
creative services | owner's representation | grant writing

Malcolm B. Davy *Attorney at Law*

Estate Planning
Wills, trusts, guardianships and probate

Elder & Special Needs Law
Planning for long term care, Medical Assistance
and veteran's benefits

Real Estate
Deeds, purchase agreements, easements and leases

Commercial Law
Legal services for small businesses

Member: **National Academy of Elder Law Attorneys (NAELA)**

722 U.S. Bank Place, Duluth, MN 55802

218-625-3418

E-mail: office.davylaw@gmail.com

Muggymoose Massage Specializing in Thai Yoga Bodywork

• Deep Tissue • Relaxation • Swedish
• Reflexology • Pregnancy • Sports

Gift Certificates Available
The Perfect Present!

Margaret Harstad • CMT, RTT
www.thaiyogaduluth.com
muggymoose@gmail.com
218-310-6586



Acupuncture by the Lake

Experienced, Licensed Acupuncturist Treating:

- Chronic and Acute Pain
- Arthritis/Fibromyalgia
- GI problems
- Back • Neck • Shoulder pain
- Headaches



Karen Halverson, L.A.C., R.N.
Masters in Oriental Medicine

1301 Rice Lake Road • Duluth, MN

218-349-2355

karen@healing-point.com

notes from the front

by Briana Brewington,
Front End Manager & WFC Owner



RRR Progress Report

As of April 2012, our reports show that since the beginning of the Reduce, Reuse, Redeem (RRR) Program in June of 2006, WFC has donated \$9,416.60 to the Second Harvest Northern Lakes Food Bank on behalf of the program and have saved a minimum of 245,852 shopping bags.

It's the diligence of our customers who remember to bring bags from home that make this program a success. Thank you



Bagging Assistance at the Registers

Beginning in May, the Front End Department will have dedicated bagging shifts on peak-shopping days (Fridays and Saturdays). The extra assistance is expected to go over well with customers and staff who try to wade through the sea of customers waiting in line during these busy times, so we anticipate carrying these bagging shifts over to other peak times once established. Our "Baggers" will keep an eye on the Brewery Creek Overlook (dining area), tend to other various tasks, and also be able to cover cashiering shifts if staff call in for their shift, ensuring adequate coverage at the registers during busy times.



Outdoor Dining

The recent expansion of the Brewery Creek Overlook eliminated our outdoor picnic patio but, never fear, we will gain new outdoor dining space as the parking lot renovation is completed. Until then, please enjoy our indoor dining area and the bistro-style tables in front of the store.



board of directors



Mary Dragich

maryd@wholefoods.coop
Board Recruitment Committee

Chris Edwardson

chrise@wholefoods.coop
Board President
Finance and GM Eval Committees

Mark Friederichs

mark@wholefoods.coop
Board Treasurer
Finance Committee

David Helf

davidh@wholefoods.coop
Finance and GM Eval Committee

Theresa Koenig

theresa@wholefoods.coop
Board Vice President
Board Recruitment and GM Eval Committees

Heather Murphy

heather@wholefoods.coop
Board Secretary
Board Recruitment and GM Eval Committees

John Westlund

johnw@wholefoods.coop
Finance Committee



Sharon Murphy, General Manager
Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
728-0884/w • 728-0490/fax
smurphy@wholefoods.coop
WFC web site: www.wholefoods.coop
e-group address to communicate with entire Board and General Manager: wfcbod@wholefoods.coop
Call 218 728-0884 to leave a call-back request for a Board member.
Letters addressed to:
Board members
c/o Whole Foods Co-op
610 E. 4th St.,
Duluth, MN 55805
will be forwarded unopened to the Board/Board member.



ends statement

In Duluth, there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.



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.

ownership matters

by Theresa Koenig, WFC Board Vice President

It's early summer and it's the perfect time to start thinking about running for the Board in the election this September. Come this fall, four seats are up for election, with one incumbent currently planning to run. This is a fantastic opportunity for someone who wants to make a difference in our community and in our regional food system. Run for the Co-op Board! Move quickly though, as successful Board applicants must attend two (2) of the twelve (12) most recent Board meetings prior to the August 1st application deadline. Applicants must also have a minimum of ninety (90) days of consecutive ownership.



A top bar hive-making party at board member Theresa Koenig's home resulted in 12 hives for local beekeepers. Go pollinators!

As individuals, we benefit from using and participating in our co-op, but our participation strengthens the co-op as well. A strong co-op in turn employs more people, provides more goods and services, and creates more profit for

further reinvestment in the local community. This connection between the individual meeting their own needs while at the same time reinforcing a community asset is to me one of the most interesting aspects of the co-operative business model. The needs and interests of both individuals and communities change over time, so it is essential for cooperatives to stay tuned into the communities they serve.

Nurturing this connection is one essential function of the cooperative Board.

It's the Board's job to listen to our owners, to learn and study issues related to our Ends and to build a knowledge base to help make decisions about the future of our co-op. Having served on the Co-op Board for nearly seven years now, I can tell you this is hard work at times, but it is also very rewarding work. If you are interested in or have questions about running for the Board, please contact any of the current Board members or check out the Board application packet and information on the Co-op's website. [GG](#)



Theresa Koenig,
WFC Board Member

board report the power of cooperation

by Chris Edwardson, WFC Board President

On February 27, 2012 your Board authorized our General Manager to sign the Minnesotans United for All Families "Resolution Against The Constitutional Amendment To Ban Marriage For Same-Sex Couples." The resolution simply states "We oppose the amendment to the Minnesota Constitution banning same-sex marriage." I am writing about this important issue for a couple of reasons.

