

book review *by Judy Kreag, member*

“The A.D.D. and A.D.H.D. Diet!”

by Rachel Bell and Dr. Howard Peiper

Most of us think of children when we hear people talk about A.D.D. or A.D.H.D. but those children can grow up into adults with A.D.D. Whether you have experience with someone who is young or grown with A.D.D., this book might be just what you are looking for. This book

offers helpful ways to identify a child's food or environmental sensitivities, is very informative. She states that as many as 22 million children were on drugs for this diagnosis, when in many cases changing the foods children eat and the chemicals (like additives in foods) they are exposed to can dramatically reduce A.D.D.

symptoms such as behavioral problems, short attention span, bedwetting, fatigue, reoccurring infections, etc. This book offers many alternative ways of dealing with A.D.D. and best of all they don't have side effects. Dr. Rapp believes that drugs should only be given to children as a last resort.

I don't mean to make this sound like there is an easy solution. Far from it. It is very important to remember that just trying to improve does not work when there is a biochemical imbalance. But if we just keep doing what we are doing, we will keep getting what we are getting.

Changing one's lifestyle is about one of hardest and most sensitive things you can do. But you have to start somewhere if you are looking for an alternative to drug therapy, and diet is one of the best places to start.

This book will tell you how to test your diet to find foods that might be culprits and how to reintroduce one food at a time to determine sensitivity. Then it offers good information on the nutritional value of many different foods and also gives you some delicious recipes. Finally, it discusses alternative non-dietary approaches to A.D.D. and A.D.H.D. and ends with a well referenced resource Directory. This book may be purchased at the co-op.

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

...as many as 22 million children were on drugs for this diagnosis, when in many cases changing the foods children eat and the chemicals (like additives in foods) they are exposed to can dramatically reduce A.D.D. symptoms...

not only offers delicious recipes but offers ideas for changing ones diet slowly, which is important for everyone. The foreword by Doris Rapp, author of “Is This Your Child's World?”— an excellent book that

the back 40 from the other side of the world

You don't need to look much further than the shelves of the produce department to see the interconnection of the national and world economies. Living in Minnesota, we don't think it strange to be able to go out and buy and orange, a banana or a mango. We expect that what in previous centuries

was the luxury of the wealthy, will in fact be available to us if we should want it. In many ways we have more available to us as far as variety and quality than kings of medieval times had; remember when cinnamon was an exotic commodity that sent ships sailing in search of better trade routes?

Now we come to the time of year when much of our available tree fruit like apples and pears are not coming from domestic sources. Organics have come a long way in stretching the season for these fruits through the use of controlled atmosphere rooms, and timed release of product. In past I remember seeing non-organic apples from New Zealand on the shelves, but this is no longer a necessity. Still, we do eventually run out, and quality does diminish.

On the other side of the globe, the harvest is in full swing: fresh pears and apples are being picked even as we dream about seedlings and tree buds. They are shipping for the U.S. market to satisfy our hunger for fresh quality produce. You have been enjoying the juicy Bartletts for some time now, and the Galas will be showing up with a characteristic crisp sweetness. From Chile to New Zealand, the best – and sometimes only – available tree fruit will be shipping from the southern half of the world. Is this a good thing?

As I've written about in the past, dollars spent in foreign countries can take many paths through an economy, and our support of fair traded produce when available is a way in which we can strengthen our commitments to growers in other regions. However, when you purchase an organic item from anywhere in the world you are supporting the type of production that will help preserve ecosystems by removing harmful inputs typical of conventional agriculture. It is a small piece of the puzzle, but profitability is a key motivator in both developing and established economies.

As for the reliability of the labeling on organic produce, all growers representing their produce as Certified Organic in the U.S. are required to be inspected and certified by a third party certifier accredited by the USDA. International trade has given rise to

certifiers working in many regions throughout the world. Whether they are working in Chile or in Minnesota, these certifiers will ensure compliance with all the standards found in the NOP Final Rule.

Finally, growers in other regions and countries have just as much at stake as domestic growers as far as their certification status and compliance. Every producer is a businessperson whose livelihood depends on the viability and consumer trust in his or her product. The very popularity of organics is not only driving more producers into organic production, but is also strengthening the systems internationally that ensure the quality of the product you find on the shelves of your produce department.

