



earth day 2005



The calm before the storm

Near right: Our first annual Earth inspired art show

Far right: Working Member Koresh Lakhan serves organic orange juice to thirsty attendees



Rex makes his first public appearance at Earth Day



The Big Tent is abuzz with activity

the back 40 Planting the Rootstock

Growing things have a way of surprising even in the midst of the measured growth from bud to fruit. Looking back I think about the first Serviceberry tree blooming along Chester Creek, reaching a snowy confetti above the rails of the bridge, and the pleasure that the hopefulness of those long tender petals as they braved nights dipping close to the freezing mark. It is, after all, Duluth we're talking about here: where there

When you enjoy the tender leafy greens, the berries and tomatoes it is literally the fruit of the long cold months when most of us are still shoveling out our walks.

has been snow every month except August! As the summer has moved on we see the fruit, good as any blueberry, ready even as the rest of the brushy neighbors relish the warmth and hum of the sun soaked hillside.

In many ways Organics have come into their day, with public visibility and growing market share that have caught the attention of wider audiences, and established companies. Every grocery outlet in Duluth offers

some manner of Organic products, including fresh produce. Large corporations are buying up Organic producers, and bringing the growth they represent under their umbrella. Like the heat of summer, times haven't been better for the good practices that Organics represent, but at WFC we are thinking about the longer view that has brought us to this place, and will bring us to where we want to go.

As a business, we value our local producers above all other suppliers. We have a core of growers who have stuck it out through the cold years, with the ingenuity and smarts required to make a go of small-scale agriculture in our region. When you walk into our department this time of year, with the local season so obviously in full swing, consider the dedication and work represented in the variety and quality on our shelves. When you enjoy the tender leafy greens, the berries and tomatoes it is literally the fruit of the long cold months when most of us are still shoveling out our walks.

We are now that much closer to opening our expanded location, with the growth that has driven our expansion as well as that we expect when we open those doors laid out before us. This is the time for us to consider how

we will be able to best support our local growing community, and develop it for the coming year. Nothing short of more growers joining our circle will meet the potential demand we are anticipating for Organic local produce. I am thankful for initiatives such as the mentoring of young farmers done by the Food Farm, and certainly have the selfish hope that Rick and Karola will stick around this area to become a part of a very bright future.

As with my plum tree which blossomed back in mid-May, hope and tenacity will bring the fruit. But first the rootstock needs to be buried, and how will that happen? Certainly we are encouraging current growers to increase their production, to take the risk on the growth that Whole Foods envisions for its future. Has Organic farming been something that you have considered as a part of your life? Do you know someone who is not part of our circle but who should be? If so, I'd love to hear from you — I enjoy surprises!

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



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board report by Jean Sramek, Board President

Serving on the WFC Board: Do You Have What it Takes?

Okay, I admit it. I stole that clever title from the *Willy Street Co-op* in Madison; they used it in a newsletter feature about serving on their board. I thought about titling this article "FREE BEER," but that seemed both cheap and inaccurate (although if you successfully run for the board in October 2005, I personally will buy you a pint of El Nino IPA after the annual meeting). So instead, I'll issue this uncharacteristically rugged challenge: do you have what it takes to be a Whole Foods Co-op director?

Try this two-step test. Are you saying to yourself, "I'd really like to serve on the board. I'm interested in WFC, and as a member-owner, I'd like to give something back to this cooperative business. I'm ready to make the commitment." If so, great—you've passed the first part of the test. You have to want to do this. Serving on the WFC board—or any board—is a commitment. It's a commitment of time,

of energy, of attitude and interest. You will be representing the membership of WFC, and that's important.

Next step. Are you now saying, "Wait, though. Wait! I'm just a regular person. I don't have vast amounts of fundraising experience, or know anything about how your board operates, or have a degree in marketing or law or physics or biodynamic naturopathic psychology. And what's this stuff about policy governance? Who is John Carver anyway? How do I learn how to be a good board member? What skills can I bring to the board and to the Co-op? Who am I anyway, and how do I fit into this organization?"

Stop sputtering for a minute. Take a deep breath. You passed again! Yep, all

those questions are a good sign. You might call it "self-doubt," but in this case we'll call it "soul-searching." If you do happen to have

vast amounts of fundraising experience, a law degree, or have read the complete works of board-effectiveness guru John Carver, then go ahead and put it on your WFC board application. But just being a regular person is okay too. What's important about the soul-searching you're doing, as it applies to your being a good board member, is

I'll issue this uncharacteristically rugged challenge: do you have what it takes to be a Whole Foods Co-op director?

that you are taking inventory of yourself and looking for how your particular skills will make you an effective board member.

Do you have what it takes? Only you can answer that question. But keep in mind that it's a question that can be answered

"yes" in a variety of ways. We encourage you to run for the board of directors. Katie Neff Dawson is chair of the WFC board recruitment committee and would be happy to answer further questions. You can also attend a board meeting (any WFC member can do

this) to see how it works up close. And you can always contact the whole board via email at wfcbod@wholefoods.coop.

A Brief List of Examples of What the Board Does and Doesn't Do

The WFC board does not:

- hire or fire WFC employees
- choose what brands of breakfast cereal WFC sells
- supervise the construction of the new WFC site

The WFC board does:

- create, amend, and monitor WFC policies
- meet regularly with the general manager
- attend orientation sessions and learn how to be effective
- ensure that the WFC fulfills its mission and its commitment to members

Our Board of Directors currently meets on the 4th Monday of each month from 5 to 7 PM at WFC's Annex, 1522 East Superior Street (front entrance/ upstairs).