First, it is very unusual for our Co-op to sign a petition that is not directly related to our core focus of providing healthy foods to the local community. But, if you consider our Ends in its entirety, it becomes evident that we could not ignore this issue. Our Ends state "In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy

community including but not limited to a healthy regional food system." By partnering with Minnesotans United, we will help to insure that Duluth continues to be a healthy community. It is clear to me, and I hope to all who read this, that a healthy community means more than people eating the "right" food. As they state at www.mnunited.org "Passage of this amendment would benefit no family, create no job, defend no institution, nor welcome any person to Minnesota. But it would hurt, disadvantage, and stigmatize tens of thousands of Minnesotans and their families." That certainly is not healthy!

Another reason that I am making this the topic of this column is that you may not learn about our involvement in any other way. It wasn't in the Duluth newspaper (at least not to my knowledge), it isn't evident at the MN United web site, and we aren't likely to make

the national news. So this is one way to get the word out that your Co-op, along with other co-ops and organizations in Minnesota, are taking a stand to defeat the proposed constitutional amendment.

I hope you are as proud of the Co-op as I am in joining Minnesotans United for All Families in opposition to a ban on marriage for same-sex couples. If you are able, please go to the web site www.mnunited.org to learn more. Or perhaps you would even consider volunteering to help.

As always, if you have any questions about this or other issues related to the Co-op please feel free to contact me. [GG](#)



Chris Edwardson,
WFC Board President.

Whole Foods Co-op is a proud sponsor of the Alliance for Sustainability's
16th Annual Pie and Politics
Tuesday, June 20, 2012 at the Big Top Chautauqua in Bayfield, WI



Free Admission
and PIE!!

There's Dirt in our Future: Digging into the Local Economy

- 5:30 Concessions and Local Food Exhibits
- 7:00 Ben Hewitt Keynote and Q&A
- Local Economy and Food Summit, June 21st



Featuring
Ben Hewitt
author of
The Town that Food Saved

For more information visit www.allianceforsustainability.org



Outstanding!

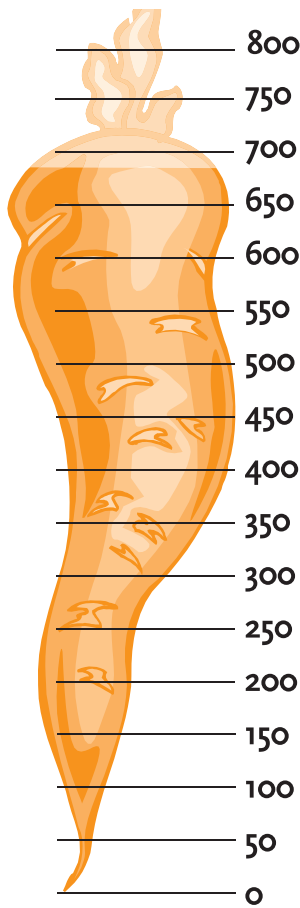
Melanie A. Cockerham
Victoria L. Raske
Kathleen Moder
Cindy Bates
Stephan Gorny
Maggie R. Boyle
Kendra M. Carlson
Melissa M. Whittington
Jamie N. Wade
Deanna Lempi
Marissa A. Jackson
Elizabeth Flemmen
Sheamus Johnson
Keith A. Johnson
Robert J. Toth
Robbin L. Tuominen
Julie J. Kinnear
Janet L. Strauss
Lisa Moran
Laura E. Opseth
Anne Drache
Cameron S. Smith
Mary A. Boo-Jeronimus
Scott W. Nelson
Jordan Klussendorf
Debra Bales
Christopher O'Connor
Albert E Farmer Jr.
Timothy J. Gruba
Tanya S. Danner
Amy L. Wilcox
Benjamin J. Gorny
Joanne M. Gilbertson
Kerry J. Rubel
Lawrence H. Licht
Miranda C. Dwyer
Susan K. Johnson
Christopher Pranskatis
Jessica Schiff
Timothy G. Anderson
Melissa Starr
Julie Mohr
Alex M. Cook
Sara Post
Abbie L. Kennedy
Stacey Karkkainen

Linda Knudsen
Patricia L. Nelson
Victoria E. Paulson
Amanda M. Strand
James Ba Roppo
Thomas Clifford Staubus
Dawn Boman
Lauren M. Keil
Paul Giddings
Bruno M Giovannoni
Robin C Maxwell
Christina L Bailey
Kathleen M Bergen
Susan Bombich
Derrick Granowski
Rebecca Ruder
Marlys Wisch
Nathan P. Hynum
Jerel Vance
Kristine Bergren
Lucas K. Anderson
Ann K. Loop
Sharnell Valentine
Shannon K. Kackman
Donna Froseth
Aaron McIntire
Martin H. Baldwin
Jodie R. Rudd
Joseph C. Jauhola
Kira M. Twa
Elizabeth A. Brown
Steven M. Kirchner
Roy K. Massie
Cynthia J. Betzler
Amy Lynn Versnik Nowak
Blane M. Kubis
Teresa L. Henegar
Julene L. Boe
Andrea D. Estenson
Nicholas A. Soder
Naomi Leah Ruff
Kasey Lynn Talus
Diane C. Bodin-Link
Carolyn Lockett
Jeffrey J. Talerico
Therese M. Benson

