

# midsummer food fest

The sky was threatening, but the Midsummer Food Fest was once again a success despite the lack of sun. Over 500 attended the celebration, where local food producers were present to talk about their farms and products. The Midsummer Food Fest celebrates local food and this year fea-

tured the Iron Kale competition with three local restaurants (Chester Creek Cafe, Scenic Cafe & Lake Avenue Cafe) vying for top honors using kale as their main ingredient.

Kale is the featured vegetable in the Duluth Community Garden Program's One Vegetable, One Community event this year. As always, people had a

chance to sign up for their own Eat Local Challenge with recipes and cooking tips available to all.

We'll see you again next year!

Reverend Green judges the greens.



Dave Rogotzke talks maple syrup.



A dangerous gang of WFC employees: Eric, Halley, Amanda, Andy and Dylan.



Peace coffee's wild wheels.



Jennifer from Spirit Creek Farms and her fabulous fermented foods.



Rick of Northern Harvest Farm.

## back 40 mind2mind

The WFC Produce department has had the opportunity to work with East Hillside Patch's Mind-2-Mind program for several years now, including bringing kids out to local farms and connecting about food choices. This year we thought we'd take it down to ground level, literally, and helped work up their garden space outside St Paul's church and planted it with tomatoes, greens

and carrots. A big thanks to Emily of Produce for her time spent with the kids. Also to Alex and Joe, staff at WFC, who provided tilling and soil improvement for the plot this year. We look forward to seeing those



eager faces again next year, including a tour of one of the *Seeds of Success* urban farm sites to share with the kids what is being done right in town. Thank you Elaine for your willingness to have us be a part of your work!



*"I enjoyed trying the salad and trying beets for the first time. My mom also really liked it."*  
— Jaydnn

*"The breakfast burrito (especially beets) was so good. Thanks!"*  
— Storm

*"Cooking was my favorite part. I cook at home sometimes. Thanks!"*  
— Grace



*"Words cannot express how grateful we are that you helped us with the vegetable garden this summer. The children learned so much and gained so many new skills."*  
— Elaine, mind2mind





610 East 4th Street  
Duluth MN 55805

Address Service Requested

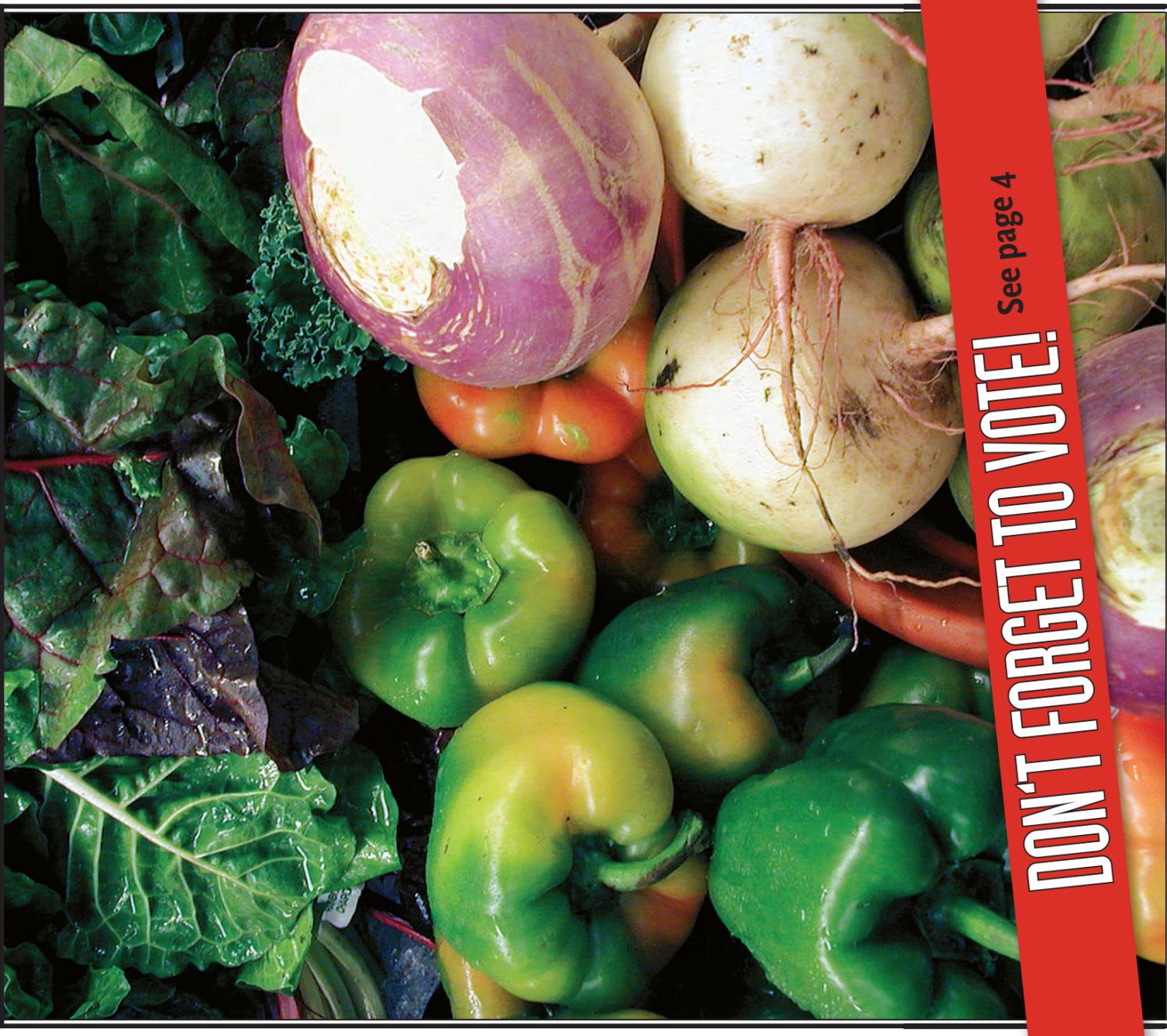
PRSR STD  
U.S. POSTAGE  
PAID  
DULUTH, MN  
PERMIT NO. 492

DULUTH, MINNESOTA

**GARBANZO**

FALL 2011

**GAZETTE**



**DON'T FORGET TO VOTE!** See page 4



**ENERGY CONCEPTS FOR TODAY**

**CONSERVATION  
TECHNOLOGIES**

218.722.9003  
conservtech.com



**FAIR TRADE**

*Roasted Locally in Duluth for Over 20 Years*  
www.alakel.com



**GARBANZO GAZETTE**

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

**STORE HOURS:**  
7 am – 9 pm every day

Ownership Investment:  
\$100 per voting membership

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



The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Sunday, October 30, 2011. Refer submissions and questions to shannon@wholefoods.coop.

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

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

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



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



**BEFORE RECYCLING THIS COPY** of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or Owners.

# management report

by Sharon Murphy, General Manager

*The Non-GMO Project is a non-profit multi-stakeholder collaboration committed to preserving and building sources of non-GMO products, educating consumers, and providing verified non-GMO choices. "Our shared belief is that everyone deserves an informed choice about whether or not to consume genetically modified organisms. We offer North America's only third party verification and labeling for non-GMO food and products." [www.nongmoproject.org](http://www.nongmoproject.org)*

In June, along with Board members Theresa Koenig and Heather Murphy, I attended the 55th Annual Consumer Cooperative Management Association Conference in San Diego. Amidst discussions on food deserts, the effect of the current economic recession on European co-ops and plans for celebration of 2012 as the International Year of Cooperatives, I was motivated by the workshop led by Megan Westgate, Executive Director of the Non-GMO (genetically modified organisms) Project.

A genetically modified organism (GMO) is an organism whose genetic material has been altered using genetic engineering techniques. Small-scale experimental plantings of genetically modified (GM) plants began in Canada and the United States in the late 1980s. The first approvals for large scale, commercial cultivation came in the mid-1990s. Since that time, adoption of genetically modified seeds by farmers has increased annually.

### Why were GMOs created?

- 75% were bred for herbicide intolerance so crops could be heavily sprayed with herbicides
- 25% were bred to produce BT in their DNA to be more insect resistant

Production of GMO seeds by the chemical companies, along with buying up available non-GMO seed supplies and selling more herbicides, has been a huge financial boon for those companies.

No GMOs were created to produce drought resistant crops or to create superior nutrition or to increase yields. Weeds and insects continue to mutate strains resistant to herbicides and to the chemicals in GMO crops so the

chemical companies keep producing stronger herbicides. **The production of GMO seeds has not reduced the volumes of herbicides and pesticides added annually to our environment and has not contributed to reduction of world hunger:**

No GMO crops have been proven safe for the environment or for the people who consume them. The European Union does not allow the production of GMO crops for human consumption. In announcing the decision that Japan would not import GMO crops, their Prime Minister stated that he would be watching the physical and mental development of American children over the next 10–20 years before considering allowing GMO crops in Japan.

Test planting of rice and flax caused contamination of other crops and did not enter the market. At this time there is no GMO wheat in production but the threat remains. Megan estimates that, factoring in drift of open pollinated corn, 70–80% of conventionally grown processed food in the US contains GMOs.

The Non-GMO Project's original goal was to convince the federal government to require labeling of products containing genetically modified organisms/GMOs. When lobbying by conventional food producers buried that proposal, the Non-GMO Project took on the tasks of protecting the supply chain, securing a non-GMO seed supply, supporting development of a certified organic seed supply and, ultimately, convincing the US Department of Agriculture's National Organic Program to include the standards of the Non-



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

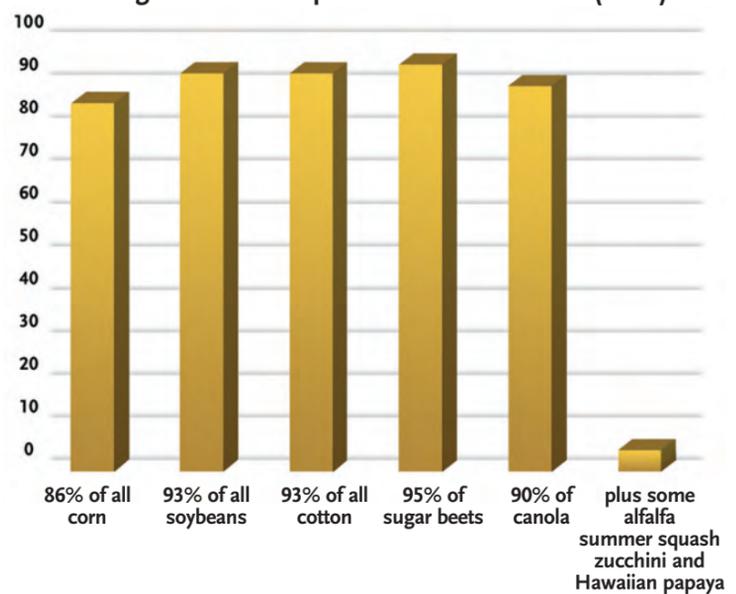
GMO Project as part of the Organic Standards.

Unintentional GMO contamination of certified organic products does not result in loss of organic certification. This is a safeguard for organic farmers but it does not safeguard consumers. Verifying the Non-GMO status of our organic food supply requires annual certified DNA testing of raw ingredients. The Non-GMO Project is subsidizing testing costs (on a sliding fee scale) for large and small producers and providing Non-GMO certified labeling for products that meet the Non-GMO Project standards. Crops not currently in GMO production can be "strip tested" at a lower fee to determine if there is unintentional contamination.