It would be naïve to say that this growth potential is not attractive to the unscrupulous, but this is true domestically as well. By supporting strict enforcement and high standards for organics we can leaven the whole global community and so help turn more acres into assets for a cleaner and healthier future, wherever in the world they may be found.

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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management report We've got the keys!

Ever feel a little shaky after a big moment? Well, I was very glad for the support of WFC's attorney Sandy Butterworth, realtor Jeff Urbaniak, primary lender, Deb Otto from Members Cooperative Credit Union, and Board President Jean Sramek throughout the real estate closing on our new site on March 1st. The paperwork alone required more than two hands!

We've got a General Contractor!

Though the acquisition paperwork was hefty, the bale of plans and the spec book prepared by our architects at LHB, Inc., including all our goals for sustainability, reuse of materials, etc., was even more substantial.

While we've been fundraising and developing plans for the new site, the cost of building materials and transportation has been steadily increasing. When the contractor bids came in significantly higher than anticipated, we had to prioritize our goals for the new site and work with our contractors and



General Manager Sharon Murphy gets the seal of approval.

architects to get project costs back in line with our budget.

A week later than expected, we selected our general contractor for this project — Builders Commonwealth, Inc., a producers cooperative. Members of WFC and members of Builders Commonwealth have collaborated on many projects including the 1975 creation of Common Health Warehouse and the 1993 renovation of our current site. We look forward to working with Builders on the next home for our Co-op.

Abatement and Demolition

Not the prettiest part of the process, but necessary first steps of asbestos abatement and demolition are underway. Since the former C.W. Chips building was constructed in the early 1950s, it wasn't a surprise when the hazardous materials assessment conducted by Twin Ports Testing (TPT) revealed asbestos on both levels. TPT will do follow-up air quality monitoring to confirm the successful removal of hazardous material by Northern Environmental Services.

Time = \$\$\$\$

The delay in selecting a general contractor and the delay required for the abatement permitting process have combined to move our projected opening date to October 1, 2005. We will move quickly now to secure commitments on the bids for building materials and services as well as on the bids on equipment for the new site to avoid further cost increases.

Before remodeling gets too far underway, we would like to restore

items (e.g., recycled rubber tire flooring in the produce area, build-out of the kitchen classroom/meeting space, site development of the lower parking lots, a window on the lower level, solar panels) deleted in order to make the plan fit the budget. A letter will go out soon to all members encouraging participation in the member loan plan by Minnesota resident members and encouraging purchase of additional equity stock by all members to put us "over the top." These items can be completed at a later date but the cost and disruption of business will be greater.

WFC's web site (www.wholefoods.coop) is going through a remodeling too. Soon you will be able to view pictures of the new site as it evolves.

Thank you for your continued patronage and support. We are on the way! **CG**

Sharon Murphy, your General Manager, recently completed her 25th year of employment with Whole Foods Co-op and her 108th quarterly inventory. She is now the proud owner of a cosmetically altered bobble-head construction worker talisman.



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In Sanskrit it is called sweet stalk. The Greeks named it sweet root. And the Chinese, who probably have known about it the longest, refer to it as ganciao, or sweet grass. Still others know it as Grandfather Herb. Licorice Root (*Glycyrrhiza glabra*), a member of the pea family, has been used for thousands of years by cultures all around the world. It was so valued in ancient Egypt that King Tutankamen was buried with a supply. It was prescribed by ancient Chinese herbalists, and was mentioned in Hippocratic texts. And this sweet herb was one of the most widely used in the ancient Ayurvedic tradition.

Licorice is probably most familiar today, in Western culture, as the common flavoring agent for candy (though much "licorice" candy is actually flavored with anise), cough syrups, gum, drinks and tobacco. The glycyrrhizin in the roots and runners of this tall, graceful plant is up to 150 times sweeter than sucrose, so its use in confections and as a flavoring agent is understandable.

It is harder to understand why this powerful herb is not more popular as medicine on our side of the globe. Some sources refer to licorice root as one of the most biologically active herbs in existence. Traditional Chinese Medicine (TCM) includes licorice root in nearly two-thirds of its herbal formulas. While many potentially healing substances have been identified in licorice, it is the glycyrrhizin, the flavonoids and the phytoestrogens that have been most studied.

Let's take a closer look at just a few of the most common uses for licorice. First, licorice root is a powerful anti-inflammatory, making it useful in the treatment of asthma, inflammatory conditions such as ulcerative colitis and Crohn's disease, and topically as a treatment for skin inflammation. Some studies have shown glycyrrhizin to be superior to cortisone for the treatment of eczema.

