



# co-op outreach



Served with asian-inspired ribs, the kale kimchi and ssamjang make a delicious meal.

The following two recipes are from the **One Vegetable, One Community Iron Kale Chef Cook-off**, August 6, 2011, at the Midsummer Food Fest at your Co-op. Thank you Chester Creek Café for sharing your recipes with our readers!

## Kale Kimchi

—Chef Bruce Wallis

- 3 quarts chopped kale
- 2 quarts chopped Napa cabbage
- 1 c sugar
- ¼ c kosher salt
- 2 c shredded carrot
- 2 c thinly sliced green onion
- ½ T red pepper flakes
- 2 T whole mustard seeds
- 3 T fish sauce
- 3 T tamari
- 2 T sesame oil
- ½ c rice wine vinegar
- 2 T sherry vinegar
- 1 T sambal oelek

Place greens in a bowl and sprinkle with sugar and kosher salt. Let rest for an hour to draw out the moisture. When greens become limp, toss and taste. They should taste sweet and salty, but if they are excessively salty, rinse slightly.

Mix with remaining ingredients and pack into an appropriate container. (We

use a two-quart Lexan container with a tight-fitting lid). Kimchi will be ready to serve after an hour, but better after two days. Store, lidded, under refrigeration for up to two weeks.

## Kale Ssamjang

—Chef Bruce Wallis

- ¼ c rice flour
- 1 c miso
- ¾ c Sriracha sauce
- ¾ c sambal oelek
- 1 c honey
- ½ c sesame oil
- ¼ c minced garlic
- 2 c chopped kale, packed
- ¼ c toasted sesame seeds

Bring four quarts of salted water to a boil. Quickly blanch kale (about 45 seconds), remove, and shock in ice water. Drain and squeeze out excess moisture.

Combine blanched kale with remaining ingredients in a food processor and process until a slightly chunky sauce is obtained.

Yer co-op nabbed the Spicy Spirit award at this year's United Way Chili Cook-Off. Ain't they good lookin'?



Halloween 2011 and your WFC goblins

CHUM's Rhubarbara makes an appearance at your Co-op.



Annual Meeting registration super-squad: Lisa Anderson, Andy Theuenick, Amanda Borgren, Dale Maier & Shannon Szymkowiak.



Awesome attendance at the Annual Meeting this year: great job Owners!



# back 40 extending our reach

by Michael Karsh, Produce Manager

Back in October of this year I received an invitation from a group of Amish farmers to come to their community and visit at the home of Jonas Hochstetler. Our relationship with these growers grew directly out of a desire to increase the overall volume of local produce that was purchased, as well as to expand the range of offerings. As our business grew, especially after our relocation, we soon found that we were sending money out of our region for things like corn, melons, tomatoes, etc... early, late and during the height of the season that we could better direct to support and build up a regional food production infrastructure.

From the first cold letters we sent to organic certification associates throughout the state we began working relationships with growers mostly in the Harmony, MN, and surrounding area. We have enjoyed the produce and small talk from these growers for—in some cases—4+ years and had never had the opportunity to meet face to face. In our learning curve we found that while we sent letters to many growers, the overwhelming response was from Amish growers who sought better markets for their products than produce auctions and consolidators like Organic Valley were offering.

While common wisdom might be that all Amish agriculture is chemical free, in fact the use of chemicals is not uncommon, though certified organic growers are a strong and increasing portion of the farms. Many of the growers, like Harvey Lambright of Lime Springs, IA, have large mixed operations including beef cattle, pigs, grain and sweetener production in addition to produce; throw in some timber furniture and you have a quick snapshot. Diversified and responsive operations are the norm, with a number of growers producing items they may have never eaten before because of our ready market. We have also been diversified in our offerings at WFC because of our relationship, including the sorghum offered next to the maple syrup here in the store.

As with all of our growers, creativity is required to maximize production and work with limited resources. We often think of absence of electricity and use of cars as a barrier, but through cooperating with others on the periphery of the community these growers are able to coordinate orders and make their operations mesh with our admittedly high-tech approach. We may have to coordinate with a courier to pick up product, but facilities like Jonas' beautiful packing shed (recently cleaned from

hosting a wedding), which houses the community's box supply, provide ice-cooled storage (the ice room was still 1/3 full after the heat of summer) and staging options for the ever-expanding circle of growers. We may crunch numbers on expected demand, but the in-ground water/boiler system stokes the growth of those early tomatoes. They may be sending semi-truck loads of pumpkins and squash to Missouri, but they are increasingly putting in greens, lettuce and all manner of vegetables for us. Like many of our growers, they have also been inspired by Eliot Coleman's work in season extension, with several having attended his presentation at Seed Savers some years past.

WFC has benefitted from working with this group of folks, who have much in common with our own farmers close to hand: ingenuity, honesty, hard work and a healthy interest in sustainable futures for their families. Sitting around Jonas' massive kitchen table, under the polished metal disk that would hold a lamp come twilight, with growers ranging from 25 years old to three times that age we looked ahead to the 2012 season, talked varieties and quality and what WFC would be offering from their fields as our shoppers continue to support local and regional growers in greater numbers! GG

And from "Dr. Karsh", we have a fast way to use of left over rice and a few vegetables from the crisper.

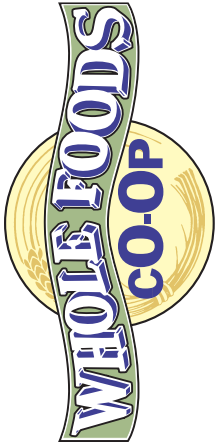
## Curried Zucchini Croquettes

—Michael Karsh, Produce Manager & WFC Owner

- 3 c cooked brown rice, preferably short grain
- 1 large zucchini, unpeeled and finely shredded
- 1 medium carrot, washed and finely shredded
- 1 clove garlic, finely minced
- 1 c Gluten Free flour mix or regular wheat flour
- 1 t salt
- ½ t curry powder
- 2 eggs
- 2 T oil

Combine all ingredients in a large bowl, mixing well to combine the eggs. Scoop out in small balls and flatten into shape on a 375° F oiled skillet. Fry, flipping as needed to brown on each side. Served hot, they are great w/ cheese, salsa or most any dish as a side. They make nice cold snacks as well! Makes 14-18 depending on sizing.





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WINTER 2011-12

GAZETTE





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## GARBANZO GAZETTE

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7 am – 9 pm every day

**Ownership Investment:**  
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Further ownership information is  
available at the Whole Foods Co-op.



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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. It's a great way to introduce your friends, family and co-workers to your Co-op!

# management report

by Sharon Murphy, General Manager

## TREATMENT OF CONSUMERS

*The General Manager will not be disrespectful nor fail to respond to customer concerns. Accordingly, the General Manager will not: Operate without a system for soliciting and considering customer opinion regarding preferences, product requests, complaints and suggestions. Allow an unsafe shopping experience for our customers.*

Board Policies/Executive Limitations Policy B8

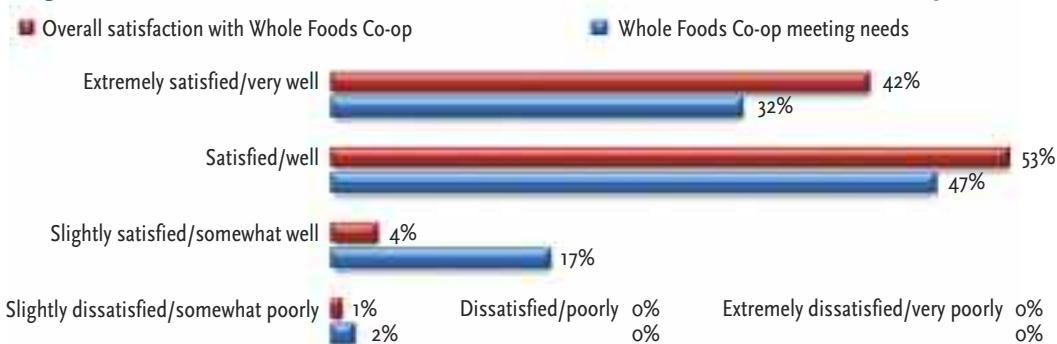
Along with responding to customer comment cards, phone calls, emails and questions from customers in the store, I interpret compliance with the above Treatment of Consumers Policy to include studying and incorporating themes from shopper surveys into improvements for day-to-day operations. Since opening at this location, WFC has sponsored every-other-year shopper surveys in the same format as that used at many food co-ops around the country. The data

cent said WFC is meeting their needs well or very well compared to 95 percent who said they are satisfied or extremely satisfied with WFC as a whole. This gap suggests that shoppers seem to value the existence of WFC slightly more than they rate the services delivered. The observed gap between satisfaction with WFC and the store's ability to meet shopper needs is consistent with similar surveys the Survey Research Center has done for other food co-ops. The average gap in the national



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

Figure 1: two measures of Owner satisfaction with Whole Foods Co-op



is compiled and analyzed by the University of Wisconsin River Falls Survey Research Center. We've been able to compare responses to previous years of our own data AND to compiled data from other food co-ops.

Consumer response to our 2011 Shopper Survey was nearly 300% higher (1,187 responses, 98% from Owners) than in 2009 (434) and has given us a lot to think about. Owners were asked to rate their overall satisfaction with the Co-op and to indicate how well Whole Foods Co-op meets their overall needs. In Figure 1, overall satisfaction with the Co-op is shown in the top bar in each pair and the Co-op's ability to meet owners' overall needs in the bottom bar.

The degree to which Owners are satisfied with WFC is considerably higher than their assessment of WFC's ability to meet their needs. Seventy-nine per-

cent said WFC is meeting their needs well or very well compared to 95 percent who said they are satisfied or extremely satisfied with WFC as a whole. This gap suggests that shoppers seem to value the existence of WFC slightly more than they rate the services delivered. The observed gap between satisfaction with WFC and the store's ability to meet shopper needs is consistent with similar surveys the Survey Research Center has done for other food co-ops. The average gap in the national

database is 17 percent compared to 16 percent at WFC. The gap may imply that shoppers like the idea and philosophy of the coop but, for one reason or another, find that WFC has not been able to satisfy all their overall needs. See what I mean about interesting? Along with pages of data analysis, there were 68 single-spaced pages of comments from which the Management Team, Assistant Managers, Promotion & Education Coordinators and Managers on Duty wrested a list of themes and proposed action steps for each department. Overall, while price remains the dominant concern, the desire to replicate WFC, warts and all, in other neighborhoods and communities, remains the dominant hope.

Some of the changes resulting from survey analysis that you can expect to see in coming months:

- More dynamic promotions/more frequently
- Reduction in congestion on the sales floor during restocking to improve customer access to products
- Expansion of fresh/frozen meat and seafood products
- Addition of a customer service center in mid-store with a focus on body care and supplement information and expansion of the selection of body care and supplement products
- Combine grab & go beverages in one location near checkouts
- A web site face-lift
- Link the image of the Owner swipe card with Owner Extras signage
- Expand fresh bread options
- Hot bar available at 7 AM
- Implement ordering system for made-to-order sandwiches
- Staff the express checkout lane throughout each day
- Expand the indoor seating area
- Improve safety, landscaping, traffic flow and outside seating aspects of the customer parking lot

Thank you so much to all of you who took the time, and it was a chunk of time, to respond to WFC's 2011 Shopper Survey. You've helped us to focus on improving our performance and made us feel appreciated! GG



SAD to See  
the Season  
END?

So are We.  
Thank-you for the great summer  
and fall, remember to have fun  
on the slopes this winter!

Max Organics  
PRODUCE FROM PARK POINT







# board report

## the power of cooperation

by David Helf, WFC Board of Directors

**T**he Power of Co-operative Principles" was the theme for the annual meeting of the NCBA that Board President Chris Edwardson and I recently attended. It was held in Minneapolis—right here, in the state with the largest number of co-ops in the U.S. This annual event brings together all types of co-ops. The question I wanted answered was: how do other sectors of the co-op world use the seven cooperative principles?