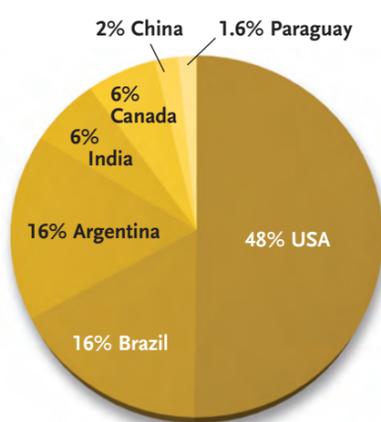
Manufacturers of processed foods that have received an annual verification of Non-GMO status are listed in the Non-GMO Project Shopping Guide available at WFC's Customer Service Counter and updated at [www.nongmoproject.org](http://www.nongmoproject.org). In honor of Non-GMO Month (October), WFC will sponsor a showing (free for Owners) of the documentary "FRESH" at the Zinema, 222 East Superior Street, Duluth, on Sunday, October 2, 2011, at 6:30 PM.

GG

### Plantings of GMO crops in the United States (2010)



### Percentage of GMO crops in production worldwide (2010)



**Acupuncture by the Lake**  
Experienced, Licensed Acupuncturist Treating:

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

1301 Rice Lake Road · Duluth, MN  
**218-349-2355**  
karen@healing-point.com

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

**ROLFING®**  
Structural Integration  
Graduate of the  
Canadian College of Osteopathy

218-349-8138  
[www.rolfingbylarson.com](http://www.rolfingbylarson.com)

**YOU NEED THIS!!**

# board report

## the study of sustainability

by Chris Edwardson, Board President

**Y**our Board engages in “study” in order to better serve our Owners. Study is an important activity that only a well functioning Board can take on. Study helps the Board make long range decisions that keep the Co-op healthy. However, study can only be done only after regular business is completed. Because your Board has an efficient process in place to accomplish its regular business, we are able to study broad issues that are likely to be important in the long term. The process we use to manage Board affairs is Policy Governance. To explain this succinctly is difficult, but I will try.

In essence, Policy Governance is a set of rules with boundaries or limits for activities such as Staff Treatment or Financial Condition. Various policies are used by our General Manager and the Board to operate. As long as we stay within the stated Policy limits we are in compliance. If we go outside of the limits we are in non-compliance and must develop an action plan to correct the situation. The General Manager and Board prepare reports for each policy (on a regular schedule) in advance of Board

meetings and in this way the Board knows of any issues or concerns to be prepared for. In practice this is more difficult than it sounds, but once everyone is in tune with Policy Governance, a Board can handle regular meeting business efficiently and have time for study.

In the last issue of the Gazette, I briefly discussed our study of the Farm Bill. Since that time, we have been engaged in the study of “sustainability.” I used quotation marks around the word because it has so many different proposed meanings.

**Sustainability: “meeting the needs of the present without compromising the ability of future generations to meet their own needs.”**

The following are interesting to ponder, with the last (in bold) one of the first definitions used and in my opinion best.

“A less selfish lifestyle.”

“A new way of considering what everyone does and how they do it.”

“Consumption which is more car-



Chris Edwardson  
Board President

ing of one’s own health, the Earth’s health, and the health of others.”

The statements above are ways of explaining how to act in a sustainable manner. Sustainability is affected by our choices and our actions as well as our relationships with others.

There is no definition of sustainability that is universally agreed on, however, an internationally recognised definition does exist. It comes from the 1983 Bruntland Report, where sustainability was defined as: “meeting the needs of the present without compromising the ability of future generations to meet their own needs.”

As the Board has learned from reading articles related to the

issue of sustainability as it relates to agriculture and feeding the World, there are no simple answers and each of us must do our part, to preserve the future of food and the Planet. **GG**

## progress on ends

In the Policy Governance model, an ENDS Statement answers the question “What will be/is different because this co-op exists?” The ENDS Statement approved by the WFC Board of Directors on March 23, 2009: *In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system. In the April-June 2011 quarter, management reported the following progress on ENDS to the Board:*

- \$1,000 to the Duluth Community Garden Program for development of a handicapped accessible community garden (Grant Community School Orchard Garden project) at the Grant Rec Center
- \$2,000 for start-up costs to the Duluth Community Farm
- \$400 to Miller Dwan Foundation for the ARTcetera 2011 fundraiser for the Amberwing mental health and wellness center for young people and their families
- \$4,000 for production costs of Food for Change, the Co-op Movie ([www.foodforchangemovie.com](http://www.foodforchangemovie.com))
- Provide copies of the Northland Food & Farming Initiative’s Sustainable Foods Curriculum to the Grant Community School Collaborative
- Provide technical assistance for the development of a vegetable garden for the East Hillside Patch Mind 2 Mind Youth Program
- Management participation with and logistical support for the Safe and Walkable Hillside Committee, Hill Fest 2011 Committee, the Duluth Community Farm Steering Committee, the Grant Community School Collaborative, and Community Action Duluth.

## news bites

### CALL FOR OWNER ART!

Announcing our 2nd annual co-op Owner art show for October, 2011. If you are interested in submitting, please contact Jill at: [jillh@wholefoods.coop](mailto:jillh@wholefoods.coop). Space is limited and some conditions apply.



### SPECIAL ORDER POLICY CHANGE

Effective July 1, 2011, the Owner discount on eligible special orders is 15% in all departments. The full text of the Special Order Policy can be found on page 7 of this issue.



### 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)



**Feel Better**  
*Connect with Life*

Talk Therapy  
Expressive Therapy  
Sandplay Therapy  
Sliding Fee Scale

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

7622 Bayhill Trail • Duluth, MN 55807  
[calarsen@charter.net](mailto:calarsen@charter.net)  
218.733.9903

magic box photography  
portraits by chelsea e. morgan



 Find us on Facebook

218.728.9959  
[www.magicboxphotography.com](http://www.magicboxphotography.com)

*Duluth* a primary care medical clinic  
**Family Practice Center**



Proudly providing patient-driven healthcare to our community.

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

Urgent, same-day appointments available.

Free, convenient parking.

**218-723-1112**  
330 N. 8th Ave E.  
Duluth



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



## VOTING IN THE 2011 ELECTION OF WFC BOARD OF DIRECTORS

Candidate information is posted at WFC and at [www.wholefoods.coop](http://www.wholefoods.coop). On-line voting and paper ballots will be available by September 1, 2011; votes must be submitted by 9 PM on Thursday, September 22, 2011. Owners will receive a postcard on or about September 1st with login and password information for on-line voting. Instructions, candidate profiles and packets for paper ballots will be available at the Customer Service Counter or, with advance notice, can be mailed to you upon request (218-728-0884).

# VOTE!

## the CO-OP MOVIE

“FOOD FOR CHANGE”

Education, economic participation, independence and cooperation – these are four of the seven cooperative principles that keep food co-ops on track to create healthy communities. “Food for Change,” a work-in-progress documentary planned for release in spring 2012, looks at how food co-ops manifest these principles in their day-to-day operations.

The film takes a contemporary and social-historical look at cooperatives in the U.S., exploring three periods of co-op expansion: the first wave following the financial collapse of 1929 when co-ops proved to be a mitigating factor against hard times; the second wave of the 1970’s driven by a counter-culture desire for whole and organic foods; and the third wave, currently underway, aimed at both of these concerns.

The release of “Food for Change” is timed to coincide with the United Nations designation of 2012 as the International Year of Cooperatives. The plan is to show the film in hundreds of locations on the same day and to follow-up with national discussion on the cooperative way of doing business.

Including Whole Foods Co-op, 65 co-ops in 25 states have together contributed over \$120,000 to help fund this valuable project. Another \$60,000 is needed to complete and distribute the movie. Visit [www.foodforchangemovie.com](http://www.foodforchangemovie.com) to watch the trailer, view scenes from the movie, and consider making a contribution. Your investment will help us communicate a deeper understanding of cooperatives and will help the present wave of co-op expansion.

# in balance with ayurveda

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.*

Looking at life through an Ayurvedic lens, we see the elements – earth, water, fire, air, and ether (space)—rising and falling like great tides. They ebb and flow in daily and seasonal cycles and over the course of a lifetime.

As late summer ripens into autumn, we feel the rising tide of Vata (air and ether) in the cooler, dryer air, shorter days, and the sense of lightness in the world. This season corresponds to the elemental changes we experience as we age, for our elder years are our Vata stage of life. As we grow old, our constitutional balance shifts. In Ayurvedic terms, the tide of air and ether rises. Let’s look at how we might feel the qualities of air and ether in our bodies and minds.

The **coolness** of Vata makes it more difficult to stay warm, and with less fire in the body, the digestion is less robust. **Lightness** shows in thinning hair and skin, lighter sleep and less need for sleep, less need for food, and less attachment to the goals and objects of mid-life. **Dryness** is evident in the skin, hair, eyes, nails, and joints. **Hardness** makes us less flexible and, combined with dryness, can lead to

constipation. **Mobility**—constant, uneven movement—can manifest as tremors and tics, less steadiness and loss of balance. Finally, the **subtle**, or **diffuse**, nature of Vata can make it more difficult to concentrate. Like using a wide-angle lens, the mind and senses may feel much more open, and narrow focus is harder to achieve.

The extent to which you experience these qualities as you age depends largely on where you start – the natural constitution you were born with. For example, a person with a Vata constitution has embodied air and space from birth, and will feel their effects even more as their level increases with age. A Kapha constitution, on the other hand, has a great deal of water and earth (moist and heavy), so lightness and dryness are not felt so keenly. A Pitta constitution is naturally fiery, so the coolness of age is somewhat offset. But regardless of individual constitution, we are all to some degree transformed by the Vata tide of age.

If you feel a bit unwelcoming towards these changes, know that the light, expanded quality of Vata also moves us into the most spiritual stage of our lives, allowing us to become more visionary, insightful, and luminous, walking more lightly on the earth, more open to other ways of knowing and being.

On a practical level, care for your body in this stage of life by eating for easy digestion: simple combinations of foods, usually cooked rather than raw, with warming spices and oils, in smaller amounts, with no ice water. For example, stewed apples with a little cinnamon are easier to digest than raw

apples; greens lightly sautéed in olive oil are easier to digest than raw salad. Fresh, organic food is important as you are more sensitive now to what you take in. This applies to your senses as well; feed them with sights, sounds, and textures of nature whenever possible. This can be as simple as having a single flower in a vase indoors, listening to chickadees outside your window or rain on the roof, stroking the soft leaves of a mullein plant growing weed-like beside the street. The sense of smell may be much diminished, but the scents of essential oils and good cooking may please you.

We are the stewards of our bodies and minds, which are our loyal servants through our lifetimes. They age, under our care, but Ayurveda teaches us that there is that within us that does not age. In our Vata years it becomes easier to identify with that eternal quality as our truest self.

