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annual recipe issue!



DULUTH, MINNESOTA

GARBANZO

GAZETTE

WINTER 2010-11

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management report

by Sharon Murphy, General Manager

GARBANZO GAZETTE

Published by Whole Foods Co-op
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STORE HOURS:
7 am – 9 pm every day

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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 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 Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Friday, January 28, 2011. Refer submissions and questions to shannon@wholefoods.coop.

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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. 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 Owners.

From WFC's time line:

2010 — 213 Owners came together at the Clyde Iron Works Banquet Center on October 16, 2010, to hear Mayor Don Ness proclaim October 16, 2010, as **WHOLE FOODS CO-OP DAY** in the City of Duluth, to reminisce over hundreds of photos, to hear Board President David Helf's announcement of the largest patronage rebate — so far — and to celebrate WFC's 40th Anniversary. Oh, what a night!

For those of you who couldn't join us at the Annual Meeting and those who were there but couldn't hear all the reports ... I want to share some of the results that reflect our efforts to address the primary concerns noted in the June 2009 Owner Survey:

prices and affordability

From July 2009 through June 2010:

- While the inflation rate on food costs was flat, WFC's sales increased 8% on top of a 6% increase in the previous year at the peak of the recession.
- The average purchase by all customers increased by 7% while the average number of transactions per day increased by 1% after two years of negative trends.
- The dollar value of Food Stamp/SNAP Card purchases increased 35% and the average number of SNAP transactions per day increased 20%.
- Coupon redemption is generally up about 100% both in the dollar value and in the number of coupons redeemed.

In the July – September 2010 quarter:

- We invested in two larger bulk coffee units, a bulk liquids unit and a separate, more accessible hand-washing sink for the end of the bulk aisle.
- There are more Owner Extras, Ch-Ching and Extreme Specials every month.

- There are now two CO+OP Deals flyers per month with more total sale items than the previous monthly flyer.
- There will be four CO+OP Deals coupon books mailed to Owners in the next 12 months – used to be three/year.
- Every customer can now track his/her LOCAL purchases as LOCAL purchases are subtotaled on the bottom of each receipt.
- Introduced FIELD DAY, a new line of organically grown packaged foods and paper products with recycled content at an every-day-low-price.
- Sales growth was 9%.

build bonds with the next generation of shoppers

New community-building efforts and results in 2009–2010:

- Co-sponsored a regional Food Summit conducted at UM-D in November 2009.
- Participation in the Safe and Walkable Hillside Committee with area residents and representatives from community groups and businesses.
- Participation in the city-wide Green Jobs/Food System Planning Process in 2010.
- Sponsored a free viewing of Ingredients, a food system documentary, at the Zinema on August 15, 2010.
- Co-sponsored Hill Fest, a new event attended by approximately 1,600 adults and children on September 18, 2010, featuring our Root Beer Garden and a return of the Tofu Toss Contest.
- On-site plastic bag recycling available for community.
- On-site clothing recycling available for community.
- Hot Food Merchandiser added in Deli.
- Sandwich and coffee/smoothie menus upgraded in Deli.
- More outside seating in front of building.
- New ECO flooring and wall finish in classroom ... class attendance is up over 50% from same period of previous year.
- WFC's Facebook site offers timely updates and insights.
- Owner swipe cards distributed in October 2010 ensure purchases are recorded accurately for future rebates and provide identification for discounts at LOCAL businesses participating in WFC's Community Cooperation Program.
- WFC's 40th Anniversary celebration included Owner Art Exhibit in Brewery Creek Overlook.
- Readers of Duluth Superior Magazine voted WFC best grocery store and best customer service in 2010. **GG**



Sharon Murphy
General Manager since 1988
Attended first CCMA in 1988
Gazette contributor since 1978
Still never gets the last word

Sharon Murphy, General Manager



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recipes!

Great for a winter's cross-country ski weekend...

Wild Rice Pancakes

Barb Akre, Deli Counter

- 1 C Flour
- 1 t Salt
- 1 t Baking Soda
- 2 T Sugar
- 2 C Stone-Ground Cornmeal
- 2 C Wild Rice, cooked
- 4 C Buttermilk
- 4 Eggs
- 4 T Canola Oil

Mix dry ingredients and add wild rice. (This can be done ahead of time). Stir in buttermilk, eggs, and oil. Bake on well-buttered griddle and serve with maple syrup, fruit preserves (blueberries or raspberries), or (my favorite) molasses.

(My college roommate's recipe — thank you, Robin!)

Chocolate Zucchini Cake

Sharon Murphy, General Manager

Grease a Bundt cake pan. Preheat oven to 350 degrees F.

Cream together:

- 3/4 C Butter
- 2 C Sugar
- 3 Eggs, added one at a time
- 2 t Vanilla Extract
- 2 t Orange Rind, grated
- 2 C Zucchini, grated
- 1/2 C Milk

Sift together:

- 2-1/2 C Flour (organic Gold n' White works well)
- 1/2 C Cocoa Powder
- 1 T Baking Powder
- 1 T Baking Soda
- 1 t Salt
- 1 t Cinnamon

Add dry ingredients to creamed mixture. Stir in 1/2 cup chopped nuts (optional).

Pour batter into greased Bundt pan. Bake 50 minutes at 350 degrees F.

Let cool in pan for 10 minutes.



This is a picture of my Nana, to whom all my cooking is one, long homage. She was a knockout in her day, and I thought it would be fun to have her pictured.

K's Borscht

Michael Karsh, Produce Manager

- 1 lb small Roast or Stew Meat
- 4 med Potatoes, coarsely grated
- 1 small head Red Cabbage, coarsely grated
- 1 large Beet, coarsely grated
- 10 C Water
- 4 cloves Garlic, minced
- 1/2 t Dill Seed
- 2 t Paprika
- 3 T Brown Sugar
- Beef Bouillon/Broth Mix to taste
- 1/4 C Tomato Puree

Combine all ingredients in a medium stock pot. Bring to a boil, reduce heat, and simmer for 30 minutes, until the cabbage is tender. This is a great Crockpot recipe. Cook on low all day, or on high for 4 hours. Cut up meat and remove bones as needed. Return to pot. Serve with horseradish and sour cream for a traditional experience!

Kishka

Michael Karsh, Produce Manager

- 5 T Oil
- 1 large Onion, finely grated
- 2 large Carrots, finely grated
- 3 stalks Celery, finely grated
- 2 t Salt
- 2 t Paprika
- 1/4 t Black Pepper, ground
- 1-1/2 C Flour or GF flour mix
- small Coffee Filters

Combine all ingredients except filters in a large bowl. Knead briefly to combine well and form into a more solid mass.

Scoop 1/3 cup of mixture and place in center of small filter. Roll and twist ends as you would a sausage. Bake at 350 degrees F for 45 mins., or on high in a crock pot for 4 hours. Serve hot!

Curried Squash Risotto

Mike Fudala, Deli Counter Manager

- 1 med Butternut Squash (or any thick-skinned squash variety), peeled and cut into 1/2" cubes (about 3 cups)
- 3 T Sesame Oil
- 4 large Shallots, finely diced (about 3/4 cup)
- 4 cloves Garlic, finely chopped
- 2 T Ginger, peeled and finely chopped
- 1-2 T Red Curry Paste (to taste, depending on the level of heat desired)
- 1/4 C Mirin
- 1 1/2 C Arborio Rice (or any short-grained white rice variety)
- 5 C (or more) Chicken or Vegetable Stock
- 1 14.5 oz can Coconut Milk
- Juice of 1 Lime (about 2 tbsps)
- 1/2 C Cilantro, coarsely chopped
- 2 T Sesame Seeds, toasted
- 2 T Kosher Salt
- 1 T Pepper, freshly ground

For Coconut Milk

Bring coconut milk to a boil in a heavy small saucepan. Reduce heat, and simmer until reduced to 1/3 of the original volume (should be the consistency of heavy whipping cream, ~1/4 cup), stirring frequently.

For the Risotto

Heat stock in medium saucepan over high heat until boiling. Reduce heat and bring to a slow simmer. Meanwhile, heat sesame oil in heavy large saucepan over medium heat. When the oil is heated to the point of shimmering, add the chopped shallots, season with salt and pepper. Sauté shallots until softened, about 3-5 minutes. Add rice and continue to stir for 1 minute. Add garlic, ginger, curry paste, and squash. Continue stirring for another 30 seconds. Add mirin and deglaze pan, stirring continuously until

almost all the liquid is absorbed. Add 1 cup hot broth. Simmer until broth is almost absorbed, stirring often, about 4 minutes. Add more broth, 1 cup at a time, allowing each addition to be absorbed before adding the next and stirring often until squash and rice are tender, about 20 minutes longer. Off the heat stir in the reduced coconut milk, lime juice, and cilantro. Taste for salt, adding additional if needed. Transfer to large serving bowl and garnish with toasted sesame seeds. Serves 6-8 as a first course or side.

Carbonara

Kate Toumi, Deli Buyer/Receiver

- 1/2 lb thick-cut Bacon like Beeler's, cut into 1" pieces
- 1/2 lb Applegate Black Forest Ham, cut into small pieces
- 3 cloves garlic, crushed
- 4 large Eggs
- 1 1/2 C Parmesan, shredded
- 1 T Black Pepper, freshly ground
- 1 lb Spaghetti or Fettucini
- 1-2 T Olive Oil

Lightly beat together eggs, adding Parmesan and black pepper. Set aside.

In a large cast iron skillet (at least 12" . with high sides) or other large pan, cook bacon at medium heat with olive oil and crushed garlic cloves. When bacon is fully cooked, turn heat to lowest setting and add ham. Let sit until the pasta is cooked.

While the bacon is cooking, fill large pot with water for pasta, salting generously. Bring water to a boil, cook entire pound of pasta according to package directions. When the pasta is slightly al dente, remove from heat and drain.

Immediately pour pasta into skillet with the bacon mixture, and pour the egg mixture on top. Turn off the heat and mix all ingredients together, letting the heat from the pasta cook the egg.

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the buzz

wfc staff news

— by Jill Holmen, P & E Coordinator

Chris Rubesh and his wife Meg report another successful ultra-marathon race, this time at the Glacial Trail 50K in Greenbush, WI. While the race was wet and muddy, they still finished very well, with Chris taking second place in 4:04:33, a mere 1 minute behind the winner, and Meg taking first place, finishing in 5:10:31! Congratulations, Ultra Awesome people!

Congratulations to the success of our first annual **Owner Art Exhibit**, which was on display during Owner Appreciation Month in October. We had a wonderful collection of Owner art, and hope that this will be the start of a new co-op tradition. Thank you to our artists and also to Kathy McTavish for providing gorgeous cello music for the reception.

Emily Darnell, Produce Clerk reports she is currently enrolled in the Farm Beginnings program offered through the Lake Superior Sustainable Farming Association and the Land Stewardship Project. She plans to start a CSA (Community Supported Agriculture)

farm in the near future, and will be learning the ins and outs of holistic farm planning from growers in the region during this year long course. She is very excited about providing sustainably grown produce to the Lake Superior region.