Licorice root should hold a prominent place in your medicine cabinet during cold and flu season for several reasons. Its mucilage is protective and soothing, making it useful for the pain of sore throats. Licorice has fever-reducing effects, and is effective as both cough suppressant

and expectorant. This herb is also antiviral and anti-bacterial (and anti-fungal as well), adding extra dimension to its usefulness in treating upper respiratory infections.

Currently, licorice root is also being looked at as a treatment for... are you ready? Take a deep breath.... arthritis, bursitis, depression, canker sores, cancer, chronic fatigue, gout, gingivitis, tooth decay, tuberculosis, fibromyalgia, hepatitis, cirrhosis, PMS, yeast infections, psoriasis, shingles and dandruff. And that is just a partial list! If a pharmaceutical company had a drug in testing with so many possibilities, we'd probably be hearing about the upcoming release of the wonder drug of the century...

If that roster isn't long enough, now we get to what is probably this herb's most widely recognized medicinal use of all. Licorice root is a very effective natural approach to the treatment of both peptic and duodenal ulcers, as well as most other stomach disorders. It has been shown to be at least as effective as both OTC and prescription ulcer medications, with fewer side effects. Licorice reduces stomach acid and the same time increases the production of protective mucous. In addition, licorice root's anti-bacterial

properties may even target problem intestinal bacteria. But because of some potential side effects, it is the deglycyrrhized (DGL) form of licorice that is often used for longer-term treatment.

Used long-term, the whole root form does have some potential side effects. It is actually the glycyrrhizin within licorice root that can cause these effects. When used for more than a few weeks, glycyrrhizin can cause water retention, potassium loss and a rise in blood pressure. Therefore, anyone with high blood

ailments have been shown to respond to the DGL product just as well as the whole herb.

In cases where the whole root of licorice is used for an extended period, a diet rich in potassium is an excellent precaution. Potatoes, dried apricots, tomato juice, avocados, pinto beans, orange juice, winter squash and bananas are a few example of foods to eat plentifully. Another way to increase potassium consumption is by adding a teaspoon or two of blackstrap molasses to each cup of licorice tea. Now that's some sweet tea! **CG**

herb lore sweet, sweet licorice

By Niki Young, Lake Superior Herbalist Guild

pressure or edema should probably not use whole licorice root long-term. The herb should also be avoided during pregnancy, by diabetics and probably by those with kidney or liver problems. If you fall into one of those categories, don't despair, as a de-glycyrrhized (DGL) licorice product is also available. This form provides some of the therapeutic benefits of licorice, without known risks. The range of ailments successfully treated with DGL is definitely narrower, but stomach


Niki Young is an herbalist and a member of the Lake Superior Herbalist Guild. She also has a background in nutrition and dietetics.

For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: 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.

How to Use Licorice Root

- Infusion (tea) of whole dried, ground root: 1-2 teaspoons, three times/day. Pour 6-8 oz. almost-boiling water over herb in cup, cover with saucer or other "lid" and steep for 10 minutes. Strain. Best after meals.
- Fluid extract (1:1): 1-2 ml three times/day. Best after meals.
- Tincture (1:5): 20-45 drops three times/day.
- DGL chewable tablets: 760 mg. before meals and at bedtime. (DGL must be mixed with saliva to be effective, therefore it is best taken as extract, tincture or chewable tablets.)
- Whole Foods Community Coop has several forms of licorice available; tea, dried root, tablets, tincture and candy. Check it out! Whole herb licorice should not be used longer than 4-6 without supervision.



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Garbanzo Gazette

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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, June 1. Refer submissions and questions to shannon@wholefoods.coop.