**Correction:** In the Summer issue of the Gazette, “So you want a simple practice? Wake up and smell the coffee!” was mistakenly reprinted from the Spring issue as the last line of the article. The last line of the Summer issue should read, “The yogis say it is like the light of dawn, inexorably increasing until the darkness of night has simply melted away.” Our apologies to the author. GG

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

### FURNITURE REPAIR

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

GREY DOFFIN  
726-0395 • Duluth, MN  
— Since 1974 —

**Cloud Hands Healing Arts LLC**  
www.cloudhandshealingarts.massagetherapy.com  
cloudhandsha@gmail.com



**Michael Kapsos**  
CMT, ABMP

**Therapeutic  
Massage & Shiatsu**

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



**Linda Kinnunen CMT**  
Shiatsu Practitioner



## Discover Deep Peace.....

### Deep Peace Wellness Studio

Erin DeWitt, Gary Anderson  
Jodi Christensen, Kiki Erspamer  
Nancy Knutson

31 West Superior St., Ste 501  
[info@deepeaceduluth.com](mailto:info@deepeaceduluth.com)

[deepeaceduluth.com](http://deepeaceduluth.com)

Awakened Wisdom, Ayurveda, Heart Centered Therapy, Meditation, Myofascial Release,  
Phoenix Rising Yoga Therapy, Quantum-Touch®, Reconnective Healing®, Reiki,  
Reiki Training, Shirodhara, Somatics, Yoga, and Workshops



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

# the buzz wfc staff news

by Jill Holmen, P & E Coordinator

**M**OD Annette Hofslund & Customer Service Clerk Eric Nied are collaborating to create tick and nature-inspired art and jewelry! Calling themselves the Arachnoteers, and admitting to the harming of some ticks for this endeavor, other un-harmed bugs and beauties are also being used. They hope to someday vend at street and art fairs.



Tick and nature-inspired jewelry

Congratulations are in order for Justin (JP) Petite of the Produce department for graduating from the Radiologic Technician program at LSC this past July. Board exams come next, then intentions of working in an MRI unit. Excellent work, JP!

Front End Clerk Charlie Danielson welcomed 9 baby ducks to his home this past July, and reports the second year of growing food on his land is showing great promise. He and partner Kristin have been eating full meals from the landscape, and have been trading eggs and veggies for essentials such as compost for all of their raised beds. Here's to sustainability on the home front!

Bittersweet news as we bid farewell to Eloise Boisjoli, who embarks upon the new journey of graduate school for



Katherine shows us how to enjoy tea, Swedish-style!

music theory at the University of Minnesota, Twin Cities. We wish her all the best!

Front End Clerk Katherine Lamb had a marvelous trip to Sweden this past spring and sends this photo from her adventures!

I bid a personal adieu to my fellow P & E dork-squad member Chris Rubesch who departed the Co-op in August. All the best on your next endeavors, Chris. You will be missed! Three words: Faux Leather Lederhosen... **GG**

## call for kale-inspired art!

**K**ale has been named the Vegetable of the Year for the One Vegetable, One Community project in Duluth, and

December will bring a Kale-inspired art show to WFC. If you are interested in submitting a piece, please contact Jahn

Hibbs at the Duluth Community Garden Program: 218-722-4583.

## award winners

### JUNE



**Gumby:**  
Dylan Savall,  
Front End Clerk



**Gumby:**  
Rianna Reiter,  
Deli Buyer/Receiver



**Customer Service:**  
Lisa Moran,  
Front End Clerk

### AUGUST



**Gumby:**  
Andy Theuninck,  
IT Coordinator

### JULY



**Gumby:**  
Kristie Woolverton,  
Deli Counter Clerk



**Gumby:**  
Kelly Bittner,  
Merchandising Clerk



**Customer Service:**  
Kala Edwards,  
Deli Cook/Baker



**Customer Service:**  
Jackie Bradley,  
Manager on Duty

## anniversaries

### SEPTEMBER

- Jaclyn Bradley, *Front End* 6 years
- Briana Brewington, *Front End* 8 years
- John Freedline Sr., *Deli* 6 years
- Colleen Kelly, *Human Resources* 6 years
- Martha Livingston, *Front End* 4 years
- Dolores Meidl, *Deli* 6 years
- Darcy Sathers, *Merchandising* 16 years

### OCTOBER

- Barbara Akre, *Deli* 3 years
- Lisa Anderson, *Merchandising* 14 years
- Jill Hall, *Merchandising* 6 years
- Jesse Hoheisel, *Merchandising* 6 years
- Julie Kohls, *Merchandising* 9 years
- Josephine, *Front End* 1 year
- Rae Lynn Moahan, *Merchandising* 6 years

### NOVEMBER

- Rebecca Bischoff, *Merchandising* 1 year
- Lea Bourn, *Front End* 1 year
- Emily Darnell, *Produce* 2 year
- Jason Kokal, *Front End* 7 years
- Jacob McMiller, *Deli* 5 years
- Eric Nied, *Front End* 4 years
- Justin Petite, *Produce* 5 years
- Jordan Schreiber, *Merchandising* 4 years
- Wendy Sjoblom, *Deli* 6 years

Bob Gabres  
Therapeutic Massage L.L.C.

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

Open YOUR MIND Explore YOUR BODY Enhance YOUR LIFE

**PHOENIX RISING** yoga therapy

Gary B. Anderson  
Certified Phoenix Rising Practitioner

218-391-7404 • garyyoga@cpinternet.com  
www.pryt.com

Fall Into Bliss

Join us for our Fall Open House  
**Sunday September 11 from 2-5 pm.**  
Enjoy FREE Demo Classes, 10% off everything & light snack while connecting with community!

www.YogaNorthDuluth.com  
888-722-YOGA & info@YogaNorthDuluth.com  
4628 Pitt St. Duluth, MN 55804

CERTIFIED COLON HYDROTHERAPY and MASSAGE

**CHERIE KENNEDY**  
Superior, Wisconsin  
(715) 394-4394



## board of directors

**Alison Champeaux**  
Ad Hoc Policy Committee  
GM Evaluation Committee  
Study Committee  
Term expires 2011  
alison@wholefoods.coop

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

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

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

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

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

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



Sharon Murphy, General Manager  
Whole Foods Co-op  
610 E 4th Street  
Duluth, MN 55805  
728-0884/w • 728-0490/fax  
smurphy@wholefoods.coop  
WFC web site: [www.wholefoods.coop](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

by Theresa Koenig, Board Vice President

Mollie Stapleton Clark, a Whole Foods Co-op (WFC) Owner and a family practice physician, works daily with food related health issues. "Childhood obesity, diabetes, and heart disease are on the rise and the cost of this high calorie, nutrient poor diet is just enormous. It is hard to help people make healthful dietary choices in a system that surrounds us with food that is cheap and unhealthy. We have not even begun to see the full consequences of our diet. Our children's generation is expected to have a shorter lifespan than their parents' generation. That's wrong! If changes can be made in this 2012 farm bill to improve our access to healthful food and improve our environment, we should do it. And really, we cannot afford to ignore it."

At expenditures of almost \$25 billion per year now, the Farm Bill is a massive but poorly understood piece of legislation. The current 2008 Farm Bill legislation sunsets in 2012, and the House Ag Committee is currently holding reauthorization hearings, the first step towards a 2012 Farm Bill. Alex Mohrbacher, also a WFC Owner—produce department employee and an aspiring organic farmer—looks at this as an opportunity for consumers to weigh in on the legislation by saying, "Farm Bill provides an opportunity for all Americans to take a real look at how their food is grown every 5 years and maybe this year, more concerned eaters will take advantage of this opportunity to make powerful change in how our government supports the food system".

"In a country consecrated to private property rights and free market ideas, it might seem hard to fathom that a single legislation could wield such far-reaching influence. But to a large extent, the Farm Bill determines what sort of foods we Americans eat (and how they taste and how much they cost), which crops are grown under what conditions, and, ultimately, whether we're properly nourished or not", says Daniel Imhoff, author of Food Fight. Since the legislation largely dictates our food choices, it makes sense for those of us who eat to speak up. Mark Thell, another WFC Owner, a Wrenshall area farmer who produces

grass-fed beef for the Duluth Grill, and a longtime supporter of our local sustainable farming movement says it best, "Regarding the Farm Bill, the conservation components of the Farm Bill tend to help small farmers and ranchers. The fill-the-bins commodity payments tend to support the corporate farm owners. You, the consumer, tend to be left out in the cold trying to find healthy food for your family. What I have been suggesting to mostly consumers is that you are the majority and you should push for reform in price supports."

The bill affects everything our Owners have told us they care about: good food, a strong local and regional food system, school lunches, food security issues, organic and sustainable agriculture. That is why, in Chris Edwardson's Board Report, published

Research Service check here: [www.nationalaglawcenter.org/assets/crs/RS22131.pdf](http://www.nationalaglawcenter.org/assets/crs/RS22131.pdf)—meant to inform congress about the farm bill, not user friendly but detailed.

- House Agriculture Committee [www.agriculture.house.gov](http://www.agriculture.house.gov)—the "hearings and business meetings" and "news and media" sections of this site provide relevant information.
- US Department of Agriculture <http://www.usda.gov/wps/portal/usda/farmbill2008?navid=FARMBILL2008> includes fact sheets, links to help learn more about the farm bill, and farm bill news and transcripts.
- A Facebook Group: **Understanding the Farm Bill: A Citizen's Guide to a Better Food System**
- Organic Farming Research Foundation ([ofrf.org](http://ofrf.org)) has one section of their website devoted to Farm Bill policy including details on current organic provisions, history and policy recommendations.
- National Sustainable Agriculture Coalition keeps close track of Farm Bill reauthorization and posts a blog covering pertinent activity.
- Community Food Security Coalition ([www.foodsecurity.org/index.html](http://www.foodsecurity.org/index.html)) has links to related federal policy, and to their strategic plan.
- American Farmland Trust—Their priorities for the Farm Bill are to protect our farms and ranches, create a more resilient American food and agriculture system and strengthen conservation and stewardship efforts.

- Environmental Working Group: (<http://farm.ewg.org/>) Each year they create a database using public information to explain how much money each farm in the nation receives from the government.
- National Organic Coalition (NOC) As Chris mentioned in his Board Report, our Co-op belongs to the National Cooperative Grocers Association (NCGA) which among other things, advocates for organic farming and maintaining the integrity of the USDA Organic label though its participation with the NOC.

### CONCERNED ABOUT 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)

in the Spring 2011 Issue of the GG, he called for all of us to learn about and follow the Farm Bill as it makes its way to reauthorization in 2012. That's easier said than done. Thankfully, there are plenty of resources out there that help us all understand this important piece of legislation.

### Here are a few resources to help you follow and participate in Farm Bill legislation:

- **Food Fight: The Citizen's Guide to a Food and Farm Bill** by Daniel Imhoff. If you read one thing about the Farm Bill, make it this book. It's comprehensive, yet quite readable and is flush with helpful graphics. The first part of the book describes why the farm bill matters, the second part is about wedge issues and lastly it includes more resources and ideas for the 2012 reauthorization cycle. This would be an excellent book for a church group or book club to read.
- For an excellent summary of 'What is the Farm Bill' from the Congressional

**Take the Road Less Traveled**

**Guaranteed for Life**

**Built in Duluth**

**365 Canal Park Drive • (218) 722-1707**

DULUTH PACK  
DULUTH MINN.