Chris Rubesch, P & E Coordinator, also is excited to report that he and his partner Meg closed on a Northern Communities Land Trust home in October and are now proud owners of a lovely solar home in West Duluth. They are settling in and checking out nearby running and snow-shoeing trails.

Shannon Szymkowiak, Promotions & Education Manager, and **Rae Lynn Monahan, Assistant Merchandising Manager**, are pleased as bees to report that their hives provided them with 10 gallons of delicious honey this season! The gals give a special shout-out to the bees at the Food Farm & also at Hobbs' place for being so good to them.

DECEMBER ANNIVERSARIES:

Robert "Cody" Macomber , Deli	2 years
Chris Rubesch, Promotions and Education	1 year

JANUARY ANNIVERSARIES:

Karen Johnson, Finance	5 years
Alex Mohrbacher, Produce	4 years
Debbie Manhart, Deli	11 years
Eric Reed, Merchandising	6 years

FEBRUARY ANNIVERSARIES:

Amanda Borgren, Finance	3 years
Kala Edwards, Deli	5 years
Justin Hemming, Deli	11 years
Brooke Kennedy, Front End	1 year
Rianna Reiter, Deli	5 years
Shannon Szymkowiak, Promotions and Education	8 years
Sharon Murphy	31 years

Award Winners



September:
Gumby: Kevin Taylor, Merch Clerk
Customer Service Award: Ellen Turner, Merch Clerk & Eryn Muenchau, Deli Counter Clerk



October:
Gumby: Katherine Lamb, Front End Clerk
Customer Service Award: Eloise Boisjoli, Merch Clerk & Brooke Kennedy, FE Clerk



November:
Gumby: Amanda Borgren, Finance Coordinator
Customer Service: Joe Ulvi, Grocery Buyer

more recipes!

This is a gluten-free bread-machine bread recipe, with no representation that this will work in a traditional oven. Bake at your own risk!

Boilerhouse Bread (for the Kallio)

Michael Karsh, Produce Manager

2-1/4 C Flour Mix (see below)
1 t salt
2 T Potato Flakes
3 T Dry Milk Powder
2 T Brown Sugar
1 T Xanthan Gum
3 T Sorghum Syrup
1-1/4 C Coffee, room temperature
1 t Apple Cider Vinegar
3 T Oil
1 T Baker's Yeast

Combine all ingredients in order listed. Use the express bake setting, scraping the sides toward the paddle for the first 45 seconds or so. This recipe makes a wonderful bread suitable to savory as well as sweet sandwiches. Great with borscht!

The flour mix used in this recipe is as follows: 2-1/4 C Brown Rice Flour, 1-1/4 C Cornstarch, 3/4 C Tapioca Flour, 1/4 C Buckwheat Flour. Combine well as scoop as per the recipe!

My version of this salad was adapted from a favorite restaurant in Portland called The Lovely Hula Hands.

Citrus Beet Salad

Amanda Borgren, Finance Assistant

2 C Arugula
3 med Red Beets
3 med Golden Beets
2 Avocadoes
1 Pink Grapefruit
1 Blood Orange
Citrus Vinaigrette
Black and White Peppercorns, crushed

Roast or boil beets until tender, remove skin, cut into 1 inch pieces and refrigerate to cool. Cut avocado and grapefruit into wedges, and the blood orange into slices (pretty). Place beets, avocado and citrus on a bed of arugula, top with vinaigrette and peppercorns to taste.

Great with a bit of goat cheese and pine nuts too, but optional.

Serves 4

Serve with a warm New French Bakery baguette. Yum!

Tomato/Fennel Soup

Mike Fudala, Deli Counter Manager

3 T Butter
1 large Onion, coarsely chopped
1 large Fennel Bulb, coarsely chopped
1 Carrot, peeled and coarsely chopped into rounds
1 stalk Celery, coarsely chopped
3 cloves Garlic, finely minced
2 T Tomato Paste
1 T Flour
¼ C White Wine
1 28 oz can Diced Tomatoes, juices reserved (try fire-roasted or Italian style for an interesting variation)
3 C Chicken or Vegetable Stock
1-2 Bay Leaves
3-5 sprigs fresh Thyme
1 t Cayenne Pepper
2 T (or more) Salt
2 t Black Pepper, freshly ground
¼ C Heavy Whipping Cream (optional)
Parmesan Cheese, freshly grated (optional, for garnish)
Blue or Gorgonzola Cheese Crumbles (optional, for garnish)
¼ cup basil, chiffonade (remove basil leaves from stem and stack leaves flat. Roll them up like a cigar and cut thin slices). Reserve 2 T for garnish.

Melt butter in large heavy saucepan over medium heat. Add the onion, fennel, carrot, and celery, seasoning with salt and pepper. Sauté for 7-9 minutes until onions and fennel start to lightly brown. Add garlic, tomato paste, and flour. Stir continuously for 30 seconds until flour is dispersed and tomato paste darkens slightly. Deglaze with white wine, stirring continuously until wine is almost all evaporated. Add tomatoes and reserved juices, chicken or vegetable stock, bay leaves, thyme, and cayenne. Reduce heat and simmer for 25-30 minutes, until vegetables are tender. Working in batches, or with an immersion blender, puree soup in blender until smooth (If using a conventional blender, please be aware that hot liquids expand. Only fill the blender ¼-1/3 of the way full and after replacing the blender cover, remove small plastic lid and cover with a kitchen towel; this allows airflow into the blender preventing excess splattering). Return soup to pot and add whipping cream (if using), and basil. Taste for salt, adding additional if necessary. Ladle into bowls and garnish with remaining basil, gorgonzola, and parmesan cheese.



our cheese cake cover

Vegan/Gluten-free Triple Threat Chocolate “Cheese” Cake

*Original recipe by Hannah
Kaminsky, modified slightly by
Ellen Turner, Merch Clerk*

Cocoa Crust:

- 1 ½ C Vegan/Gluten-free Graham
Cracker Crumbs
- 1/3 C Confectioners’ Sugar
- ¼ C Unsweetened Cocoa Powder
- ¼ C Non-dairy “butter”

“Cheese” Cake:

- 1 12 oz pkg Extra-Firm Silken Tofu
- 3 8 oz pkgs Vegan Cream Cheese
(Tofutti works well)
- ¾ C Sugar
- 1 T Vanilla Extract
- ¼ t Salt
- 2 C Dark or Semisweet Non-dairy
Chocolate Chips

Ganache:

- 4 T Dark or Semisweet Chocolate Chips
- 1 t Vegetable Shortening or Non-dairy
“butter”

Preheat oven to 350 degrees Fahrenheit (175 degrees C). Lightly grease the bottom and sides of a 9-inch round spring form pan.

For the crust, stir together the graham cracker crumbs, confectioners’ sugar, and cocoa in a medium bowl. Melt the non-dairy “butter” and incorporate it into the dry ingredients, forming a crumbly, moist mixture. Use your hands to press the mixture into the bottom of the prepared pan. Bring it about ¼ inch up the sides of the pan, in order to form a lip at the edge of the crust. Set aside.

For the filling, drain the excess water off of the silken tofu and blend it in a food processor or blender until smooth. Add in three packages of vegan cream cheese, blend, and scrape down the sides. Blend again, ensuring that no lumps remain. Add the sugar, vanilla and salt, and blend. Next, place the 2 cups of chocolate chips in a large microwave-safe bowl, and microwave in 30-second intervals to prevent scorching. Stir thoroughly after each heating until the chocolate is completely melted. Continue stirring to achieve a very smooth consistency. (Alternatively, melt the chocolate chips in a saucepan on the stove over low to medium heat, stirring constantly until smooth).

Remove 1½ cups of the “cheese” mixture from the blender or food processor and thoroughly blend it into the chocolate. From this mixture, remove 2 cups and spread it evenly on top of the crust. Remove 2 additional cups of the “cheese” mixture and blend it into the chocolate mixture. Remove 2 more cups of the resulting mixture and gently spread it over the first chocolate “cheese” cake layer. Finally, stir the rest of the “cheese” filling into the remaining chocolate mixture. Carefully pour and spread this final batch of chocolate mixture over the previous two layers. Work very gently, as the top layers are less solid and more likely to combine. (Don’t worry if the layers do combine a

bit; it will still taste delicious). Smooth out the top and bake for 50–55 minutes (or 10–15 minutes longer than that, depending on the oven). The sides will not pull away from the pan, so you will have to trust your instincts. After removing it from the oven, use a knife to immediately loosen the cake from the sides, but leave it inside the pan and allow it to cool to room temperature.

Microwave the remaining 4 tablespoons of chocolate chips with the shortening or nondairy “butter” until melted, about 30–60 seconds, or melt them together on the stove, stirring constantly over low to medium heat. Mix well and drizzle over the top of the cake before the ganache cools. If the ganache is too thick for drizzling, melt a bit more shortening or “butter” into the chocolate mixture and mix thoroughly. Also, pouring the ganache into a frosting tube or clean plastic bag and cutting a tiny hole in one corner makes drizzling a bit easier. Or, you can simply decorate the cake in any way you like! Arranging fresh raspberries on top along with the ganache or instead of the ganache is delicious and classy, for example.

Refrigerate the cake for at least 12 hours before serving.

Enjoy!!!!



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news bites

WFC EXPANDS RECYCLING OPTIONS

Triangle Recycling has installed a bright green receptacle below WFC’s “fin” along the 4th Street side of our building. This is a container for donations of used clothing, shoes, boots, jackets, blankets, belts, purses, towels and sheets. Triangle also accepts the following items **BAGGED SEPARATELY IN PLASTIC**: metal pots and pans, cell phones, laptops, and inkjet cartridges. Depending on the item, Triangle recycles or resells items in bulk, e.g., rags for the automotive industry. A portion of profits are donated to United Cerebral Palsy/Minnesota. Triangle’s brochure is available at our Customer Service Counter.



SOLICITATION POLICY

WFC’s Solicitation Policy states: “No individual, for-profit business or non-profit business may solicit funds and/or sell or distribute products on the property of Whole Foods Community Co-op, Inc., without written, advance permission for specific date/s, time and location from WFC management.” Panhandling is not one of the cooperative principles — please report any such incidents inside or outside the store. Thank you.