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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:

- Jason
 - Lavender Hand and Body Lotion (* 70 % organic)
 - Vitamin E Hand and Body Lotion (* 70 % organic)
 - Aloe Vera Hand and Body Lotion (* 70 % organic)
- Preserve
 - 4 pack Recyclable Razors
 - 5 pack Replacement Blades
- Clearly Natural
 - Aloe Vera Glycerin Soap
 - Vitamin E Glycerin Soap
- Sonoma Soap Co.
 - Vitamin Sea Spa Soap

Nutrition:

- SierraSil Joint Formula Capsules
- Herb Pharm Uva-Ursi Tincture
- Whole Foods Co-op Chelated Magnesium Tablets

Bulk Teas:

- Mrs. Kelly's Custom Blended Teas:
 - Mango Green
 - Lemon Green
 - Gunpowder Green
 - Ginger Peach Black
 - Earl Blue Black
 - Black Current Black
 - Earl Grey, Decaffeinated
 - English Breakfast, Decaffeinated
 - Market Mint Herbal
 - High-C Herbal
 - French Vanilla Herbal
 - Cozy Chamomile Herbal



Grocery:

- Equal Exchange Chocolate Bars
 - milk chocolate*
 - very dark chocolate*
 - dark with almonds.*
- Jyoti Cuisine
 - dal two bean entree/soup
 - other flavors coming soon!
- Koyo Ramen Noodles
 - lemongrass ginger*
 - asian vegetable*
 - garlic pepper*
 - soba ramen*

Cool:

- Newman's Lemonade 1/2 gallon
- Lightlife tempeh
 - original soy*
 - garden veggie*
- Valley View Farms milk (rBST/rBGH free)

*denotes organic

savor the season will return in July. Until then, eat well!

Malcolm B. Davy Attorney at Law

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Bulk Buyer's Co-op Favorites

What delicious Co-op foods have I been eating lately? Late July brand organic bite-size cheese crackers — my six-year-old picked them out and then read the ingredients list to herself in the car — “There’s no sugar in these!” she said. And she’d be right, except she didn’t know that evaporated cane juice was sugar. But with less than a gram per serving, she was practically right ...

Cajun Sesame Sticks — my new favorite savory snack item — I eat ’em right out of the bin (Kidding! Kidding! Prices get to raisin’ when people get to grazin’). I like to sprinkle them on salads for a touch of spicy crunchiness. (Those of you who miss the old flavors of sesame sticks can look forward to having them back in the new store!)

Pistachio-Mulberry granola seems to be everyone’s new favorite — a friend told me she can’t eat any other kind of granola now, so DON’T try it if you are attached to your other flavors.

The Pistachio-Mulberry granola features the very same raw, no-salt, out-of-shell pistachios we sell in bulk, and they are so brightly colored green and purple (their natural, vibrant color) that they look like little jewels. Amazing quality on these; people keep coming back for more, including my picky six-year-old.

My pet favorite dried fruit in bulk is the organic dried pear rings. Man these are good. Texture, people — it’s all about the texture. That real pear taste comes shining through too. An excellent addition to any outdoor outing or snack to sneak into a movie theater.

Another personal fave are the organic pineapple rings. A former employee, who herself used to be the bulk buyer, called these “phenomenal.” And she’s right. If you want that zippy, organic pineapple flavor you can scarcely do better than these. They are a far cry from sweetened, candied pineapple slices, which, although good (we used to carry them) simply cannot compare to these for all-natural organic taste. Seriously, these will blow the doors off your taste buds and send you crashing

through the wall like the Kool-Aid Man.

My new favorite bulk rice these days is the Lundberg Golden Rose. It is a short grain brown rice that cooks up lighter and fluffier than most short rices. So you get the nutty flavor of short brown (which I and all right-thinking people prefer) with the not-as-sticky texture of brown rice. I haven’t gone back. Golden Rose is great for almost any rice application that doesn’t require stickiness. For dishes that DO require a stickier rice, like sushi or rice pudding, I would use the sushi rice or



the sweet rice, respectively, which are ideally suited for those dishes. I have also used plain old short brown rice for sushi, which works adequately enough and tastes great too, although it is not quite as sticky as many would like for that. It’s not a deal-breaker for me, though — sushi is kind of like pizza in that even when it’s bad, it’s still pretty good.

Speaking of sushi, I have found homemade vegetarian sushi to be easy and fun to make. You don’t need that special roller or anything (although it does help make somewhat neater sushi rolls). Here’s what you do. Get some Nori sheets — these are your seaweed wraps. Cook up your sushi rice, which is so soft and yummy when it’s done you will have to stop yourself from eating it plain. Slice the veggies of your choice into long, thin strips (I use spring onions, zukes, the occasion-

al beet (which stains the rice a pretty red), avocado, firm tofu of any kind, and chopped cashews or peanuts. Scoop out a few tablespoons of rice onto a nori sheet and smooth it thinly across the sheet, leaving some nori naked at the top and bottom (this will take some practice to get the quantity right, because too much rice and the roll will split when you roll it — but just wing it and you’ll do fine; even if it falls apart you can still eat it). Then lay your veggie strips/chopped nuts horizontal along the middle of the rice, being sure