# welcome, new WFC Owners!

Lisa R. Wentworth  
 William C. Durbin  
 Collette M. Stone  
 Susan M. Peterson  
 Kathleen Bodner  
 Jordan T. Vargason Sr.  
 Gregory T. Sawyer  
 Briana K. Coughlin  
 Craig A. Bulow  
 Phyllis Sabol  
 Kristen Augustyn  
 Kim J Dahlquist  
 Brandon P Watson  
 Corrina M Halstead  
 Patricia E Lindberg  
 Diane M. Marshall  
 Christopher M. McMahon  
 Scott L. Tomczak  
 Andrew D. Carlson  
 Cheryl Zupec  
 William M. Adamczak  
 Dawn Kephart  
 Elizabeth M. Lensing  
 Eugene T. Carlson  
 Stacy M. Locker  
 Susan E Christensen  
 Molly J Mcadam  
 Mary H Paplioris  
 Brynn M Sias  
 Jordan J Unseth  
 Aerin T Anderson  
 Cynthia M. Gentz  
 Heather Lang Jacobsen  
 Cynthia Salakka  
 Alisa J. Nelson  
 Corey A. Hanson  
 Deserae L. Hendrickson  
 Pamela R. Foster  
 Chris W. Hull  
 Sarah L. Haavisto  
 John P. Kowalczyk  
 Stephen K. Parrott  
 Brian S. Moore  
 Michael L Kohn  
 Joyce L Houtz  
 Steven L. Lipton  
 Matthew R. Mulliner  
 Tina M Hietala  
 Honore V. Lehtinen  
 David L. Cowardin

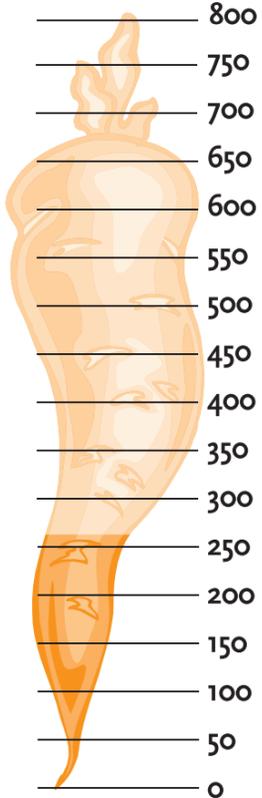
Lisa R Peterson  
 Julie A. Beaulieu  
 Mark Sweere  
 Elizabeth B. Preston  
 Robert J Norstrom  
 John M Callahan  
 Ann M Yapel  
 Randy Lloyd  
 Pat A. Larson  
 David E. Harper  
 Kimberly Collins  
 Kelly K. Mcfaul-Solem  
 Renan E. Cruz  
 Patrick A. Casey  
 Shirley M. Deerman  
 Joelle Galo  
 Jon Heyesen  
 Gina Debreto  
 James Dang  
 Amanda L. Nix  
 Lisa J. Hoch  
 Warren L. Johnson  
 Thomas C Mitchell  
 Galen L White  
 Elizabeth B Byler  
 Kyle S Thompson  
 John M Alexander  
 Lana N Jackson  
 Claire Musech  
 Dolores A. Kovash  
 Richard Blackford  
 Joshua S Ward  
 Elizabeth C. Radosevich  
 Patrick D Sullivan  
 Jennifer Mckibbon  
 Dean A. Krych  
 Evan A. Britzius  
 Heidi Lynn-Holbeck  
 Joseph A Antilla  
 Wade A Porter  
 Bonnie Lou Dunphy  
 Georgia A. Miller  
 Kristine Michaelson  
 Nicole N. Bloom  
 Karen L. Houle  
 Holly C. Tanner

Diane L. Liukkonen  
 Katrina Haskins  
 Lynn D. Williams  
 Bonnie L Pahlen  
 Jeanine G. Kitterman  
 Clarice C. Zauhar  
 Rebecca S Matson  
 Colleen E. Smith  
 Lee O. Carlson  
 Celeste E. Kawulok  
 Claire E. Hoffman  
 Katherine A Baxter  
 Cynthia A. Kunz  
 Vivianna Pauly  
 Lori McIntyre

Valerie Barber  
 Cristopher R Lian  
 Zaundia Z. Klingbeil  
 Virginia J Holte  
 Nancy L. Beckman  
 Tris Rude  
 Theresa R. Lundgren  
 Debra J. Johnson  
 Sara E Peterson  
 Kimberly S. Lindquist  
 Mary A. Stone  
 Lindsay Josephine Savage  
 Stanley Hudson  
 Kala Edwards  
 Cheryl L Pierzina  
 Charles W Richards  
 Mary Lou Christiansen  
 David Lunderville  
 Jim D. Collins  
 Ethan J. Sohm  
 Samantha Lakosky  
 Michael J. Wendling  
 Kerry L. Bing  
 Dusty Dixon  
 Jan Mansell  
 Jayme Schrader  
 Tamar E Madura  
 Carol S Kivi  
 Jay Brettingen  
 Kathryn Wegner  
 Stephen M. Braun  
 Peter Bedard III  
 Dolores Meidl  
 Gina D. Middlestead  
 Julie Slowiak  
 Melinda J. Granley  
 Dolores Stoffel  
 Robert Chellew  
 Suzie Hall  
 Joseph C. Modec  
 Lorie J. Jones  
 Jill K Joyce  
 Neva P Nolan  
 Britney Ann Pierce  
 Victoria Lindholm  
 Andrea Westerlind  
 Sarah M. Hannigan  
 Kathleen Leroy  
 Sai Bezawada  
 Theresa L. Gregory

**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.

Kenrea J. Perell  
 Leah E. Berg  
 Lucie B. Amundsen  
 Taylor C. Bozicevich  
 Elizabeth A. Lund  
 Frederick J Smith  
 Marilee V Parenteau  
 Charyl R Weingarten  
 Sharlene M Santmyer  
 Erin A Marple  
 Ruth A Dejarnette  
 Edward G Heisler  
 Marcie Stoyke  
 Lisa M. Melka  
 Janice E. Parham  
 Molly E. Irwin  
 Sally Jo M. Myers



## Progress

**Fiscal Year 2012**  
 New Owners: We squeaked over the goal line for Fiscal Year 2011 with a total of 807 new Co-op Owners. Congratulations! Now we're working on Fiscal Year 2012. Can we do it? Can we reach 800 new WFC Owners by June 30, 2012? It certainly looks like we're off to a great start. Welcome, new Owners!

Samaira Q. Mujteba  
 John Westlund  
 Kurt S. Klinga  
 Deanna L. Edwardson  
 Tammy Walker  
 Cari Labonne  
 Gertrude Maly  
 Debra T. Hennessy  
 Kathryn Wallis  
 Elaine L. Wiggins  
 Barbara Leshovsky  
 Stanley D Gensky  
 Judy L Larson

## special order policy change

**PURPOSE:** allow customers access to more products than the store offers.

**POLICY:** Establish and promote a single percentage discount for Owner/employee special orders excluding non-discountable items and subject to advance notice and/or quantity requirements for special orders of prepared foods.

Promote the special order discount for Owners.

Management has discretion to offer an in-store case discount to Owners/employees on a limited, item-by-item basis; an in-store case discount is available only on appropriately signed items.

Fulfill special order requests for any products that we can acquire subject to quantity requirements.

Based on the discretion of the manager/buyer, a non-refundable deposit

will be required before placing a special order; deposit will be refunded if product cannot be obtained in satisfactory condition at quoted price.

Perishable special orders must be claimed within 48 hours of notice of receipt.

Non-perishable special orders must be claimed within two weeks of notice of receipt unless special arrangements are made with the manager/buyer.

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

**Michelle Russell CHHP, CHTP**  
 Marshall Professional Building  
 1301 Rice Lake Road | Duluth, MN  
 phone: 218.724.3679  
 email: [holistichealthhealing@gmail.com](mailto:holistichealthhealing@gmail.com)  
 web: [holistichealthhealing.info](http://holistichealthhealing.info)

**Muggymoose Massage**  
 Specializing in Thai Yoga Bodywork

- Deep Tissue
- Relaxation
- Swedish
- Reflexology
- Pregnancy
- Sports

Gift Certificates Available  
 The Perfect Present!

Margaret Harstad - CMT, RTT  
[www.thaiyogaduluth.com](http://www.thaiyogaduluth.com)  
[muggymoose@gmail.com](mailto:muggymoose@gmail.com)  
 218-310-6586

**ACUPUNCTURE**  
 Chinese Nutrition  
 Electrostimulation  
 Moxabustion  
 Cupping

**The Healing Point**  
 of Duluth  
 Jodie Cope  
 Licensed Acupuncturist  
 Downtown Duluth  
 218-428-1893



# GMO: Genetically Modified Organism

(alternately, GE or genetically engineered)



GMOs have been created in laboratories, using gene-splicing biotechnology. This process allows scientists to create combinations of plant, animal, bacterial and viral genes that do not occur in nature or through traditional crossbreeding. The process is somewhat unpredictable, and can lead to unintended and uncontrolled changes in the organism's DNA.

The vast majority of GMOs on the market are bred for herbicide tolerance and insecticide production. Despite biotech industry messages to the contrary, there are NO GMOs available designed for increased yield, improved drought tolerance, or nutritional superiority or any other consumer benefits. At the same time, there is a growing body of peer-reviewed research linking GMO consumption with decreased fertility, allergies, abnormalities in organs and immune response, and more.

In the EU, all products containing more than 0.9% GMO are required by law to be labeled as such. With no similar consumer protections in place in North America, the Non-GMO Project was created to fill the information gap. If you are concerned about GMOs and would prefer not to feed them to yourself or your family, choose "Non-GMO Project Verified" products. Find out more at [www.nongmoproject.org](http://www.nongmoproject.org).

Look for this designation on labels and on the shelves during October for non-GMO verified items.



## join us in celebrating your right to choose non-GMO!

With concerns on the rise about the health and environmental impacts of genetically engineered foods (GMOs), Whole Foods Co-op will take some time during October's Co-op Month celebrations to highlight another nationwide event: Non-GMO Month.

In the spirit of the 5th and 7th Coop principles, "Education, Training, and Information," and "Concern for Community," cooperative grocers across North America will host programs designed to raise consumer awareness, empower shoppers to confidently make Non-GMO choices, and protect the long-term availability of food and products that have not been genetically engineered.

On Sunday, October 2nd at 6:30pm, Whole Foods Co-op will sponsor the film FRESH! At Zinema 2 at 6:30pm.

WFC Owners get in free when they present their swipe card. In addition, you'll get great discounts all month on products verified by the Non-GMO Project, a nonprofit organization working to ensure the continued availability of non-GMO food and ingredients.

Unfortunately, misinformation about GMOs is common. Though plantings of GMO Crops reached all-time highs last year, with 93% of soybeans, 86% of

corn, and 93% of the cotton planted in the United States genetically modified, the public knows little about them, their prevalence in our food, or how to avoid them. Further, the biotech companies who control this new technology have effectively prevented researchers from publishing studies on the potential risks of GMO consumption.

Even without any science showing GMOs to be safe, genetically modified

To this end, they maintain North America's only third-party standard for GMO avoidance. Since the Project's inception, thousands of products have been verified to this rigorous standard, and many of your favorite foods may already bear the Non-GMO Project Verification Mark on their packaging.

This seal indicates that the ingredients and practices used in making your food have met a strict standard focused on traceability, segregation, and testing of high-GMO-risk ingredients (e.g. corn, soy, canola, sugar, etc.) Keep an eye out for this trustworthy label while you shop for dinner, or your favorite snack.

Whole Foods Co-op supports organically grown foods and foods that have been non-GMO verified. This is a reflection of requests and concerns of our shoppers and Owners. Since the US does not require labeling of foods

containing GMOs, outside verification of the GMO status is needed. Watch for shelf labeling of non-GMO verified products throughout the store.

For more information about WFC's Co-op Month and Non-GMO Month events, visit: [www.wholefoods.coop](http://www.wholefoods.coop)

For a complete list of participating products, or for more information on visit: [www.nongmoproject.org](http://www.nongmoproject.org)



*Even without any science showing GMOs to be safe, genetically modified foods don't need to be labeled. And perhaps over eighty percent of conventional processed food contains GMO ingredients.*

foods do not need to be labeled in North America. And it is estimated that over eighty percent of conventional processed food contains genetically modified ingredients. Presented with these concerns, a group of conscientious retailers put their heads together to create the Non-GMO Project.