COOPERATIVE RELIEF FOR PAKISTAN

Thank you to concerned Owners interested in encouraging support for cooperative relief for Pakistan. Neither the Cooperative Development Fund nor the International Cooperative Association are accepting donations as there is not a co-op sector in Pakistan. Other food co-ops are recommending donations be made to the Human Development Fund (HDF), a Pakistani-American non-profit recommended by the Central Asia Institute.
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Ad Hoc Policy Committee
GM Evaluation Committee
Study Committee
Term expires 2011
alison@wholefoods.coop

Mary Dragich

Annual Meeting Planning
Board Recruitment
Study Committee
Term expires 2012
maryd@wholefoods.coop

Chris Edwardson

President
Annual Meeting Planning
Finance Committee
Study Committee
GM Evaluation Committee Chair
Term expires 2012
chrise@wholefoods.coop

Mark Friederichs

Mark Friederichs
Treasurer
Annual Meeting Planning
Finance Committee Chair
Study Committee
Term expires 2012
mark@wholefoods.coop

David Helf

Annual Meeting Planning
GM Evaluation Committee
Term expires 2011
davidh@wholefoods.coop

Theresa Koenig

Vice President
Board Recruitment Committee Chair
GM Evaluation Committee
Study Committee
Term expires 2012
theresa@wholefoods.coop

Heather Murphy

Secretary
Annual Meeting Planning
Board Recruitment Committee
Study Committee Chair
Term expires 2011
heather@wholefoods.coop



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:
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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

board report where do we go from here?

by David Helf, Board Member

We've just celebrated forty years doing business in Duluth, with our biggest annual meeting ever. Staff put together a nice display of co-op memorabilia, from photos to newsletters to various historical curiosities. Sharon Murphy's annual report was another gem, and we announced another patronage rebate. As the cliché goes, life is good! It was nice to look back and celebrate our success.

Self-congratulation aside, we need to ponder the future.

I'll start close to home, with you, the nearly 6,000 Owners. I confidently predict that you will contribute to our ongoing success, through your economic participation, by bringing in new shoppers and owners, and by insisting we continue to meet the high standards we're all used to. You proved this through the worst economic downturn in Co-op's 40 years. We've achieved local and regional renown in no small part because of your expectations. Make suggestions, email the Board, run for the Board!

I'm also confident that our staff and management will continue to run our store with grace and efficiency, filling it

full of products we need, keeping ahead of market trends, and generally excelling. There is nothing static about retail grocery, and our managers continually revise the business plan.

I have great confidence in future WFC Boards, from seeing how past and the present one operate. There is an ethic among those who serve — we constantly look for ways to achieve our Ends, and we search for ways of ensuring long-term success, all within the framework of our Co-op principles. We are forward-looking and I don't think we take our success for granted. That would indeed be short-sighted. We attend co-op meetings and training, read widely, oversee store management, and make educated decisions on your behalf.

Hardly under our control and less certain are the larger trends that affect us. The inevitable scarcity of fossil fuels and their price increases; water shortages and resource degradation that affect food production; changing politics around food policy; climate change; worldwide economic trends; all



David Helf
Board President

these make accurate prognostication difficult.

So, some days, I can't decide whether my "guarded optimism" ought to just give way to simple skepticism.

Positive news is out there — greater local food production, the growing realization that old models of acting

need to be thrown away and not just repaired — but I'll be the first to admit that keeping up with the news is a bit like trying to shovel my driveway in the middle of a blizzard, discouraging and futile. But, I realize that worrying is useless, so I do my Board work, and I realize that our success can be replicated elsewhere. I'll stick with the optimism, at least for now.

I do have a strong belief that whatever waves of change break over us, we are positioned to be resilient. Our bylaws tether us to the ideals of our founders. Our pragmatism keeps the business viable. And, your loyal support clinches our success. Thanks for being a part of this Co-op. **GG**

E-mail questions or comments for the Board at wfcbod@wholefoods.coop

membership matters patronage rebate

by Chris Edwardson, Board President

WFC Owners who made purchases between July 1, 2009, and June 30, 2010, should have received their patronage rebate. This is one of the many benefits of being a Co-op Owner. It may also be the best Owner benefit because, when you receive a patronage rebate, it is in an indication that your Co-op is in a healthy financial position.

Your Board of Directors (BoD) authorizes a patronage rebate based on our By-Laws, our profitability, and our future financial needs. This year the BoD decided to return 25% of profit from Owner purchases in the form of cash to our Owners. The remaining

profit from Owner purchases is held as retained equity. Retained equity is the profit used by WFC to reinvest in the business to make it a better place to shop. Some of you may recall that no patronage rebates were allocated for a number of years as we looked to expand. The BoD at that time decided it was important to retain all of the profit to invest in our current store.

Being an Owner of a cooperative has many benefits and also some responsibilities. As an Owner, it is important to vote, to let a Board member or WFC employee know when you have a concern, and it is important to cash your patronage rebate check. Why is this important? It is important to cash your

check promptly as it is only valid for 90 days. An even better reason to cash your check promptly is so your Co-op does not incur a tax liability for that amount in 2011. And the best reason of all to cash your check promptly is that you will receive 5% off a purchase at the Co-op IF you use your rebate check towards that purchase BY December 31, 2010.

And remember, the more goods you purchase at the Co-op, the more you benefit.

Note: For more information on patronage rebates, see the Patronage Rebate Primer elsewhere in this issue of the Gazette and on WFC's web site: www.wholefoods.coop



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by Courtney & Leigh

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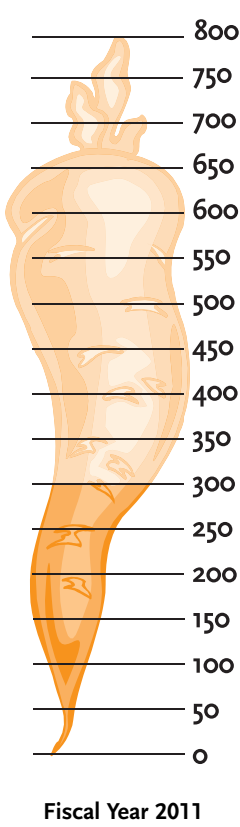
welcome, new WFC Owners!

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Colleen Saur
Renee Erickson
Holly Kassing
Jenise Flower



From August 1, 2010 to October 31, your co-op has gained 247 new Owners. This makes a total of 300 new Owners since the beginning of our fiscal year, July 1, 2010. Only 500 more to go to reach our goal of 800 by June 30, 2011. Welcome, new WFC Owners!

INTERESTED IN HOW THE BOARD WORKS?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time constraints at the Board meeting. Board meetings are on the 4th Monday of every month beginning at 5:30 PM subject to change due to holidays and co-op events.



CAN YOU FIND ME NOW?

Pursuant to Minnesota law, the Board of Directors established a procedure to revolve out the oldest abandoned equity (non-interest bearing common stock) of inactive Owners (e.g., no current address, more than two years behind on equity payments, and/or failure to comply with credit policies.) Pursuant to a vote of Owners attending the 2010 Annual Meeting, unclaimed equity of Owners listed in the Fall 2010 *Garbanzo Gazette* was donated to Second Harvest Northern Lakes Food Bank in November 2010.



Jayson Bixler
Homeopathic Practitioner

31 West Superior Street, Suite 302
Duluth, MN 55802

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jayson.bixler@gmail.com
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notes from the front

—*Briana Brewington,
Front End Manager*

Our receipt paper has gone BPA-free!

There's a little known fact that almost all receipt paper used in the world contains Bisphenol A (BPA). This is the same ingredient found in many plastic and epoxy resin products (i.e., baby bottles) that caused a major public uproar and elimination of such products from store shelves in the last couple of years.

The concern about the potential effects of BPA on the brain, behavior, and prostate gland in fetuses, infants, and young children has put this chemical into the limelight. Minnesota was one of the first two states to prohibit the sale of children's products containing BPA, but as the public became aware of its presence in other products and applications the concern did not end there.

The U.S. Environmental Protection Agency has stated while there is little concern for dermal absorption of BPA, free BPA can readily be transferred to skin and residues on hands can be ingested.

There is also concern that BPA does not break down completely in the recycling process and may make its way into our water supply. In general, studies have shown that BPA can affect growth, reproduction and development in aquatic organisms. Among freshwater organisms, fish appear to be the most sensitive species.

Once we became aware of the presence of BPA in the receipt paper, we started to look into suppliers. Our main paper supplier, Falk Paper, only provides BPA-free paper in a smaller sized roll that we incorporated earlier this year into our separate terminal (used to run SNAP and offline credit transactions), but didn't have BPA-free paper to fit our receipt printer. To our knowledge, there is currently only one manufacturer of BPA-free thermal receipt paper located in Appleton, Wisconsin. We placed our first order for the new paper in September and were able to put it into use in October.

You'll notice the print on the back of your receipt now says, "This establishment has chosen this BPA Free paper product for the safety of its customers, employees and our environment."

Thank you to those customers who brought this matter to our attention and enabled us to put a smarter option to use.

Reduce, Reuse, Redeem Program Report

Since the inception of the RRR Program in June of 2006, WFC has donated \$6,229.45 on behalf of the program to the Second Harvest Northern Lakes Food Bank and a minimum of 165,089 paper bags have been saved. Thanks to all of you who so diligently bring your own bags from home.

In Balance with Ayurveda

by Bonnie Ambrosi, WFC Owner

These are the coldest, darkest days of the year, and I love them with all my heart! Now, for a time, the blazing fires of my Pitta constitution are banked, and I feel less driven. The quiet darkness rests my senses. The inwardness of winter offers a blessed respite from three seasons of relentless outwardness. This is the season of balance for fire types.

Not everyone experiences winter this way. For earthy types, this is the most challenging season, as winter amplifies Kapha's natural qualities of earth and water (cold, wet, heavy) to the point of imbalance. Physically, this can cause heavy, moist conditions like chest colds, bronchitis, and edema, and feelings of lethargy and inertia. A sense of stuckness, feelings of attachment, sadness and loss, and depression can all come with the territory of too much earth and water.

To help restore balance, Kapha diet at this time should be warming, but not too heavy. The basic recipe is whole grains (especially barley, buckwheat, corn, millet and rye; not so much wheat, as it is cool and heavy), beans of all kinds, and vegetables (go easy on

the sweet potatoes), prepared with plenty of spice! Think of soups and stews, curries, and chili. Be generous with the hot peppers, black pepper, garlic and ginger, as these provide the dry heat that Kapha needs. Lean meat and fish can give a helpful protein boost, for those who don't love beans. Of the fruits, apples, pears, cranberries and grapefruit are best in this regard. Caffeine, in moderation, is also therapeutic, in the form of coffee or tea. (Diet soda is not good for anybody!) Hot water with lemon and ginger is very nice, and honey has a warm energy, so it would be okay to add a little to your tea. Avoid other sweets and cheese entirely, if you can. Also oily, salty snacks. Sorry, but these are just too heavy for Kapha at this season.

In terms of lifestyle, it is difficult but essential to keep moving. Find a fairly vigorous activity that you enjoy, or are at least willing to do, and do it, regularly. Seek out the company of people you find lively and inspiring. Try new things. Get as much sunlight as you can, especially on your face first thing in the morning. Bright colors and sharp contrasts — in your clothing and surround-

ings — will perk you up, as will stimulating scents. Kapha bodies are especially sensitive to smells, so aromatherapy using essential oils can be effective. For more, *The Chemistry of Joy* by Henry Emmons is an excellent resource on treating depression with Ayurveda, and is available at the Co-op.