they reach across the entire length of the nori sheet. Because now, when you roll it up, you have veggies, rice, and tofu all through the thing. You’re going to want to have a finger-bowl of water handy for the rolling part. Wet the nori at the edges with the water so that it self-adheres when you roll it up (tight but not too tight). Smooth the edge down with a wet finger to seal the deal. Cut your rolls into little

discs with a serrated knife, as thin as they will go without falling apart. Two or three rolls is a deceptively filling meal for two or more people, although the tendency is to eat way more of these than you really think you should, so make plenty — which will also give you time to master the art of it. Prepare some wasabi mustard, some sushi ginger, some tamari (available in aisle one), invite me over, and you are in business. **GG**

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

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notes from the front

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- Make a note of your pick-up date (so when you get here, your plants will be also).
- Plants must be picked up between the hours of 12 noon and 8 pm on your selected day. Please, no early birds! The orders may not be ready yet.
- If you cannot come the day of pick-up, please call as soon as possible. WFC will not be held responsible for the condition of your plants.
- When you arrive at WFC, do any grocery shopping you have, first. Then, come to the register and tell us the last name on the order form. We will ring up your transplant order on the same transaction as your groceries.
- After you have paid, the cashier will give you a “proof of purchase” slip. Bring this slip to the pick-up area (located behind the store).
- We will gladly help you to your vehicle with transplants!
- If you have any questions about your plants visit our website (www.wholefoods.coop) or just ask us. Sorry, we won’t plant them for you, though.

Thanks for reading this article. If you have any questions or suggestions, please contact me in the store, via email (briana@wholefoods.coop), or fill out a customer comment card.

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.

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I LOVE OLIVES

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Buyer's Pick —New Chapter Organics

by Caroline Shallman, HBC Buyer

I am so excited to let you know that near the end of May we will be introducing a new supplement line, New Chapter Organics. This is the first certified organic supplement line available in the world. We all appreciate and embrace organic foods but up until now, we were not able to supplement our diets with organic vitamins. New Chapter Organics Probiotic Nutrients are certified organic, cultured whole-food vitamins and minerals.

Cultured whole-food supplements are in fact both “food” and “supplements.” New Chapter’s supplements provide the vitamin and mineral supplementation you require coming from the finest sources of herbs, nutrient-dense superfoods and unique food-cultured supplements. It is because the supplements are made from cultured foods, and are considered a food, that they can be certified organic.

The Probiotic Nutrients are cultured utilizing specially chosen



Your HBC Buyer, Caroline

nutritional yeast and transformed into a proprietary blend of vegetarian whole foods. These vitamins and minerals provide the ultimate in absorption, utilization and vitality, naturally rich in phytonutrients like GTF chromium, SOD, glutathione, phospholipids, 1,3 beta glucans and digestive enzymes.

New Chapter’s formulation philosophy is simple: “Deliver the Wisdom of Nature.” They reject the idea that vitamins and minerals

should be in the form of isolated chemicals and mineral salts. When nature decided to create nourishment for humans it was in the complex genius of wholesome organic foods. This principle guides them in all that they do.

New Chapter supplements are certified organic, 100% vegetarian and use vegetable oil stearates and non-genetically engineered zein (corn protein used as coating) to produce the softer, slow compressed tablets. These products contain no refined sugars, colorings, binders, fillers or flavorings. They never test their products on animals. (They just happily take them themselves.) For additional information please visit their web site at www.newchapter.info.

CG

Caroline Shallman is the Nutrition and Body Care Buyer at Whole Foods Co-op. Transplanted from the Twin Cities just over a year ago, she has settled in and is truly enjoying life in Duluth and all of the area’s natural wonders. Caroline is a devoted cat parent and an enthusiastic goof ball.

MEMBER FEATURE

the seasonal table

by Bonnie Williams Ambrosi, member

One of many pleasant springtime memories from my childhood in Indiana is of being sent out to the big garden to pull a few radishes to have with our meal. What kid doesn’t love to pull up radishes? They’re so cute and round and colorful.

In fact, radishes are often recommended for children’s gardens because they are so easy, sprouting and growing very quickly and seldom troubled by pests. They love cool weather—one more advantage to living up North! Radishes and green onions are typically the earliest produce from the garden.