Jean Sramek, your Board President

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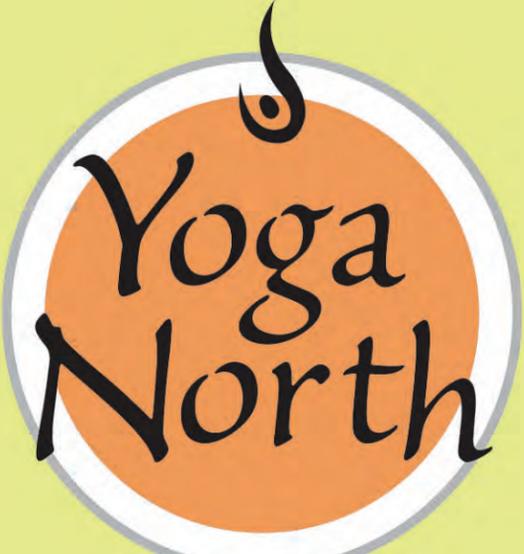
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The power of blue" may be a familiar phrase in political circles, but it is taking on new meaning in the healthcare field. There is growing evidence that both the bilberry (European blueberry, huckleberry) and the American blueberry are powerful little disease fighters. Much of the recent research has concentrated on the anthocyanoside content of the berries. Anthocyanosides are strong antioxidants, responsible for the fruits' blue color, and they are found in particularly high concentrations in the bilberry fruit (*Vaccinium myrtillus*). There is little commercial production of the bilberry in this country, however (and it grows wild only in parts of the western states), so it is the extract capsules that are most commonly seen here. A close second choice for fresh "blue power," however, is the American blueberry, and it is readily available on this side of the ocean. Also belonging to the *Vaccinium* family, both the highbush and the lowbush (wild) varieties rival their European relative for anthocyanoside content. *Vaccinium* fruits also contain vitamins A, C and E, dietary fiber, and many other health-promoting compounds.

It is likely the anthocyanoside content of the blue fruits that makes them such potent neutralizers of the "free radicals" that are linked to heart dis-



ease, cancer and many other age-related diseases. The fruit as a whole, and anthocyanosides in particular, are being looked at for their potential in the prevention and treatment of many health conditions. Results are still preliminary, but much of the research so far has been promising. The list of possibilities is long. Anthocyanosides are being looked at for their effective-

ness in the prevention and treatment of peptic ulcers and for their ability to prevent blood clots associated with heart attack and stroke. There is evidence that the substances may help build strong capillaries and improve

and cultivated blueberries are available. The fruit can be found fresh, frozen, dried, as juice, as jam and in yogurt, to name a few. And new products such as wild blueberry milk and blue beer will soon make things even

herb lore the power of blue

By Niki Young, Lake Superior Herbalist Guild

circulation throughout the body, making the fruit potentially useful in the treatment of varicose veins, venous insufficiency and hemorrhoids. Animal studies have shown a slowing of age-related loss of mental capacity when anthocyanosides are consumed, and the substances are being looked at for the prevention of cataracts, glaucoma, and macular degeneration. The blue fruits are also being looked at as a treatment for diabetic retinopathy, and the list goes on.

Blueberry producers report that per capita consumption of all types of blueberries in the United States is just four cups per year. They hope that number will rise, however, as consumers become more aware not only of the health benefits but also of the many tasty forms in which both wild

more interesting. Politics aside, blue power is here!

Precautions: High doses of the powdered extract should be avoided in pregnancy, by those with hemorrhagic disorder, and by those who are taking anticoagulant or antiplatelet drugs.

Contributed by Niki Young, an herbalist with a background in nutrition and dietetics, and a member of the Lake Superior Herbalist Guild. For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: <http://www.diamon-naturals.us/Guild.htm>

Herbs are medicine and their use must be taken with care and respect. Each individual is different and may react differently to certain herbs such as allergic reactions. Self-treat at your own risk. Consult a physician should symptoms persist.



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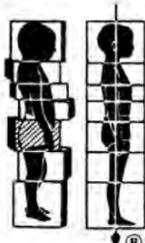
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SEEING RED

According to the National Gardening Association, 85% of the 32 million US households with gardens grow tomatoes in them.



Garbanzo Gazette

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WFC ANNEX

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Membership Costs:

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Further membership information is available at the Co-op

The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Wednesday, August 3rd. Refer submissions and questions to shannon@wholefoods.coop.

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

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

MOVING? Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

new products

Body Care:

- Nature's Gate Organics Skin Care
 - Light Switch Lemon Brightening Serum (*70% organic)
 - Forget Your Lines Wrinkle Diffuser Serum (*70% organic)
 - C For Yourself Vitamin C Texturizing Serum (*70% organic)
 - Have A Vine Day Chardonnay Hydrator (*70% organic)
 - Oh What A Night Walnut Therapy (*70% organic)
- Avalon Organics Bar Soap
 - Lavender
 - Chamomile
 - Aloe Unscented
- Kiss My Face Toothpaste
 - Whitening
 - Triple Action
- Kiss My Face Lip Balm (*72% organic)
 - Cranberry Orange
 - Sliced Peach
 - Treat Mint
 - Vanilla Honey
 - Strawberry
 - Ginger Mango
- The Merry Hempsters
 - Hot Hemp Muscle Rub

- The Merry Hempsters Vegan Hemp Lip Balm
 - Lemon-Lime
 - Cinnamon
 - Mandarin
 - Peppermint



- The Merry Hempsters Hemp SPF 18 Lip Balm
 - Orange
 - Peppermint
- Supplements:
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- Barlean's
 - Forti-Flax Ground Flaxseed*
- Nature's Plus
 - Source of Life Liquid Multiple
 - Ultra Inflamm Actin
 - Unsweetened Simply Natural Spirutein

Coffee:

- COPHEE - Acid Reduced Coffee *

Spices:

- Frontier
 - Poultry Spice Rub*
 - Seafood Spice Rub*
 - Steak & Chop Spice Rub*

Grocery:

- St. Claire's Sweets
 - Cherry*
 - Cinnamon*
 - Spearmint*
 - Wintermints*
- Nature's Path Toaster Pastry
 - Frosted Blueberry*
 - Frosted Strawberry*
 - Unfrosted Apple*

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Something else that tastes great topped with organic strawberries: Soy Delicious Turtle Tracks soy ice cream.

Other things that taste great topped with organic strawberries: everything.

Subject change: cheese. My seven-year-old string cheese fan told me she didn't like string cheese unless it came as a single. I kept trying to buy her the multi-packed ones because they're cheaper per stick. But then the other day I ate one and it wasn't as good as the single. The singles are "stringier." Weird I know. Anyway, I used to think she just liked excess packaging, but

now I know to believe the children.