If your constitution is not winter-challenged, the guidelines differ slightly. The work of Vata at this time is just to stay warm, so spicy dishes are still called for, but you can use more oils and heavier vegetables and fruits, as Vata always suffers from dryness. Fiery Pitta types are at their best! This is the only season in which they can safely indulge in spicy food, but moderation is still a good idea.

For all of us, understanding the different ways in which we experience the seasons not only allows us to make adjustments to stay balanced and healthy, but helps us to accept and support those who are different from us. Compassion is perhaps the most healing and balancing practice of all. **GG**

Bonnie Williams Ambrosi is a certified Ayurvedic Health Educator and teaches yoga and ayurveda at several locations. Contact her at (218) 728-9942 or grihastashrami@gmail.com or visit her website at grihastashramiyoga.com



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recipes to warm you

This is the time of year I have finally given up hope that fall will last until spring, the holidays are upon us and the Super Bowl is just around the corner. This is when I start making a lot of soups for warmth, dips for football, and other dishes using items that I call “winter flavors”. Below are 3 recipes I came up with that fall into this category.

Blended Carrot, Parsnip & Tomato Soup w/Parmesan Crisps*

Debbie Manhart, Deli Manager

- 6 cloves Garlic
- 1 Onion
- 3 Carrots
- 6 Parsnips

Place everything on a sheet pan and drizzle with olive oil and sprinkle with Italian seasoning, salt and pepper to taste. Roast in a 350°–400° oven until brownish and soft.

- Heat a sauce pan, drizzle with olive oil. Add:
- 1 T Ginger, fresh minced
 - 1 t Coriander
 - Roasted veggies (above)
 - 1-15 oz can Tomatoes Crushed with Basil
 - 1-15 oz can Tomato Sauce
 - 1 – 2 C Veggie or Chicken Stock

Bring to a boil. Remove from heat and blend with a stick blender or in batches in a food processor (careful, it’s hot!). Serve in a soup bowl with a parmesan crisp dropped in the center.

*Parmesan Crisps — make small piles of shredded Parmesan cheese on a parchment lined sheet pan, bake at 400° until crispy (7–10 minutes).

Onion and Herb Spread

- 2 – 16 oz tubs Sour Cream
- 1 C plain Yogurt (or replace with sour cream)
- 1 bunch green Onions, sliced

- ½ T Black Pepper, freshly ground
- 1 t Sea Salt
- ½ T Parsley, dried
- 1 T Tarragon
- ½ t Granulated Garlic
- ¼ t Cayenne Pepper

Mix all ingredients together.

And just for fun here is a hearty breakfast sandwich:

Breakfast Hot Brown

(Based on a Kentucky Hot Brown which is bread topped with roasted turkey, roasted or grilled tomatoes, béchamel sauce, and bacon)

Debbie Manhart

For each sandwich:

- 1 slice of French Toast
- 2 – 3 slices Canadian Bacon, cooked
- 2 – 3 slices of Grilled Tomatoes
- ¼ to ½ C Cheese Sauce (see recipe below)
- 2 slices Bacon

Build your sandwiches on a tray or in a pan like this — layer French toast, Canadian bacon, tomatoes, and top with cheese sauce. Put them in the oven until hot, place the bacon on top and turn your oven to broil. Once the sauce has bubbled and reduced a little bit, remove from the oven and serve.

Cheese Sauce:

- 1 T Butter
- 1 T Flour
- ¾ C Milk (room temperature)
- ¼ t Salt
- ¼ t Pepper
- ¼ t Granulated Garlic
- Pinch Nutmeg
- About 2 C Cheese (Swiss and mozzarella work well)

Melt butter and stir in flour until combined. Slowly incorporate milk. Add seasonings. When simmering slowly add cheese and stir until melted.

Good any time of the year, but especially in the cold winter with pals. Served with a nice salad or other light side, it will fill you up and warm you from the inside.

Tuna Noodle Casserole

(adapted from The Fanny Farmer Cookbook)

Lisa Anderson, Merchandising Manager

- 4 C Pasta (1/2 lb dry) (I like fusilli or some other fun shape)
- 2 cans Tuna
- 2 C Broccoli, steamed or sautéed
- Mushrooms (or any veggie combo you like)
- 4 C White Sauce (see below)
- 2 C Bread Crumbs

White Sauce (makes about 4 cups)

- ½ C Butter
- ½ C Flour
- 4 C Milk, warmed
- Salt and Pepper
- 2 C Cheddar, grated
- Double pinch of Cayenne at end (optional — well, everything is really optional)

Melt butter in sauce pan. Slowly add flour stirring constantly until it bubbles and thickens. Add milk, stirring constantly over medium low heat, add salt and pepper. Lower heat after it comes to a boil, cook and stir 2–3 minutes more. Add salt, pepper, cheese, and cayenne. Mix in until smooth, remove from heat.

Bread Crumbs

- ½ C Butter
- 2 C Bread Crumbs (3–4 pieces of bread, hand crumbed but a food processor makes it super easy)

Melt butter in skillet, add bread crumbs, toss and brown.

Mix pasta, tuna, vegetable(s), and white sauce together. Pour into 3 qt casserole dish (I use two smaller dishes with nice lids for storing leftovers I’ll give to coworkers). Top with bread crumbs. Bake at 350° F for about 25 minutes. Serves 8 or so.

grocery gab

by Lisa Anderson, Merchandising Manager & Jill Hall, HBC Buyer

Question: What does a long time grocery store employee do for fun on vacation?

Answer: Visit grocery stores! (Well, maybe if you’re goofy like me...)

After a recent trip to the west coast, I am now more than ever convinced this is a great co-op: community supported and locally owned, knowledgeable and friendly staff, with a great selection of products. I was able to visit a few co-ops, some “pill shops”, farmers markets, and regular grocery stores to boot. While their condiment aisles were jam packed with seafood accoutrements along with other regional fare and locally produced equivalents, I also winced and laughed to myself at the maple syrup from Vermont disguised as “local” for sale. We may not have the luscious growing season the coast has to offer, but I wouldn’t trade the local growers and producers I have been fortunate to know and work with for anything. And, after traveling up and down Interstate 5, a trip through the Twin Ports traffic is a literal walk in Canal Park (without the tourists).

Cool thing: At the regular (non-natural food type) stores, in almost every basket and cart I saw some products from the natural foods sphere. Really, almost everyone had multiple products considered natural. Whether it be Eden canned beans, 7th Gen paper towels, or Organic Valley milk (from West Coast producers), I saw something from “our store” in their cart. And trust me, I looked. This makes me happy.

Our store: By now you must have noticed the new bulk dispensing units installed in early October. For all of you wanting molasses in bulk — it’s here! Honey from a dispenser that isn’t crystallized — we got it! A sink to wash your hands without the fear of getting full of honey — installed! The bulk coffee units allow us to offer more varieties of organic, fair trade coffee and more bins of the ever popular sale coffee so you won’t have to track down a fabulous Merch Clerk to refill it for you!

That saying “distance makes your heart grow fonder”? It’s true for me and my Co-op.

pies

This is a photo of a pie of mine on the windowsill. This may have been the peach/plum pie, as follows. Beautiful color on this one, as well as taste.



Peach-plum Pie

Eric Nied, Customer Service Clerk

For crust:

Use your favorite 2 crust recipe or purchase frozen

For filling:

- 2 C Peaches, pitted, peeled & sliced
- 2 C Red Plums, pitted & quartered
- 1 C Sugar
- 1/4 C Flour
- 1/2 t Cinnamon
- 2 T Butter

Place fruits in crust. Combine sugar, flour and cinnamon. Sprinkle over fruits. Dot with butter. Place pastry over filling. Cut steam vents.

Bake at 425 for 40 minutes.

Compliment with vanilla ice cream.

I ce Cream Pumpkin Pie

Debbie Manhart, Deli Manager

Crust:

- 2 C Ginger Snaps, finely crushed (or 1 C Ginger Snaps and 1 C Pecans or Walnuts, toasted and finely chopped)
- ¼ C Butter, melted

Stir together the ginger snaps (and nuts if using them) and butter. Spread

into a 9" pie pan. Bake at 375 degrees for 4 minutes. Cool completely or freeze until set.

Filling:

- 2 pints Vanilla Ice Cream
- 1 can Pumpkin
- 1 ½ t Pumpkin Pie Spice or Ground Cinnamon
- 1 C Brown Sugar
- ½ t Vanilla Extract

Mix together ingredients and fill crust. Freeze until set. Optional: serve topped with whipped cream.

This is my mom’s Aunt Yvonne’s Rhubarb Custard Pie. It’s simple to make. Absolutely the best rhubarb pie I have consumed. You don’t even want to share it. It’s that good. The original recipe calls for margarine, but I used my favorite buttery spread by Earth Balance. I also used cow milk and all purpose flour with cane sugar.

Aunt Yvonne’s Rhubarb Custard Pie

Eric Nied, Customer Service Clerk

Crust:

Use your favorite one crust pie recipe, or buy frozen.

Filling:

- 2 Eggs
- 2 T Milk
- 1 C Sugar
- 3 T Flour
- 1 ½ t Nutmeg
- 3 C Rhubarb, diced

Beat eggs slightly; add milk.

Mix together sugar, flour, and nutmeg; add to egg and milk. Mix in rhubarb. Pour into crust.

For topping:

- ¼ C Brown Sugar
- ½ C Flour
- ¼ C Buttery Spread

Cut margarine into brown sugar and flour until coarsely crumbled. Spread on pie. Bake at 375° for 50–60 minutes.



our partners in crime

Editor's Note: Each year, we have featured a few recipes from a non-profit agency that we have partnered with for some event. As I was thinking about needing more recipes, Brett Amundson, the new Public Program Coordinator at Hartley Nature Center mentioned that their staff was having a potluck recipe taste-test and he would send me the winners. Here they are. Thank you, Hartley!

Thai Sauce a la Lindblom

Brett Amundson, Public Program Coordinator, Hartley Nature Center

- 12 oz Coconut Milk
- 1/2 C Peanut Butter
- 1 t Tumeric
- 1 t Curry Powder
- 2 T Chili Flakes
- 1 T Hot Chili Oil
- 1 T Sesame Oil
- 1/3 C Brown Sugar
- 1/2 t Coriander (or 1 T fresh Cilantro)
- 1/2 C Peanuts, chopped
- Pasta (linguine is best) or Rice

Stir together in sauce pan to mild boil being careful not to scorch. Add fresh pepper strips, onions, etc. to taste. Pour over pasta or rice.