Radishes are an ideal “nurse crop” for slow-germinating vegetables, such as carrots. Combine radish and carrot seed and plant in rows together. The radishes will come up first, marking the rows, and will be ready to pull and eat while the carrots are still small. Grow a few radishes in a pot, or tuck the seeds into small empty spots in your garden. Plant a few more every two weeks for a continuous harvest. Hot weather will make them tough and bitter, but when exactly do we get that here in Duluth?

The radish is an ancient vegetable, eaten first in China, then in Egypt and Greece. Radishes come in several varieties. Globe radishes are round, usually red, although “Easter egg” radishes show lovely shades of pink, white and lavender. The icicle or French breakfast type is 3–4" long and cylindrical, red or white. Daikon, or oriental radish, is much larger, 8–15" long or more. Winter radishes, grown in fall with good storage qualities, include a black-skinned variety and the lovely Misato Rose which has green and white skin and mild pink flesh.

The spicy crunch of raw radish is refreshing and stimulates “agni,” the digestive fire. Radishes provide some vitamin C and only about one calorie per medium round radish.

How do you like to eat radishes? Just scrubbed and shining, with perhaps a sprinkling of salt? Tossed into a salad? Sliced onto a sandwich of crusty bread and butter or cream cheese? Daikon is often shredded and used as a condiment or diced and added to soups and stir-fries. The familiar red radish can be used in the same way. And did you know that the radish tops are edible? Cook them like any dark leafy greens. This works best when the radishes are really fresh; the tops go downhill pretty quickly after harvesting.

Harking nostalgically back again to the happy days of my youth, here’s how to make:

RADISH ROSES

Scrub some round red radishes. Using a small sharp knife, cut a thin layer of radish down *almost* to the base. Continue around the radish making 4 or 5 petals. It’s alright if you slice off a tiny bit of the petal edges as you do this. Put these radishes in a bowl of ice water for a while and the petals will open slightly. Very fun and pretty.

welcome, new members!

Tomas Jasper	Lorraine Mattson	Lisa Grambush	Billie Jean Waugh	Joyce Lammie
Bridget Brine	Chantal Bennett	Dagmar Stromquist	Theresa Neo	Virginia Wigen
Cheryl Graham	Sonya Welter	Lori Yecoshenko	Rain Elfvin	Alyson Thorson
Barbara Radke	Brian Hoover	Robert Robison	Scott Cameron	Corrie Howschen
Ryan Dahlberg	Elizabeth Beattie	Stephen Volkman	Mike Hawkinson	Darrel Johnson
Kent Holmberg	Janeice Prestidge	Steven Dorn	Mary Sue Nelson	Leslie Gromstrup
John Wolforth	Katherine	Patricia Kremer	Amy Bennett	Elijah Hafar
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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

Have you ever noticed how well the word avocado rolls off your tongue? Try it, a-voh-KAH-doh. It's one of those fruit names that seems perfectly suited to its flavor and texture. Doesn't it sound sort of rich and creamy? If the Spanish conquistadores had been easily able to pronounce the Aztec word for avocado then we might be calling it an ahuacatl. They changed it to aguacate, which was eventually translated into the English language as avocado.

If you are traveling abroad and looking to make some guacamole you'll find it called a range of names from alligator pear in Jamaica, abogado in Spain, avocatier in France, avocaat in Holland, or zaboca in Trinidad. However we say it we love this fruit that is said to have originated between 7,000 and 5,000 B.C. in south-central Mexico. Evidence shows that it was first cultivated for eating in Mexico around 500 B.C. Archaeologists uncovered domesticated avocado seeds buried with Incan mummies in Peru that date back to 750 B.C.

The Aztecs loved their avocados and considered them a sexual stimulant, which paradoxically made them a forbidden fruit. Perhaps its alluring shape or buttery flavor brought about this belief of aphrodisiac qualities. While science can neither confirm nor deny that the avocado is an aphrodisiac it can confirm how good they are for you.

They contain potassium, magnesium, folate, dietary fiber, riboflavin and vitamins C, E and B6, and are packed with disease-fighting phytochemicals including lutein and other antioxidants, according to the California Avocado Commission (www.avocado.org). Research shows that, ounce for ounce, avocados rank highest among the 20 most frequently consumed fruits in the following phytochemicals and nutrients:

- Lutein — may protect against prostate cancer and eye disease such as cataracts and macular degeneration.
- Vitamin E — a powerful antioxidant known to slow the aging process and protect against heart disease and various forms of cancer.
- Glutathione — functions as an antioxidant like vitamin E to

neutralize free radicals that can cause cell damage and lead to disease.