The Non-GMO Project believes that you have a right to know what's in your food, and a right to choose Non-GMO.

### Richard Tosseland, L.Ac. Licensed Acupuncturist

Acupuncture | Chinese Herbs | Tai Chi

218.722.2411

[www.richardtosseland.com](http://www.richardtosseland.com)

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



### Area's Largest Selection of Organic Wines

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

*Fitzger's Wine Cellars*  
Fine wines, spirits & beers

Fitzger's Brewery Complex • 600 E. Superior St. • Duluth  
218.733.0792 • [www.fitzgerswinecellars.com](http://www.fitzgerswinecellars.com)



*Sustainable Farming Association*

### LAKE SUPERIOR FARM BEGINNINGS®

A Program of the Lake Superior Sustainable Farming Association  
Licensed by the Land Stewardship Project

*...Supporting the Next Generation of Farmers...*

Lake Superior Farm Beginnings is a farmer-taught training and support program designed to help individuals and families evaluate and plan farm enterprises and activities. Participants will:

- Attend practical, high quality seminars, farm tours and skill-emersion sessions.
- Learn critical business and financial management skills and innovative marketing strategies.
- Develop lifelong support networks with experienced and peer beginning farmers.
  - See a variety of sustainable farming practices being used on real farms.

Lake Superior Farm Beginnings provides 62 hours of classroom training held in rural Esko, MN and multiple on-farm opportunities from October 2011 - September 2012.

To enroll, contact Cree Bradley at 218.834.0846 or [cree@lakesuperiorfarming.org](mailto:cree@lakesuperiorfarming.org).

*Visit [www.lssfpa.org](http://www.lssfpa.org) for more information.*

# new documentary screening in duluth

**W**hole Foods Co-op, Zinema 2 and the non-GMO Project are proud to announce a local community screening of FRESH, a feature documentary film by Ana Sofia Joanes that celebrates the food architects around the country who are boldly reinventing our food system with sustainable agriculture initiatives.

FRESH will screen in DULUTH at ZINEMA 2 on SUNDAY, OCTOBER 2, followed by a short discussion.

FRESH is a reflection of a rising movement of people and communities across America who are re-inventing our food system. FRESH celebrates the food architects who offer a practical vision of a new food paradigm and consumer access to it. Encouraging individuals to take matters into their own hands, FRESH is a guide that empowers people to take an array of actions as energetic as planting urban gardens and creating warm composts from food waste, and as simple as buying locally-grown products and preserving or freezing seasonal produce to eat later in the year.

Throughout the film, we encounter the most inspiring people, ideas, and initiatives happening around the country right now. At the Growing Power urban farm in Milwaukee, Will Allen is turning three acres of industrial wasteland into a mecca of nutrition for his neighborhood. In Kansas City, we witness David Ball revitalize his community, turning the modern concept of the Supermarket on its head by stocking his Good Natured Family Farm stores with produce from a cooperative of local farmers. And, we journey to Joel Salatin's farm in Virginia's Shenandoah Valley to witness his methods for closing the nutrient cycle, allowing cows, chickens, pigs and natural grasses to flourish and produce without ever an ounce of chemical fertilizer or industrial animal feed.

FRESH tells the stories of real people, connecting audiences not with facts and figures or apocalyptic policy analysis, but with examples of personal initiative and concrete ways to engage in a new food model.

FRESH (2009, 72 mins.) Produced and Directed by Ana Sofia Joanes. Editor: Mona Davis. Director of Photography: Valery Lyman. Original Music: David Majzlin. U.S. English. Ripple Effect Productions. A Specialty Studios/ Ripple Effect Inc. release. **GG**

hole Foods  
A Film by  
**FRESH**  
New thinking about

FREE ADMISSION FOR **WHOLE FOODS CO-OP** OWNERS  
{ \$6.50 General Admission

6:30  
Zinema 2  
222 E. Su  
218-336-zinema2

## Long-standing, all volunteer food buying club in Duluth seeks new members.

*Shared bulk purchasing.  
Largely organic,  
whole grain, healthy  
and yummy.*

Contact Grey:  
218-726-0395

Email:  
gdoffin@cpinternet.com

Psychotherapy  
that honors the whole person



Frank S. Davis, Ph.D., LICSW  
providing Individual Psychotherapy  
Couples/Marital Therapy - Family Therapy  
218 428-4432

Frank Stafford Davis, LLC

## PURE WATER, FRESH BEER



Handcrafted in small batches with  
Lake Superior water & natural ingredients



Proudly pouring Fitger's Brewhouse Ales & Lagers



## grocery gab

change is a-comin'

by Lisa Anderson,  
Merchandising Manager

It has been over three years since our last major reset in the Health and Body Care Department. Since then, sales have increased an average of 7% each year, and a number of new and exciting products have found their way into our store. Taking these facts into account, it is time for us to take action. Over the next few months, WFC will expand the HBC Department. The main goals are to help our Owners and customers find more of the products you desire, and offer assistance to those who request it. A small Customer Service Counter will be installed, complete with available resources and a staff person to answer questions. We are also looking at products to complement our current assortment and will expand our product selection based on store and industry sales trends and customer requests.

As we make these changes, you can expect a little chaos in the middle of the store. Some things might be missing, moved, or "hiding". We will do our best to help you find your favorite item, and encourage you to spend some time perusing the aisle, reading labels and asking questions. As usual, if there is something you would like to purchase but isn't currently carried, it may be something we can order in for you. Owners receive a 15% discount on eligible items when placing a special order.



David Abazs of Round River Farm & Renewables, has agreed to be our keynote speaker at the 2011 Annual Owners Meeting at Clyde Iron Banquet Center on October 14, 2011. **We'll see you there!**

## new products

### BULK

- **Tex-Mex Salsa Mix**

### COOL

- **Stacy's\***  
White and Whole Wheat Tortillas
- **Florida's Natural**  
Home Style Orange Juice
- **Columbia Gorge\***  
Organic Juices

### FROZEN

- **Udi's**  
Gluten-Free Hamburger Buns  
Gluten-Free Chocolate Muffins  
Gluten Free Cookies
- **Yve's**  
Vegetarian Corn Dogs

### GROCERY

- **Bayfield Apple Company**  
Apple Butter  
No Sugar Added Apple Butter  
Apple Mustard (DELICIOUS!)  
Apple Jelly
- **Wilderness Family Naturals\***  
Coconut Spread  
Raw Coconut Oil  
Coconut Flour  
Coconut Milk Powder
- **Annie Chun's**  
Seaweed Snacks  
Sweet & Sour Sauce
- **Popcorn Indiana**  
Chipins Popcorn Chips, 3 New Flavors!
- **Zevia**  
Grape Stevia Soda
- **Steve's Tastes Great**  
XXX Hot Sauce
- **Bob's Red Mill**  
Instant Mashed Potato Flakes
- **Back To Nature**  
Stroganoff Pasta Mix  
Cheeseburger Pasta Mix
- **Nature's Path Eco-Pak Cereal\***  
Flax + Cinnamon Flakes  
Mesa Sunrise + Raisins
- **Mom's Best**  
Maple Brown Sugar Instant Oatmeal  
Cinnamon Plum Spice Instant Oatmeal

- **Madhava\***  
Raw Agave Nectar
- **Clif**  
Peanut Butter & Chocolate Crunch Bars
- **Happy Baby\***  
Green Puffs  
6 New Baby Food Varieties!
- **Seventh Generation**  
4x Ultra Concentrated Laundry Detergents  
Free & Clear  
Geranium
- **20 Mule Team**  
Borax Laundry Booster
- **Ark Naturals**  
Flea Flicker Tick Kicker for Pets
- **Good Health**  
Pizza Flavor Veggie Stix
- **Kopali\***  
Chocolate Covered Coffee Beans  
Chocolate Covered Cacao Nibs
- **Gluten Free Café**  
Gluten-Free Soups, 4 New Flavors!

### HBC

- **Dr. Bronner's\*\***  
Shikakai Pump Soap 24 oz  
Lemongrass Lime  
Lavender

### MEAT

- **Valley Natural Co-op**  
Various cuts of Beef, Bison, and Lamb

### HBC

- **Alaffia\*\***  
Lavender Lemon Bubble Bath  
Eucalyptus Mint Bubble Bath  
Shampoo & Body Wash  
Detangler  
Lavender Lemon Lotion  
Unscented Lotion
- **JR Watkins**  
Home Care Hand Soap
- **Source Naturals**  
Wellness Herbal Resistance  
Liquid Capsules
- **HEEL**  
Traumeel Ointment  
Traumeel Gel  
Traumeel Tablets

- **Nature's Gate**  
Shampoo, 1 gallon  
Conditioner, 1 gallon  
Gallons are Back!
- **EO \***  
Unscented Soap, Gallon & Bulk by PLU
- **Barlean's**  
Cod Liver Oil softgels
- **Amazing Grass**  
Wheatgrass Tablets\*  
Superfood Capsules\*
- **Simpler's Organics\***  
Argan Oil \*\*
- **Badger\***  
Lemongrass Ginger Soap  
Maillette Lavender Soap  
Chamomile Calendula Baby Soap  
Unscented Soap
- **Desert Essence Tootpastes**  
Tea Tree & Neem Wintergreen Tootpaste  
Natural Tea Tree Oil Mint Tootpaste
- **Zand**  
Quick Digest 90ct
- **Herb Pharm**  
Cayenne Tincture 1oz  
Artichoke Tincture 1oz  
Stone Breaker 1oz  
Hydrangea 1oz  
Tart Cherry 60ct tablets
- **Pure Essence**  
Candex 40ct
- **Nature's Secret**  
Ultimate Fiber Cleanse
- **Source Natural**  
Pea Protein 16oz
- **Nature's Plus**  
Garden D3 (Vegan)
- **ZUM Facial Care**  
Facial Cleanser  
Facial Soap  
Facial Toner  
Facial Oil  
Sugar Scrub  
Walnut Scrub
- **Andalou Facial Care (with Organic & Fair Trade Ingredients)**  
Creamy Cleanser  
Cleansing Milk  
Toning Refresher  
Facial Lotion SPF 18  
Deep Wrinkle Dermal Filler  
Vanishing Gel  
Renewal Cream  
Night Repair Cream

### HERBS AND SPICES

- Vietnamese Cinnamon Powder\*
- Herbs de Provence
- Applewood Smoked Sea Salt

### MEAT

- **Kadejan**  
Buffalo Bleu Chicken Brats
- **Loki Fish Co.**  
Keta Salmon Lox  
Smoked Pink Salmon

\* Contains Organic Ingredients

\*\*Fair Trade

## Northern Communities Land Trust



Helping families put down roots in our community



Oscar, Lisa, Freyja, & Lucia in their Land Trust home that they purchased last year, just a few blocks from Whole Foods Co-Op

Northern Communities Land Trust has been providing affordable homeownership opportunities for 20 years.

### Central and East Hillside Homes for sale:

1219 E. 11th St 2BR, 1 bath, \$69,900  
1023 N. 12th Ave E: 3 BR, 1.5 bath, \$95,000  
520 N. 5th Ave E, 2 BR, 1 bath, \$69,900

Walk, bike or take a short drive to the Co-Op by purchasing one of these beautiful homes, offered at \$20,000-\$30,000 below market value to income qualified buyers. For more information on these or other Land Trust homes, call 727-5372 or visit [www.landtrustduluth.org](http://www.landtrustduluth.org)





## fresh perspectives variety abounds

If you like tomatoes in salads, soup and sandwiches, then the fall harvest, especially September, is your time of year. Organic heirloom tomatoes provide a whole new taste sensation, which just might change the way you think about tomatoes.