My brother has discovered the many uses of Vegenaise dressing/sandwich spread, to my dismay in some cases. Let's preface this by recognizing that Vegenaise is approximately one kerjillion times tastier than mayonnaise. It is, in fact, the evolutionary apex of mayonnaise-like spreads. These facts are beyond dispute. Be that as it may, the sight of my brother dipping Tofurky beer brats into a jar of vegenaise may haunt me for life. Let me be clear: I



am not going there. But I did think it was worth a mention; he swears by it and this is a food column after all.

But here's a more sane way to use Vegenaise as a dip. Sauté some onions,

garlic and parmesan cheese in a spoonful of Vegenaise, and then add a splash of salsa for a tasty dip for crackers or bread. Wow.

Speaking of bread, I am comfortable enough with my masculinity to admit that French Meadow Woman's Bread is full of flavor with a nice soft texture that occasionally includes a whole soybean or two. And don't worry, manly men: Woman's Bread can be eaten with no ill effects, other than wanting to eat more and more...

I have taken to buying certain snacks for car trips. Don't ask me why I prefer eating these foods in the car. But those foods include Panda natural licorice (the herb flavor is great too), Peppered flavor Tofurky Jerky, Wildwood Organic Berry Soy Smoothies, and organic Fuji apples. I've been doing it for so long, I now associate these foods with driving, in a kind of Pavlov's dogs response. I'm sure these products taste just as good outside of a moving car although I have little evidence for that. ☪

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

notes from the front

Your Co-op Hot Spot

By the time you are reading this, I sure hope the weather has decided to take a turn for the warm. If you are like me, and love to kick off your shoes to bathe your feet in the sun, I should remind you to bring your shoes with if you want to make a quick stop into WFC to for an ice cream bar. Our floors are subject to broken glass and other sharp objects. I'd hate to see you or one of your children cut your "little piggy"!

If it happens to be a warm day, and you're unsure of how long it will take to get your groceries home, you might want consider bringing a cooler in which to place your frozen and refrigerated items. It only takes a few extra minutes in a hot car to turn your frozen dessert into a frightful disaster.

A hot car isn't a foe to only perishables, though. It can also be the igniter of a huge veterinary bill, or the worse case scenario, for your beloved pet. Please consider leaving your pet at home, even if you think you'll only be stopping by the co-op for a few minutes. Even with the windows cracked, a car can reach sweltering heat in a short amount of time.

The fondest memories I have of summer fun are from when I was a kid. I'd worked so hard at school, and the summertime rewards were full of swimming, biking, building forts, and hanging out with friends. I wish I would've had a store like WFC in my neighborhood when I was growing up, so I could have come in for a cool treat on a hot day. It's no secret that our floor space is as crowded as it could ever be some days. Please keep this in mind when sending the kids down to the co-op to pick up a rocket bar or the like. We request that only two unsupervised children shop in the store at a time. We will do our best to help all the kiddies find their treats and ring it up before the rice cream hits the floor!

Thanks for keeping your "cool" while visiting us in our "hot spot" of a little store. We couldn't do what we do without your understanding and cooperation.

Briana Lowrie is the interim Front End Manager at Whole Foods Co-op. She has six years experience working for co-ops and has been at WFC since September 2003. Besides her hungry appetite for tasty deli sandwiches, she craves organization, efficiency, and providing great customer service.

SEEING RED

"It's not hard to breed a tomato that looks great and tastes like hell." — Charles M. Rick, Preeminent US Tomato Breeder

SEEING RED

Refrigerating a tomato ruins its flavor.

SEEING RED

The average American buys 18 pounds of tomatoes a year — more than any other vegetable except potatoes and lettuce.

book review

by Judy Kreag, member

Garlic Healing Powers

by Bernard Jensen, Ph.D.

The use of garlic to fight numerous health disorders dates back to the Babylonians (4000 years ago). It was feed to soldiers and gladiators for strength, used by chefs for adding flavor to many delicious foods, and given to patients for healing all types of ills. In the 1700s, thieves mixed garlic with wine to protect themselves from the plague as they robbed the bodies of their victims.

Today garlic is often used to boost the immune system. It is a "ray of hope" in a world dominated by the big drug companies. Garlic has been cred-

ited with helping to lower cholesterol, lower blood pressure, improve circulation and reduce candida, just to name a few. Many studies have found that using garlic (fresh, cooked or in extract form) with a low fat diet has been very helpful in reducing cardiovascular disease.

In his book, Dr. Jensen spends a fair amount of time talking about the different, important properties in garlic, how it helps with health

ailments, how to grow and harvest your own crop and even shares some of his favorite recipes. I found that the Wild Rice and Garlic recipe on page 70 is flavorful, nutritious, filling, and worth a try.

Jensen, a clinical nutritionist who has studied about garlic for most of his life, cautions that eating more than two raw garlic cloves a day can cause intestinal irritation and anemia. He recommends using cooked garlic instead and offers several delightful recipes with which to experiment. ☪

Judy Kreag has written two guidebook/cookbooks and has worked for a local nutritionist. She is presently the Executive Director of The Dwelling in the Woods, a spiritual retreat 75 miles south of Duluth



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staff news

STAFF ANNIVERSARIES

July

Jessica Belich, 4 years

Rain Elfvín, 1 year

Celia Rupp, 1 year

Teri Sackmeister, 4 years

August

John Fisher-Merritt, 29 years

STAFF NEWS

Congratulations are in order for Coordinator **Rain Elfvín** and his lovely bride Kris. Rain and Kris were married in New Orleans this spring!

Produce Manager **Michael Karsh**, Store Manager **Debbie Manhart**, Marketing & Member Services Manager **Shannon Szymkowiak** and General Manager **Sharon Murphy** attended the Consumer Cooperative Management Association (CCMA) Annual Conference in Albuquerque, NM, with Board members **Jeri Brysch** and **Chad Coffey** in June. The conference workshops were interesting and the keynote speakers inspiring.