Tanzanian Pilau

Chris Brenberg, After School Program Coordinator, Hartley Nature Center

- 1/2 t Cumin Seeds (or Ground Cumin)
- 1/2 t Whole Black Peppercorns
- 1 t Whole Cloves (or 1/2 t Ground Cloves)
- One Cinnamon Stick (or 1/2 t Ground Cinnamon)
- A few Cardamom Pods (or 1/2 t Ground Cardamom)
- Oil for sautéing
- 3 cloves Garlic, minced
- 1 T fresh Ginger, peeled and minced
- 3 C Rice
- 2 med Onions, diced
- 1 lb Chicken (or Beef or Beans), cut into bite-sized pieces
- 2 Tomatoes, diced (or one large can Diced Tomatoes)

2-3 small Potatoes, peeled and quartered
Salt to taste
Combine cumin, peppercorns, cloves, cinnamon, and cardamom in a bowl with 1 1/2 cups of hot water. Stir and set aside to steep.

Wash the rice, drain, and set aside.

In a large pot, heat oil over medium heat. Add onions and sauté until translucent. Add garlic and ginger and continue cooking for 1-2 minutes until fragrant.

Add chicken to the pot and cook over high heat until browned on the outside. Reduce heat to low and simmer for a few more minutes.

Remove chicken and onions from pot and set aside.

Add the rice to the pot and stir thoroughly to coat with the residual oil. After 2-3 minutes, add the spices and water. When it begins to simmer, add tomatoes and potatoes. Simmer for ten minutes, and then return the onions and chicken to the pot. Add salt to taste.

Cover and simmer for 20-30 additional minutes, stirring occasionally until potatoes are tender and rice is cooked. If the bottom of the pot becomes dry and the rice is still too chewy, add water a little bit at a time until done.

Spirit of the Northwoods Chili

Neil Roberts, Outreach Coordinator, Hartley Nature Center

- 1 T Oil
- 2 lbs Lean Ground Beef
- 2 med Onions, diced
- 2 Bell Peppers, diced
- 1 1/2 C Shiitake Mushrooms, chopped
- 6 cloves Garlic
- 2 15 oz cans Kidney Beans
- 2 28 oz cans Crushed Tomatoes
- 1/4 C Chili Powder
- 1 T Cumin
- 1 T Thyme
- 1 t Coriander



Your P&E Dork Squad, Shannon, Kris & Jill

- 1 t Black Pepper, crushed
- 1 t Paprika
- 1/2 t Cayenne
- Pinch of salt

Add oil to pan plus all vegetables and seasonings — cook about 10 min. or until onions are translucent. Add 1 lb of meat and brown. Add beans and tomatoes. Simmer covered for about 1 hour. Simmer uncovered for about 1 hour. Serve with your favorite fixin's .

Editor's Note: This past year, I was honored to be a judge at the Rhubarb Fest recipe contest. The second place winner is a long-time Co-op Owner and she is graciously allowing us to print her unusual and delicious recipe here.

Roasted Rhubarb

Source: Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert, adapted by Jeanne Tonkin, WFC Owner

- 4 C Rhubarb, chopped
- 1/2 C Sugar
- 1/4 C Orange or Lemon juice (I use orange juice)
- 2 T Candied Ginger or Fresh Ginger Root, minced (I prefer the candied ginger)
- 1 t Orange or Lemon peel, grated (I use orange peel)

Combine in a baking pan. Spread evenly and bake at 450 F. until rhubarb is soft but retains its shape, about 25 minutes. Stir, cool slightly, and serve with ice cream or yogurt.

Note: I serve it over 8 oz. mascarpone cheese combined with 1-2 t Honey and spread on crackers, which I discovered at the Italian Village on Central Ave.

Editor's Note: Each year, your co-op participates in the United Way Chili Cook-Off. Each year, Justin Hemming our Deli Kitchen Manager comes up with a new recipe and each year we get asked for that recipe. Well, you asked and here is this year's mild chili. A little math may be necessary to make a family sized portion, but we all play with our recipes to get them just right for our families anyway, right?

Dork Squad Chili from the United Way Chili Cook-off 2010

Justin Hemming, Deli Kitchen Manager

- 8 qt Onion, chopped
- 6 qt Green Peppers, chopped
- 5 lbs Portabella Mushrooms, chopped
- 6 qt Zucchini, chopped
- 26 25 oz cans Black Beans
- 14 25 oz can Pintos Beans
- 266 oz Kidney Beans
- 432 oz canned diced tomatoes
- 2 #10 cans tomato sauce
- 10# vegetarian Sausage
- 2 lbs Butter
- 2 bunches Celery, chopped
- 2 1/4 jars Vegetable Base
- 3 qts Water
- 1 qt Carrot Juice
- 2 C Brown Sugar, do not pack cups
- 1 C Corn Meal
- 1 bar Unsweetened Chocolate
- 1 bottle vegetarian Worcestershire Sauce
- 2 T Sea Salt
- 2 T Pepper
- 2 C Chili Powder
- 1/2 C Ancho Powder
- 1/2 C Cumin
- 1/2 C Oregano
- 1/4 C Coriander
- 2 sm cans Green Chiles
- 2 Black Spanish Radishes, minced
- Canola oil to fry sausage
- 2 cans chipotles
- 1/4 C Red Wine Vinegar

Saute onion, celery and peppers in the butter until onions are translucent. Add mushrooms, zucchini and all of the spices and saute for about 1-3 minutes, taking care to not burn the spices. Put this mixture in a very large pot with all other ingredients, bring to a light boil, stirring occasionally. Lower to a simmer

for at least one hour. Tastes best if it sits a day before reheating.

Makes 20 gals.

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Ever try to make tofu, but, well, you don't like it? Too mushy? No flavor? Try a variation of this breading, and you'll likely be surprised at the taste and texture.

Basic Tofu Breading

Lisa Anderson, Merchandising Manager

1 lb Tofu (use firm or extra firm; the Soy Deli is my favorite)

I have never measured the actual amounts for the breading, but here's a good guess; adjust, add, and subtract to taste:

½-1 C Flour

¼ C Nutritional Yeast Flakes

1 T Garlic Granules

½ t Onion Granules

Salt

Pepper

Add herbs for fun in your own combination: dill, sage, chili powder, oregano, basil, savory, thyme, fennel, paprika, etc.

Cut tofu into cubes (¾ inch or so) and coat in breading. Fry in oil until tofu turns golden brown.

Add tofu towards the end of your favorite dish (stir fry, etc.) to maintain texture.

Oven Poached Lake Trout

Tim Malkovich, Produce Assistant

1-1/2 lb Lake Trout Fillets, cut into 4 serving sized pieces

1 to 2 C Sweet Cooking Sake

juice from one large Lemon

1 t Salt or to taste

1 bunch Green Onions, finely sliced across

3 T Salt Free Butter

1/4 to 1/2 t ground Cayenne, or to taste (optional)

Heat oven to 400. Make "trays" using aluminum foil that closely conform to shape of filets, by folding over heavy duty foil and turning up corners. Take care not to get holes in the foil trays, because they will hold the cooking liquid. Place in baking pan & place filets in trays.

Combine salt, 1 C sake & lemon juice. Pour over filets, enough to barely cover. Add extra sake if needed. Place pat of butter on each piece of fish. Top with sliced onions. Bake for 20-30 minutes, or until fish is flaky.

Serve immediately on top of steamed rice (I like sushi rice) and pour cooking liquid over rice & fish. Serves 4.

Miso Soup With Kale & Tofu

Tim Malkovich, Produce Assistant

1 pkg Extra Firm Tofu, cubed

1 bunch Red Russian or Lacinato Kale, cut cross-wise into thin strips and with tough bottom part of stem discarded

1 bundle Soba Noodles, cooked according to package directions

2 T Tamari, or to taste

4 T Shao Hsing (chinese cooking wine) or Cooking Sherry

2 T Brown Miso

Toasted Sesame Oil to garnish

Veggie stock for soup:

1 large Yellow Onion, rough chop

2 large Carrots, rough chop

6 cloves garlic, crushed

6 good size Ginger Slices

2 T Vegetable Oil

Heat oil in large stock pot with a heavy bottom. Add carrots, onions and garlic and caramelize with oil in over medium heat, stirring very often. When veggies are browned & tender, cover with about 3 quarts of water & simmer very gently for 3 hours. Discard vegetable pieces. Add soy sauce & cooking wine to 8 cups stock and bring to a very gentle simmer. Add tofu cubes & kale & cook at very gentle simmer until kale is crisp tender, about 10-15 minutes. Stir occasionally, gently so as not to break up tofu. Thin miso paste with a small amount of broth before stirring it into soup. Also add noodles at this time & simmer 5 more minutes. Drizzle with small amount of toasted sesame oil & serve immediately. Serves four as an appetizer.

amount of each, to taste. Serve over easy fried eggs on top of cooked bok choy & season with fresh ground black pepper & sea salt to taste. Serves 1.

I came up with this one by accident when I overcooked some baked potatoes.

Fried, Baked Potatoes

Tim Malkovich, Produce Assistant

Scrub medium to small potatoes. Any type will work, but I like all red or all blue varieties. Bake at 400 until cooked through & skin starts to separate slightly from potato (as though you were trying to overcook a baked potato). Allow to cool & then slice cross-wise into bite-sized pieces. Deep fry until light golden color. Skin should be crispy and surface of potato should have a texture almost like breading. Drain on paper towels and serve immediately as an appetizer, topped with a few drops each of fish sauce and tamari and a small dollop of Nancy's brand sour cream. Siracha sauce also tastes great with these.

Baby Bok Choy & Eggs

Tim Malkovich, Produce Assistant

Cut off bottom of a medium size bunch of baby bok choy to separate pieces & rinse. Bring 2 quarts of water to a rapid boil & start heating fry pan with some butter to fry 2 eggs. Toss bok choy in water and start to fry the eggs at the same time. Cook bok choy at a rapid boil until crisp-tender, 1-2 minutes. Remove from water with tongs and shake off excess. Place in warmed bowl & drizzle with fish sauce or tamari & toasted peanut oil, small

Though he likes to cook from scratch, even Tim uses a quick meal idea once and a while.



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patronage rebate primer

The Third Cooperative Principle: Member Economic Participation

Members contribute equitably to and democratically control the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op or used to provide member services.

Patronage rebates are the cooperative way to equitably return a portion of profit (if any) to our Owners. Patronage rebates are based on how much you purchased during the rebate period, not on how much you invested. Your ownership and continuing support made it possible for WFC to achieve the membership, sales and operating goals that resulted in a significant profit during Fiscal Year 2010 (July 1, 2009 – June 30, 2010). Following review of the audited financial reports for that period and of plans for the future, the Board of Directors authorized a patronage rebate in the amount of \$365,731 to be allocated 25% as cash and 75% as retained equity for eligible Owners who made purchases in that fiscal year.

retained equity

Retained equity (75% of the 2010 patronage rebate) of each Owner is held by WFC until such time as the Board authorizes payment of all of the retained equity from one or more years. Retained equity represents additional investment in WFC. Retained equity is:

- Not interest bearing
- Not distributed on demand
- Cannot be allocated to reduce an Owner's required equity investment and
- Cannot be allocated to reduce the amount of an Owner's IOU.