Leah R. Bott
James Barschdorf
Alan Barta
Heather M. Meinke
Angela M. Anderson
Robert H. Fritzinger
Richard D Olson
Paula Trucks-Pape
Jennifer K. Kuchar
Carlos S. Miller
Susan Brathol
Joshua Eades
Chad C. Bednar
Stacey J. Meese
Gerald R. Hansen
Rob Lamphier
Jennifer-Ann Geving
Kristine L. Patterson
Christopher J. Robinson
Rose Y. Atkins
Cory L. Pitman
Kenji Naumu Sanders
Linda De Graef
Suzanne P. Johnson
John A. Grussendorf
Andrew D. Clark
Malissa Beetcher
David Pappas
Andrew Wiercinski
Toni Rasmussen
Chad J. Oppelt
April L. Lane
Patrick Cleary
Donna L. Lundahl
Gary Allan Massey
Brandi R. Balmer
Nancie C. Deming
Bridget Ann Weiers
Marcia Rogers Heisserer
Christopher G. Mackner
Drew Guttormson
Susan Ludwig
Theresa Fernandes
Adelia Kindstrand
Joan T. Weyandt
Marcia Doty

Michelle Hayes
Robert Wright
Thomas Erickson Jr.
David Lodle
Laura E. Lott
Michalene A. Molitor
Shawna Jo' Weaver
Julie E. Barker
Sumeet Sharma
Stephanie L. Wollack
Tori A. Harvey
Glenn T. Jackson
Toni Michele Lemmer
Aubrey J. Barker
Debra Eardley
Mary F. Lee
Amy J. Sader
Janice E. Graham
Katherine L Bigelow
Donna Iisakka
Terrie G. Cockburn
Ralph E. Hoff
Sara E. Tucker
Alex K. Althaus
Melissa Weglarz
Terri Mcminn
Martha Ritter
Michelle L. Mcdonald
Melanie Anne Gautsch
Susan Boeseneilers
Terri J. Peterson
Rebecca Kilgore
Janelle C. Carlson
Mark Elden
James L. Delvas
Amy M. Seip
Kristin L. O Brien
Michaela Velazquez
Lori E. Myers
Ira Teng
Rebecca Soldner
Jodi M. Grochowski
Jessica K Betts
Amy Virta
Hayden E. Tarvas
Kristen E. Masterson

Kaisa Anttila
Debra Lynn Livengood
John W Bushey
Lisa M Leeper
Deirdre Mccarthy
Dean E. Foreman
Thomas J. Archer
Alexander M. Koeppe
Marjorie L. Marcus
Lisa M. Shaul
Katrina M. Herzog
Emily Buresh
Dean S. Johnson
Angela Kissell
Branden Nation
Jheri Mcmillan
Esther B. Piszczek
William E. Clark
Rebecca J. Provost
Jeramie M. Preston
Katia E. Watson
Barbra J. Kaas
Lynda Mcneil
Kristen Mravinc
Joy Lehtinen
Shannon Pettit
Tracy Anne Hanson
Steven A. Scignoli
Laurie S. Mattson
Denece Dreger
Kristen M. Hylenski
Kathleen L. Johnson
Kjersten M. Larson
Isaac Pettis
Jessica Tofte
Maureen Maloney
Brandon K. Horn
Stephanie P. Myers
Bonnie L. Williams
Suzanne Magnuson
Patricia M. Esse
Mollie Tomonovich
Tracy E. Robinson
Jeannie L. Schmidt
Corrie Ehrbright
Marie Zhuikov



Progress

We are almost to our Fiscal Year goal of 800 new WFC Owners by June 30, 2012. From July 1, 2011 – April 30, 2012, we have gained 687 new Owners, which bring us to 6,789 active co-op Owners. Now that's the way to celebrate the International Year of the Cooperative!

Cara Scannell
Christopher G. Ifland
Shelby M Miles
Michael A. Bubacz
Jeannie Brandt
Nancy C. Kalland
Carrie Ann Hobbs
Jeffrey A. Petcoff
Craig Grau

Richard Tosseland, L.Ac.
Licensed Acupuncturist

Acupuncture | Chinese Herbs | Tai Chi

218.722.2411
www.richardtosseland.com

CHRISTAL CENTER
394 S. LAKE AVE., DULUTH MN 55802

*Transforming your life...
creating a healthier
future.*

We help you and your whole family live your best life with naturopathic primary healthcare and acupuncture.

~Dr. Shannon R. May, N.D., L.Ac

Located within Deep Peace Wellness Studio
31 W. Superior St, Suite 501 Duluth, MN 55802
T: 218.409.4767
www.nourishnaturalhealth.org

The Board seeks interested and qualified owners with the following characteristics:

- Constructive and creative leadership skills, sound reasoning and judgment, and the ability to think strategically within the structure of the Board governance process.
- Desire to develop visionary ideas through study, advisement and discussion. This includes an ability to communicate well within a group setting, to speak up, listen well and consider diverse opinions.
- Interest in the cooperative business model, board process, and agreement to work within the policy governance framework, including the development and refinement of new and existing policies.
- Willingness to publicly stand behind Board decisions regardless of personal positions.
- Connection to Owners — beyond a narrow demographic, an interest in the whole organization and community.
- Understanding of and commitment to the Ends Statement of the Whole Foods Co-op.