Congratulations to our new Store Manager **Debbie Manhart**. Since 2000, Debbie has done an outstanding job as our Deli Manager. Store Manager is one of the new Management Team positions developed to support our expansion. As Store Manager, Debbie will help hire and train our next Deli Manager, supervise equipment and building maintenance at the current site, develop the staffing plan for her department at the new site, and support the General Manager.

The Richardson brothers (**Jim and Allen**) are at it again. Not only do they continue to write the Gonzo Science column in the Reader Weekly and the Novelty Theatre column for the Transistor, but they will also be performing "P is for Profanity", an adults-only puppet show featuring Mr. Nice and the Free Duluth Muppets. Sorry, kids, not a show for you!

Please join us in welcoming new employees:

Sue Boorsma, Front End Assistant
Holly Gumz, Produce Assistant
Mike Marble, Projects Assistant
Rayann Schramm, Front End Assistant
Susan Stone, Buyer's Assistant

Ever wonder why the service at your co-op is so great? We like to think that it's not only our winning personalities, but also the extensive training we all receive. The most recent graduates of our Customer Service Training are:

Jason Kokal, Deli Assistant
Jennie Bonicatto, Produce Assistant
Allen Richardson, Buyer's Assistant
Brad Rozman, Cool Buyer

THANK YOU SO MUCH

To All WFC Employees for your work, your smiles, and your cooperative spirit!

management report

After peeling off some layers during demolition, our new site at 610 East 4th Street revealed one of its past lives as the "Arrowhead Furniture" sign appeared across the front of the building. A tour of the stripped-to-the-studs inside revealed old window frames, a natural wood ceiling dotted with sprinkler heads, a leaking steam pipe, and more work for the asbestos abatement crew.

The new loading dock is taking shape on the alley level at the east end of the building. Our staff parking and event area behind the building was cleared but has filled up again with rocks and dirt from excavation for the

loading dock. We expect to reuse this fill to develop a shared parking area on the 4th Street level with our neighbor/lender/co-op affiliate, Members Cooperative Credit Union.

Over 160 tons of debris has been removed from the site, some to the landfill, some to recycling, and some for reuse. The folks at Common Ground did a great job deconstructing, sorting and reclaiming materials from our site. Our debris could be someone else's treasure so be sure to visit Common Ground Deconstructors outlet for used building materials at 4112 West Superior Street (Monday-Friday 11-5 and Saturday 10-4m, www.commongrnd.org) before you embark on your next project.

THANK YOU SO MUCH for continuing to shop at the Co-op, for encouraging your friends and families to join. and for making member loans. We are still experiencing double-digit sales growth at our cramped current site. With six weeks to go before the end of the fiscal year, we've exceeded our new member goal. And, I am so proud to announce that we have nearly \$900,000 in member loan commitments with \$800,000 already on deposit. We truly appreciate your support. GG

Sharon Murphy, your General Manager, recently completed her 25th year of employment with Whole Foods Co-op and her 109th quarterly inventory. She is now the proud owner of a cosmetically altered bobble-head construction worker talisman.

organic center report indicates organic foods have elevated levels of antioxidants *by Lisa Bell*

The Organic Center's second State of Science Review (SSR) concludes that organic farming methods have the potential to elevate average antioxidant levels, especially in fresh produce. Charles Benbrook, Ph.D., compiled and analyzed existing scientific information for his report, Elevating Antioxidant Levels Through Organic Farming and Food Processing. The report reveals that on average, antioxidant levels were about 30 percent higher in organic food compared to conventional food grown under the same conditions. An executive summary and the entire report can be found at: www.organic-center.org/science.htm. The report's tables include rankings of common foods according to their total antioxidant capacity per calorie and per typical serving.

"Because of the many potential health benefits associated with antioxidant consumption, increasing average daily antioxidant intake through the diet has emerged as an important health goal," says Benbrook. "This goal was a major factor shaping the new USDA Dietary Guidelines for Americans, which increase the average recommended intake of fruits and veg-

etables to at least nine servings per day from the original five*."

This report reviews, among other data, 15 quantitative comparisons of antioxidant levels in organic versus conventional fruit and vegetables. Organically grown produce had higher levels in 13 out of 15 cases. On average, the organic crops contained about one-third higher antioxidant and/or phenolic content than comparable conventional produce.

Studies reviewed in this SSR provide evidence that several core practices on organic fruit and vegetable farms can increase antioxidant and polyphenol content compared to conventional practices that depend on commercial fertilizers and pesticides. The prohibition of pesticides in organic farming practices provides additional benefits to consumers who choose organic.

"Harvesting fruits and vegetables at optimal ripeness and consuming them in less-processed forms, without removing skins or peels, will preserve a greater portion of their antioxidants," says Benbrook. "The outer layers of fruits and vegetables generally contain the highest concentrations of antioxidants, but many consumers peel their conventionally-grown fruits and vegeta-

bles to help reduce levels of pesticide residues. Seeking out organic produce can therefore deliver a dual benefit to consumers by maximizing antioxidant intake and minimizing pesticide dietary exposure."

There are also significant differences between some of the food processing methods and technologies used in manufacturing conventional foods in contrast to those allowed and used in producing organic processed foods. For example, the synthetic chemical hexane is often used in extraction of oils from crops in conventional oil processing plants, but is prohibited in organic oil processing. Hexane is known to promote removal of certain antioxidants.

High-temperature and high-pressure processing technologies also tend to remove significant portions of the antioxidants present in fresh foods. Organic processing plants often use lower pressure, cold-pressing methods to extract juices and oils. The resulting food products are generally richer in flavor and retain more nutrients, including antioxidants.

*Source: 2005 USDA Dietary Guidelines for Americans

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buyer's pick fair trade chocolate

by Karl Becker, Grocery Buyer

Recently several customers and staff members have inquired as to the organic and fair trade status of the chocolate we carry. So, I thought that this would be the perfect forum to answer these questions and mitigate everyone's concerns.