The conference itself illustrated Principle Six: Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

Other answers came quickly. The principles make credit unions much different from banks, even though both provide financial services. (Principle Three: Member economic participation) Profits are returned to Member-Owners

through lower costs and better service. I don't need to remind you how banks have operated in recent years. Though energy co-ops deliver utilities to homes just like other providers, they are owned by their members and THAT makes a vast difference. Extending utilities to remote locations can be justified by the Seventh Principle, Concern for Community, and not just by whether future

try, retail grocery, is quite different from other co-op sectors, the values we share with other cooperative industries make us very alike.

The ideas we brought home ranged from the mundane (ways to communicate better, how to do strategic thinking) to the inspiring.

One speaker, John Restakis, author and Executive Director of the British Columbia Co-op Association, reminded us that cooperatives worldwide employ more people than all the world's multi-nationals combined. And, he pointed out that the cooperative vision continues to thrive and hold the keys to the emergence of an economic model that is capable of remaking and humanizing

the current capitalist system. Not a minor thing- many of you might agree a little re-working couldn't hurt!

This is impressive. Co-op businesses are powerful grassroots movements, democratically run, durable and nimble,



David Helf

and their first duty is to serve Member-Owners. It is good to learn once again that Whole Foods Co-op is part of something important, and that we are not just about selling groceries.

Another major theme was the International Year of the Cooperative, as declared by the United Nations' Celebra-

tion; recognition of co-ops worldwide began on October 31, 2011, and continues through 2012. In our vestibule, you'll soon see the banner with an IYC proclamation which many of you signed at our Annual Meeting. We will recognize the International Year of the Co-op in various ways, so stay tuned.

A few websites you may be interested in:

NCBA (International initiatives): [www.ncba.coop/ncba-clusa/home](http://www.ncba.coop/ncba-clusa/home)

International Co-operative Alliance: [www.ica.coop/al-ica](http://www.ica.coop/al-ica)

John Restakis: [www.newsociety.com/Contributors/R/Restakis-John](http://www.newsociety.com/Contributors/R/Restakis-John)

Thanks for reading! GG

### 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.

profits are enough.

In insurance, housing, wholesale purchasing, in the production, distribution and sales of food, in diverse industries, we heard stories about building value for members. Although our indus-

## 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 co-operative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.* In the July-September 2011 quarter, management reported the following progress on ENDS:

- \$5,000 to Duluth Community Garden Program for support of neighborhood gardens.
- \$3,000 to Lake Superior Farming Association for scholarships to the Farm Beginnings Program.
- \$2,012 to the National Cooperative Business Association to support promotion of 2012 as the International Year of Cooperatives.
- \$200 to CHOICE, unlimited ARTS Program.
- \$1,000 to Neighborhood Housing Services to support the 2011 Hill Fest event.
- \$350 to the Cooperative Development

Foundation for the Howard Bowers Scholarship Fund to help cooperatives build a better world; contributions in October 2011 will be directed to new food co-ops and groups organizing food co-ops.

- Management participation with and logistical support for the Good Food Network Steering Committee, the Duluth Farmers Market, Food & Water Watch/Fair Farm Bill, the Duluth Community Farm Steering Committee, the Grant Community School Collaborative Board and the East Hillside Youth Theatre's production of Our Peace O' Ground.

# the buzz

## wfc staff news & award winners

by Jill Holmen, P & E Coordinator

**A** heartfelt congratulations to JP of the Produce department for passing his board exams, making him certified to take X-rays in the U.S.! We're proud of you, JP!

### Staff Anniversaries

#### January

Angela Hanson, Deli	1 year
Alex Mohrbacher, Produce	5 years
Debbie Manhart, Deli	12 years
Eric Reed, Merchandising	7 years

#### February

Amanda Borgren, Finance	4 years
Aaron Connolly, Deli	1 year
Kala Edwards, Deli	6 years
Justin Hemming, Deli	12 years
Lisa Moran, Front End	1 year
Sharon Murphy, General Manager	32 years
Rianna Reiter, Deli	6 years
Shannon Szymkowiak, Promotions and Education	9 years

### SEPTEMBER



**Gumby Award:**  
Justin Petite (JP),  
Produce Clerk



**Gumby Award:**  
Angie Hanson,  
Deli Cook



**Customer Service:**  
Barbara Akre,  
Deli Cook

### OCTOBER



**Gumby Award:**  
Jordan Schreiber,  
Merchandising Clerk



**Customer Service:**  
Bryan Wentworth,  
Deli Counter Clerk



**Safety Award**  
Michael Olker,  
Front End Asst. Manager

### NOVEMBER



**Gumby Award:**  
Ellen Turner,  
Merchandising Clerk



**Customer Service:**  
Per Swenson,  
Merchandising Clerk



**Customer Service:**  
Hally Sharrow,  
Front End & Produce

*The recipe for this fanciful dessert comes straight from my mother's recipe file, and brings back fond memories of my childhood.*

—Barb Akre, September  
Customer Service Award Winner

*Floating Islands may have originated in France (as Flottantes). There are many variations online, including versions by Julia Child and Wolfgang Puck, who top it with caramel. Others use fresh strawberries or drizzled chocolate but it's great just by itself!*

### Floating Islands

—Barb's Mom

Beat 2 egg yolks and 1 whole egg in top of double boiler. Blend in ½ C. sugar and ¼ t. salt. Pour in 1½ C. scalded milk. Cook over simmering water, stirring constantly til custard coats a silver spoon. Blend in 1 t. vanilla Beat 2 egg whites until stiff. Fold in 4 T. sugar. Drop meringue islands on custard. Bake in 375° oven until peaks "islands" are browned. Serve warm, or chill and serve cold.





## Customer Comment

### Why did I not receive my Co+op Deals flier in the mail in July and August?

Up until just over a year ago, we sent out the monthly NCGA sales fliers (then named CAP fliers) with the Gazettes which were (at that time), every other month. On the opposing months, our Owners did not get the fliers for a total of six per year.

When the Gazette went to 4 issues yearly, the fliers also went out 4 times a year, but it was not for an entire year since, in the meantime, the NCGA decided to go to a twice monthly flier (now known as Co+op Deals). At this point, we needed to decide what would be the best course of action with the additional flier each month and no additional budget with which to send them.

The idea was to test-run sending both of them out at the same time every month as a stand alone during months without the Gazette or inserted in the Gazette in Gazette months. All specials would also be available on our website.

During this time, it became apparent that with our ever-growing Ownership base and increasing mailing costs, mailing out fliers to 6,400+ households every month would not be feasible or sustainable. After discussing with key Managers, it was decided to test out the possibility of not sending them out in July and August to gauge customer response.



It has always been the plan to continue to send fliers with the Gazettes (4x yearly) with the possibility of also sending during either Owner Appreciation months or key months like

November (Thanksgiving) or January (New Year's resolutions). In other words, we would be reverting back to 6x/yr, but with two fliers in each mailing (12 fliers/yr for Owners). This would be dependent on customer feedback regarding home delivery of the Co+ flier after the test run in July/August. Fliers continue to be available on line.

We heard no complaints or concerns during July, but we did receive a rash of them in August. We would like to know specifically what customer concerns are. Is the problem that customers don't have internet access or is it that they did not know they could get the fliers online? Any additional info other than "I want it mailed" will help us moving forward to make the best decision for our Owners and the Promotions budget. I welcome your feedback.

Thank you, Shannon, P & E Manager  
shannon@wholefood.coop

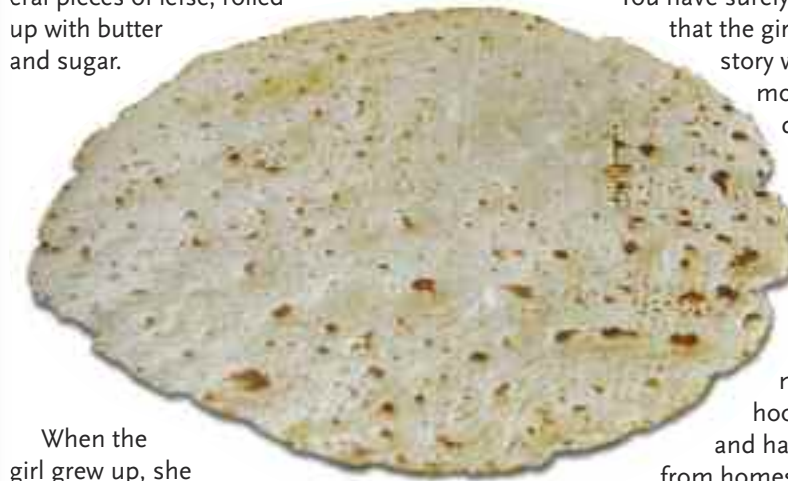
## in balance with ayurveda

### I remember mama

by Bonnie Ambrosi, WFC Owner

*Editor's note: Ayurveda is a Sanskrit word meaning "the complete knowledge for long life" and deals with measures of healthful living during the entire span of life and its various phases. Ayurveda stresses a balance of three elemental energies: vata, pitta and kapha. When these three regulatory principles are in a more balanced state, the body will function to its fullest.*

Long ago, a girl grew up in rural Cass County, Minnesota. Her father, a lumberjack, was Norwegian, her mother Swedish. The girl grew up hearing both languages spoken, as the grannies who lived with them spoke very little English. The family lived simply, as they had little money. This girl walked to school carrying her lunch, which usually consisted of several pieces of lefse, rolled up with butter and sugar.



When the girl grew up, she married a country preacher/farmer from Indiana and spent the rest of her life on his family farm, where they raised three kids on a shoestring. She planted big vegetable gardens and filled the cellar with good things to eat. She helped the farmer work the fields and put up hay. She helped the farmer's mother milk the cows and make butter. She often took the children for walks in the woods. And she became a preacher too, at the little church just down the road from the farm.

It was a good life, but she was far from home. In those days long-distance phone calls were an expensive luxury, and interstate travel was not so easy, so she was sometimes homesick. As often happens, food offered a way of preserving memories of home. At Christmas, she baked the same cookies and tea rings as her mother had done. And she made lefse. She cooked it right on top of the big, black iron cook stove — not for the children's everyday lunches, but

on the day before Christmas, with the whole family gathered in the kitchen.

There were no other Norwegians in that little corner of Indiana, so no one else knew about lefse. But her family loved it. They all gathered around to help roll it out thin and turn it on the floury stove top, and gobble it up warm, with butter and homemade jelly. Those were very happy times.

You have surely guessed that the girl in the story was my dear mother, Mildred Berge Williams. Like Mamma, I too have moved far away from my childhood home and have suffered from homesickness.

And now I too make the traditional Christmas cookies and tea rings. And I make lefse often, not just at Christmas. It is my older daughter's favorite thing to take in her lunchbox. **CG**

**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](mailto:grihastashrami@gmail.com) or visit her website at [grihastashramiyoga.com](http://grihastashramiyoga.com)

*Here is the recipe for lefse that my mother gave me many years ago. (I miss you, Mamma.)*

### Mama's Lefse

- 5 c potatoes, peeled and cooked\*
- ½ c butter
- 3 T powdered sugar, optional
- 2 c flour
- 1 t salt

Drain the cooked potatoes and let them dry for a few minutes in the pan. Put them through a ricer if you have one. Mash the potatoes thoroughly—try to get all the lumps out. Add the butter. Let the potatoes cool then add the sugar, flour and salt. Mix well, kneading with your hands and adding flour a little at a time as needed to get a nice, smooth, workable dough. Don't use more flour than necessary.

Roll out pieces of dough into very thin rounds on a well-floured board. Bake them on a fairly hot, ungreased cast iron skillet or on an electric griddle—or on top of a wood-fired cook stove, if you are so fortunate. Turn once or twice, until the lefse is brown-spotted on both sides. Be patient. Serve with butter and jelly. To save them, cool on racks, then layer with waxed paper and refrigerate or freeze.