Heirloom Tomatoes have become more common and available to consumers the past few years are now winning lots of fans. And now that they have had a chance to soak up lots of summer heat this is the perfect time to give them a try.

As you are searching through the pile of colored beauties you may be asking yourself what is an heirloom? According to the tomato fest website [www.tomatofest.com](http://www.tomatofest.com), "An heirloom is generally considered to be a variety that has been passed down through several generations of a family because of its valued characteristics. Heirloom tomato experts Craig LeHoullier and Carolyn Male, Ph.D., have classified heirlooms into four categories:

1. Commercial Heirlooms: open-pollinated varieties introduced before 1940.
2. Family Heirlooms: seeds that have been passed down for several generations through a family. Numerous stories from Ellis Island included Italian immigrants who came to America with only the smallest reminders of home on their back also made sure they brought seeds from their favorite tomato variety in the lining of their coat or pants pocket.
3. Created Heirlooms: crossing two known parents (either two heirlooms or an heirloom and a hybrid) and de-hybridizing the resulting seeds for how ever many years/generations it takes to eliminate the undesirable characteristics and stabilize the desired characteristics, perhaps as many as eight years or more.
4. Mystery Heirlooms: varieties that are a product of natural cross-pollination of other heirloom varieties.

(Note: All heirloom varieties are open-pollinated but not all open-pollinated

varieties are heirloom varieties.)

One of the first things you'll notice with heirlooms is their amazing diversity of flavors, shapes, and sizes. These tomatoes have origins found in every part of the globe and interesting names to go along with them. Here are just a few of the myriad number of varieties from around the world that we can enjoy

One of my favorites is the **Black Krim**. From Russia, it has a sweet smoky flavor that is out of this world. They are a very dark reddish-brown color with green shoulders, which may not sound very appetizing, but it is absolutely beautiful when sliced.

The **Stupice** is a native of the Czech Republic and its small fruits are jam packed with flavor!

Then there is the dark deep red tomato known as. **Costoluto Genovese**, which is a favorite Old Italian heirloom.

If you are a person who can make a meal from tomato slices and two pieces of bread, the **Polish Giant** will make you happy with it's mild flavor and big fruit. Some of these can weigh up to a

pound and a half. And if that's not enough for a few tomato sandwiches I don't know what is.

The **Druzba** comes from Bulgaria. This fruit has a great acidic flavor and is great for canning.

The **Omar's Lebanese** have a richly flavored, meaty, red tomato originated from a small town in Lebanon.

**Jaune Flamme** from France is orange colored and has a refreshing sort of tangy flavor.

You could try a different tomato every day in September and still just barely scratch the surface. Get started now and you'll knowledgeable enough to impress your friends for National Tomato Month in October.

### WE DON'T LIVE ON TOMATOES ALONE

Organic Sugar Snap and Snow Peas can also be a wonderful snack or dinner side when it's hot and you want something tasty but light. How do the

two differ? Snap Peas are a combination of English Peas and Snow Peas and contain the best traits of both. They have crisp, tender, shiny pods that enclose plump, round peas. Sugar Snap Peas are string-less, making them easy to prepare. Since there is no need to remove ends or strings, simply rinse before using. These edible pod peas are sweet and can be enjoyed raw or cooked by boiling, microwaving, steaming or stir-frying, then topping with butter or soy sauce. Sugar Snap Peas are entirely edible.

What about Snow Peas? No, they do not grow in the high Sierras, but they do grow in lots of places such as Asia where it is a popular and versatile vegetable. The Snow Pea is a frost-hardy, cool-season vegetable that can be grown throughout most of the United States.

Favored for its crisp and sweet pod more so than its tiny peas, the flat shape of the Snow Pea makes it easy to distinguish from other edible pea pods (like the Sugar Snap Pea). Because it is

sweeter and less starchy than the green pea, the Snow Pea is often enjoyed raw. Perfect for a quick stir-fry

or blanched and tossed in salads, the Snow Pea goes well with a variety of mushrooms, especially shitakes, and is excellent in many Asian cuisine dishes."

Peas are a good source of protein, iron and insoluble fiber. Sugar Snap Peas contain much less protein but they are an excellent source of iron and vitamin C that keeps your immune system functioning properly. Tasty, good, and sweet, that's an autumn treat.

While you're savoring an heirloom or snacking on your favorite pea, browse to see what other cool things your produce department has to offer this Indian summer.

References this issue: Tomato Fest — <http://www.tomatofest.com>; History of tomatoes, Tomato Nutrition Facts, [www.thefatlossauthority.com](http://www.thefatlossauthority.com); Peas, <http://urbanext.illinois.edu/veggies/peas.cfm>

© Organic Options 2011 GG

### THIS MONTH'S TIDBIT

Tomatoes are considered love apples, perhaps because they were commonly eaten during pregnancy, (Now we know they are high in folic acid — essential for developing fetuses). That's quite a tasty way to show a mother's love.

## notes from the front

by Briana Brewington,  
Front End Manager

### Payment forms at the register

From time to time, we get inquiries from customers who would like to make conscientious decisions about the form of payment they should be using in order to save the Co-op additional costs from the bank or credit-processing institutions.

Although the Co-op does pay a fee for processing credit cards, the reduction in labor time for the cashier to move on to the next customer, the convenience for the customer and less time processing deposits basically negates the difference.

We are happy that you choose to spend your hard-earned money at WFC and we will accept any form of approved tender, no matter what size the transaction, appreciatively.

We currently accept the following tenders:

**Cash, personal checks** (no third-party checks), **Credit/Debit cards** (must contain the name of the person presenting it for payment), **Traveler's checks, SNAP cards** (formerly known as food stamps), and **NCGA gift cards**. New to our list of accepted credit cards is **American Express**.

**We do not accept money orders.**

### Germs on your radar?

Due to a number of factors, including availability, waste, and cost, we no longer stock sanitizing wipes for customer use.

Alternatively, we have public washrooms available, three hand-sanitizer pumps (entry vestibule, next to the bulk coffee in Aisle 2, and next to the Brewery Creek Overlook dining area), and sanitizer and sanitizing wipes available for sale in Aisle 3.

### Special Order streamlining

Excluding a few select items and products on sale, did you know we offer Owners a 15% discount on special orders?

We now process special orders electronically and have the ability to scan your desired item into our system. If you're in the store and want to order a case of something we have on the shelf, bring the item to the Customer Service Counter for a speedy and accurate entry.

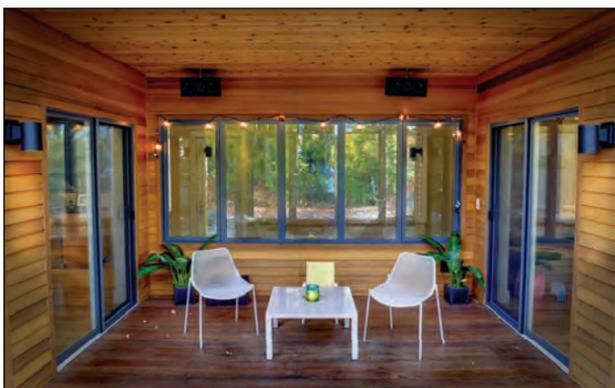
We still accept special orders over the phone and process orders and inquiries for products we don't carry in the store. Want to see if we can get you a case of your favorite crackers that we don't carry? No problem! Let us see if we can get it for you — and at a discount!

### RRR Program progress report

Since June of 2006, WFC has donated \$7,879.55 to the Second Harvest Northern Lakes Food Bank and saved a minimum of 207,231 paper bags as a result of customer participation in the Reduce Reuse Redeem Program. Thank you for reusing your bags!

### Cooperation among Cooperatives

In appreciation of member/owner support of retail grocery/natural foods co-ops, WFC now acknowledges member/owners of other food co-ops by offering them WFC Owner Extras pricing. To ensure proper and consistent discount pricing, a current member/owner ID card is required to be presented to the cashier during the transaction.



Residential and community based architecture that is unique, energy efficient and conservation minded

## Wagner Zaun Architecture

218 733-0690  
[www.wagnerzaun.com](http://www.wagnerzaun.com)

# Curran Tax Service

218-720-6000

Tax Preparation for Regular People

From W-2s to Small Businesses

Earned Income Credit

Itemized Deductions

Investment Income

Rental Income

Small Businesses:

Contractors, Therapists etc.

Corporations

Thomas J. Curran

Enrolled Agent

Over 20 years experience



# International Year of Cooperatives

The United Nations General Assembly has declared 2012 as the International Year of Cooperatives, highlighting the contribution of cooperatives to socio-economic development, in particular recognizing their impact on poverty reduction, employment generation and social integration.

The theme of the International Year of Cooperatives is "Cooperative Enterprises Build a Better World."

The goals of the IYC are:

- Increase public awareness about cooperatives and their contributions to socio-economic development and the achievement of the Millennium Development Goals
- Promote the formation and growth of cooperatives
- Encourage Governments to establish policies, laws and convention

conducive to the formation, growth and stability of cooperatives.

Whole Foods Co-op is looking for great ideas to recognize IYC. If you have an idea to help us celebrate, contact Shannon Szymkowiak at shannon@wholefoods.coop or Sharon Murphy at sharon@wholefoods.coop.



## Resolution on the International Year of Cooperatives

**WHEREAS**, The United Nations General Assembly Resolution 64/136 on cooperatives in social development proclaims the year 2012 as the International Year of Cooperatives (IYC);

**WHEREAS**, The theme of the International Year is "Cooperative Enterprises Build a Better World";

**WHEREAS**, The Resolution recognizes that "cooperatives, in their various forms, promote the fullest possible participation in the economic and social development of all people, including women, youth, older persons, persons with disabilities and indigenous peoples, are becoming a major factor of economic and social development and contribute to the eradication of poverty";

**WHEREAS**, The Resolution encourages

all relevant stakeholders to take advantage of the IYC to promote cooperatives, to raise public awareness of the contribution of cooperatives to social and economic development and to promote the formation and growth of cooperatives;

**WHEREAS**, The National Cooperative Business Association (NCBA), a membership association representing cooperatives in the United States and its government participate in the International Year;

**WHEREAS**, NCBA is preparing tools and materials to enable cooperatives to take advantage of the IYC to promote cooperatives;

**WHEREAS**, The cooperative business model has empowered people around the world to improve their lives through economic and social progress;

and social progress;

**WHEREAS**, Cooperatives are a major economic force in developed countries and a powerful business model in developing countries, employing 100 million people;

**WHEREAS**, Millions of cooperatives operate in every nation of the world, owned and governed by more than 1 billion members;

**WHEREAS**, The economic activity of the largest 300 cooperatives in the world equals the 10th largest national economy;

**WHEREAS**, More than 29,000 cooperatives operate in the United States;

**WHEREAS**, U.S. cooperatives generate 2 million jobs, make a substantial contribution to the U.S. economy with annual

sales of \$652 billion and possessing assets of \$3 trillion;

**WHEREAS**, Cooperatives are the people's business, and for more than a century have been a vital part of the world economy. Now, therefore, be it

**RESOLVED**, That Whole Foods Community Co-op, Inc., convened at its 2011 Annual Meeting in Duluth, MN, commits to Join with NCBA and its members in supporting and celebrating the year 2012 as "the International Year of Cooperatives"; recognize the vital role cooperatives play in the economic and social well-being of the United States; and celebrate the year by engaging in efforts to raise the profile of cooperatives and demonstrate how cooperatives build local wealth, generate employment and provide competition in the marketplace.