Better World Builders

Transforming Older Homes Into Healthy Homes!

Call us for your roof, siding, or deck project!

Residential & Commercial

Interior & Exterior

Historic Restorations

Energy-Efficient Remodeling

Locally Owned

Weatherization & Insulation

218-464-4242 • www.bwbduluth.com • Duluth, Minnesota

MN License #20629309 • NAHB Certified Green Builder



fresh perspectives summer with the label

Like it or not, GMOs (organisms whose DNA has been altered and combined with other DNA to create an entirely new set of genes) are part of your diet unless you eat exclusively organic foods. Even then, with pollination and wind drift, that could be in jeopardy.

Today, 45 percent of U.S. corn (grown for processing or feed) and 85 percent of U.S. soybeans are genetically engineered, and it's estimated that 70 to 75 percent of processed foods on grocery store shelves contain genetically engineered ingredients. So if you eat corn flakes at the hotel for breakfast or salad dressing at the local chain restaurant on a family outing, you are most likely eating them without even thinking about them.

If you shop in the produce department, up until now you could pretty much avoid GMOs because there have been relatively few produce items to reach the fresh produce shelves. Of course in the early 1990s the first FDA-approved commercially grown genetically engineered food was granted a license for human consumption. It was called the Flavr Savr tomato and it was engineered to ripen slowly and prevent rotting all while retaining its flavor and color. It didn't work out so well. The experiment was a commercial flop because the tomatoes were very delicate, difficult to transport, and most of all had a very bland taste.

Over the past several years other fresh produce items have been tried and mostly all have come and gone. With the exception of GMO sunrise papaya, which is only grown in Hawaii (and widely distributed), and some zucchini and yellow squash that have been hovering around the conventional produce stand but not in any large production numbers, produce has been a pretty sure bet to keep GMOs out of your diet.

But that is changing this summer with the sweet corn season. Yes that's right, the old summer favorite corn on the cob has been genetically modified and is coming to a store near you. Monsanto has released its first direct-

to-consumer product, a genetically modified (GM) sweet corn containing Bt toxin. Monsanto claims the toxin will break down before the corn makes it to your dinner table, but rats fed with the GM corn showed organ failure, and the toxin has been detected in the fetal blood of pregnant women.

Want to avoid this GM corn? Buy organic corn; you'll feel pretty good about that choice. But if you buy conventional sweet corn, you might just be buying GM corn. And, it will be on the produce stand untested on humans (unless you consider yourself to be part of the test) and unlabeled. This is strange in this day and age when more and more Americans seem to want to know more about their food—where it is grown, how far it's traveled, how it is produced and what it contains. You would think that

GM crops would have the attention of the FDA and that it would consider labeling these products. A survey by the Pew Research Center found that more than 53 percent of Americans would

not eat GM foods if given the choice, and almost 90 percent believe GM foods should be labeled as such regardless.

But it seems that the federal government has no plans

to require any such labeling. So what can you do? Buy organic! Know your farmer! Let the FDA know that you think it is a reasonable idea that your fresh and packaged food be labeled. And for the grocery shelves, download the free iPhone app called ShopNoGMO, which provides you with a handy resource you can access right from the grocery aisle for

identifying non-GM brand choices across 22 grocery categories.

References this issue: *Concentration in the seed industry*, Eco Farm 2012 Kiki Hubbard of Organic Seed Alliance; *Environmental Working Group*, EWG's *Shopper's Guide to Pesticides in Produce*; www.ewg.org/foodnews/; *Market Lighting Affects Nutrients*, Rosalie Marion Bliss, www.ars.usda.gov/is/pr/2011/110503.htm

© 2009 -12 Organic Options

THIS MONTH'S TIDBIT

The United States has lost at least 200 seed companies in the last 13 years. There are now three multinational companies that control 75 percent of all corn and soy seed sales.

It's estimated that 70 to 75 percent of processed foods on grocery store shelves contain genetically engineered ingredients

Duluth Family Practice Center



Proudly providing patient-driven healthcare to our community.

High-quality care for all the members of your family.

Urgent, same-day appointments available.

Free, convenient parking.

218-723-1112

330 N. 8th Ave E.
Duluth

Two blocks east of Whole Foods Co-op on 4th St.



Glenn Tobey, LICSW
Psychotherapist

Psychotherapy: individual, couples, groups
Energy balancing sessions (from the Spring Forest Qigong tradition)

8 N. 2nd Ave E., #207 Duluth, MN 55802
(218) 740-4389 glenntobey@chartermi.net
www.glenntobey.com

jodie cope
acupuncture

31 NW Superior St. Ste. 302
Duluth, MN 55802
www.jodiecope.com
218.426.1893

Creating foundations for health and fertility.