*\*Mamma told me that for best results one should use a very dry potato, such as Idaho; moister potatoes require more flour and you lose the potato flavor.*



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Shiatsu Practitioner





## Your cover recipe:

### Gluten-Free Perfect Chocolate Cake

—Ellen Turner, Merch Clerk & WFC Owner

#### Cake:

- 1 c cocoa (unsweetened)
- 2 c boiling water
- 2/3 c white rice flour
- 2/3 c quinoa flour
- 1/3 c + ¼ c tapioca flour
- 1/3 c + ¼ c coconut flour
- ¼ c potato starch flour
- 3/4 t xanthan gum
- 2 t baking soda
- ½ t baking powder
- ½ t salt
- 1 c butter
- 2½ c granulated sugar
- 4 eggs
- 1½ t pure vanilla extract

\*Note: There are 2 ¾ cups flour total.

#### Chocolate Buttercream Frosting:

- 6 oz unsweetened baking chocolate
- 1 c butter
- ½ c heavy cream
- 2½ c powdered sugar, sifted

#### Filling:

- 1 c heavy cream
- ¼ c powdered sugar
- 1 T pure vanilla extract :

Preheat the oven to 350° F. Butter three 9-inch round cake pans and then line them with rounds of waxed paper, butter the waxed paper, and dust them with flour. Set aside.

Combine the cocoa with the 2 cups of boiling water, stirring until smooth. Cool completely. (Place in the fridge or freezer to speed up the cooling process).

Sift together the flours, xanthan gum, baking powder, baking soda, and salt in a medium-sized bowl and set aside.

In a large bowl, cream together the butter, sugar, eggs, and vanilla. Add the dry ingredients alternately with the cocoa mixture to the creamed mixture. Do not overmix. Blend just enough to moisten the dry ingredients.

Pour the batter into the cake pans, dividing it equally among the three prepared pans. Bake for 20-25 minutes (sometimes a bit longer, depending on the oven), or until a knife inserted into the center comes out clean and the sides begin to pull away from the pan. Cool in the pans on cooling racks for ten minutes and then remove the cake

from the pans to cool completely before frosting.

While the cake is cooling, prepare the frosting. In a medium saucepan, melt the chocolate and butter. Stir in the cream until smooth. Remove the pan from the stove and place it in a large bowl filled with ice. Using an electric mixer, beat in the powdered sugar until the frosting becomes thick, creamy, and spreadable. This may take several minutes.

Whip all of the filling ingredients together until stiff. Chill until ready to use.

Construct the cake when all the parts are cool. Spread the filling between the layers and the frosting on the top and sides. If desired, top with chocolate shavings or fresh raspberries.

Serve soon after completion or chill .

### Super Duper Party Taco Dip

—From the Kitchen of Lisa's Aunt Shirley

- 8 oz softened cream cheese
- 8 oz sour cream
- 1 can refried beans (Amy's Refried Black and Refried with Chilies mixed together for a double recipe is a great combination)
- 2-3 T Bulk Taco Seasoning, or one packet

Mix on slow speed until well blended. Spread over 9x13(ish) platter.

Layer over the top of the bean mixture: ¼ head finely chopped lettuce, then 2-3 finely chopped roma tomatoes, then 1/3 lb shredded cheese (cheddar or something spicy works too), then ½ can black olives, sliced (green works too).

You can make the mix before hand, and spread into a chilled pan when you're ready, then add the toppings for a great party dip.

### Whip It Your Way Pudding (based on a Moosewood recipe)

—Sharon Murphy, General Manager & WFC Owner

- 3 c fruit juice
- ½ c dry brown rice cream cereal (Arrowhead Mills) OR farina (wheat) cereal
- ½ c maple syrup OR 1/3 c honey
- Juice from ½ lemon
- Dash ground cinnamon
- Dash ground nutmeg

- 1 c heavy cream, whipped, OR 1 c plain yogurt
- 1 c fresh fruit (berries, grapes, oranges) OR 1 c. frozen fruit (berries are best)

Heat juice and syrup to boiling.

Sprinkle in cereal and spices and cook slowly, stirring constantly until thick and smooth (8-10 minutes). Pour into large bowl and whip with electric mixer until light and fluffy.

Fold in fruit and cream OR yogurt. Chill. Garnish with fresh berries and/or chopped nuts.

### Italian Polenta Cakes

—Debbie Manhart, Deli Manager and WFC Owner

- Polenta slices—from the already made polenta in the tube (found in aisle 2)
- Tomato slices
- Mozzarella slices
- Olive oil
- Fresh basil, chiffonade
- Minced garlic
- Salt and pepper

Sprinkle both sides of the polenta and tomato slices with salt and pepper and a little olive oil. Grill or bake. To put together – place tomato on top of polenta and then mozzarella slice—grill or bake until—the cheese is melted. Place on a plate, drizzle with olive oil, salt and pepper and basil. (You can also pan fry this.) Takes 10 – 15 minutes.

### Baked Feta

—Debbie Manhart, Deli Manager and WFC Owner

- 1 pkg Athenos Feta chunk
- 3/4 c dried tomatoes – re-hydrate with boiling water
- 1 small pkg of basil
- 1/4 bunch parsley
- Black pepper

Blend tomatoes, basil, and parsley to form a paste. Sprinkle feta with pepper and press tomato mixture around feta. Spray a sheet of aluminum foil and wrap feta in foil. Place in 350°F oven and bake for 20 minutes. Serve on a cutting board or plate with sliced, toasted baguette rounds.

## news bites



#### WHEELCHAIR AVAILABLE

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



#### AMERICAN EXPRESS

Effective in September 2011, WFC will accept American Express cards.



#### 2012 INTERNATIONAL YEAR OF COOPERATIVES

The theme of the International Year of Cooperatives, as declared by United Nations General Assembly Resolution 64/136, is “Cooperative Enterprises Build a Better World.” To learn more, visit [www.ncba.coop](http://www.ncba.coop)



#### RESULTS OF 2011 BOARD ELECTION

Three-year terms for David Helf, Heather Murphy and John Westlund; the Duluth Community Garden Program was chosen as the recipient for the 2011 balance of unclaimed abandoned equity.



#### NEW RESEARCH LINKS PESTICIDES TO CARDIOVASCULAR DISEASE


See the report at <http://s.coop/6ver>



#### MINNESOTA ALTERNATIVE ARMS SPENDING PROJECT (MN ASAP)

Learn more about this project at [www.mnasap.org](http://www.mnasap.org)

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Sunday, January 8<sup>th</sup>, 2–5 PM

**New Session begins**  
Monday, January 9<sup>th</sup>

Catharine, M.A., RYT 500, Yoga North Instructor

**studio:** (218) 722-9642  
4628 Pitt Street, Duluth

**online:** [YogaNorthDuluth.com](http://YogaNorthDuluth.com)  
[Facebook.com/YogaNorth](https://Facebook.com/YogaNorth)





## board of directors



### Mary Dragich

maryd@wholefoods.coop  
Board Recruitment Committee

### Chris Edwardson

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

### Mark Friederichs

mark@wholefoods.coop  
Board Treasurer  
Finance Committee

### David Helf

davidh@wholefoods.coop  
Finance and GM Eval Committee

### Theresa Koenig

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

### Heather Murphy

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

### John Westlund

johnw@wholefoods.coop  
Finance Committee



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



## ends statement

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



## co-operative principles

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

## membership matters

Theresa Koenig, Board Vice President & Heather Murphy, Board Secretary

This fall, Board Members Theresa Koenig and Heather Murphy attended a transformational conference, Growing Food and Justice for All, in Milwaukee, WI. Hosted by Will Allen's internationally renowned organization Growing Power, the theme of the gathering was Sacred Soil: Cultivating Seeds of Community Transformation. It was organized by the Growing Food and Justice Initiative (GFJI) whose vision is to "establish a powerful network of individuals, organizations and community based entities all working toward a food secure and just world." Summarizing all that we learned and experienced in this short article would be impossible, so here are some highlights:

### Growing Power, Inc.

Will Allen and his staff at Growing Power are considered experts in the areas of sustainable food production and distribution, aquaponics, composting, vermiculture (worm composting), renewable energy, mushroom production, beekeeping, animal husbandry, youth development, and food policy development. Their vision is to "inspire communities to build sustainable food systems that are equitable and ecologically sound; creating a just world, one food-secure community at a time." Will Allen himself has partnered with and been honored by Bill and Hilary Clinton, Oprah, the MacArthur Foundation and President and Michelle Obama. In 2010, Will Allen was named one of Time Magazine's 100 Most Influential People.

Growing Power, Inc. has satellite offices and farms in Illinois and Wisconsin, but their main location is the Community Food Center in Milwaukee on 3 acres of the last working farm-land

inside the city limits. In a space no larger than a small supermarket they raise more than 20,000 plants and vegetables, thousands of fish, as well as chickens, goats, ducks, rabbits, and bees. There are six greenhouses, two aquaponics hoop-houses, seven year-round hoop-houses, a worm depository with a sophisticated composting operation, a rain-water catchment system, a retail store and much more. Through food production and distribution, community classes, youth pro-

and clearly defined by the organization La Via Campesina in 1996 in response to the dominant "food security" paradigm the world had been using (and continues to use) to create food policy. The concepts surrounding "food security" emphasize efficiency and enhanced productivity and promote large-scale, industrial farming, biotechnology, land concentration and harmful trade policies. In contrast, the seven principles of Food Sovereignty include:

- Food: A basic human right
- Agrarian reform
- Protecting natural resources
- Reorganizing food trade
- Ending the globalization of hunger
- Social peace
- Democratic control

La Via Campesina is the international movement which brings together millions of peasants, small and medium-size farmers, landless people, women farmers, indigenous people, migrants and agricultural workers from around the world. It defends small-scale sustainable agriculture as a way to promote social justice and dignity and it strongly opposes any corporate driven agriculture and transnational companies that are destroying people and nature. For more information on the seven principles of Food Sovereignty and ways we can promote them in our community go to: [www.foodsovereignty.org](http://www.foodsovereignty.org); [www.usfoodsovereigntyalliance.org](http://www.usfoodsovereigntyalliance.org) or [www.viacampesina.org](http://www.viacampesina.org)

GG

### INTERESTED IN REGIONAL FOOD ISSUES?

Check out the information and opportunities at:

[www.duluthcommunityfarm.org](http://www.duluthcommunityfarm.org)  
[www.superiorfoodweb.org/LAFS/compact.pdf](http://www.superiorfoodweb.org/LAFS/compact.pdf)

grams, training programs, community food system projects and more, Growing Power offers people from all over the world opportunities to learn from and participate in the development and operation of Community Food Systems. As Will Allen says, "If people can grow safe, healthy, affordable food, if they have access to land and clean water, this is transformative on every level in a community. I believe we cannot have healthy communities without a healthy food system." For more information on Growing Power, Inc. visit them online at: [www.growingpower.org](http://www.growingpower.org)

### Food Sovereignty

"Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems." ([www.foodsovereignty.org](http://www.foodsovereignty.org)) This term was embraced



## Co-op Community Connections

We occasionally hear from folks who would like the co-op to "do more outreach in the community". Most times, our community-minded Ownership does not realize that we have a department dedicated to co-op promotion, education and outreach. Although we promote the co-op through traditional channels, our most important promotional work comes one-on-one when we are involved in some kind of community endeavor. We visit school classrooms, college lecture halls, business health fairs, non-profit fundraisers and more. We have a donations fund for non-profit groups as well, so our reach is far. Rest assured, your co-op does and will continue to educate, inform and assist the Twin Ports Community. Below are **just a few** of the groups your Promotions & Education department ("P & E Dork Squad" to us) worked with directly in the past year. We thank you for letting us be a part of your organizations!