If you decide to terminate your membership, please keep WFC advised of your current address so you can receive your retained equity in the event of an allocation after your termination. See *chart of Cash Rebate Evolution (Fig. 1)*.

patronage rebate calculation

WFC calculates the percentage of the rebate available for each eligible Owner in direct proportion to his/her net (after any discounts) purchases. The same rebate percentage is used to calculate each eligible Owner's rebate. The more goods you purchase at WFC, the more you benefit if a patronage rebate is allocated by the Board. See *Cash Rebate Examples (Fig. 2)*

eligible owners

To be eligible for a 2010 patronage rebate, an Owner "in good standing"

(current on equity and/or IOU payments and current contact information on file) must have shopped between July 1, 2009, and June 30, 2010. Pursuant to WFC's Bylaws, checks will be sent to Owners who purchased enough products to earn at least \$5 as a cash rebate. Cash rebates under \$5 will be allocated to the capital reserve fund, however, the retained equity of each of those Owners will be allocated in the same manner as the retained equity of Owners receiving a cash rebate.

Cash rebates not distributed will not increase the rebate of any other Owners. Eligible Owners whose cash rebate did not equal at least \$5 will receive a coupon for 5% off a purchase by December 31, 2010. Rebate checks and coupons for those not receiving a

cash rebate will be mailed by the end of November 2010. Watch for your REBATE envelope!

tax consequences

Patronage rebates are not taxable income for Owners as they are derived from the purchase of goods that are generally for personal use. Although allocating a patronage rebate reduces WFC's tax liability, rebate checks not cashed will add to WFC's tax liability in 2011. As an incentive to promptly cash rebate checks, WFC is offering a 5% discount if you apply your rebate check toward a purchase before January 1, 2011.

Please cash your rebate check promptly.

Cash Rebate Evolution (Fig. 1)

	2003	2009	2010
Net income before taxes & rebate	\$226,900	\$258,506	\$516,209
Purchases by Owners as a percentage of sales	55.36%	65.97%	65.40%
Cash rebate allocated by Board	\$25,122 (20%)	\$41,561 (20%)	\$91,433 (25%)
Number of eligible Owners	1,400	4,700	5,360

Cash Rebate Examples (Fig. 2)

	2003	2009	2010
Net purchase \$100/month (\$1,200/year)	\$16.80	\$7.87	\$16.14
Net purchase \$100/week (\$5,200/year)	\$72.80	\$34.11	\$69.94

new products

BULK

- Molasses*, **
- Bob's Red Mill
 - Gluten-free Flour

COOL

- Unpeeled Kombucha
 - Limeade
 - Ginger Brew
 - Mango Passionfruit
- Brown Cow
 - Maple Yogurt 6 oz
- Nancy's Kefir*
 - Blueberry
 - Strawberry
 - Raspberry
 - Plain
 - Peach
- Kombucha Wonder Drink
 - Original
 - Pear
- Zico Coconut Water
 - Original, Berry, & Citrus

GROCERY

- Field Day
 - Bath Tissue 12-packs
- Farfalle (Bowtie) Pasta*
 - Pasta Sauce, 4 New Flavors*
- Kame
 - Oyster Sauce
- Spectrum*
 - Coconut Oil Spray
- Mom's Best Cereal
 - Raisin Bran

- Dream Chocolate Gluten & Dairy Free
 - Chocolate Chips
 - Chocolate Bars, 3 New Flavors!
- Olympic Granola Bars
 - All Natural & Locally Made, 7 Varieties!
- Raw Revolution Super Green Bars*
 - Apple Cinnamon
 - Banana
- Oregon Chai
 - Original Chai Latte Mix Canister
- Bhuja's Snacks
 - Seasoned Crunchy Peas
 - Seasoned Peanuts
- Stacy's Pita Chips
 - Original 1.5 oz
 - Parmesan Garlic 1.5 oz
- Lambright's*
 - Locally Made Sorghum Syrup
- Bar-Bell Bee Ranch
 - Raw Honey, 1# & 5#
 - Buckwheat Honey
 - Dandelion Honey
- Crapola! Granola
 - Cranberry Orange Granola 2 lb
- Simply Organic*
 - Gluten Free Banana Bread Mix
 - Gluten Free Carrot Cake Mix

FROZEN

- Blue Horizon
 - Fish and Chip Bites
- Udi's Gluten Free Foods
 - Bagels
 - Lemon Streusel Muffins

- Henry & Lisa's
 - Battered Salmon Fillets
- Prairie Kitchen Scones
 - Blueberry
 - Cinnamon
 - Cranberry Lemon
 - Mandarin Chocolate
- Rudi's Gluten-free Breads
 - Multi-grain
 - White
- Tofurky
 - Vegan Sausage Pizza
 - Vegan Pepperoni Pizza

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- Abracadabra Kid's Bubble Baths
 - Unicorn Lavender Lotus
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- EO
 - Everyday Detangler*
 - Be Well Bubble Bath
 - Nighty Nite Bubble Bath
 - Time Out Bubble Bath
- Aubrey
 - NuStyle Organic Hairspray*
- Badger Balms
 - Yoga Meditation Balm*
 - Stress Soother*
 - Cheerful Mind Balm*
- Tom's of Maine
 - Woodspice Stick Deodorant
 - Sensitive Bar Soap
 - Relaxing Bar Soap
 - Deodorant Bar Soap
- Aura Cacia Kid's
 - Shampoo
 - Body Wash
 - Bubble Bath

- Natural Dentist
 - Stim U Dent Plaque Removers
 - Radius
 - Toothbrushes
 - Cranberry Floss
 - South of France
 - Lavender Liquid Soap
 - Green Tea Liquid Soap
 - Orange Blossom Liquid Soap
 - Clean Well
 - Foam Sanitizer
 - Spray Sanitizer
 - Sanitizing Wipes 10 pack
 - Weleda
 - Arnica Oil, 3.4oz
 - Simplers
 - Calendula Oil*
 - New Chapter
 - Tumeric Force
 - Bone Strength Take Care
 - Enzymedica
 - Digest Basic
 - Naturade
 - Weight Gain Protein Mix
 - Natural Factors
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 - Liquid Multivitamin
 - Liquid Calcium Magnesium
 - Butterscotch EFA blend
 - Quantum
 - Cold & Flu
 - Thera Zinc spray with Echinacea & Elderberry
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 - Insure Herbal Lozenges
 - Bach
 - Rescue Gum
- * Contains Organic ingredients
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Savor the Season

— Shannon Szymkowiak, Promotions & Education Manager

A couple of days before Halloween, I saw a Christmas ad on TV. My initial response was disgust but it was followed quickly by panic. My job at the co-op is Promotions and Education. That means my department is in charge of all events, demos/sampling, health fairs, store tours, presentations, donations, sponsorships, advertising, store signage, special promotions, public classes, staff classes, and a whole mess of other stuff having to do with the public view of the co-op. September and October are traditionally very busy months for our department, with many event and presentation requests for the fall having been on our calendars as early as the previous May.

This year is the co-op's 40th Anniversary. Since October was Co-op Month, Non-GMO Month and Owner Appreciation Month, it seemed a natural fit to concentrate our celebration in October. It was chaos. Between the Annual Meeting, Annual Halloween Party and several health fairs, presentations and store tours, we estimate that our outreach (not counting contact via our Facebook page, website or in-store demos) touched roughly 1,400 people in the Twin Ports area. That's a lot of chatter about your co-op and it sure makes time fly.

The point is that although we have a dozen irons in the fire at any given time, we are usually already living two months in the future. We are planning and scheduling for December, January and February (August and next October as well). Our calendars already have half dozen things scheduled for 2011. In other words, that Christmas ad I saw was hitting just a little too close to home.

My family does exchange gifts for the holidays, and this year gifts will come from my hands, heart and bees. This is the first year that we have been able to extract honey from our hives. Lucky Summer Honey extracted just over 10 gallons, which, along with some apple butter and pickled mushrooms, should fill a few boxes with tasty treats. It's nice to have that out of the way, but again, that reminder just before Halloween forced me to realize that all of the hats and scarves and slippers I thought I had so much time to knit up back in August are now in serious jeopardy of not being done in time. The nieces and nephews (ten in all) only have six total ears covered at this writing.

But... even with all of the madness and chaos and upcoming holiday frenzy, I am enjoying this fall. The weather has been beautiful and Thanksgiving — my

of honey, knitting & ice cream pie

favorite holiday of the year — is just around the corner. This year, I am fortunate to have three dinners to attend. At one of them, I am the "Dessert Lady" since I make everyone's favorite. The second dinner is a new tradition and I'm not entirely sure what my place will be, food-wise. I'm just glad it is on Friday so I have a chance to digest the first meal. The third, a potluck with friends, will be the most relaxing.

Embracing this season means accepting (and rejecting) some craziness. It's getting in the raft and riding the waves instead of fighting the current with one tiny paddle. It's sitting in the comfort of old traditions and enjoying the excitement of the new. It's turning off the phone for an afternoon, and with dogs at the feet, being fully aware and engaged in the creation of something from your hands and your heart to give to someone you love. Savor the season!

Many years ago, when I made my pre-Thanksgiving calls to all of the family asking what they wanted me to bring for dessert, my nephew Sam said "Oreo Pie". When I asked him what that meant, he said, "I don't know, just a pie with Oreos in it." So, with Country Choice Naturals Chocolate Sandwich Cremes at hand, I got to work. Now Sam and I fight for the last piece.

Sam's Chocolate Cookie Pie

2 pkgs Country Choice Naturals Chocolate Sandwich Cremes
½ gallon Vanilla Ice Cream
1 14.5 oz can Evaporated Milk
2 C Evaporated Cane Juice
4 oz Unsweetened Chocolate
¼ C Butter
1 t Vanilla
½ t Salt

1) Make Sauce: Heat milk and sugar to rolling boil, stirring constantly. Boil and stir 1 min. Add chocolate, stirring until melted. Beat over heat until smooth and creamy. Remove from heat, blend in butter, vanilla and salt.

2) While sauce cools, put 1 pkg of cookies in the food processor and process to crumbs. Press into a deep dish pie plate. At this point, the sauce and crust can be refrigerated for up to a week.

3) At least three hours before eating the pie, take ice cream out of the freezer and soften for about 10 – 15 minutes. While it is softening, crumble ½ package of cookies into large chunks. When the ice cream is soft but not melted, mix in the large cookie chunks and spread half of this mixture into the bottom of the pie pan. Cover this layer with a layer of chocolate sauce (do not use all of it). Fill the pie pan with the remaining ice cream mixture. Drizzle the remaining chocolate sauce on top and return the whole thing to the freezer until serving. You may use some of the remaining ½ package of cookies as decoration if you like, or save them for a treat when the pie is gone.

gluten-free cookies for everyone

Gluten-free/Vegan Chocolate Chip Cookies

Original recipe by Colleen Patrick-Goudreau, modified by Celia Turner and Ellen Turner, Merch Clerk

4 ½ t Ener-G Egg Replacer (or, alternatively, 3 eggs)
6 T Water
1 C Non-dairy "butter" (or, alternatively, real butter), softened

¾ C sugar
¾ C firmly packed Light or Dark Brown Sugar
2 t Vanilla Extract
¾ C Quinoa Flour
¾ C White Rice Flour
¾ C Tapioca Flour
¾ C Almond Flour
1 t Baking Soda
1 t Salt
1 to 2 C Non-dairy Semisweet Chocolate Chips

Preheat the oven to 375 degrees Fahrenheit (190 degrees Celsius). Lightly grease two cookie sheets or line them with parchment paper.