DEEP DULUTH ENERGY EFFICIENCY PROGRAM



DULUTHENERGY.ORG

RETAIL PARTNERS:

MARSHALL HARDWARE • H&H LUMBER
DULUTH STOVE & FIREPLACE • ENERGY PLUS
THE FIREPLACE CORNER • JOHNSON MERTZ
ECO • HERITAGE WINDOW & DOOR • BEST BUY
ASDCO • DAUGHERTY APPLIANCE

DEEP Discount card accepted at select retailers and on select in-store items or services upon completion of DEEP Do-It-Yourself Training

CALL 218.336.1038



This project was made possible by a grant from the U.S. Department of Energy and the Minnesota Department of Commerce through the American Recovery and Reinvestment Act of 2009 (ARRA)

Curran Tax Service

218-720-6000

Tax Preparation for Regular People

From W-2s to Small Businesses

Earned Income Credit

Itemized Deductions

Investment Income

Rental Income

Small Businesses:

Contractors, Therapists etc.

Corporations

Thomas J. Curran

Enrolled Agent

Over 20 years experience

TAME LAKE SUPERIOR

WITH **PAU HANA** PADDLE BOARDS

TRAIL FITTERS

ALSO FIND NEW BRANDS LIKE NAU, CARVE AND MORE!

600 E SUPERIOR ST DULUTH, MN 218.722.6776



grocery gab

by Lisa Anderson, Merchandising Manager & WFC Owner

Maple Syrup Shortage

Due to the warm spring we've had, many local maple syrup producers experienced a large drop in the amount of sap collected to make maple syrup. Maple trees need temperatures to fluctuate between warm days and freezing nights to make sap run. There were very few of those days this spring for many producers. It takes around 40 gallons of sap to produce one gallon of syrup, so

the availability of local syrup will be limited this year.

While most of the world's syrup comes from eastern North America, Northern Minnesota is fortunate to normally be able to produce a large amount of syrup as well. WFC has been buying syrup from local suppliers for many years. Both of our local suppliers, Simple Gifts and Salmon, and Wild Country, experienced decreased har-

vests this season. We will continue to source our syrup locally as long as supply is available. However, if our local supply does run out, we will notify customers with signs and provide alternative brands until the next crop is available.

Meat and Seafood expands!

In response to customer requests, we rearranged our freezers to allow for an expanded selection of frozen meat and seafood options. Since WFC lacks a meat counter and the capability to perform in-store butchering and processing of whole animals, adding

pre-packaged frozen products was the best way to expand our selection. While the product mix may change based on requests, demand, and availability, we started with a selection of tilapia, tuna steaks, shrimp, and scallops. All products come from companies with a reputable commitment to sustainability and are HACCP certified. Some products, such as crab legs, will not be feasible to sell due to the fact they are not available in retail sizes. WFC welcomes your requests and input regarding selection and quality of these products, and will continue to look for more opportunities to suit your needs. **GG**

new products

BULK

- **Dancing Star**
100% Raw Cha-Cha-Chia Chunks of Energy*
- **Bella Grano**
3-Color Rotini*
- **Crapola**
Granola Number Two
- **Good Life**
Smooth and Crunchy Peanut Butter
- **Arrowhead – Local!**
Milk
Half & Half
- **Amande**
Raspberry Almond Milk Yogurt

FROZEN

- **Oikos***
Blueberry Frozen Greek Yogurt
Honey Frozen Greek Yogurt
Vanilla Frozen Greek Yogurt
Chocolate Frozen Greek Yogurt

GROCERY

- **Woodstock Farms***
Dill Pickle Planks
- **Coconut Secret***
Coconut Aminos
- **Loriva**
Rice Bran Oil
- **Near East**
Pine Nut Couscous Mix
Roasted Garlic Couscous Mix
- **Blue Diamond**
Hint Of Sea Salt Nut Thins
- **Equal Exchange***
Panama Dark Chocolate Bar

- **Vital Essentials**
Beef Liver Treats for Pets
- **Jovial***
Chocolate Cream Gluten-Free Cookies
Chocolate Einkorn Cookies
Ginger Einkorn Cookies
- **Joia Soda**
Blackberry Pomegranate
Lime Hibiscus
- **Essentia**
Enhanced Water 1.5 liter
- **QTonic**
"Superior" Tonic Water (sorry, not local)
- **Vitacoco**
Coconut Water, 32 oz
- **PopChips**
Sweet Potato Chips
- **Beanitos**
Pinto Bean Chips
Black Bean Chips
Pinto Bean & Cheese Chips
Always corn & gluten-free!
- **Pacific***
Vegetarian Pho Soup Starter
Chicken Pho Soup Starter

- **Zico**
Pineapple Coconut Water
- **Late July**
Sweet Potato GF Snack Chips

HEALTH & BODY CARE (HBC)

- **Herb Pharm**
*Lemon Balm 1oz
*Pollen Defense 1oz
- **Source Naturals**
Wellness Kids Cough Syrup
Wellness Kids Herbal Tincture
- **Nature's Plus**
Variety Pack Spiruteins with Shaker Cup
- **Renew Life**
Heartburn Out Spray
- **BioNutrition**
Raspberry Ketone Diet
- **Badger**
Rose Facial Suncare SPF 16
- **Nubian**
Lavender & Wildflowers Bar Soap
Raw Shea Frankincense & Myrrh Bar Soap
Goat's Milk Chai with Rose Bar Soap
Carrot & Pomegranate Bar Soap
Indian Hemp & Haitian Vetiver Bar Soap
Indian Hemp & Haitian Vetiver Lotion
- **Dr. Wood's Bar Soaps**
Raw Black
Red Currant Clove
Garden Cucumber
- **Wild Fern – Local!**
Balsam Sauna Steamer
Eucalyptus Sauna Steamer
Cedar Sauna Steamer
Lavender Moon Sauna Steamer
- **Squip**
Baby Nasal Aspirators
Snooze Nostril Expanders
- **Sir Richard's Condoms**
Variety Pack 3 ct
Variety Pack 12 ct
Sir Richard's donates one condom to a developing country for every condom sold
- **Gabriel Cosmetics**
New Color Line of Make-Up & Nail Polish!