- Northern Communities Land Trust
- CHUM
- Animal Allies
- Second Harvest Northern Lakes Food Bank
- Damiano Center
- Better Breathers Club
- College of St. Scholastica (several groups)
- Lifehouse
- mind2mind
- Sustainable Farming Association
- YMCA Bridge
- Jefferson Children's School
- Duluth Business College
- 148th Fighter Wing
- Hallmark Business
- YMCA Superior Healthy Kids Day
- USG
- Memorial Blood Center
- Food Sensitivity Support Group
- UMD (several groups)
- KUMD
- Lutheran Social Services
- Moms of Multiples
- Nettleton School
- Lake Superior Medical Society Alliance
- Chester Bowl Ski Club
- Central High School
- Solidarity Action Collective
- Parish Nurses
- St. Luke's Breast Center
- Lake Superior Community College
- Duluth Sister Cities
- Copeland Community Center
- Wisconsin Indianhead Technical College
- Maurice's
- Central High School SWEET Group
- Duluth Public Schools SHIP
- Enbridge
- Community Wellness Day
- Laura MacArthur Elementary
- United Way
- Duluth Children's Museum
- Fond Du Lac Reservation
- Denfeld High School
- YMCA – Superior



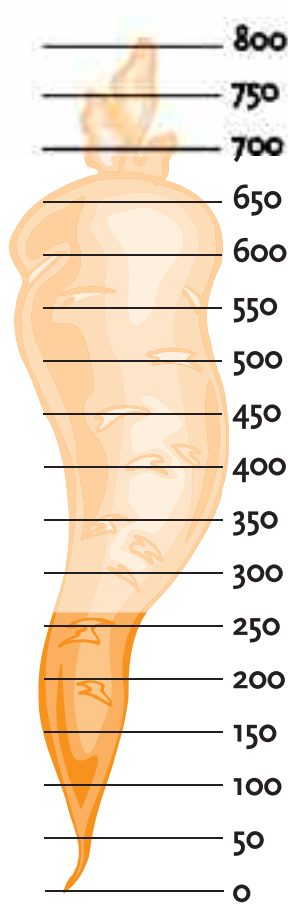
# welcome, new WFC Owners!

Debra J Main  
Lenore A Tatalovich  
Linda Kay Wilson  
Gail Hill  
Jovana L Bouche Iwen  
Barbara J Abalan  
Bonita M Carrie  
Cleo Bowen Ashworth  
Cornthey R Buchholz  
Adam J Krzewinski  
Patty J Westgard-Larsen  
Lucily Diola Malkovich  
Scott Carrasca  
Julie A Ciarleo  
Amanda Foley  
Mary M Lundeen  
Heather A Muster  
Christian H. Eklund  
Adrienne L Linberg  
Jeanna Kay Aldridge  
Steven Paul Coz  
Cellie Dudley  
Jennifer Kehoe  
Carin K. Skoog  
Leisa S Dudley  
Mark C Danielson  
Lindsay Ness  
Mary Perkins  
Rebecca Emerson  
Melissa Novogoratz  
Jennifer Beers  
Sheila M. Nielsen  
Susan Dunham  
Daniel A Kraker  
Karen M Kjolhaug  
Makenzie Lee Johnson  
Marissa L Mahagnoul  
Jean A Marquette  
Sierra Koethe  
Joyce I Wegerson  
Albert Amatuzio  
Joy D Depover  
Darci A Tessier  
Cynthia A Weaver  
Michael D Andler  
Marnie L Kollender  
Richard (Dick) S Anderson  
Lynn Marie Jones  
Max Anthony Litzinger  
Linda Lalonde  
Susan L Baldassi  
Cheryl Liebrand  
Donelda K. Peterson  
Max Elfelt  
Scott J Longaker  
Ben E Anderson  
Shanna Landgren  
Rachel M. Nelson  
Sarah Ellen Mell  
Craig Thomas Joyce

Colette Veronica Wolfe  
Holly Jorgensen  
Marce Wood  
Rebecca L. Petersen  
Kristi Freiborg  
Amy B. Soderberg  
Anna Naughten  
Sonia A Kjos  
Andrea M Keast  
Eliza R Reuter  
Suzanne M Marquardt  
Teresa Heinrich Hodek  
James Jay Hietala  
William A. Pank  
Emily Morin Moe  
Rianna Reiter  
Angela M Riebe  
Lee E Emanoff  
Kevin C Ilenda  
Abigail Kneeland  
Andrea Alms  
James C. Carlson  
Carolyn F Phelps  
Paula Jo Bursch  
Lori G Lindgren  
Heidi L Gidley  
Kelly Marie Prosen  
Julia C Cheng  
Nancy Van Dyken  
Kristine J Estell  
James D. Cleet  
Patricia J Sjoberg  
Metadel Abegaz  
Victoria A. Jacques  
Aimee Foster  
Linda J. Sherman  
Derek Seashore  
Melissa C Drouillard  
April D. Rollins  
Jennifer L Nordick  
Adam Lawrence  
Nelson T French  
Leann Kay Littlewolf  
Alice Yeates  
Adrienne R Ritchie  
Jeffrey Vanstraaten  
Lorraine Wannebo  
Katie Nemeth  
Patricia Francisco  
Carla A Larson  
Betty L. Firth  
Barbara A. Brandt  
Gwendolyn R Hoberg  
Megan O. Martin  
Shawn D Clark  
Jessica Becker  
Patricia G Conway  
Kenzie Miskovich  
Amos Restad  
Ellen F. Pioro

Anji El Tigre  
Benjamin E. Henniges  
Deanna M. Erickson  
Eli Meyerhoff  
Vickery P French  
James D Campbell  
Mallory M Kohler  
William D Goldberg  
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Victoria Ceder  
Ayla Salter  
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Brandon R. Monson  
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Jane L Ehlers  
Xan F Courville  
Maria S Cuzzo  
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Heather A Payton  
Blake M Romenesko  
Brenda Kay Sederberg  
Martha Ann Eayrs  
Carole J Forsyth  
Genievieve L. Kysely  
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Mitchell J Bercier  
Christine Prerost  
Tira J Randall  
Ardell E. Peterson  
Martha Minchak  
Donald F. Kuznia  
Morgana Davis  
Kendra K Nordgren  
Terri L. Nokleberg  
Eileen S. Menefee  
Nicole R. Anderson  
Jessica Krog-Breeuwer  
Robert W. Schroer  
Machelle R. Kendrick  
Irvin G Mossberger  
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Meghan E Briski  
Ann Michele Ord  
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Kathryn Mensing  
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Vi Haldeman  
Russ Howard  
Michael M. Jackson  
David Schuettler  
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Kathie J Botten  
Jillian E Haselman  
Amy J. Vanderscheuren  
Laura B. Whight  
Leila Jindeel  
Amy Jane Trethewey  
Dwayne H. Tornasek  
Melissa F. Rowan  
Janean Tucker  
Gregory Dennis Castagneri  
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Jordan C. Kalm  
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Jean M Russell  
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Kathy Jo Shopa  
Irene Berg  
Robyn Cody  
Eira A. Bridges  
Joshua G. Clark  
Angie Granmoe  
Ilsa Peterson  
Jon Pease  
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Millie Rounsville  
Jan M Murphy  
Christopher A Depaulis  
Heidi Timm-Bijold  
Marcy L Standage  
Anna E Lieftring  
Jessica L Goodermote  
Dena E Young  
Melissa L Rosas  
Billi Jo Kreutzer  
Matthew R Prois  
Virginia Snarski



## Progress

We are well under way to reach our goal for 800 new WFC Owners in Fiscal Year 2012. From July 1 to October 31, there have been 262 people who have decided to become Owners of our business. Welcome and thank you all for your continued support!

Sandra J Knuckey  
Margaret C Winter  
Gene A Mckeever  
Nancy L Grassinger  
Angela J Arden  
Deloris K Crestik  
Cathy S Nelson  
Bonnie K Hughes  
Terri S Krause  
Alyssa Elliott  
Christopher Glen Handsone  
Elaine Sorensen  
Jennifer J. Rogers  
Paige M. Benson  
Gail Johnjack  
Barbara Kuehn  
Kelly P Bray  
Laura Lee Mahlendorf  
Lana J Svoboda  
Lavonne C Hansen  
Neva D Brady  
Suzan Olson

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## fresh perspectives ancient root, modern wonder

**G**inger is in recipes everywhere these days. It is used with fried apples in pancakes, added to yogurt for a spicy vegetable topping, baked in biscuits, and used to make a homemade ginger ale. You can even find it in hip restaurants as part of their latest cocktail creations.

Besides its unique and wonderful taste, it is also quite the nutritional wonder as it soothes upset stomachs, eases sore throats and nausea from morning sickness, and is known to inhibit the formation of inflammatory compounds.

There certainly is a lot to like about this ancient root. It is understandable why it has been used in China for over 5,000 years.

There are many ways to use it, so how do you choose it? Here is some basic ginger information that should help make your ginger choice and usage much easier: When you are in the produce department buying ginger, first look for ginger roots that are heavy for their size. I know you hear about this a lot - from melons to oranges. It's because heaviness means more moisture content and that equates to better produce. It should be firm and have a nice

smooth skin and a spicy fragrance when you break it open or cut into it. If there are nice big tubers to choose from, don't be afraid to just break off what you need. It's always better to buy what you will use within a week or two to ensure the best flavor and most nutritional benefit.

Once you get it home, the best way to store your fresh ginger is to wrap it unpeeled in a paper towel, put it into a plastic produce bag and store it in the refrigerator. If you don't have access to fresh ginger, you are given a large amount or you just want to keep it around longer, ginger can be stored this way and kept fresh for up to three weeks. Or, you can freeze ginger for up to two months. Just cut it into small nubs and put into an airtight plastic container.

When you are ready to prepare it, use a knife or vegetable peeler to peel your ginger or you can even use a spoon. Yes, an ordinary teaspoon or tablespoon from your kitchen drawer can do the trick.

You'll be surprised at how easy this is. Simply hold the piece of ginger in one hand and with the tip of a spoon, scrape away the ginger's outer peel. The dull spoon tip easily removes the

### THIS MONTH'S TIDBIT

To make **ginger tea** for nausea: steep one or two ½-inch slices of fresh ginger in a cup of hot water and sip slowly.

soft peel leaving most of the wonderful ginger intact for using.

To get just the right flavor from your ginger when cooking, use this simple tip: If you add fresh ginger at the beginning of your cooking you will get a nice subtle flavor. For a stronger more robust flavor, add your fresh ginger near the end of your cooking.

Enjoy your ginger and don't be afraid to try it in some ways you may not have considered, like sweet potatoes with orange juice and ginger. I'm off to grate some into my fried apples! **CG**

References this issue:

Benefits of Ginger,

[www.gingerpeople.com/c/cat/health](http://www.gingerpeople.com/c/cat/health)

Here is a favorite recipe adapted from **The Modern Vegetarian Kitchen** by Peter Berley, Melissa Clark, and Laura Hartman Maestro. It perfectly complements the sweet potato flavor with the tanginess of orange zest and the zip of fresh ginger. Give it a try and I'm sure you will make a new favorite of yours.

### Sweet Potatoes, Orange Juice & Ginger

—Organic Options, provider of Fresh Perspective

- 3 pounds organic garnet sweet potatoes

- zest from one organic navel orange, either in long strips or with a microplane grater
- ¾ c freshly squeezed orange juice
- ¼–½ c grade B maple syrup, depending on desired sweetness
- 1½–3 T organic olive oil (depending on desired richness)
- 1½ T lemon juice
- 1 T grated organic ginger (using a microplane grater)
- ¾ t ground cinnamon
- ¾ t kosher salt

Preheat the oven to 375° F. Peel the sweet potatoes and cut each one into about eight chunks. If your sweet potatoes are wide, cut them into half lengthwise and then cut each half crosswise into four chunks. If you have really skinny sweet potatoes, just cut them into eight pieces crosswise. Place the sweet potato chunks in a single layer in a 9 x 12-inch Pyrex baking dish. If using strips of zest, tuck them in among the sweet potato chunks.

In a medium bowl mix together the orange juice, grated zest (if using) maple syrup, olive oil, lemon juice, ginger, cinnamon and salt. Pour on top of the sweet potatoes. Cover the pan with tin foil and bake for 45 minutes. Uncover, turn the sweet potatoes, and cook for another 30 minutes.