First, let's explore Dagoba. These chocolate bars are certified organic and, while not certified fair trade, the cocoa used is grown and harvested in an environmental sensitive manner and in accordance with fair trade philosophies (www.chocosphere.com). Dagoba is a line that has grown recently with the addition of xocolatl, a dark chocolate flavored with chilies, nutmeg, and vanilla.

Next, we will take a look at Green and Black's. This line of chocolate is certified organic, as well as being certified fair trade (www.greenandblacks.com). We carry five varieties of Green and Black's including: Dark, Hazelnut with currant, Maya Gold, Milk chocolate, and Mint.

A fairly new addition to our family of chocolate bars, Equal Exchange, is certified both organic and fair trade (www.equalexchange.com). We carry all three varieties offered by Equal Exchange, which are: Milk Chocolate,



Your Grocery Buyer, Karl Becker

Dark Chocolate, and Dark with Almonds.

We also carry the Chocolove line. Chocolove states that their policy is to not procure any ingredients that are the result of forced or exploitive labor practices. Chocolove is not certified fair trade per se, but their website suggests that they maintain a close relationship with their suppliers in order to mitigate forced labor (www.chocolove.com).

Rapunzel chocolate is certified organic and all ingredients are purchased through cooperative arrangements with various growers (www.rapunzel.com). Currently, we carry Dark Chocolate with almonds, Dark chocolate with Crystallized Ginger, Dark Chocolate with Orange,

and Rich Dark Chocolate.

The Newman's Own bars and cups are certified organic and the cooperatives are required to produce written verification that each farm is not engaging in forced or exploitive labor practices (www.newmansownorganics.com). We stock Milk Chocolate with Toffee, Sweet Dark, Sweet Dark with Espresso, Sweet Dark Orange, and three chocolate cups.

Endangered Species chocolate rounds out the field. Endangered Species supports the Fair Trade Initiative, but is not certified Fair Trade (www.chocolatebar.com). We carry too many varieties to list here, but suffice it to say that we have something for nearly everyone.

Wow! That's a lot of chocolate. I hope this helps clarify the issues of fair trade and organic certification within our chocolate selections, and helps soothe your conscience. ☺

Hello, my name is **Karl Becker** and I have been the Grocery Buyer since February 2005. I am also a newcomer to the great state of Minnesota, trading the big sky vistas of southwest Montana for the city life of Duluth. Outside of work I enjoy backcountry skiing, whitewater rafting and reading totally boring books. May I suggest "Dialectical Materialism and Modern Science?" It's a page turner.

MEMBER FEATURE

the seasonal table

by Bonnie Williams Ambrosi, member

Chafing at their precarious existence in the desert wilderness, the Israelites complained to Moses, "We remember the cucumbers we ate in Egypt." [Numbers 11:5]

Cucumbers have been a source of refreshment to desert-dwellers for more than 3,000 years. Being 96% water, the flesh of the cucumber is naturally cool and thirst quenching. In Ayurvedic terms, the cucumber's taste is sweet and astringent. It is refrigerant (i.e. it cools you off), demulcent (soothing to the tissues of the body), and a mild diuretic, making it helpful for urinary tract infections. The seeds are especially good in this regard. They also have an expectorant effect, clearing phlegm from the lungs.

Cucumber's heaviness can make it a bit difficult for Vata constitutions to digest. This is easily remedied by removing the larger seeds and by adding warming spice, such as black pepper or cumin.

From a nutritional standpoint, one large (10-12 ounce) cuke provides about 45 calories and is a fair source of vitamin A if you eat the skin. Unfortunately, the skins of most commercial cucumbers are waxed to keep them from drying out while being shipped from far away. This is true of many organic cucumbers as well—a price we pay for wanting cukes out of season. If organic cucumbers are waxed, however, it must be food-grade beeswax or carnauba wax, not a petroleum-based wax, but you may still prefer to peel them. All the more reason at this time of year to really enjoy fresh, local cucumbers, peels and all.

An old-fashioned and pretty way to prepare cucumbers is to score the skin lengthwise with a fork, then slice into thin rounds and dress with vinegar, salt and pepper, and fresh dill if you have it. Of course cucumbers make great pickles. In fact, my old Grandpa and Grandma down in Indiana simply referred to cucumbers as "pickles"; I never heard them called cucumbers. My own favorite way to eat cukes is in a sandwich with cream cheese. My middle brother always ate them with mashed potatoes, scooping up the potatoes with the cucumber slices. In Indian cuisine, cucumbers are combined with yogurt and spices to form a raita—a cooling side dish to complement hot, spicy foods.

Cucumber also has a long history as a cosmetic. It is mildly astringent, cooling and soothing to the skin, and promotes healing. You can simply rub a slice of fresh cucumber on your skin for these benefits, or, to whip up a more elaborate mixture, check out a library book on natural beauty, such as *Mother Nature's Guide to Vibrant Beauty and Health* (1997) which includes many cucumber cosmetic recipes.

A CUCUMBER RAITA

1 cucumber, chopped small
1 green onion, finely chopped
1 1/2 cups plain yogurt
1/4 tsp. roasted cumin seeds
salt and freshly-ground black pepper
Combine all ingredients and chill.

welcome, new members!

Duane Timo II
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Tammy Corrigan
Laurie Allison
Kovacovic
Lauri Twining
Mark Reed
Talferd Jude
Lois Mann
Elizabeth Nelson
Lana Haugen
B.J. Lambus
Laura Lilyquist
Leah Westrup

Bonnie Wolden
Sarah Marczak
Robin Vobornik
Andrea Larson
Roxanne
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Robin Nick
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To communicate with entire Board and General Manager:
wfcbod@wholefoods.coop

mission statement

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

co-operative principles

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

Back in 1965 many folks were looking for a different way to farm and headed back to the land to live a simpler life. The term organic farming surfaced as the alternative to the conventional wisdom of using toxic, synthetic chemicals and fertilizers to grow food. Many, including old-time farmers, felt that organic agriculture was more in line with their views on humanity, sustainability and the welfare of the planet.