MEAT

- **Beeler**
Bacon Ends
- * Organic **Fair Trade

FURNITURE REPAIR

- Custom Built Furniture
- Chair Seat Weaving
- Japanese Shoji Screens

GREY DOFFIN

726-0395 • Duluth, MN
— Since 1974 —

HOLISTIC HEALTH & HEALING

Providing holistic and natural health care therapies that include nutrition and lifestyle wellness consultations, mind/body work, and energy based therapy.



Michelle Russell CHHP, CHTP
Marshall Professional Building
1301 Rice Lake Road | Duluth, MN 55811
phone: 218.724.3679
email: holistichealthhealing@gmail.com
web: holistichealthhealing.info

ENERGY for LIFE CONNECTION STACEY QUADE

COTA/L-Certified Occupational Therapy Assistant
CHTP-Certified Healing Touch Practitioner
Energy Healing and Herbal Remedies
phone 218-591-2104
307 N. Blackman Ave. Duluth, MN 55811
www.energyforlifeconnection.com

COLLABORATIVE, COMPREHENSIVE, RESTORATIVE
THERAPIES FOR INDIVIDUAL and GROUPS. ALL AGES.
SEE WEBSITE FOR SERVICES AND CLASSES.
10% OFF FIRST SESSION IF MENTION THIS AD



Great Lake Therapies
Joseph Quade, MAPT

phone 218-341-1205
quadejoseph@yahoo.com
joseph@energyforlifeconnection.com
507N Blackman Ave, Duluth MN 55811

Psychotherapy
that honors the whole person



Frank S. Davis, Ph.D., LICSW
providing Individual Psychotherapy
Couples/Marital Therapy - Family Therapy

218 428-4432

Frank Stafford Davis, LLC

CERTIFIED
COLON HYDROTHERAPY
and MASSAGE

CHERIE KENNEDY
Superior, Wisconsin
(715) 394-4394





poking the hive what is local?

by Shannon Szymkowiak, Promotions & Education Manager & WFC Owner

It has been ten years since I moved to Duluth. Prior to moving here, I worked in the natural foods industry for about eight years. As a young woman, I cooked for my family and learned at my mother's hand. I have been a restaurant dishwasher, a dietary aide, a waitress, a bartender, a line cook. I am a gardener, a sustainable food advocate, I keep bees and I make jam. Much of my life has revolved around food in one form or another and never has there been a word that has resonated with so many. I'm talking about the word local.

The term "organic" has had its challenges. From the time the USDA came out with the very first proposed organic rules up to this day, "organic" has had to be explained and defended. There is a disconnect between what customers believe it to be and what it is and what it can be. From the small vegetable operation to large multi-national companies like Cascadian Farms, organic wears different faces. The future of organic will be determined by how serious the USDA remains about the standards it is entrusted to uphold and how we as citizens view and participate in the job they are doing.

But "local"... there is no arguing about that, right?

It is amazing how this term brings it all home. Literally. The notion of the bucolic places near our towns where we can get our milk, eggs and lettuce echoes our desire for a simpler way of looking at our lives. Buying local can mean that we are helping our neighbors and at the same time, helping ourselves by improving our area's economy and perhaps our diets as well. Local is your garden, where you and your children can spend time together without media interference. Local transcends our religion and our politics be-

cause it cannot be argued that supporting local is a good thing.

But what is local? Unlike organic, it is not a term regulated by the USDA or any other agency. To one person, local is "inside the city limits of Duluth". To another, it may mean "St. Louis County". For others, it is something grown in Minnesota—after all, the State of Minnesota is a big part of our tax base, too. Why else do we bother with things like "Duluth Days" at the State Capitol?

When Co-op Management sat down to discuss our criteria for "local" in 2008, the problems with giving this a definition became quickly apparent. How large should this area be for us? How do we differentiate between someone who grows food from someone who processes food here from far away but nonetheless is contributing to our local economy and food security?

Nobody in our area had defined "local" at that time—at least not formally. The WFC Food Policy has always given preference to purchasing from

local, organic farmers first, but how could we prioritize those who are local but do not choose to get organic certification? Should we give preference to those local farmers even if they do not fall under the Co-op's desire to support a sustainable food system just because they hap-

pen to be local? We acknowledged the difficulty of these questions and realized that no one answer would be perfect.

We finally agreed on a 300-mile radius from Duluth for our local borders in an effort to contain the State of Minnesota. This did not change our Food Policy. In practice, the farmer who was closer to the co-op generally got first purchasing preference. We even made it easier for nearer farmers who were using sustainable practices but did not

have organic certification to sell us their products. We offered two designations—"Locally Grown" for our farmer friends and "Locally Owned" for businesses like Alakef and 3rd Street Bakery for their processed foods.