If you used strips of orange zest remove them before serving. Serves six.

## grocery gab change is a-comin'

Lisa Anderson, Merchandising Manager

**T**he holiday season is upon us, and we've been busy here at your Co-op. We've rearranged the Health and Body Care (HBC) Department, added some great new products, and removed the Restore the Earth cleaning products machine – but not the ability to refill your bulk products!

After careful analysis of sales and movement in the HBC department, we realized that the space given to vitamins and supplements was far too small. We reviewed where we had gaps in product categories and variety, and added a

number of new items. Renew Life cleansing products are a great way to start the New Year, having won the "Vity Award for Best Internal Cleanse" for the eighth year in a row. Ultra Laboratories offers raw, whole food condition specific supplements. Boiron is now offered in 30C homeopathy, with over 10 new remedies. We also added some Natural Factors amino acid Stress Relax products, great for the holiday rush! Nutribiotic grapefruit seed extracts, supplements, and first aid products are finally represented on our shelves. Addi-

tionally, Xclear xylitol products such as nasal spray, tooth care, and the totally awesome Spry gum and mints are finally available.

While we've had great success offering Restore the Earth cleaning products and refills, the Restore machine itself has offered more than its fair share of headaches along the way. Technical malfunctions and the need to always use a Restore container limited how (and when!) products could be purchased. Now you can now bring in any container of your choice and fill it with dish soap, laundry liquid, or the all pur-

pose gentle soap. Just weigh your empty container first and include the PLU just like any other bulk purchase, and you're on your way.

Holiday shopping can be agonizing for some, so again this year we will offer great local products, stocking stuffers, and some new fun body care items, like Hugo Naturals holiday soaps. Make your own gift basket with local pancake mix and pure maple syrup. Throw in a box of "Pleasant Holidays with the Entire Family" tea, and you will make it through! **CG**

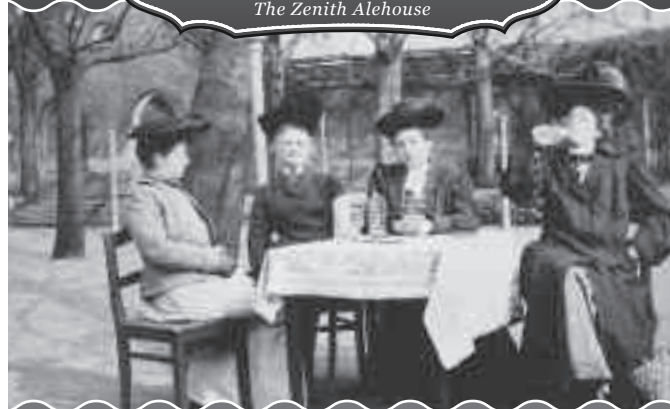
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# gourmet to go hello, co-op!

by Alyssa Elliott, Deli Counter Manager

**H**ello! My name is Alyssa and I am your new Deli Counter Manager. I thought I would take this opportunity to share some of my background as well as one of my favorite recipes.

Though I graduated from the University of Wisconsin Madison with dual degrees in Anthropology and History it seemed I spent more of my undergrad cultivating a love of food. While living in the dorms I perfected the art of microwave cooking as housing food quickly lost its appeal. One of the more inventive dishes I made included rice, stir fry vegetables, and homemade peanut sauce. Ironically, now that I've graduated, I no longer own a microwave and do not even miss it.

Early on in my dorm living I experienced the sense of community that grows from sharing meals together. Whenever a few people were going to eat together they would stop by rooms and invite anyone who wanted to join.

Sunday mornings were waffles and swapping stories from crazy weekends of "studying". Every other Tuesday night was Pokey Sticks, deliciously bad for you cheese-covered breadsticks. The entire dorm would congregate in the hallway and partake in the much needed study break. Then there were Sunday and Wednesday nights: ice cream nights. We would head to the dining area and revel in the delectable frozen treats from Babcock Dairy, UW Madison's own dairy plant.

My love for Babcock ice cream translated into a job working at the dairy store. There I learned and honed skills that have transferred to working in the Fog City Deli. Something I learned a lot about working at Babcock that I never envisioned being useful beyond that job was cheese. Babcock's master cheese maker keeps them well stocked with about twenty different cheeses. I learned what makes each type different



Alyssa Elliott

and even had the chance to see how most were made.

When I moved to the Twin Ports I was happy to see the co-op also shares a passion for food, especially cheese. The Fog City Deli not only carries a wide variety of cheeses but they are all quality cheeses. Seriously, the Tillamook Extra Sharp Cheddar is amazing. And for those looking to branch out and try something different I recommend the Juusto. It is a Finnish bread cheese and is best when warmed up either in the oven or a skillet. It does not melt and when served with jam or honey is delicious.

I love food. I hope my passion for it is reflected in every sandwich I build and every drink I create because excitement for food is contagious. Why else would eight college students choose to stay in on a Friday night to watch "Iron Chef"? **GG**

*As promised, here is one of my favorite recipes: Black Bean Salsa. It comes courtesy of my mom and its easiness makes it perfect for parties. This salsa has been known to disappear before a party starts.*

## Black Bean Salsa

—Alyssa's Mom

- 15 oz cooked Black Beans (canned is fine)
- 15 oz Diced Tomatoes (again, canned is fine)
- 1 Green Chili, diced
- 1/4 Red Onion, diced
- 2 T Cilantro, chopped
- 2 T Lime Juice
- 2 T Olive Oil
- 1 clove Garlic, minced
- 1/2 t Salt
- Pinch of Cayenne

If using canned black beans, strain and wash. Also, if using canned tomatoes, strain. Mix all ingredients together and refrigerate.

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March 6 • Rob Kesselring • The Kopka River; Wabakimi South of the Tracks

March 27 • Carol Farchmin • Exploring Your Lake Superior Backyard by Paddle, Paddle, and Path

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# new products

## BULK

- **Red Quinoa\*** returns after a long absence

## COOL

- **Amande**  
Coconut Almond Yogurt  
Blueberry Almond Yogurt  
Strawberry Almond Yogurt
- **G.T.'s \***  
Grape Chia Kombucha  
Cherry Chia Kombucha
- **Wildwood\***  
Soy Milk
- **Mama Chia\***  
Hibiscus Berry Chia Drink  
Cherry Lime Chia Drink

## FROZEN

- **Ben & Jerry's**  
Mint Chocolate Chunk Ice Cream
- **Caesar's**  
Gluten Free Gnocchi
- **Evol**  
Portabella Goat Cheese Flatbread
- **Talenti**  
Mediterranean Mint Gelato
- **Organic Bistro\***  
Wild Salmon Entrée  
Chicken Coconut Lemongrass Bowl
- **Organicville \***  
Strawberry Banana Ice Cream  
Chocolate Ice Cream
- **Kettle Cuisine**  
New England Clam Chowder
- **Yve's**  
Vegetarian Corn Dogs

## GROCERY

- **Vermints\***  
Breathmints  
Cinnamint  
Peppermint  
Gingermint  
Wintermint
- **Wilderness Family\***  
Raw Extra Virgin Olive Oil
- **Food Should Taste Good**  
Sweet Potato Tortilla Chips
- **Vita Essentials**  
Pure Raw Beef Dog Food  
Pure Raw Chicken Dog Food

- Pure Raw Chicken Cat Food
- **Good Kind\***  
Powdered Coffee Creamer
- **Captain Toady's**  
Tartar Sauce  
Cocktail Sauce
- **Spectrum\***  
Asian Stir Fry Oil
- **Imagine\***  
Kosher Low-Sodium Chicken Broth
- **Gluten-Free Café**  
Gluten Free Canned Soups  
Chicken Noodle  
Black Bean  
Cream Of Mushroom  
Vegetable Noodle
- **So Delicious**  
Chocolate Coconut Milk  
Sugar-Free Coconut Milk
- **Gunflint Trail**  
Whole Berry Syrups  
Blackberry, Raspberry, Blueberry
- **Frontier\***  
Fair Trade Ground Baking Spices  
Nutmeg, Cinnamon, Ginger, Cloves
- **Nativa Yerba Mate**  
1# Sauve (Mild) Blend
- **If You Care**  
Recycled Tall Kitchen Trash Bags
- **Earth Friendly**  
Auto Dishwashing Gel
- **Cheribundi**  
TruCherry Juice  
WheyCherry Juice
- **Prometheus Springs\***  
Citrus Cayenne Drink
- **Mediterranean Snacks**  
Lentil Crackers  
Cracked Pepper  
Rosemary Herb  
Sea Salt
- **Crunchmaster**  
7 Ancient Grains Crackers  
Multiseed Crackers
- **Virgil's**  
Diet Root Beer
- **Reed's**  
Premium Ginger Brew  
Energy Elixir
- **Oregon Kombucha\***  
Kombucha Starter, 5 Flavors!!

## HEALTH & BODY CARE (HBC)

- **Nutribiotic**  
Grapefruit Seed Extract  
Supplements & First Aid  
Coconut Oil Soaps, 8oz, 32oz,  
Gallon & per LB  
\*Organic Rice Proteins, Vanilla & Plain
- **Renew Life**  
\*Cleansing & digestive support  
supplements
- **Natural Factors**  
New Stress Relax Amino Acid  
formulas  
Vitamin D softgels  
Vitamin D liquid  
Vegan Protein Factors  
Whole Body Rejuvenation  
Formula
- **Boiron**  
We now have 30c homeopathy!  
And 14 new options.
- **Rainbow Light**  
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options
- **Ultra Laboratories**  
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specific supplements
- **Barlean's**  
New fish oil varieties
- **Nordic Naturals**  
Larger sizes on your favorite fish  
oils  
Salmon Oil liquid & gelcaps
- **Natural Vitality**  
Variety of new CALM formulas
- **Xlear**  
Xylitol nasal spray, ear drops &  
tooth products
- **Herb Pharm**  
Expanding single herbal &  
combination herbal tincture  
selection
- **Earth Science**  
New facial care, lots of it!
- **Emerita**  
New feminine care, lots of it!
- **Giovanni**  
3 new shave creams
- **Kiss My Face**  
Lip Shimmers
- **Suki**  
Intensive Nourishing Cream  
Four new skin care kits
- **For the Holidays:**
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## HERBS AND SPICES

Vietnamese Cinnamon Powder\*

## MEAT

- **Legacy Seafoods**  
Haddock  
Cod
- **Superior Farms**  
Ground Lamb  
Lamb Chops

\* Contains Organic ingredients  
\*\*Fair Trade

*Although we don't traditionally use recipes from our vendors, we have had questions about how people can use chia seeds in cooking. This recipe has gotten good reviews, so here you are, chia lovers!*

## CHIA PUDDING

- **Nutiva**  
2 c Water  
1 c Cashews  
½ c Nutiva Hempseeds  
½ c Coconut Sugar  
¼ t Sea Salt  
2 t Vanilla Extract  
½ c Nutiva Coconut Oil  
2 ½ T Nutiva Chia Seeds
1. Soak the cashews in water for 4-6 hours. When finished rinse the cashews with water and strain.
  2. If coconut oil is solid place in a pan or double boiler on the lowest temperature possible. Once oil becomes a clear liquid, turn the heat off. Coconut oil should melt at 80° Fahrenheit.
  3. Place the water, the soaked cashews, the hemp seeds, the coconut sugar, the salt, and the vanilla extract in a high-speed blender. Blend on high until you have a nice creamy consistency.
  4. Turn the blender on low and while it is running slowly pour in the melted coconut oil. Place the lid back on and run the blender on high for a few seconds.
  5. Turn the blender on low and slowly pour in the chia seeds. You will want to make sure the chia seeds stay whole
  6. Place mixture in a sealed container (a quart size mason jar works great) and refrigerate over night.



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# Major Agribusinesses Competing with Organics on the Cheap

A revelatory report released by The Cornucopia Institute, an organic industry watchdog, has stirred controversy in the natural foods marketing arena by highlighting abusive marketing practices by some of the nation's largest breakfast cereal manufacturers.