Opposing this view was the USDA and its scientists, the land grant universities, the agricultural extension service, nearly all of the major seed companies and stores, and the enormous agrichemical companies. These groups claimed that the concept of organic agriculture was foolish and impossible. That remained a widely held public perception until the past decade, when sales of organic food have skyrocketed.

How could this be? Has something changed in organic farming in the past 10

years to make it a more viable growing system? Or could it be that a groundswell of passionate truths was drowned out by a passel of corporate lies? At the dawn of England's agrichemical age back in the early 1940s, anyone who touted the benefits of sustainable agriculture was painted as a believer in muck and magic. In this country former USDA Commissioner Earl Butts warned that "50 million Americans will starve if we switch to organic."

Yet there was plenty of information supporting organic agriculture. In the early 1970s a French farming organization produced a study that showed the benefits of sustainable agriculture, followed by a significant study by the Dutch department of agriculture. One had to dig deep to find about it in this country. In 1977 Barry Commoner of Washington University in St. Louis, Mo., released a study showed that in a side-by-side comparison, a group of Midwestern organic farmers were just as successful as their chemical-using counterparts. Though this was striking news, it received very little press. Even in 1980 when the USDA released its own highly positive study on organic agriculture, there was little fanfare.

The idea of organic agriculture is anything but new. Several books now out of print spoke of the benefits of biological and sustainable agriculture years before the studies in the 1970s. Here are just a few of the titles: 1955 "Agriculture a New Approach"; 1945 "Make Friends With Your Land"; 1935 "The Soil and the Microbe". Even the USDA's own 1938 yearbook read like an organic proponent.

Writings 2,000 years ago on Roman farming methods talked about the benefits and necessities of these basic organic practices: composting, green manures, crop rotation, mixed farming, and legume rotations. The list goes on and on. It wasn't farmers who were pushing the chemical agenda forward. They were used to solving problems, overcoming difficulties, and doing it with their own resources. It seems as though the myth that organic farming wouldn't work or wasn't effec-

fresh perspectives

benefits of organic farming is ancient history

tive was so ingrained in the universities and other agricultural organizations that even when its own studies supported it they had a hard time believing it. So where did this notion come from? Agrichemical scientists and salespeople imposed it upon them.

It was their job to emphasize the agricultural difficulties, recommend a purchasable solution, and create a climate of ignorant opposition. Thomas Pinchon, author of *Gravities Rainbow*, put it best: "If they can get you asking the wrong question they don't have to worry about the answer."

Well that worked for a while but it won't work anymore! Now that organic farmers have produced a bounty of food by simply working in harmony with the land using natural processes, they have threatened the very foundation on which the companies stood. So the next time someone argues that there is no proof behind the benefits of organic agriculture be willing to offer them a history lesson and tell them what Elliott Coleman said recently at the Ohio Ecological Food and Farm Association conference: "People who consider it normal to spray poison on food are not rational thinkers."

Zucchini pizzas on the barbecue

1 lg. or 2 med. zucchini
1/2 c. butter, melted
3 cloves crushed garlic
1/2 c. mozzarella cheese
1/2 (14 oz.) can pizza sauce

Start your coals. Slice zucchini into thick rounds. Mix the melted butter and crushed garlic together for use later. When the coals are ready, place zucchini crusts on the grill. Cook for three minutes, turn over and brush with butter/garlic. Repeat for the other side. Brush slices with pizza sauce and cheese and cook until the cheese begins to melt. For a different flavor substitute pesto for red sauce or add a little sliced red onion, switch feta for mozzarella, and top with a fresh cherry tomato half.

I Scream, You Scream, You Should Scream About Atrazine

Another reason to pay a little more for organic corn is that there are some startling facts concerning a pesticide used on corn. Atrazine is one of the two most commonly used agricultural pesticides in the United States, and a primary pesticide used on corn. The United States Geological Survey's (USGS) national monitoring study found it in rivers and streams, as well as groundwater in all 36 of the river basins that were studied. It is often found long distances from where it's been applied. Atrazine can persist for decades in the soil below the surface layers, and for about 100 days in surface layers. What is the concern? Even low concentrations have caused harmful effects in fish, including reduced sperm production, disrupted behavior, kidney damage and a decreased ability to withstand warm temperatures, according to the Northwest Coalition for Alternatives to Pesticides. ☐

References this issue: "Fridge Wisdom," Liz Applegate, Ph.D., *Runners World Magazine*, May 2005; Atrazine, Northwest Coalition for Alternatives to Pesticides (NCAP); www.pesticide.org; <http://barbeque.allrecipes.com>

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we respond

Dear Co-op,
Wheat flakes, please! Even better, 8 grain of flakes. See Montana Wheat.
Signed, Flaking Out

Dear Flaking Out,
The wheat flake supply has seemingly dried up for some reason; if it becomes available to us again, I will try to squeeze it in! NOTE: we are trying to locate a source for both wheat & barley flakes by the time we move.

– Jim, Bulk Buyer

Dear Co-op,
What's the difference between the coconut oil in the cooking area and the coconut oil in the beauty section?
Signed, Beautiful Chef

Dear Beautiful Chef,
The cooking coconut oil is refined and has less coconut smell and taste. Refining also allows for higher heats used when cooking. The beauty coconut oil is unrefined and thus is more fragrant. You could use either oil either way. Thanks!

– Caroline, HBC Buyer

Dear Co-op,
Yo! I heard that Gaceau Brand H2O has a new variety called vita-water and that rapper 50 cent has a flavor. Can we git that?
Signed, Rappin' about Water

Dear Rappin',
Good one! No, this is not available. However, I may be able to get some other vita-waters in the future.

– Brad, Cool Buyer

Dear Co-op,
Please stock Xylitol.
Signed, Excite-mint

Dear Excite-mint,
Plans are in the works to carry xylitol gum, mints, etc. at the new location.