As the years passed, we have been given the opportunity to see the first incarnation of our local definition in practice. We found that despite nearly always buying closest to home when possible, the 300-mile definition rankled people who could not see the reason for supporting our state tax base on a wider ranging scale. We found that some products that, although locally produced, had ingredients in them that WFC's Food Policy does not allow on our shelves so we could not carry them. Sometimes a local product that did meet our standards did not sell well and we had to make the decision to stop carrying it because if our customers do not purchase some of these products, we have to respond to that. In other words, local did not always jibe with our Ends Statement and/or Food Policy, financial responsibilities or customer desires.

Over this same time frame, many conversations with many groups have been happening with regard to our local food supply and security. The work of David Abazs, Stacy Stark, David Syring and Randel Hansen at UMD has documented a rich history of Northland food production and the ability to feed the people who live in our area with what can be grown here. Slow Food Lake Superior put on a well-attended food event that featured people producing food themselves who were willing to share their knowledge with others in the skills of cheese making, urban chicken raising, canning, beekeeping and more. The Duluth Community Garden Program launched "One Vegetable, One Community" in 2010 in order to raise awareness about the ease and affordability of grow-



Shannon says, "thank the bees!"

ing your own food and increasing your personal food security, one vegetable at a time. The Good Food Network is trying to bring a lot of these loose ends together in a way that makes sense. And this is just the tip of the iceberg. Growing Farms (formerly Duluth Community Farm), the Duluth Community Orchard at UDAC, Seeds of Success, the garden at Grant School—our local world is afire with possibilities, right in our own back yard.

As we review the WFC definition of "local", we are considering "Locally Grown", "Locally Produced" and "Locally Owned" classifications. We are striving to reduce our area to the 15 county region as defined in The Superior Compact. We continue to connect farmers with new markets in the eastern part of the Lake Superior foodshed and entrepreneurs with facilities they can use to get their businesses up and running. Conversations with farmers and our support of the Farm Beginnings program to grow new farm operations strengthen the foundation of our ability to provide the raw ingredients that can feed our area into the future.

As you see our new "local" designations in practice, you can be a part of the conversation. When you see these signs, know that although we can back them up with purchasing, education and information as we always have, you need to do your part by trying some of these items. Make an effort to choose the local or regional alternative, even if it costs a nickel more. Attend fundraisers for groups that are trying to make our area the food hub it once was. Even if all you can do is plant beets in your garden using a free Beet Starter Kit (available at our Customer Service Counter) for the One Vegetable, One Community this year, get involved. We all eat, so it isn't hard to do. Above all, don't forget that your food has to come from somewhere. Why not here? **GG**

INTERESTED IN REGIONAL FOOD ISSUES?

Check out the information and opportunities at:

www.duluthcommunityfarm.org
www.superiorfoodweb.org/LAFS/compact.pdf

midsummer food fest

eat local challenge saturday, august 4



The Midsummer Food Fest has gone local! Come down to meet the local and organic farmers behind your food. Find out what the **Eat Local Challenge** is all about. 🍄 Grab a recipe pack and sign up for your own Challenge. 🍄 Enter drawings. Listen to music. Enjoy great food.

Join us Saturday, August 4 from 10am–2pm right in front of the store.
 Your taste buds will be glad you did.



back 40 “What is local?”

by Michael Karsh, Produce Manager & WFC Owner

It was amazing how early the farmer calls came this past year, with radishes and greens from southern Minnesota coming in the second week of April. There is no other program that I have the pleasure of working on that lines up better with our mission and commitment to quality of product than the sourcing of farm fresh produce from our region, a passion shared in the rest of the store as well. In order to consider our impact on a truly regional food system and to clarify the term Local for our shoppers we had adopted a 300-mile radius centered on Duluth. This definition has served us well, and has allowed us to promote many overlapping goals including food miles, economic multiplication of local investment and paying fair prices for food by purchasing directly from the grower.

Since the time of that definition our region has seen a major initiative in the form of the Superior Compact (read more at <http://www.superiorfoodweb.org/>) that seeks to meet the same goals we had laid out with some additional emphases that we have found compelling enough that we will begin, as of June 1st, using the Superior Compact region (see our new logo) as our new definition for Local on signage throughout the store. To be considered Local at WFC, products must be: 100% grown/raised OR produced/processed OR are from an independently-owned business of a resident of a 15-county area in Northwestern Wisconsin and

Northeastern Minnesota as defined by The Superior Compact.