In some cases, testing revealed, companies such as Kashi (Kellogg's), Quaker Oats (PepsiCo), Barbara's Bakery (Weetabix), and Whole Foods Market are selling products contaminated with toxic agri-chemicals and Monsanto's genetically engineered organisms while promoting them as "natural." The testing was performed by an independent, accredited laboratory.

The new report, Cereal Crimes: How "Natural" Claims Deceive Consumers and Undermine the Organic Label—A Look Down the Cereal and Granola Aisle (available at [www.cornucopia.org](http://www.cornucopia.org)) explores the growing trend of marketing conventional foods as "natural" to lure health-conscious consumers and their shopping dollars.

Unlike the organic label, the term "natural" on processed food packages is defined by the company making the claim. No government agency, certification group, or other independent entity ensures that the claim has merit.

In contrast, the certified organic label prohibits the use of petrochemical-based fertilizers, sewage sludge, synthetic toxic pesticides, genetically engineered ingredients, and many other conventional agricultural and manufacturing inputs.

Cereal Crimes proves that the term "natural" on food packaging is mostly meaningless marketing hype.

Cornucopia's report is accompanied by an online scorecard rating organic and "natural" breakfast cereal and granola brands for the true support of healthy and environmentally sustainable practices ([www.cornucopia.org](http://www.cornucopia.org)).

The report details how agribusinesses are increasingly using various

*"Natural" food products with toxic chemicals and GMOs are deceiving consumers*

strategies to create the illusion of equivalence between the "natural" and organic labels to mislead consumers.

One common marketing tactic Cornucopia identified as "bait-and-switch."

"Some companies that started out organic, and built brand loyalty as organic brands, have switched to non-organic ingredients and 'natural' labeling," explained Charlotte Vallaeys, Cornucopia's Director of Farm and Food Policy and the report's principal author.

For example, in 2008 the Peace Cereal® brand switched from organic to cheaper conventional ingredients, without lowering its prices. Today, the cereal is sold in natural food stores and mainstream grocers at prices above many certified organic competitors that use more expensive organic ingredients.

Despite "natural" cereal products of-

fering fewer, if any, advantages over conventional products, companies typically charge substantially higher prices for products with "natural" labeling.

What's more, "natural" products often are priced higher than their organic counterparts, the report finds.

"Committed organic companies, rated highly in Cornucopia's scorecard, must compete against giant multinationals such as Kraft Foods (Back to Nature), PepsiCo (Mother's), and Kellogg's (Bear Naked/Kashi) and misleading 'natural' marketing claims," stated Mark A. Kastel, Cornucopia's Codirector. "When marketers intentionally mislead consumers with their 'natural' products, they are taking business away from the companies providing truly safe and healthy food and supporting certified organic farmers."

Read the full article and see the video at [www.cornucopia.org](http://www.cornucopia.org) and then make informed choices. **GG**

## Bio:

The Cornucopia Institute is dedicated to the fight for economic justice for the family-scale farming community. Through research, advocacy and economic development our goal is to empower farmers both politically and through marketplace initiatives. Its Organic Integrity Project acts as a corporate watchdog assuring that no compromises to the credibility of organic farming methods and the food it produces are made in the pursuit of profit. We will actively resist regulatory rollbacks and the weakening of organic standards to protect and maintain consumer confidence in the organic food label.

The Cornucopia Institute PO Box 126  
Cornucopia, WI 54827 [www.cornucopia.org](http://www.cornucopia.org)



Organic?  
Not anymore.

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ii P. Grandjean, Harari, R. et al. (2006), "Pesticide Exposure and Stunting as Independent Pre-

dictors of Neurobehavioral Deficits in Ecuadorian School Children." Pediatrics 117(3). (Available online at [www.pediatrics.org/cgi/content/full/117/3/e546](http://www.pediatrics.org/cgi/content/full/117/3/e546).)

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v M.F. Bouchard, Bellinger, D.C. et al. (2010), "Attention Deficit/Hyperactivity Disorder and Urinary Metabolites of Organophosphate Pesticides," Pediatrics 125:e1270-e1277.

vi. [www.nongmoshoppingguide.com/brands/cereal-and-breakfast-foods.html?bid=240](http://www.nongmoshoppingguide.com/brands/cereal-and-breakfast-foods.html?bid=240)

## notes from the front

by Briana Brewington,  
Front End Manager

### express yourself

By the time this issue is published, the Front End will be running a new and improved Express Lane checkout. Register Lane 1 will be solely dedicated to transactions with ten items or fewer and will start operating daily by 10:15 a.m. This should be great news for those of you in a hurry or hoping that your lunch doesn't get cold.



### faster checkout

With the addition of the Express Lane, we are also adding another cashier to the registers during peak business hours. We want to ensure customers get through the checkout in a reasonable amount of time by providing adequate staffing.



### owner solutions

If you're the Primary Member-Owner (first name on the list) and need to make any amendments to the account information, you'll be able to do that at the Customer Service Counter.



### EO sanitizing wipes are back!

Due to popular demand, and contrary to the last Notes From the Front article, we have chosen to continue offering the EO Sanitizing Wipes available for customer use. You can find them in the entry vestibule. Sanitize to your heart's content!



### restroom vacancy/occupation

The restrooms will soon have dead-bolt locks that notify outsiders if the restroom is "Occupied" or "Vacant". No more interruptions from anxious patrons trying to open the door while it is locked!



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# recipes

Editor’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 recipe that follows is a delicious entry, but it was our one and only entry. Congratulations, Renee!

This pie features roasted tomatoes and caramelized onions, bringing out the sweetness in both. The tomatoes can be made ahead and refrigerated for several days.

## Tomato Pie

—Renee Willemssen, WFC Owner

- Roasted tomatoes (see instructions below)
- 1 c All-Purpose Flour
- ¾ c Yellow Cornmeal
- ¾ t Salt
- 1 stick Cold Local Unsalted Butter, cut into ½-inch pieces
- 4–5 T Iced Water
- 3 T Local Cheddar Cheese, shredded
- 1 T Olive Oil
- 6 c Thinly Sliced Local Onion
- ¼ c Half-and-Half (local)
- ½ t Salt
- ¼ t Black Pepper
- 1½ T Chopped, Fresh Thyme

**Roasted Tomatoes**  
Place 2½ pounds ½ inch thick sliced tomatoes on a roasting pan or glass pyrex. Drizzle on approximately 3 T oil, 1 t salt and ¼ t pepper. Roast at 200° on several baking sheets, stirring occasionally. Cook at least 3 hours and up to 8 hours (the longer they roast, the sweeter they become).

**Make the crust:**  
Pulse the flour, cornmeal and salt in a food processor to combine. Add the butter and 3 tablespoons cheese; pulse until the mixture is crumbly. Drizzle in 4 tablespoons ice water and pulse until the dough comes together; add 1 more tablespoon ice water if necessary. Turn out onto a sheet of plastic wrap, forming a ball. Wrap and refrigerate until firm, about 45 minutes.  
Place dough on counter dusted with flour, then cover with Silpat or parchment paper and roll into a 13-inch round. Transfer the dough to a 9½-inch deep-dish pie plate. Fold the overhang under itself and crimp the edges. Pierce the bottom of the crust all over with a fork. Refrigerate until firm, about 20 minutes. Meanwhile, preheat the oven to 350° F.

Line the crust with foil and fill with dried beans. Bake 10-15 minutes (firm to touch). Remove the foil and beans and then add the filling.

**Make the Filling:** (can be made while dough is chilling in refrigerator) Preheat Oven to 450°.

Heat olive oil in nonstick skillet over medium heat. Add the onion, cover and cook for 20 minutes or until golden brown, stirring occasionally. Add 1/8 cup of the half and half and cook down liquid. Remove from heat, stir in the remaining half-and-half, salt, pepper and almost all of the thyme, saving a little to sprinkle on the top of the pie. Place roasted tomatoes at the bottom of the pie crust and then pour the onion mixture on top, sprinkling remaining thyme on pie. Cook for approximately 20-25 minutes or until golden.



*This soup is rich and satisfying without the saturated fat of cream and it’s kosher to boot!*

## Creamy Sausage Soup Non-Dairy

—Michael Karsh, Produce Manager & WFC Owner

- 2 medium white-fleshed sweet potatoes, peeled and shredded
- 4 T oil
- 3 c water
- 3 T olive oil
- 2-3 dried hot peppers (to your taste), shattered
- ½ t celery seed
- 1 t dried basil
- 1 t dried oregano
- ½ t dried sage
- 2 T nutritional yeast
- 6 c broth
- ½ lb beef sausage either ground or cubed
- 1 medium carrot, washed and diced
- 1 medium Yukon gold potato, washed and diced
- 2 c stemmed & chopped kale
- 2 stems celery, diced
- 1 small golden beet, peeled and diced

Heat 4 T oil in a medium saucepan while peeling and shredding the sweet potato. As soon as the sweet potato is shredded, add to the heated oil and sauté for 1 minute, stirring frequently. Add 3-cups water and boil 2 minutes, covered. Uncover and remove from heat. Allow this to stand and cool while you prepare the rest of the soup.

Heat olive oil in a large soup pot, adding hot pepper and herbs as soon as it is lightly warmed. Stir periodically over medium heat for 45 seconds, then sprinkle with nutritional yeast and stir again for another minute. Add broth and remaining ingredients. Return to a boil, then reduces heat to simmer until beets and carrots are soft (about 30 minutes).

While soup simmers, process the somewhat cooled sweet potato mixture in batches in a food processor or blender, pouring off the batches into a bowl to await then end of the process. The texture should be that of cream or thicker. Once the main pot of soup has completed cooking, pour in the sweet potato cream and stir to combine. Heat through, but do not boil again. Serve!

*Our own Emily Darnell entered the following recipe in the DNT’s cooking competition. She may not have taken home the big prize, but she (and her recipe) are winners with us!*

## Roasted Squash Tacos with Mango Salsa

—Emily Darnell, Produce Clerk & WFC Owner

- Ingredients for tacos:**
- 1 medium sized Buttercup, Butternut or Delicata squash
  - 3-4 garlic cloves
  - 2-3 T of butter or olive oil
  - 1/3 c milk
  - 1 t ground cumin
  - Fresh spinach leaves
  - Soft tortilla shells, pita bread, Lebanese pocket bread or other flat bread

**Preparation for tacos:**

1. Halve squash and remove seeds
2. Place squash in a roasting pan with the cut surface facing up
3. Peel and halve garlic cloves and place them inside the squash
4. Spread a little olive oil or butter in-

- side squash. (save the rest for later)
5. Bake at 350 for 30-50 minutes, or until squash is tender.
6. Remove squash from oven and allow to cool.
7. Spoon out squash (and garlic cloves) into a mixing bowl.
8. Add remaining butter or oil, milk and cumin and mash with a potato masher or fork until blended.
9. Heat tortilla shells in oven
10. Place a few spinach leaves on tortilla shell
11. Spoon squash mixture onto spinach leaves, top with mango salsa, wrap it up and enjoy!

- Ingredients for salsa:**
- 1 Mango
  - 1 small red onion
  - 1 small Jalapeño pepper
  - ¼ c Italian parsley

**Preparation for salsa:**

1. Cut mango into small cubes
2. Dice onion
3. Dice jalapeño with seeds
4. Chop parsley
5. Combine all ingredients and stir. (Serves 4)

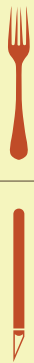
## Savory Breakfast Scramble

—Emily Darnell, Produce Clerk & WFC Owner

- 3 garlic cloves
- 1 thumb size piece of ginger
- 1 red Fresno pepper (or other favorite hot pepper)
- 3 mini sweet peppers
- 1 small yellow onion
- 2 beets
- 1 T butter
- 2 c curly Kale
- 5 eggs
- ½ c milk
- ½ c shredded sharp cheddar cheese (optional)
- Sea salt (to taste)
- Fresh ground black pepper (to taste)
- Favorite hot sauce as topping (optional)
- Soft tortilla shells (optional)

1. Mince garlic and ginger and sauté with butter in a skillet over low heat
2. Dice red Fresno peppers, mini sweet peppers, and onion and add to skillet.
3. Continue sautéing over low heat.
4. Dice beets and add to skillet, sauté over medium heat about 5 minutes or until beets are softened.
5. Rinse and chop kale and add to skillet.
6. Cover and let simmer for 2-3 minutes or until kale is tender.
7. Remove skillet from heat and set aside, keeping it covered.
8. Beat eggs and milk (add salt and pepper to taste)
9. In another skillet scramble the egg mixture
10. Serve eggs on top of previously prepared vegetables.
11. Top with shredded cheese and hot sauce (optional)
12. Wrap scramble inside a soft tortilla shell, pita bread, Lebanese pocket bread or other flat bread for a breakfast burrito option. (Serves 4)

Forks  
over  
Knives



*FORKS OVER KNIVES* examines the profound claim that most, if not all, of the so-called “diseases of affluence” that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.