– Karl, Grocery Buyer

Dear Co-op,
What's up with the fancy cheese? While I'm as tempted as the next guy, the new cheese mostly appears to be neither organic nor local & is often over packaged. What gives?
Signed, Not Saying Cheese



are few options for organic cheese, but I have found a new supplier and will bring in some more. I have brought in a few local cheese, but most of them are regional due to the lack of cheese makers in the Duluth and surrounding area. Most of the cheeses are hermetically sealed therefore providing a longer shelf life and keeping the cheese fresher than if we just wrapped it in plastic wrap. Also, most cheese that comes in already wrapped is cheaper than those that we have to portion and wrap due to the labor involved. This also frees up more time for us to make your favorite Deli items. Thank you for your question!

– Debbie, Deli Manager

Dear Co-op,
This is our first time here & we have found this store a wonderful place to shop. Thank you.
Signed, Anonymous Great Customer

Dear Great Customer,
Thank you.

– Sharon, General Manager

Dear Not Saying,
We have had an opportunity to bring in 2 new suppliers and have been able to access a wider variety of cheese. We look for organic, local/regional, rBGH-free when determining what new cheese to bring in. Unfortunately, there

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news bites

Got more pesticides?

Five billion pounds of pesticides are used around the world each year despite scientific research that shows pesticides are harmful to human and environmental health. In the US, three-quarters of conventional pesticide use is to grow food and fiber. The Northwest Coalition for Alternatives to pesticides uses outreach, education, advocacy, and organizing to protect people and the environment from the hazards of pesticides and to advance healthy solutions to pest problems. For more information: www.pesticide.org.

Kids R' Us

Visit these web sites to find initiatives to protect children from environmental risks:

Minnesota Department of Health Children's Environmental Health at www.health.state.mn.us/divs/eh/children/index.html

National Children's Study, research involving the U.S. Department of Health and Human Services, National Institutes of Health, and Centers for Disease Control, at www.nationalchildrensstudy.gov/news/

U.S. Environmental Protection Agency (EPA) Office of Children's Health Protection at <http://yosemite.epa.gov/ochp/ochp-web.nsf/homepage>

World Health Organization Children's Environmental Health at www.who.int/ceh/en/

Mothers Advocating Their Children's Health (MATCH), an initiative of Metropolitan Health Plan and Medica, at www.co.hennepin.mn.us/vgn/portal/internet/hcdetailmaster/0,2300,1273_100333242_100239487,00.html

Harvey v. Veneman Update

National Cooperative Grocers Association works with other organizations and representatives of the Organic Trade Association to build consensus on appropriate responses to the Harvey v. Veneman/USDA lawsuit (Docket No. 04-1379, U.S. Court of Appeals for the 1st Circuit). The U.S. Court of Appeals for the 1st Circuit has ruled that three provisions of the National Organic Program (NOP) are not valid following a lawsuit filed in October 2003 by Arthur Harvey, an organic blueberry farmer in Canton, Maine, and an organic inspector for the U.S. Department of Agriculture. Harvey claimed that seven NOP provisions were not consistent with the Organic Food Production Act of 1990, which became effective in October 2002. After a plaintiff-initiated appeal in the case, Beyond Pesticides, the Center for Food Safety and rural Advancement Foundation International-USA, groups representing consumer, environmental and farmer perspectives, entered the case as amici (friends of the court) on several counts. (Note: Whole Foods Co-op is a member of the National Cooperative Grocers Association.)

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savor the season

Tomato time. When I was young, my mother had a vegetable garden. Nothing really large or unusual – some lettuce, maybe green beans and carrots, but that was about it. Fresh vegetables were not something that graced our table often unless you count baked potatoes and two glorious weeks of sweet corn. She never grew tomatoes, though. Maybe it was because she didn't care for them. Maybe it was because we kids said "ick" anytime a raw tomato was presented to us.

Maybe it was because she was more interested in flowers, particularly her prized iris bed. Still, even though I wouldn't touch them as a kid, that particular time of summer was always Tomato Time.

Tomato Time is when you run barefoot from dawn 'til dark, slapping mosquitoes and swimming at the city pool until your hair turns green from the chlorine. It was when mom gave you a quarter so you could ride your bike to Illigan's store for candy. But you better choose what you want from under the glass quick—Mrs. Illigan didn't have patience for the kids she was convinced were stealing from her. Tomato Time was setting up the tent in the backyard and sleeping out with your best friend. Tomato Time was mowing the lawn and smelling mint when you ran over it in the side yard. Tomato Time was the very best part of the summer. The juiciest, sweetest, brightest part of summer when you wished it would never end and could almost convince yourself that it wouldn't.

I still feel the same way about Tomato Time. I still run around in my bare feet. I still enjoy (mostly) mowing the lawn and yes, the mosquitoes still think I'm a good snack, probably because I still eat too many sweets. But best of all, now Tomato Time means TOMATOES. I don't know how or when it happened, but it did. I can't wait to eat fresh tomatoes, preferably home grown, ripened on the vine. Almost an afterthought as I head up the stairs to the deck after mowing, I see a little red (or yellow, or orange) from the corner of my eye. I pick it, inhale deeply and sprint to the house for my scissors so I can snip some kind of herb to go with it. Maybe basil for a Caprice salad? Maybe chives for a more Midwestern style presentation? Or maybe I'll slice it up for a summer sandwich.

Enjoy Tomato Time while you can. Slow down. Soak it in, because Shoveling Time comes much too soon.

Caprice Salad

- Tomatoes, sliced – preferably a variety of colors & enough to fill up your crew
- Fresh Mozzarella, sliced – a few slices less than you have of the tomatoes
- Basil – chiffonade (look that up, it's a handy thing to know)
- Olive oil – good quality organic
- Balsamic vinegar – same here – trust me, it is worth paying extra
- Sea Salt & freshly ground pepper to taste



Heirloom tomatoes make a colorful presentation in a Caprice salad.

Starting with your fanciest plate or platter (why do you have them if you don't use them?), place a layer of tomatoes on the bottom. Lightly salt & pepper. Layer the mozzarella on the tomatoes and sprinkle with some of the basil, olive oil, vinegar, salt and pepper. Continue layering until you've used all of your tomatoes. Snack on any remaining cheese bits or tomato ends while you allow the salad to sit at room temperature for a little while. Enjoy as a side or as a main course with some good bread.