## CAN YOU FIND ME NOW?

Pursuant to Minnesota law, the Board of Directors established a procedure to revolve out the oldest abandoned equity (non-interest bearing common stock) of inactive Owners (e.g., no current address, more than two years behind on equity payments, and/or failure to comply with credit policies). IF listed Owners don't come forward to claim their equity by the end of the notification period, the remaining amount is donated to a local, ENDS-related non-profit agency. Previous recipients are:

Second Harvest Northern Lakes Food Bank—2008 • Lake Superior Sustainable Farming Association—SFA/2009  
Second Harvest Northern Lakes Food Bank—2010

### We are asking active Owners – that's YOU – to help WFC in this process:

Please review the following names. If you know how to reach someone on this list, please advise him or her to complete a membership termination form and deliver it to WFC by November 11, 2010.

Sue Brown  
Vernon Bown  
Joyce Ellen Hudacek  
Edward Brown France  
Brenda Kramer

Mary Roberts  
Lisa Kline  
Nicole Fenske  
Alyce Santa  
Sharon Gulseth

Cindi Lindquist  
Mary Bailey  
Virginia Pozos  
Meredith Wanner  
Beth Pellin Kaiser  
Charles Varney

Roger Swanson  
Trinke McNurlin  
Mary B. Dubois  
Beatrice Sullivan  
Eva Hill  
Page Kurtz

Jane Doro  
Kelly Chemberlin  
Susan E. Johnson  
Laura Christensen  
Lisa Capelli

Stacy Dobson  
Yvonne Mills  
Melissa Martineau  
Wayne Kettelhut

**AND** please participate in the decision on which local, ENDS-related, non-profit agency will receive a donation of unclaimed abandoned equity after November 11, 2010. This decision will be based on responses to the survey included on the Board election ballot that will be available on-line in the first week of September 2011. The link to that ballot will be posted in the store and on WFC's web site ([www.wholefoods.coop](http://www.wholefoods.coop)). There will be a dedicated computer at the Co-op available for Owner voting.

Results of the Board election and the survey to determine the recipient of unclaimed abandoned equity will be announced at the Annual Owners Meeting on Friday, October 14, 2011, at Clyde Iron Banquet Center.

Nourishing  
Body & Soul

Deep Relaxation Massage  
Evolutionary Astrology Readings

Heather Murphy,

218.624.5134

[heathermurphy.massagetherapy.com](http://heathermurphy.massagetherapy.com)  
[heather.evastro@gmail.com](mailto:heather.evastro@gmail.com)

## SAVE THE DATE(s)

- **Bird Banders Breakfast**  
Saturday, September 24  
8-9:30 am adults, 9:30-11 am families | Bring your cameras  
See your favorite migrants up close. \$10 non-members/Free members.
- **Hartley Nature Trax**  
10k/5k Trail Race  
Saturday, October 1  
Event starts at 9 am. Kids race, live music and post-race feed/prizes. For more information, and register, stop in or visit: [www.hartleynature.org/naturetrax](http://www.hartleynature.org/naturetrax). Find race updates/prize drawings on FB.
- **HOWL-o-WEEN**  
Saturday, October 29  
Open house event for families with kids ages 0-8. \$15/family.  
Enjoy a trail walk, crafts, games, treats, and face painting.

Stop in, or call us  
for more information  
about our programs.  
3001 Woodland Avenue | 218-724-6735  
[www.hartleynature.org](http://www.hartleynature.org)

# pokingthehive all about the jam

by Shannon Szymkowiak, Promotions & Education Manager & WFC Owner

When I was a kid, my mom made raspberry jam each year. I thought it a waste of perfectly delicious fresh raspberries, but she was using her farm-girl skills to extend our family's food budget by getting that jam in the jar for our PB & J sandwiches. I came to hate that raspberry jam. Mom, bless her soul, kept the seeds in it and added so much sugar you really couldn't taste the raspberries any more. She jarred up so much that my school lunches were the pretty much the same every day—Skippy Crunchy Peanut Butter and homemade raspberry jam. Tuna salad was reserved for field trips.

I begged for grape jelly. Or strawberry. Anything but old-fashioned home-canned raspberry. I went through a Goober Grape (do they still make that stuff?) phase that drove mom crazy. "I'm not buying jelly when we have a basement full of it", was mom's retort when the grocery store begging began.

However, despite that jam I was still a big fan of mom's canned goods. Her dill pickles—a recipe that I have in mom's handwriting with no instruction whatsoever—were legendary. It kills me that I have no idea how much of what she put into those pickles. Fortunately for me, Paula Williams puts up pickles (Darlene's Dills) that taste just like my mom's, so I'm set as long as Paula keeps canning.

And there was sweet corn, cut off the cob with the old electric knife, bagged and put into the freezer. This was a true treat mid-winter after months of canned green beans for supper.

Then there was my favorite—home canned peaches.

I could go on for three pages about my love of a fresh peach, but I'll spare you the poetry and tell you how this love ushered me into the world of preserving the bounty of summer.

In the late 1990s, my friend Nancy and I were having a cocktail, talking about stuff we really loved that we

couldn't get any more. I think Goober Grape was mentioned, but I digress. When we hit upon "mom's canned peaches" it seemed like a great idea to do it ourselves. I've always been a fair cook, but I had never canned a thing on my own in my life. We had nothing except an old canner, a bag of peaches and some gumption. Nancy's mom had given up canning and wasn't about to get roped into our project. My mother

passed away in 1983, so we were on our own. I can't quite recall how we got it together, but we managed to get a few jars out of our experiment and that was the beginning of the end for me.

I started picking up canning supplies at estate sales and garage sales so I easily collected my equipment for a song. By the time the following year's peaches were ripe, we were armed with two canners, plenty of jars and a couple of reference books.

Things went more smoothly that year, but I figured that canner should be used for more than peaches. So I tried my hand at tomatoes, too.

When I moved to Duluth, I lost my canning partner, but I continued canning peaches on my own. I exchanged white sugar for evaporated cane juice, heavy syrup for light syrup and a bagful of whatever peaches I found for a case of organic Colorado peaches each year. Coincidentally, one case of peaches fills roughly one case of quart jars (that's a handy thing to know).

Then I planted some shrubs.

The Nanking cherry bushes came in the "Shrub Pack" purchased from the South St. Louis County Water Conservation District. I had no idea what a Nanking cherry was, but I planted them anyway. I ended up with a handful of berries that year. That amount quickly grew to a couple of gallons that I could preserve provided I beat the chipmunks and birds. Inspired by my success with the peaches, I tried making jam with the Nanking cherries, adding plums and cinnamon along with it. I felt like I had really invented something. I found out that although it isn't foolproof, jam isn't that difficult to make.

This past year, I took a preserving class taught by Bonnie Brost here at the Co-op. She was

a thorough instructor and it really inspired me to try other methods of food preservation. Although I had been also canning tomatoes, John Fisher Merritt gave me the idea to freeze them instead. Now I spend a full day roasting fifty pounds along with onions, peppers and lots of garlic and put it into freezer bags in 1-1/2 c portions. With a little added seasoning, it's exactly how much you need to top one of my homemade pizzas. This secret sauce is so versatile that I have had to concede that 50 pounds is not enough—100 pounds will be needed to get me through next year. I'll have to be extra nice to John to get him to hook me up with more tomatoes than I've already ordered. If I get it, I won't have to buy a jar of sauce or tomato soup for the next year. And don't get me started about the pickled mushrooms that can be made any time of the year. They are a

novel addition to a martini and make really good Christmas presents, too.

Preserving isn't hard. The supplies you need are minimal. Despite the time and heat index investment, the payoff in January is worth it—trust me. Once you've tried home preserving, you'll see how you can customize flavors to your liking. Pomona's Pectin also allows you to use honey, stevia and even fruit juice for sweetening with still-excellent results, so you can control how much sugar you add to your goods.

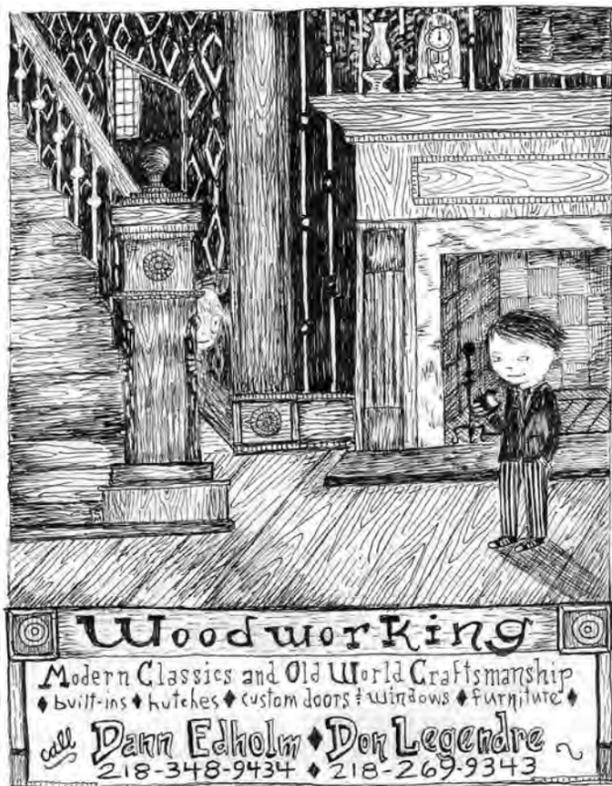
You may also consider your landscaping in terms of what you can grow that is edible. I have planted black currant bushes, a crabapple tree now graces the backyard and cabbage is in the flower bed for sauerkraut (this year's experiment). There's all kinds of satisfaction that goes with saying, "I grew and made this myself."

And don't forget the jam. It's mid-July and there is already cherry, strawberry, blueberry and strawberry-lavender-honey jam in the basement ready for lunches and Sunday toast.

But no raspberry.



"There's all kinds of satisfaction that goes with saying, 'I grew and made this myself.'"



Watch our Facebook page for our day after Thanksgiving special offers!

**Sproutlings**  
children's boutique

**GREAT BACK TO SCHOOL SHOPPING AT SPROUTLINGS!**

Please visit our locally owned brick and mortar specialty store.  
Babywearing • Cloth Diapers  
Clothing infant to 7 years • Eco Lunch Storage  
Toys • Diaper Bags • Environmentally Friendly  
Products • Glass Bottles • Shoes

We offer gift cards, special occasion gift registry and complimentary gift wrap, too!

Stone Ridge Shopping Center • Located below Michael's and Shopko  
911 West Central Entrance • 218.491.7800 • sproutlingsinc.com

## No Longer A Secret Sauce

### Ingredients:

- 50 lbs Tomatoes, washed, stems and blossoms removed
- 12 Onions (red, yellow and/or white), peeled and wedged
- 24 Peppers, mixed varieties, seeded and wedged
- 192 cloves Garlic, peeled
- 3 c Olive Oil

You will also need two large roasting pans, a large pot for boiling water, something to puree the sauce with (blender, immersion blender or food mill), plenty of freezer bags and time.

### Instructions:

Prep your vegetables first, remembering that your wedges don't have to be fancy. Keep the garlic cloves whole. Divide evenly between your roasting pans and toss with the olive oil to coat. Set aside.