6:30 p.m. *Free* for Whole Foods Co-op Owners at Zinema 2



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*Editor's Note: each year, we feature recipes from a non-profit agency that we have partnered with for some event during the year. This year, we had a great time with the "One Vegetable, One Community" events put on by the Duluth Community Garden Program. This year's vegetable was kale. These are some notable recipes from the year-end potluck. The DCGP and WFC hope you enjoy them.*

## Feed the Revolution Hotdish

—Michael Gabler, DCGP Member, WFC Owner & Kale Ambassador, modified from a recipe on food.com By JackieOhNo! on July 13, 2011

- 2 lbs fresh kale
- 1½ c water
- 1½ lbs potatoes, peeled and cut into quarters (about 6 medium)
- ½ c hard apple cider
- butter or margarine
- 2 onions, peeled and minced
- 4 garlic cloves, peeled and minced
- 1 lb tomatoes, washed and quartered
- tomato paste (optional)
- ¼ c dried basil
- 3T maple syrup
- salt and pepper, to taste
- 1 lb mozzarella cheese

Strip leaves from tough stalks and chop. Discard tough stalks. Chop leaves and tender stalks. Combine prepared kale with 1-1/2 cups water. Bring to a boil. Add potatoes and cider. Simmer for 20 minutes or until very tender. Only a little liquid will be left.

Using a potato masher or electric mixer, beat until potatoes and kale are thoroughly blended. Set aside.

While kale and potatoes cook, melt 2 T. butter or margarine in saucepan. When butter is lightly browned, add onions. Cook until onions are translucent. Now add tomatoes, garlic, and herbs. Cook until tomatoes are soft. Taste, and add sugar, salt, and pepper to season. Pour into a blender and blend to obtain a medium-thick sauce. Add tomato paste as necessary.

To assemble, butter a 2-quart oven-proof dish and layer the ingredients, beginning with the kale mixture, then tomato sauce, then cheese; repeat once more and top with cheese. Bake in pre-heated 350-degree oven until hot and bubbly, about 20 minutes.

## People's Choice: Best Kale Dessert

### Snow Garden Cake

—Shannon Szymkowiak, Promotions & Education Manager & WFC Owner

#### Cake:

- 8 oz unsweetened chocolate
- ¾ c butter
- 1-3/4 c brewed coffee
- 1 t vanilla
- 2 large eggs
- 1 bunch kale, cleaned and stems removed
- 1 – 2 c water
- 2 c cake flour
- 1 – ¾ c evaporated cane juice
- 1 t baking soda
- 1 – 10 oz jar of blueberry or mixed berry jam
- 2 T maple syrup

#### "Snow" aka Frosting:

- 2 c powdered sugar, sifted to remove any lumps
- ¼ c butter, room temperature

- 8 oz cream cheese, room temperature
- 2 t vanilla

Preheat oven to 275°F. Grease and flour two 8-1/2" x 4-1/2" loaf pans and set these aside. Over low heat, combine the chocolate, butter and coffee and stir continually until the chocolate has melted and everything is smooth and incorporated. Set this aside to cool for 15 minutes.

While the chocolate is cooling, steam the kale until tender. Remove from steamer and puree in a food processor or blender until smooth using the water to get the right consistency. You may not use all of the water depending on your kale variety. The consistency of the



puree should be wet and smooth but not runny. Combine ¼ cup kale puree to the jam and maple syrup. Set aside.

After your 15 mins are up, add ½ cup kale puree, vanilla and eggs to the chocolate mixture and beat until smooth and well incorporated. Sift together all dry ingredients and stir into the chocolate mixture until the batter is smooth. Divide the batter between the two loaf pans. Bake for 45 mins – 1 hour or until a toothpick inserted in the center of the cake comes out clean. Cool in the pans for 15 mins, then remove from the pans and cool on racks until the cakes are at room temperature.

While the cake is cooling, make the frosting by beating together all of the frosting ingredients until it smooth and spreadable.

Once the cakes are at room temp, cut each one in half to make two layers. Divide the jam mixture evenly between the two cakes and spread evenly on the center layer. Replace the tops. Spread a thick layer of frosting on the tops of the cakes. If you make have extra frosting left over, it does freeze well for a future quick dessert.

*A sign of any great recipe is that it begins by gently bathing garlic cloves in warm duck fat until they're imbued with ducky, fatty goodness, not unlike confit. (We should note that the authors suggest that you can swap olive oil for the duck fat. While not the same, it's lovely in a quite*

*different way.) While the garlic cloves are then tossed in with the greens, garlic-imbued duck fat isn't called into use in this recipe. We can think of dozens of uses for it, perhaps none so tempting as diving right in, face first. If you wish to show a little restraint, however, simply reserve it to toss with potatoes or bone-in, skin-on chicken prior to sautéing or roasting. You won't be disappointed.*

## Kale Greens and Garlic Cooked in Duck Fat

—Paul Treuer and Dan Kislinger, DCGP Members & WFC Owners

### For the duck-fat-roasted garlic:

*Note: Paul got duck fat from Clancy's Deli in Minneapolis. You can use olive oil if you can not get duck fat.*

- 1 c rendered duck fat
- 12 small garlic cloves, peeled and tough stem ends removed

### For the kale greens:

- 2 bunches kale greens, or other hearty greens such as dandelion, spinach or Swiss chard (about 1 lb total)
- 2 T rendered duck fat
- ½ t kosher salt
- ¼ t freshly ground black pepper
- 12 small cloves duck-fat-roasted garlic

### Make the roasted garlic

1. Place the duck fat and garlic in a small, heavy bottomed sauté pan over low heat. Slowly bring the mixture to a simmer. Cook just until the garlic begins to turn light golden brown. The garlic will turn too dark quite easily, so keep an eye on it. If it cooks too much, it will taste bitter and unpleasant. Turn off the heat and let the garlic cool in the fat for about 30 minutes. The garlic will continue to brown slightly as they sit in the fat.

2. Remove the garlic from the fat. If not using the garlic immediately, store the garlic and fat separately in covered containers in the refrigerator for up to 1 week. Let stand at room temperature for 1 hour before using.

### Prepare the Kale greens

1. Trim the ends from the Kale greens and discard. Wash the greens thoroughly and drain.

2. If the greens are young, slice them into 2-inch-wide ribbons. If the greens are mature and relatively tough, bring a large pot of salted water to a boil. Drop the greens into the boiling water and cook for 1 minute. Drain well in a colander. Rinse with cold water.

3. Heat the rendered fat in a large sauté

pan or cast-iron skillet over medium-high heat. When the fat is hot, add the greens, stirring to coat with the fat. Add the salt, pepper, and garlic cloves. Cook, stirring frequently, until the greens are just tender, 2 to 3 minutes. Serve immediately.

## Kale Spread

—Kate Cartier, DGCP Member & WFC Owner

*In food processor, combine:*

- 1½ c coarsely chopped kale
- 1 large garlic clove, smashed
- 6 olives (green or black)
- ¼ c onion
- 3 T olive oil
- 1 T seasoning of choice, or 1 T Worcestershire
- 2 8-oz. packages of cream cheese (or substitute tofu for 8 oz.)

*Spread on crackers, baguette, pita and enjoy!!*

## Polenta with Kale and Red Beans

—Jamie Zak, DGCP Member & WFC Owner

- 4–6 cloves garlic, chopped
- half an onion, chopped
- 3 T butter (1 T for sauteeing, 2 T for polenta)
- 1 T olive oil
- ¼–½ t salt
- 15 oz., or so, cooked kidney beans
- 1 bunch, or so, kale
- 1 c cornmeal
- 2 c milk
- 1½ c water
- ½ t salt

Heat the oven to 350°. Sauté garlic, onion, butter, olive oil, and salt. Add kidney beans and sauté longer. Add kale. Mix well and wilt until tender (may need a cover).

To make the polenta, add 2 cups milk, 1½ cups water and ½ tsp. salt to a saucepan and bring to a boil. Reduce the heat to simmer and slowly whisk in the cornmeal. Cook, whisking, until the mixture is thickened to the consistency of mashed potatoes, about 5 minutes. Add 2 T butter and 1–2 cups shredded mozzarella, parmesan, romano, or whatever, cheese. Put into an oven-safe casserole dish and bake until "springy" to the touch.

Layer the contents of the sauté pan on top of the baked polenta and serve.



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## Gluten-Free Chocolate Chocolate Chip Walnut Biscotti

—Ellen Turner, Merch Clerk & WFC Owner

- 2/3 c white rice flour
- 2/3 c quinoa flour
- 1/3 tapioca flour
- 1/3 c coconut flour
- 1/4 c unsweetened cocoa powder
- 1/2 t xanthan gum
- 2 eggs, large
- 2/3 c granulated sugar
- 1/2 t baking powder
- 1/2 t salt
- 1 t vanilla extract
- 2 T water
- 2/3 c walnuts, chopped
- 1 c semisweet chocolate chips

### Chocolate Coating:

- 1 c semisweet chocolate chips
- 1 t canola oil
- 1/2 c white chocolate chips (optional)

Preheat the oven to 350° Fahrenheit. Spread out the chopped walnuts on

a large baking sheet and toast them for about ten minutes, turning and shaking the pan halfway through to ensure even browning. Do not burn.

In a medium-sized bowl, combine all four flours, cocoa powder, and xanthan gum. Mix well or sift together, and set aside.

Beat eggs, sugar, baking powder, salt, vanilla extract, and water with an electric mixer on high speed until creamy and ribbon-textured. This usually takes a few minutes. Lower speed and slowly add the dry ingredients until just incorporated. Mix in the toasted walnuts and 1 cup of semisweet chocolate chips.

Transfer the dough to a greased baking sheet and shape it with wet hands into a log that is about 14 inches long, 3 inches wide, and 3/4 inch thick. Spritz the top with water or smooth it with wet hands or a wet spatula, and bake for 25 minutes in the preheated oven.

Cool for 20 minutes in the pan. Reduce the oven temperature to 325° Fahrenheit. Then moisten the top of the biscotti with water again to soften slightly, cool for 5 more minutes, then place the log on a cutting board and cut into 1/2–3/4 inch slices. Carefully place sliced biscotti upright on the baking pan and bake it for 25 more minutes. Cool on a rack.

To make the chocolate coating, melt 1 cup of semisweet chocolate chips with the canola oil in a small saucepan over low heat, stirring to avoid scorching. Spread chocolate mixture over cooled biscotti and lay flat. If desired, melt white chocolate and spoon it into a plastic bag or a pastry tube and use it to decorate the tops of the biscotti slices. (If using a plastic bag, cut off the very tip of one corner and squeeze the white chocolate out with your hands in a pattern of your choice).

Lay slices flat for a few hours to allow the chocolate to harden. Keep biscotti in a sealed bag or container for up to 2 weeks, or wrap and freeze.

Enjoy with coffee, hot chocolate, or a hot beverage of your choice!

Another recipe straight from my mother's recipe file.