Using a food processor, blender, or electric mixer, whip the egg replacer and water together until thick and creamy. (It may take a minute or two longer with an electric mixer, but it works just fine).

In a large bowl, cream together the "butter", granulated sugar, brown

sugar, and vanilla. Add the egg replacer mixture to this wet mixture, and combine thoroughly. If you decide to make the cookies using real eggs, then add the three eggs at this time (remember that using real eggs would take the place of the egg replacer and the 6 tablespoons water).



In a separate bowl, combine the flours (2 ¼ cups total), baking soda, and salt. Add this dry mixture gradually into the wet mixture until a dough begins to form. When it is just combined, stir in the chocolate chips. The dough will be sticky.

Drop by tablespoonful onto the cookie sheets, about a dozen to a sheet. Bake each sheet one at a time on the top rack of the oven for 8–10 minutes, or until golden brown. Let stand for a few minutes until the cookies set, then remove to wire racks to cool completely.

Makes about 30 cookies.

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WFC-U Winter Class Listings

January – March 2011

January

Warm Up With Winter Soups

Instructor: Anni Friesen

Wednesday, January 12,
6:00 – 8:00 pm

Everyone knows that nothing warms you faster than a big bowl of steaming soup on a cold winter day. In this class, you will learn about the foundation of soup-making, easy tricks to bring your soups from boring to beautiful, and general cooking tips to make moving around the kitchen effortless. We will be making Rustic Farmhouse Chicken Chowder, Roasted Garlic and Butternut Squash Soup, Tuscan Bean Soup, and Classic Broccoli Cheese Soup. Come hungry!

Bread Making 101

Instructor: Kathleen Busche

Saturday, January 22,
9:00 am – 12:00 pm

This hands-on bread class is for people who have never baked bread or have baked bread with less than great results. During this three hour class, participants will learn the fundamentals of successful bread baking from the fool-proof use of yeast to the rising, shaping & baking of bread. Three different kinds of bread will be prepared using one dough: sandwich loaf, cinnamon rolls, and a wild rice, dill and garlic braid. All participants will leave with at least one loaf of fresh bread. Class size is limited to 8 participants, so early registration is encouraged.

More Meals For Two

Instructor: Mary B. Newcomb

Wednesday, January 26,
6:00 – 8:00 pm

This participatory class will feature dishes that can be prepared easily and enjoyed by one or two people. The recipes will include beans and legumes prepared by different cultures around the globe. In this class we will focus on heart-healthy chickpeas, red lentils and white beans. Class size is limited to 12 participants.

February

Southern Cooking

Instructor: Meg Rubesch

Thursday, February 3,
6:00 – 8:00 pm

Cold weather can have even the hardest Northerner thinking about a taste of sunshine. In Southern Cooking, transport yourself to the Deep South to taste some tried and true southern comfort recipes. Learn where southern cooking got its roots and some of the necessities of southern hospitality while you sip on a virgin mint julep. Participate in cooking and baking real southern fare including peach cobbler and the best cheesy grits north of the Mason-Dixon Line. Ya'll better come now, y'hear?

The Mediterranean Diet

Instructors: Shannon Szymkowiak & Adam Sundberg

Tuesday, February 8,
6:00 – 8:00 pm

In the first half of this popular class, Dr. Sundberg will go over the tenets of the Mediterranean Diet and explain why this is one of the healthiest diets in the world. Shannon Szymkowiak will spend the second half of the class showing you how to prepare some exciting dishes that follow the diet's rules.

Tastes of India

Instructor: Koresh Lakhan

Wednesday, February 16,
6:00 – 8:00 pm

Former restaurateur Koresh Lakhan will guide class participants through some of his favorite, easy-to-make Indian dishes. He'll feature such classics as Basmati Rice, Dal (split pea soup), Navratan Korma (mixed vegetables in light cream sauce), Curried Chicken, Naan (flat bread), Chai, and more. This class sells out every time it is offered, so early registration is encouraged.

Something For The Kids

Instructor: Faith King

Saturday, February 19,
10:00 am – 12:00 pm

Finally, the chance to play with your food! This class will teach kids how to put together fast, fun and healthy snacks for after school, weekends and snow days. Kids will learn how to make trail-mix from delicious and nutritious bulk items and they will stick together "Balls of Energy" which are great for hiking, sledding or pre-game snacks. Come ready to snack!

Gluten-free and Vegan Desserts

Instructor: Ellen Turner

Thursday, February 24,
6:00 – 8:00 pm

Come to class with Ellen and embrace the challenge of creating delicious desserts with animal-free and gluten-free ingredients. Whether you have chosen to eliminate all animal products and/or gluten from your diet and have found that you miss eating scrumptious baked creations, or if you simply want to try making alternative baked goods for you or for someone you know, this class could be your first step on the path to sweet enlightenment! A variety of delightful recipes will be explored, prepared, and tasted, and they will all be made with animal-free and gluten-free ingredients. So come take an unforgettable journey through the world of vegan and gluten-free baking. And yes, there will be CHOCOLATE!

March

Kitchen Improv

Instructor: Kathy Pierce

Thursday, March 3,
6:00 – 8:00 pm

Life is full and time is precious, so how can we make good healthy meals for our families on the fly? Come join 'Kitchen Improv' with Kathy for some great ideas and loads of participation. You'll learn how to turn leftovers and every day staple ingredients into delicious meals. Discover what ingredients we should always have on hand for simple dishes without following specific recipes. It's the fun, economical, and healthy way to cook!

"Cold Spot" Cooking

Instructor: Jodie Cope

Tuesday March 8,
6:00 – 8:00 pm

Learn the why and how of the world's disease "cold spots". Cold spots are places where certain diseases such as Heart Disease and Depression are practically non-existent. Join us in learning how to prepare foods from these areas, improve your health, and save money at the same time. Our foods will be focused on grains and beans from the bulk bins along with choice produce of the season. Come hungry!

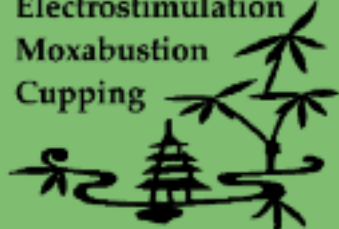
Fermenting Your Foods – Sauerkraut and Kim Chi

Instructor: Jennifer and Andrew Sauter-Sargent

Saturday March 26,
9:00 – 11:00 am

Join us with Spirit Creek Farm owners Jennifer and Andrew as we learn some of the basics of fermenting. In this class we will have the opportunity to taste Spirit Creek Farm products as well as make individual containers of Sauerkraut or Kim Chi to bring home.

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Instructor Bios:

Kathleen Busche

Kathleen Busche is obsessed with bread baking. She has not bought a loaf of bread in over 2 years and bakes bread at least once every 2 weeks — all year round. She specializes in artisan breads using wild yeast, but the roots of her bread baking skills started in her mother’s kitchen, where bread was baked once a week to feed a family of 10. The basic recipe she uses in this class is the same recipe her mother used to teach her how to bake bread. In her free time, she is selling real estate, gardening or biking.

Jodie Cope

Jodie is a Licensed Acupuncturist and Student of the Institute for Integrative Nutrition. Jodie loves to share her passion for food, cooking and health, and most of all putting them all together.

Anni Friesen

With two parents who never shied away from making a homemade meal, Anni learned early on about the importance of staying away from overly processed foods. While working in the co-op kitchen as a deli cook, she gained the knowledge and love of organic and local food preparation. As the P & E Coordinator, Anni learned many tips and tricks from some of the area’s best chefs and became eager to impart those ideas to others on a very basic level.

Faith King

With a degree in Early Childhood Education from UMD, Faith is always looking for new ways to spend time with kids and be a part of their learning. Her work with Head Start, after school programs and leading group art projects along with her hobby of cooking and creating food that is tasty and pleasing to the eye gave her the idea to teach this class encouraging kids to eat healthy and enjoy doing it!

Koresh Lakhan

Original co-owner of the India Palace Restaurant in Duluth, Koresh learned at an early age how to blend spices, select ground provisions, fish, meats, etc., from his extended family with his mother and grandmother at the helm. In Duluth, he has been involved in cooking for various fundraisers, Indian weddings and other festivals.

Mary B. Newcomb

Mary B. Newcomb has been cooking from her garden for more than 35 years. She frequently entertains and encourages young families in their quest to learn how to eat simple foods beautifully and tastefully prepared.

Kathy Pierce

Kathy leads an active lifestyle in Hayward, WI. She is a full time sports camp director, loves to run, ski, bike, and sew. Most weekends you’ll find her in the kitchen visiting with guests who have ‘dropped in’ for a meal. This has helped her develop innovation and creativity in the kitchen. Kathy has recently started a new venture: ‘Velvaerely’, a retreat home where she can try out her culinary creations for her guests!

Meg Rubesch

Family ties to the south initially sparked Meg’s interest in southern-style recipes, and while living in the South she did just that. Meg’s adventures in the South have ranged from searching for the best spicy gumbo in New Orleans to the perfect key lime pie in Southern Florida. Meg’s interest in cooking and eating well are also important for fueling her and her husband’s endurance ultra-marathoning.

Jennifer and Andrew Sauter-Sargent

As the owners of Spirit Creek Farm, Andrew and Jennifer have a deep commitment to the local economy and environment. They live in an off-the-grid solar panel farm, and in 2007 they built a certified kitchen so that they could share some of their lacto-fermented foods. They currently sell Kim-Chi and Sauerkraut to WFC.

Adam Sundberg

Adam is a chiropractor at Duluth Chiropractic Clinic who regularly gives presentations on how to live a healthy life. In his practice he uses chiropractic, rehabilitation, soft tissue therapies and education to help his patients meet their health needs. Adam is also a long-time resident of the North Shore of Lake Superior and loves all this area has to offer.

Shannon Szymkowiak

Shannon Szymkowiak is a foodie, a gardener, a novice beekeeper and a proud member of the local Slow Food Convivium. She also happens to be the Co-op’s Promotions and Education Manager, with over 17 years experience in the natural foods industry, 10 years in food service and a passion for creating great food from scratch.