Midwest Backyard Tomato Salad

- Tomatoes, sliced
- Mayonnaise, Nayoanise or Veganaise – just a dollop
- Chives or green onions, chopped into tiny bits
- Sea salt & freshly ground pepper to taste

Again, get out a nice plate (or plates if you're going to serve these individually). Place a layer of sliced tomatoes on the plate. Put a small dollop of your preferred type of "naise" in the center. Sprinkle the chive or onion bits, salt & pepper over the top.

My Favorite Veggie Sandwich

2 – 6" crusty rolls or one long baguette with a hard crust

Tomatoes, sliced

Provolone, Mozzarella, or mild non-dairy cheese of your choice, sliced

2 jars Marinated Artichoke Hearts, drained, oil reserved

Lettuce or curly endive

3 T Parsley or Italian Parsley, finely chopped

1 lemon

Mayonnaise, Nayoanise or Veganaise

Garlic Powder

Slice the rolls or bread. Brush bread (both the lid & the bottom) with reserved artichoke heart oil and sprinkle with garlic powder to taste. Pop under the broiler just long enough to get crisp. While it is still warm, spread with a very thin layer of your choice of "naise". Using 1/2 of the artichoke hearts, place a layer on the bottom. Follow with a layer of tomatoes and a layer of the cheese. Repeat. For your final layers, place a layer of lettuce leaves, sprinkle with the chopped parsley and a squeeze of lemon juice. Place the top on the sandwich and wrap as tightly as you can in plastic wrap or aluminum foil. Let it sit as long as you can stand it in the fridge (preferably overnight), flipping it over whenever you think of it. When you unwrap the sandwich, all of the filling items will have melded into a delightful mélange of Tomato Time goodness. Enjoy! ☺

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gourmet to go

by Debbie Manhart, Deli Mgr.

AHH! Summer in Duluth is finally arriving. Time to go hiking, biking, backpacking, camping, etc. This means all sorts of picnics during the warmer weather; and with that comes food safety concerns. So, a few tips for keeping your food safe:

When choosing picnic items, keep in mind the amount of time the food will not be refrigerated or in a cooler with ice, and the type of food. If you are not going to eat your picnic within 2 to 4 hours — whatever the refrigerated item is, just to be safe put it in a cooler with ice.

Foods higher in acid withstand warmer temperatures better than food with a higher alkaline level.

Pasta and potato salads are a high risk for developing bacteria quickly. Protein is also in the high risk category, so all of those chicken salads, sliced

deli meats, tempeh, and tofu items need to be eaten soon after they come out of your refrigerator or your cooler.

Hot foods need to be kept hot. You might be bringing soup or chili in a thermos, or bringing a hot dish to a back yard barbeque. Hot foods should be kept at 140 degrees or above. If you are re-heating food at the barbeque or made it in advance and need to re-heat it, bring it to a temperature of at least 165 degrees for 15 seconds to ensure you kill all of those little

bacteria that might have grown during the cooling process. If your hot food stays below 140 degrees for 4 hours, you need to throw it away. Better to be safe than sick.



Goodbye, Deb the Deli Manager — Hello, Deb the Store Manager!

Clarification: In the last *Gourmet to Go*, there was a conversion table for substituting various grains for wheat. Please be aware that although these grains are OK for a wheat free diet, not every item on this list is appropriate for a gluten free diet. If you suffer from gluten sensitivity, allergies or Celiac disease, please check with your doctor before adding a new grain to your diet.

Also keep in mind your surroundings. Pets, plants, soil, and all sorts of things you might touch can have bacteria on them. Wash your hands before eating — at the least, pack a hand sanitizer with your dry items to use before handling your food.

Debbie Manhart has worked as Deli Manager at Whole Foods Co-op for almost 5 years. She trained as a Chef over 15 years ago and has worked in all aspects of the food service industry.

2005 CO-OPS YES!

As part of the planning for a 2006 Minnesota Youth Cooperative Leadership Conference, five Minnesota students and two chaperones will attend the 2005 CO-OPS YES! Conference in Wisconsin Rapids. Scholarships may be available for students attending the 2006 conference. For more information contact Amy Fredregill, Minnesota Association of Cooperations (MAC), 651-228-0213.

Researchers develop super-toxic Bt genes

Laurie Budgar

In the world of plants genetically engineered to resist insects, up to 90 percent use Bt toxins. That's why European and African researchers joined forces to create an über-Bt, one that would work even if insects developed resistance to Bt toxins. The authors noted that as of yet, no insect has shown resistance to "traditional" Bt toxins.

The team, led by Paul Christou of the University of Lleida in Spain, combined Cry toxins (components of Bt toxin) and ricin B-chain proteins to form BtRB. "Transgenic rice and maize plants engineered to express the fusion protein were significantly more toxic in insect bioassays than those containing the Bt gene alone," the scientists wrote in their article, appearing in the online early edition this week of the Proceedings of the National Academy of Sciences.

In fact, after four days, the fusion protein resulted in the deaths of 78 percent of cotton leaf worm larvae that had infested corn plants. When just one of the proteins was applied, larvae death was less than 20 percent. BtRB was also more toxic toward the stem borer and the leafhopper, a pest usually unaffected by Bt toxins.

The standard Bt toxin is regularly applied to nonorganic crops of cotton, corn and potatoes. Cry toxins have not been tested for their toxicity to mammals, and haven't yet been used in commercially available crops. They're being considered for use in GE rice, though. Ricin, which is produced naturally by castor beans, can be deadly if inhaled, injected or ingested, and is often considered an agent of chemical or biological warfare. It consists of two protein chains, ricin A and ricin B. Only ricin B was considered for use in transgenic agriculture in this study.

"If transgenic crops expressing fusion proteins like BtRB were adopted by farmers, it would be necessary to establish that the insecticidal activity of the unique toxin retained some specificity, to avoid deleterious effects on nontarget and beneficial insect species," the researchers cautioned.

"Lessons learned after the indiscriminate and irresponsible use of chemical pesticides for the control of insect pests over the past several decades call for reason and caution in how we deploy transgenic plants expressing insecticidal genes in the present and in the future," they warned later in the paper.

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