## Snow Pudding with Soft Custard Sauce

—Barb's Mom

- Soften... 1 envelope unflavored gelatin (1 Tablespoon)
- in 1/4 C. cold water
- Stir in... 1 C. boiling water
- 3/4 C. sugar
- 1/4 C. lemon juice
- 1 T. grated lemon rind
- Soft custard (recipe below)

Strain and cool. Stir occasionally. When it begins to set, beat with rotary beater until frothy.

Beat in 2 egg whites, stiffly beaten. Continue beating until mixture holds its shape. Pile into sherbet glasses (but she always used small, somewhat igloo-shaped jello molds). Chill. If you use jello molds, dip briefly in warm water don't let the water touch the snow and unmold on a small dessert plate or into a sherbet glass. Serve with soft custard as a sauce (and she always put a maraschino cherry on top).

### Soft Custard

Beat in top of 1 qt. double boiler:

- 4 egg yolks (or two whole eggs)
- Blend in... 1/4 C. sugar 1/4 t. salt. Pour in... 1 1/2 C. scalded milk Cook over simmering (not boiling)

water, stirring constantly. When custard coats silver spoon (thin coating), remove from heat. If custard should start to curdle, beat vigorously with rotary beater until smooth. Cool quickly. Blend in 1t. vanilla. Serve in sherbet glasses topped with whipped cream, or use as a sauce over fruit cake or other desserts (such as snow pudding!)

## Squash and Kale Soup

—Cree Bradley, Lake Superior Sustainable Farming Association

- 1 winter squash
- 1 lb Italian sausage
- 6 c chicken stock
- 3/4 c whole wheat couscous
- 1 can cannellini beans
- 1 large bunch kale, leaves only, chopped fine

Peel and cube squash. Place on baking sheet; drizzle with olive oil; add salt and pepper. Roast in oven at 400° for 30 minutes.

In large stock pot, brown Italian sausage, drain any grease. Add chicken stock, couscous, beans. Cook for 10-15 minutes.

Lastly, add kale and roasted squash. Cook for another 5 minutes. Freezes well.

## Happy Dinner Soup

—Michael Karsh, Produce Manager & WFC Owner

- 1 small leek cleaned and finely chopped
- 1 medium carrot, shaped and thinly sliced
- 1/4 dried mushrooms, crushed
- 3 quarts water
- 1 dried chili pepper, crushed
- 3 cloves garlic, crushed
- 2 T sugar
- 1 T nutritional yeast
- 5 eggs whisked
- Miso paste (preferably red)
- 1 T fresh ground ginger
- 2-1/4 c sticky or sweet rice
- 1 package frozen greens or one bundle stemmed and steamed kale

- or chard
- 2 t coarse salt
- 1 t curry powder
- 1 T nut yeast
- 1/2 t cinnamon
- Rooster hot sauce

Combine leek, carrot, water, pepper, garlic, sugar and yeast and simmer for 1 hour. Whisk eggs, and add to broth (now fully cooked) that has been brought to a boil. Pour egg by 1/4 amounts into boiling broth, allowing it to return to boil between additions. Once the egg is cooked, keep warm but not boiling and 1 T ginger and miso to taste.

Cook sticky rice in 3 cups water in the rice cooker, 4 cups on stovetop. While the rice cooks, prepare greens, squeeze and finely chop. Combine greens, salt, curry, nutritional yeast, and cinnamon. Once rice is cooked, combine well with greens. Form rice/greens mix into balls, approximately 1/4 cup (portion scoop is awesome for this). Place one or two "balls" per bowl, squeeze Rooster sauce as needed. Pour broth over and enjoy!

*This is a quick side dish that I usually make with some reconstituted tomatoes I have dried from my garden harvest, though sundried works just fine with the omission of the boiling water and sugar.*

## Pesto Garbanzos with Tomatoes

—Michael Karsh, Produce Manager & WFC Owner

- 4 c cooked garbanzo beans, salted to taste
  - 1/2 c dried tomatoes
  - 2 t brown sugar
  - 1/2 c boiling water
  - 1/4 c pesto
- Directions:

Combine boiling water, tomatoes and brown sugar and let stand in a covered glass bowl for 10 minutes. Once tomatoes are soft but not mushy, strain them out and squeeze as much water out as you can, reserving 2 T of this juice. Mince, combine with pesto and garbanzos and the tomato juice from reconstituting. Chill 1 hour. Adjust salt and stir well, serve with parmesan cheese as desired.

## Cinnamon Roll Bread Pudding

—Debbie Manhart, Deli Manager and WFC Owner

- 2 ea. Great Harvest cinnamon rolls (with or without raisins)
- 2 ea. apples
- 4 c. milk
- 4 ea. eggs
- 2 t. orange zest
- 1/2 orange, juiced

Cut the cinnamon rolls into cubes about 1" square. Dice the apples – add them to the cinnamon rolls. Combine the milk, eggs, and orange juice and pour over the cinnamon rolls and apples. Spray a 9 x 13" pan and pour mixture into pan. Bake at 350°F for about 45 minutes (until set). Can serve plain or with ice cream or whipped cream.

cake for breakfast and working some veggies in too, this recipe is a must. It's really easy to make, and gives you the indulgence of carrot cake (complete with icing!) without the hassle or heavy feeling. It's the perfect start to your day..

## Carrot Cake Oatmeal

—Meatout Mondays

- 1 c almond milk (or any other non-dairy milk)
- 1/2 t fresh lemon juice
- 2 T coconut milk cream\* (optional)
- 1/2-1 t ground cinnamon (to taste)
- 1/4 t ground ginger
- 1/8 t ground nutmeg
- pinch of salt
- 1 large carrot, finely grated (1 heaping cup)
- 1/2 c regular oats
- 1 t pure vanilla extract
- 2 T pure maple syrup
- 1 T crushed walnuts

### Topping (optional):

- 1 T crushed walnuts
- 1 T coconut milk cream\* plus:
- 1/2 t maple syrup (to drizzle on top)
- shredded coconut, cinnamon, and raisins

*\*Use just the cream off the top of a can of coconut milk or mix coconut butter with a bit of almond milk.*

In a small pot, heat the almond milk, lemon juice, and coconut cream on medium heat. Stir in spices and salt until they're dissolved into the liquid. Stir in grated carrot and oats; cook for about 8 minutes or until oats are soft. Remove pot from heat, and stir in vanilla, maple syrup, and walnuts. Serve with the topping ingredients and/or whatever else you want to make your carrot cake oatmeal amazing.

In a small pot, heat the almond milk, lemon juice, and coconut cream on medium heat. Stir in spices and salt until they're dissolved into the liquid. Stir in grated carrot and oats; cook for about 8 minutes or until oats are soft. Remove pot from heat, and stir in vanilla, maple syrup, and walnuts.

Serve with the topping ingredients and/or whatever else you want to make your carrot cake oatmeal amazing.

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# WFC-U winter class listings

December, 2011 – February, 2012

## December

### Kid's Cookie Baking

**Instructor:** Faith King

**Saturday, December 3,**  
**10:00 am – 12:00 pm**

Parents, take the afternoon off while your kids learn how to make a variety of Christmas cookies and other treats using healthy ingredients. Every child will get the chance to actively participate and create a cookbook to take home, so they can re-create their favorite treats throughout the holiday season. This fun filled class is best suited for children ages 7-12, and is limited to 12 participants. There will also be one gluten-free cookie recipe made in this class.

### Making Raw Pies

**Instructor:** Karen Pringle

**Monday, December 5th,**  
**6:00 pm - 8:00 pm**

Let us face the truth; pie baking can be a pain in the... apple. It takes time, effort, and when the Holidays are near who has time for that? In this class Karen will teach you how to make delicious, healthy raw pies. Wow your guests or your hosts with these tasty desserts that cannot be used as an excuse for your New Year's resolution.

### Baking Holiday Cookies

**Instructor:** Ellen Turner

**Tuesday, December 6,**  
**6:00 pm – 8:00 pm**

If you love all kinds of cookies (the more the better!), but are at a loss when it comes to finding and baking the perfect recipe, then this class is for you. We will explore a wide variety of cookie recipes, from drop cookies to cutout cookies, and even some vegan and gluten-free recipes that everyone will enjoy. There will be chocolatey, fruity, chocolatey, spicy (in a good way), chocolatey, nutty, Christmas-y, frosted, and maybe even some chocolatey cookies. Come ready to get sticky and creative and spend your evening in cookie-flavored bliss!

## January

### Turkish Home Cooking

**Instructor:** Byron Johnson

**Monday, January 9,**  
**6:00 pm – 8:00 pm**

Home cooks in Turkey utilize simple, yet quality, ingredients to create wonderfully flavorful dishes. Embedded in each dish is a cultural story waiting to be told. In this class, Byron will demonstrate dishes such as Leeks and Carrots cooked in Olive Oil, Piyaz (a bean salad), Yogurt Soup, Cappadocian Manti (a savory pastry), and Stuffed Vegetables. While these dishes are prepared he will utilize pictures and sounds from a year spent in Turkey to illustrate the stories these dishes have to tell about the Turkish people and their relationship to good, simple, honest food.

### Pre-Game 101

**Instructor:** Debbie Manhart

**Wednesday, January 18th,**  
**6:00 pm - 8:00 pm**

Are you always wondering what your guests might want to snack on before the main course? This can be a frustrating and downright daunting task that brings you to dump a family size bag of Doritos's in a large plastic bowl. In this class the penalty flag is being tossed as Debbie teaches you quick, delicious, and easy appetizers whether it's for a Tupperware Party or the Super Bowl.

### Taste of Jamaica

**Instructor:** Tony Curtis

**Tuesday January 24th,**  
**6:00 pm – 8:00 pm**

Ya man, Tony Curtis is teaching at the WFC-U. Tony will be bringing some of his favorite simple Caribbean dishes to prepare, serve, and teach. He will show you the secrets to Rasta Pasta, Jerk Chicken, Jamaican Tropical Salad, and Jamaican Rice and Beans.

## February

### Beyond the Iron Curtain: Eastern European Cuisine

**Instructor:** Adam Wisocki

**Thursday, February 2nd,**  
**6:00 pm – 8:00 pm**

This is a class dedicated to the great dishes of Eastern Europe. Adam will make you some of his favorite dishes

he learned to make during his time living in Eastern Europe. He will teach you the art of the Polish Pierogi, Ukrainian Borscht Soup, Bosnian Coffee, and more.

### The Boot is Off: Fresh Italian Cooking

**Instructor:** Robert Giuliani

**Tuesday, February 7th,**  
**6:00 pm – 8:00 pm**

Are you tired of old store bought spaghetti and meatballs? Wish you could treat your family to an Italian dish that was not Olive Garden? This is the class for you! Robert Giuliani is going to teach you how to enjoy fresh pasta and simple sauces to enjoy at the mercy of your own hands. This class will simply be 'stupendo'!

### Southern Hospitality: The Louisiana Way

**Instructor:** Kristen Long

**Thursday, February 16th,**  
**6:00 pm – 8:00 pm**

Always keep in mind that those that do not venture do not experience the benefits of life. It is possible that you might have to come to this class trudging through a blizzard, bundled in a parka wearing your Steger Mukluks and snow shoes. However the benefits you will receive from authentic Southern Style cooking is worth any encounter with Mother Nature. Once you try the home made gumbo and more it will warm you to the soul.

### Pathos, Ethos, Logos? Mediterranean Diet!!!

**Instructor:** Shannon Szymkowiak & Dr. Adam Sundberg

**Tuesday, February 21st,**  
**6:00 pm – 8:00 pm**

In this class you will learn to know the Mediterranean Diet. In the first half of our 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.

### Taste of Trinidad & Tobago

**Instructor:** Lyndon Ramratten

**Tuesday February 28th,**  
**6:00 pm – 8:00 pm**

Our very own Lyndon of the Co-op is back to teach yet another extravagant class on Caribbean cooking. In this class he takes us into the cooking style of his home island Trinidad and Tobago. Join us as we enjoy Cilantro Curry Fried Breads, Trinidadian Caramelized Chicken Stew, Geera Pork, and a special desert.

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