Ellen Turner

Ellen is an avid baker, especially of all things chocolate. Her love of baking started early in life in the family kitchen, where she helped her parents bake by being the official sampler. She continued baking all through high school, at which point she began to explore the challenge of vegan and gluten-free baking due to the dietary choices and restrictions of friends and family. Now she can’t stop experimenting with alternative baking and hopes to someday open Duluth’s first vegan and gluten-free cupcake shop!

Class Instructions:

1. Please be on time! Late arrivals are disruptive to all participants. The classroom is open at least 15 minutes before each class to allow you plenty of time.
2. Anyone arriving more than 10 minutes late will not be allowed into the class and will be counted as a no-show as a courtesy to the other attendees and instructor(s).

3. Upon arrival, please go to the Customer Service Counter where you will be escorted to the classroom. A staff member must accompany all class participants when they are not on the sales floor.

If you have any questions, please contact Jill Holmen or Chris Rubesch at 218-728-0884 or email pe@wholefoods.coop

Registration:

1. In person: Go to the CSC (Customer Service Counter) and let them know which class you’d like to sign up for. Cash, check, credit card, and WFC gift cards are accepted.
2. By phone: Please call 218-728-0884. We do need payment at the time of sign-up, so have your credit card ready.
3. On line: www.wholefoods.coop

Fees and Cancellations:

1. Class prices are \$25 (\$20 for Whole Foods Co-op Owners) unless otherwise noted.
2. You must register 48 hours in advance in order for us to shop accurately for the class. Space is limited, so we encourage you to register early.
3. Classes and lectures must have a minimum of 6 students signed up in order to take place.
4. If there are less than 6 students registered, each student will be called by WFC and informed of cancellation.
5. Refunds or class credits (to be used within the next three months) will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.
6. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows.

Happy Cooking!

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 July–September 2010 quarter, management reported the following progress on **ENDS** to the Board:

- \$46 for mileage reimbursement for WFC employees who chose to volunteer for local growers who supply produce to WFC.
- Continuation of staff time and technical support to offer cross-dock opportunities linking WFC’s local growers with area food co-ops.
- Continuation of donation to Duluth Community Garden Program of \$0.10 for each packet of organic garden seeds sold (762 packets sold).
- Management participation in community meetings and logistical support for the Safe and Walkable Hillside Committee, Hill Fest 2010 and the Green Jobs Committee/Community Farm Proposal.
- \$5,000 donation to the Duluth Community Garden Program in support of its mission to strengthen the Duluth area community and foster self-sufficiency by providing access for all to food production and preservation resources promoting sustainable gardening practices. (www.duluthcommunitygarden.org)
- \$2,500 donation to Neighborhood Housing Services in support of its mission to create healthy, economically viable and stable neighborhoods. (www.nhsduluth.org)
- \$1,000 donation to *Food for Change*, a documentary film about the history of the cooperative movement in the United States and the present role that food co-ops play in the creation of regional food systems. (www.foodforchangemovie.com)
- Sponsorship for free-to-everyone showing of *Ingredients*, a food system documentary, at the Zinema on August 15, 2010.





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4Editor's Note: The Eat Local Challenge had more people than ever sign up. In the last Gazette, I offered up an opportunity for our readers to enter a recipe contest. The recipes that follow were all delicious entries, but winners did have to be chosen. You will see the winning entries marked as such. Additionally, one of our entrants has a blog and she shared part of it along with her recipes. Enjoy the trials and tribulations along with her delicious recipes.

From the blog of Renee and Pete Willemssen, WFC Owners:

Quite a few people have asked if we REALLY did eat local for the entire month. I'd say we did a pretty amazing job! We enjoyed some fantastic, fresh meals made from ingredients from our garden, the farmer's market and our co-op.

Reflecting back on the experience, some of our initial challenge areas were:

Breakfast

It's hard to eat local eggs in front of your three-year-old when she can't enjoy them. So we had to think of alternatives. Skoogie probably could have eaten waffles all month. Store-bought cereal was out of the question. But we found oats and a hot cereal in the bulk section of Whole Foods that are from locally owned businesses. We topped the hot cereal or oatmeal with local honey and berries we had picked at Shary's Berries (<http://www.localharvest.org/sharys-berries-M6232>) & Lakewood Berry Farms (<http://www.localharvest.org/lakewood-berry-farm-M6083>) as well as milk from Dahl's Dairy (<http://www.dahlsunrisedairy.com/>). We even used the milk to make tasty Greek yogurt that we dolloped on homemade granola. We also found local sausage and bacon to add to our pancake and waffle breakfasts. I'd have to say that the breakfasts had a lot more flavor than cereal that often tastes like the cardboard box it comes in. In fact, so far we haven't bought any more of those boxes.

Lunch

Pete and I ate a lot of leftovers or garden salads for our lunches. But we let the kids have a little more free range for lunch. Initially, we made some homemade tortillas for soy butter wraps with homemade strawberry jam. That was a one-time deal as it felt like one extra step that we just didn't need to add to our lives. They actually didn't eat macaroni and cheese during the entire month. While we haven't eaten it yet, they both cheered when they saw there was a sale on their favorite bunny pasta! We did make fresh bread a couple of times and enjoyed salmon, salami and other smoked treats from Northern Waters Smokehaus (<http://www.northernwaterssmokehaus.com/>). Skoogie and O would run down to our garden and grab peas, beans, cherry

tomatoes and carrots to munch on. Generally we would buy one non-local fruit a week, but for the most part found local options. All in all, I would say The Eat Local challenge actually got us out of a lunch rut, and we've been able to introduce more variety (see lunch ideas — <http://drupal.willemsenworks.com/node/44>, <http://drupal.willemsenworks.com/node/41>, <http://drupal.willemsenworks.com/node/38>).

I also got better at utilizing dried beans bought in Whole Foods bulk section. Once I got in the habit of remembering to soak the beans, I could make a batch and store it in the refrigerator for various meals. If we ate out, we went to a locally owned restaurant and most try to use local ingredients — with the exception of the celebratory beginning of school dinner at Hanabi. In



Local farmer (and WFC Produce Assistant) Jahn Hibbs with the most beautiful display at the Fest.

some situations, it did require a little more planning and preparing, but we had some fabulous meals! Below is one of the dinners we were inspired to create. With the exception of a few pantry items, the ingredients are local and the result is super FRESH fish tacos. Since kids love "little packages," this meal is a great way to introduce them to fish. You can also have tortilla chips as a side, allowing the kids to try the pico de gallo with a safe and familiar chip before having it on a taco.

SUPERIOR Fish Tacos

WINNER BEST TASTING

Marinade for Fish:

Zest from 1 Lime
2 T Lime Juice
1 T Olive Oil
1 t Kosher Salt
Dash Pepper
½ C Cilantro

Pulse the following in a food processor to make a paste. Set aside.

Place 3–4 fillets white fish (or other local fish) and rub the marinade on the fish. Let set for 15 minutes while making the pico de gallo and slaw.

Pico de Gallo:

1–2 Tomatoes, seeded and chopped (depending on size)
½ Onion, chopped
4 T Cilantro, chopped
1 Jalapeno, chopped (or more/less to your taste)
juice of one Lime (or a little more to your taste)
Kosher salt to taste
Pepper to taste

Slaw:

Make a dressing consisting of:

⅓ C Olive Oil
⅓ C Red Wine Vinegar
¼ C Cilantro
pinch Kosher Salt
pinch Sugar

Cut the following into matchstick sized pieces, pour dressing on and mix together.

½ Green or Purple Cabbage (or a little of both)
3–4 Carrots
1 Apple

Corn Tortillas:

You can follow the directions for corn tortillas on the package of Maseca corn masa flour, or try and find local corn tortillas. To prevent corn tortillas from splitting, heat them over a gas flame on a stove. Or wrap the tortillas in a damp kitchen towel and microwave for 1 minute.

Grill the fish fillets 1–2 minutes per side and then shred into bite size pieces. Top the tacos with shredded local white cheddar in addition to the pico de gallo and slaw. The slaw can also be eaten as a side and the pico de gallo goes great with tortilla chips or served on other dishes.

Multigrain Banana Muffins

WINNER MOST LOCAL INGREDIENTS

Steve Rosen, WFC Owner

6 Bananas, mashed
8 Eggs
½ C Milk
½ C Organic Wheat Germ
¼ C Ground Flax Seed
1 C Organic Oats
1 C organic Buckwheat
1 C organic Wheat Bran
1 C organic Raisins
½ C Organic Oat Bran
¼ C Organic Walnuts, chopped
¼ C Organic Pecans, chopped
½ C Organic Sunflower Seeds, raw
¼ C Organic Sesame Seeds
1-1/2 T Baking Powder,
1 t Sea Salt
Dark Chocolate or Carob Chips (optional)
Organic Dried Cherries (optional)

Blend first three ingredients together. Then add the rest of the ingredients. If needed, add buckwheat flour until mixture is of the right consistency — like a very thick pancake batter.

Spoon into unbleached baking cups in muffin tin and bake at 360 degrees for about 20 minutes. Check at 18 minutes — if it doesn't spring back when you touch it with your finger, return pan to oven until it does. For those with gluten sensitivity, substitute more buckwheat for the wheat germ and wheat bran.

These are great with organic butter. My kids love them.

Perfectly Healthy Banana Vanilla Muffins

WINNER MOST KID FRIENDLY

Pam Smith

2 Ripe Organic Bananas
1 C Stonyfield Vanilla Yogurt
1 t Vanilla
2 Organic Eggs
2 C White Whole Wheat Flour (Bulk Dept)
1 C Turbinado Sugar
1 t Baking Soda
½ C Organic Walnuts, chopped (Bulk Dept)

Preheat oven to 350 degrees. Smash bananas with a fork, whisk in eggs, yogurt and vanilla until smooth. Stir in flour, sugar, baking soda and walnuts, mixing well. Divide among 12 muffin tins that have been sprayed with no-stick spray. Bake 20 mins. Let cool 10 mins before removing from tins by running a butter knife around them. Yields 12 muffins.

We use old starter bread for crumbs, which includes whole wheat flour, bread flour and cornmeal. Chop the old bread into fine crumbs in a food processor. We sometimes include leftover peanut butter and jelly sandwiches from the grandchildren.

Joanne's Cambridge Bread Custard Pudding

Joanne Spears, WFC Owner

1½ C fine Bread Crumbs
5 eggs
1-1/4 C Milk or Soy Milk
½ C Sugar
¼ t Salt
1 t Vanilla Extract
½ t Nutmeg
½ C Raisins (or any small dried fruit)
½ C Walnuts, chopped

Spread the bread crumbs evenly in the bottom of a greased pie plate. Sprinkle the dry fruit over the breadcrumbs. Beat together the eggs, milk, sugar, salt, vanilla and nutmeg. Pour the wet ingredients over the breadcrumbs and dry



Local isn't just farming... Alotti Biscotti and Alakef Coffee are two local favorites at the co-op.

fruit. Sprinkle chopped nuts on top. Bake at 340 degrees for 45 minutes. Serves 8. Serve with fruit sauce or plain. Serve on plates or as finger food.