One of the greatest challenges for growers,

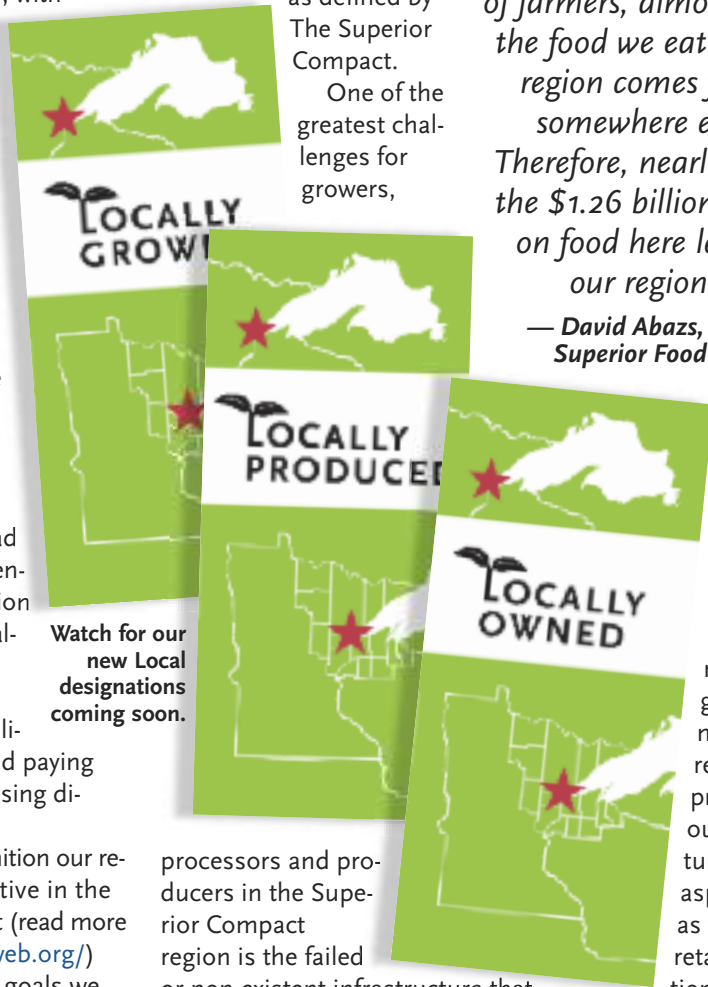
“Despite the best efforts of farmers, almost all of the food we eat in our region comes from somewhere else. Therefore, nearly all of the \$1.26 billion spent on food here leaves our region”

— David Abazs, Superior Food Web

needed infrastructure will instantaneously appear nor is it a substitute for the hard work to provide competent capacity on the part of grower/producers. It will, however, allow us to simultaneously provide the best regional produce (these will be signed without a Local sign, but will

contain the farm name) and products while seeking to rebuild our community closer to home.

A final note, the last criteria for being defined as Local represents something that reaches beyond the Superior Compact to reward businesses within our region that provide jobs and needed cash flow within our own region, even if they are not directly producing or processing within our region. This allows us to capture more of the economic value aspects of our local infrastructure as we are uniquely able to do as a retailer. Watch for more information, signage and our new logo on shelves throughout the store. We will also be ensuring accurate reporting on the bottom of your receipt to show you with each shopping trip how you have been involved with supporting this work on behalf of our community. Thanks for continuing down this road with us as we seek to (re)build the sustainability of our region through supporting independent producers, processors and distributors! **CG**



Watch for our new Local designations coming soon.

processors and producers in the Superior Compact region is the failed or non-existent infrastructure that makes growth and success that much more difficult (e.g., the absence of USDA certified meat processing in the region). By making this change WFC will still be maintaining the longstanding and critical relationships with our grower-partners throughout the region, such as our long-time Amish growers with the previously mentioned greens, but our purchasing priorities will now be focused on The Superior Compact region. This does not mean that the

news bites



WHEELCHAIR AVAILABLE

WFC has a wheelchair for customer use while shopping at the Co-op. To access the wheelchair, please ask a Customer Service Clerk for assistance.



THE REAL STORY ON THE AFFORDABILITY OF ORGANIC FOOD

Check out the article from Beyond Pesticides Newsletter (Fall 2011) at www.beyondpesticides.org/organic-food/purchasing/index.htm



LOAN FROM THE CARLTON COUNTY HISTORICAL SOCIETY

Many thanks to the Carlton County Historical Society for the loan of three display boxes of photographs of area cooperators and their cooperatively-owned businesses from the early Twentieth Century. Look UP when you are shopping to find these displays.



NOTARY SERVICES AVAILABLE

WFC's Finance Manager Dale Maiers is now a licensed notary. Dale's notary services are available free of charge to WFC Owners during week-day hours. Please call ahead (218) 728-0884, ext. 152, to be sure he is available.



REBATE CHECK

If you have not already cashed your Rebate Check, please do so before 06/30/2012.

Checks not cashed promptly will add to WFC's tax liability in 2012.

If you have misplaced your check, please contact our Finance Manager at dmaiers@wholefoods.coop or by phone at 218-336-0270

If you prefer to donate your rebate, please consider these local non-profit agencies that work with WFC to create a healthy regional food system:

Duluth Community Farm
www.duluthcommunityfarm.org

Duluth Community Garden Program
www.duluthcommunitygarden.org

Lake Superior Sustainable Farming Association
www.lssfa.org

Seeds of Success
www.communityactionduluth.org/program_seeds.html

Slow Food Lake Superior
www.slowfoodlakesuperior.org



Cloud Hands Healing Arts LLC
www.cloudhandsh healingarts.massagetherapy.com
cloudhandsha@gmail.com

Therapeutic Massage & Shiatsu

230 East Superior St.
Duluth, MN
218-848-2696

Michael Kapsos
CMT, ABMP

Linda Kinnunen CMT
Shiatsu Practitioner

Area's Largest Selection of Organic Wines

- Over 1,000 hand-picked wines
- Knowledgeable staff
- Large selection of wine racks, stemware, openers, books and more!

Fitzer's Wine Cellars
Fine wines, spirits & beers

Fitzer's Brewery Complex • 600 E. Superior St. • Duluth
218.733.0792 • www.fitzerswinecellars.com

magic box photography
portraits by chelsea e. morgan

218.728.9959
www.magicboxphotography.com

Find us on Facebook

ALAKEE COFFEE ROASTERS

FAIR TRADE

www.alakee.com

Roasted Locally in Duluth for Over 20 Years