Prepare the tomatoes by removing the skin. Get a large pot (your canner will do nicely) of water boiling and fill your clean sink with cold water. Once the water on the stove is boiling, drop in

some tomatoes and boil them for 30 sec. to 1 min. Using a slotted spoon or mesh strainer, transfer the hot tomatoes to the cold water in the sink. This will cause the skin to split and make them easier to peel. Peel and core enough tomatoes to add to the roasting pans until the pans are filled just shy of the top. You can also seed the tomatoes if you desire, but this is not necessary. Toss with the onions, peppers and garlic. Put the uncovered roasters in the oven.

While everything begins roasting, continue to core and peel the rest of your tomatoes, setting them aside in bowls until you are ready to add them to the roasters.

Once the vegetables in the roasters begin to bubble, you will need to occasionally stir the mix for even roasting. You

want to cook the mixture down to intensify the flavors and achieve some roasted bits throughout. From this moment on, you are just adding tomatoes and cooking them down and stirring from time to time.

Add the prepared tomatoes until all 50 pounds have been added to the roasters and it is reduced sufficiently for your taste. This will take 6–8 hours and will make a tremendous mess in your oven.

Remove the roasters from the oven, stirring until cool enough to puree. Puree with the tool of your choice (or don't—it's your sauce). An immersion blender is especially handy for this job. Borrow one if you don't have one—it's worth it.

Now is the time to chill the mixture so it is cool enough to handle and bag. You can put it into smaller containers, use a chill stick or ice paddle or place the whole thing into the freezer, stirring frequently to get the temperature down quickly. Once it is cool enough to handle, portion into freezer bags, stack them in the freezer and see how long you can wait before you need to try one. GG



# WFC-U fall class listings

September – December, 2011

## September

### Introduction To Raw Foods

Instructor: Karen Pringle

Monday, September 19, 6:00–8:00 pm

The plant world supplies much healing, and it can be easy to be confused about how to make raw meals. Raw foods are healthful, satisfying, and quick! We'll explore enzymes, protein and tools for food prep at home. We will be making and sampling warm hazelnut chai, corn on the cob spring rolls, spirulina balls, and we will talk about raw pie recipes as well! Guaranteed to be fun!

### Local Cooking Goes Gourmet

Instructor: Scott Graden

Thursday, September 22, 6:00–8:00 pm

Our area provides a bounty of food through the summer and fall. From produce to meats and fish we can easily utilize these local ingredients in our cooking. Join Chef Scott Graden of the New Scenic Café as we learn about how to incorporate some local fare into our cuisine. This class will be demonstration focused, with many delicious samples.

## October

### Meat...More Cut For Your Buck

Instructor: Debbie Manhart

Wednesday, October 5, 6:00–8:00 pm

Have questions about the finer points of cooking meat dishes? Come have your questions answered! Students will be able to participate in cooking several different types of meat dishes perfect for any occasion. We will also have tips for cutting, marinating, and tenderizing various meats, as well important food safety information for preparing and cooking meats. Of course, there will be plenty of samples along the way!

### You Are What You Eat...Know Your Food, Know YOURSELF

Instructor: Anthony Macioce

Tuesday, October 18, 6:00–8:00 pm

This class provides an in-depth examination of America's current food systems, how we've deviated from what Mother Nature intended, and how this deviation has caused the rates of chronic disease to skyrocket. Attendees will learn that by simply eating the food we were genetically designed to eat, they can prevent, manage, and even reverse many chronic diseases. Come prepared to laugh, learn, and become a much more discerning consumer during this engaging, highly interactive presentation.

### Taste Of The Tropics

Instructor: Lyndon Ramratran

Thursday, October 20, 6:00–8:00 pm

Cook your way around the Caribbean and sample many different spices and tastes of the tropics. Some of the dishes we will be making will include

coconut bread, smoked fish salad with veggie side, and for dessert, a Caribbean drinking chocolate.

## November

### This Is How We Roll...III

Instructor: Debbie Manhart

Wednesday, November 2, 6:00–8:00 pm

This time around we'll be rolling our way through an entire meal. This hands-on class will start by making a stuffed and rolled meatloaf, followed by baguettes, and topped off with a delicious rolled apple strudel dessert! Come learn how to make all of these easy and delicious dishes that your family is sure to love!

### Reclaiming Your Kitchen

Instructor: Shannon Szymkowiak

Saturday, November 12, 10:00 am – 3:00 pm. This 5-hour workshop is \$45. WFC Owners pay \$40

How do I stop being a short-order cook? How do I cook from scratch when I have no time? How do I deal with my picky eater? These issues and much more will be covered in this workshop. Although there is required pre-class homework, you will be thrilled with the results. You will leave class with a one week menu plan of foods your family will eat (and skills to create more), a custom shopping list, recipes, some basic knife skills and some new skills you can implement immediately to increase your confidence and begin to enjoy your time in the kitchen. Due to the one-on-one nature of this class, class size is limited to 8.

## Let's Make Lefsa

Instructor: Roxie Kaldor

Tuesday, November 15, 6:00–8:00 pm

If you have ever wished you knew how to make Lefsa, this is the class for you! Lefsa is a traditional Norwegian thin flexible bread. It is made with flour, potatoes and butter and is traditionally served plain or with butter and sugar. This hands-on class will give students an opportunity to learn the art of making lefsa as well as a bit about its history and cultural importance in Norway. No personal equipment is needed for this class.

## December

### Kids 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 be one gluten free cookie recipe made in this class.

### Baking Holiday Cookies

Instructor: Ellen Turner

Tuesday, December 6, 6:00–8:00 pm

If you love all kinds of cookies (the more the better!), but you 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 chocolaty, fruity, chocolaty, spicy (in a good way), chocolaty, nutty, Christmas-y, frosted, and maybe even some chocolaty cookies. Come ready to get sticky and creative and spend your evening in cookie-flavored bliss!

### Registration:

In person: Go to the CSC (Customer Service Counter) and let them know which class you'd like to sign up for. Cash, check, credit card, and WFC gift cards are accepted.

By phone: Please call 218-728-0884.

We do need payment at the time of sign-up, so have your credit card ready.

On line: [www.wholefoods.coop](http://www.wholefoods.coop)

### Fees and Cancellations:

Class prices are \$25 (\$20 for Whole Foods Co-op Owners) unless otherwise noted.

You must register 48 hours in advance in order for us to shop accurately for the class. Classes and lectures must have a minimum of 6 students signed up in order to take place.

If there are less than 6 students registered, each student will be called by WFC and informed of cancellation.

Refunds or class credits (to be used within the next three months) will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

**Need a Tailor?**  
**Pollie Ester's Sewing Studio**  
 call 218-525-5910 for an appointment



Alterations  
 Bridal & Formalwear  
 Leather & Repair  
 Custom Sewing

[www.pollieestersewing.com](http://www.pollieestersewing.com)

*Jett Sophia*  
 Psychic Readings  
 for clarity, support, insight, and healing  
 readings in-person or by phone

[www.savvypsychic.com](http://www.savvypsychic.com)  
 jett@mm.com  
 (612) 965-9708

**Better World Builders** *Transforming Older Homes Into Healthy Homes!*

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

<b>Residential &amp; Commercial</b>  Energy-Efficient Remodeling	<b>Interior &amp; Exterior</b>  Locally Owned	<b>Historic Restorations</b>  Weatherization & Insulation
--	--	--

218-464-4242 • [www.bwbduluth.com](http://www.bwbduluth.com) • Duluth, Minnesota  
 MN License #20629309 • NAHB Certified Green Builder




## **gourmet to go** don't let the end of summer blues get you down

by Michael Fudala, Deli Counter Manager

**T**he inevitable return of longer nights and cooler days is a sure sign that summer is winding down, signaling the transition from the carefree days of summer to the busyness of autumn. It's the time of year where we celebrate the harvest, dress up in scary (or not so scary) costumes, and as every child knows, return to school.

For parents this often means additional stress: in the morning, getting the kids up, fed, and off to school, and in the evening, getting the kids home from school, fed, and off to bed (is your homework done yet?). Well, parents, stress a little less; the Fog City Deli has got you covered, at least for the feeding part (sorry we can't help with those homework questions... though it couldn't hurt to ask). We have many options for sending your kids (or yourself) to school with food you can feel good about eating. For starters, we have a wide variety of sliced lunch meat available. All of our sliced meat is from Applegate Farms which uses only humanely raised, antibiotic-free, hormone-free, whole muscle cuts for their lunchmeat. We have a wide selection to satisfy the pickiest of eaters, and at \$9.99 a

pound, the price can't be beat, either! The available options are: Black Forest Ham, Honey Maple Ham, Oven-Roasted Turkey, Smoked Turkey, Herb Turkey, Roast Beef, Genoa Salami, and Pepperoni.

If lunchmeat isn't your thing, we also offer two varieties of tuna salad plus a chicken salad in our salad case, or we have egg salad available in our grab & go case. In addition, we also have a wide variety of pre-sliced Cady Creek cheeses to complete your sandwich. We offer Provolone, Cheddar, Pepper Jack, Colby/Jack, Baby Swiss, and Muenster. Now, just don't forget the bread (which coincidentally, we also offer...) or let us do the sandwich building work for you. Either way, you can't go wrong. We have a wide variety of non-sandwich items to complete your lunch, as well. We offer many different salads, available either in our salad case or in the grab & go section. Another great way the co-op can save you time is with our pre-cut veggies, available in our produce department; complement them with one of our in-house made dips, such as Pico de Gallo,

Guacamole, Hummus, Cucumber Garlic, Roasted Red Pepper Pleasure, Cilantro & Onion, or Greek Spread—all excellent with chips, too!

Just in case you didn't think you had enough options already to complete your lunch, be sure to check out our selection of kid friendly (and portable) cheeses. We offer Organic Valley String Cheese in 6-count multi-packs. These are individually wrapped to minimize spoilage and are available in either Colby/Jack or Mozzarella cheese varieties. We also carry Eichton's String Cheese, which we buy in bulk—and pass the savings on to you. Eichton's String Cheese is available either smoked or unsmoked and is made from mozzarella cheese. Lastly, if you are looking for a more all-inclusive lunch or if you are really pressed for

time, don't miss the burritos, quesadillas, or pot pies that we have available in our grab & go case. Whatever your lunch preference, the Fog City Deli is here to make your life a little less hectic. Be sure to stop by and see what's cooking. **GG**

**Michael Fudala's** sandal lines do not disappear until at least March...



REDUCE TENSION IN YOUR SHOULDERS, NECK AND BACK

FELDENKRAIS METHOD® Awareness through Movement® classes with Ann Frett, MPT, GCFP  
Let go of tension and create relaxation through gentle exercises and improving body awareness.

**Free Demo Class**  
Tue Sept 13, 2011, 6-7pm

**9 Week Series**  
Tuesdays 6-7pm, Sept 20 to Nov 15, 2011

\$108 for 9 weeks | \$70 for 5 classes | \$15 for one class. Held at the Coppertop Church, First United Methodist Church on Skyline Drive

**Preregister at 218-310-2849 or**  
[movingintohealth@gmail.com](mailto:movingintohealth@gmail.com)

**MOVING INTO HEALTH**

MORE CLASS INFO [www.annfrett.com](http://www.annfrett.com)

# 22nd Halloween Party

Monday, October 31st • 4pm – 7pm

Inside the Co-op in the Dungeon of Doom  
at 610 East 4th Street

Free and open to the public

Games & snacks for the children,  
music & fun for all.

**WHOLE FOODS  
CO-OP**

610 East 4th St • Duluth  
[www.wholefoods.coop](http://www.wholefoods.coop)

218/728-0884  
Open 7am–9pm everyday