- Beta-sitosterol — lowers blood cholesterol levels. Avocados contain four times as much betasitosterol as oranges, previously reported as the highest fruit source of this phytochemical.
- Monounsaturated fats — heart-healthy fats proven to help lower LDL (bad) cholesterol and boost HDL (good) cholesterol.
- Folate — promotes healthy cell and tissue development. Folate is especially important for woman of childbearing age as it helps protect against birth defects.
- Potassium — helps balance the body's electrolytes. Avocados contain 60 percent more potassium than bananas.

worth a try.

Fuerte — Credited with creating California's avocado industry, this pear-shaped fruit has a creamy, pale green flesh.

Zutano — With a more pronounced pear shape, this variety has a shiny, yellow-green skin and a light and delicate flavor.

Pinkerton — This long lean fruit has small seeds, a great tasting creamy pale green flesh, and a slightly pebbled skin.

Reed — A large, round fruit with a slightly pebbled skin, this has a buttery taste.

Bacon — These oval shaped avocados have a yellowish flesh, are easy to peel and are nutty in flavor.

fresh perspectives

- Magnesium — helps produce energy and is important for muscle contraction and relaxation.
- Fiber — lowers cholesterol and reduces risk of heart attack

Once avoided by dieters due to a misconception of the fat content avocados now play a positive role in weight loss and maintenance programs. They are considered a low-energy dense food because of their water and fiber content. In fact, "research from Pennsylvania State University reveals that women who consume low-energy dense foods along with a low-fat diet lose more weight than women who consume a reduced-fat diet alone. Energy density refers to the ratio of calories to mass — foods that contain few calories per ounce are considered to have a low energy density." Whether you like it for the buttery flavor, the creamy texture, the amorous reputation, or its nutritional benefits, one thing for sure is that it has outgrown its label as a forbidden fruit.

THERE HASS TO BE MORE!

Even though the Hass is the most popular variety, there are nearly 500 varieties of avocados grown worldwide. These other common varieties offer a unique taste experience ranging in flavor from sweet to buttery and are definitely

CRÈME DE ABACATE (Avocado Cream)

Looking for a different way to eat avocados? Do what the Brazilians do! In Brazil, they make delicious ice creams and creamy desserts out of them. This is a good opportunity to try some of the lighter avocados mentioned above. In Brazil the fruit are huge, so when selecting large avocados for the recipe THINK LARGE. This recipe comes from Maria's cookbook www.maria-brazil.org

1 lg. avocado, peeled and pitted
2 T. fresh lime juice (I like mine on the tart side)
2-3 T. sugar

Place all ingredients in a blender and puree. Serve in a stemmed glass; it looks beautiful and will impress your guests to no end. You can also use a fork and mash the fruit with the lime juice, then add sugar to taste and serve it in little bowls. Decorate with a little sprig of mint.

References this issue: California Avocado Commission, www.avocado.org; Why Look Beyond Hass? by Mary Lu Arpaia; Univ. of Calif. Agriculture and Natural Resources Avocado information, www.ucavo.ucr.edu; "All About Avocados — I'll Have What They're Having — Legendary Local Cuisine", Linda Stradley, What's Cooking America, <http://whatscookingamerica.net/avocado.htm>
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we respond

Dear Co-op,

I liked the vegetarian gravy. Please bring it back. I will buy more of it.

Signed, Karola

Dear Karola,

It's back by popular demand. It's located at the end of the spice area.

Karl – Grocery Buyer

Dear Co-op,

Organic tempeh – been asking for a year.

Signed, Soy Tired of Waiting

Dear Soy Tired of Waiting,

I just found out that Lightlife has organic tempeh. Your waiting will soon be over. Thanks for your patience!

Brad – Cool Buyer

Dear Co-op,

How come the deli doesn't half-price day old baked goods anymore? They were the only way I could afford to buy them. Please bring them back.

Signed, Crumby Luck

Dear Crumby Luck,

Thanks for bringing this to my attention! I will make sure Deli Staff are trained on this.

Debbie – Deli Manager

Dear Co-op,

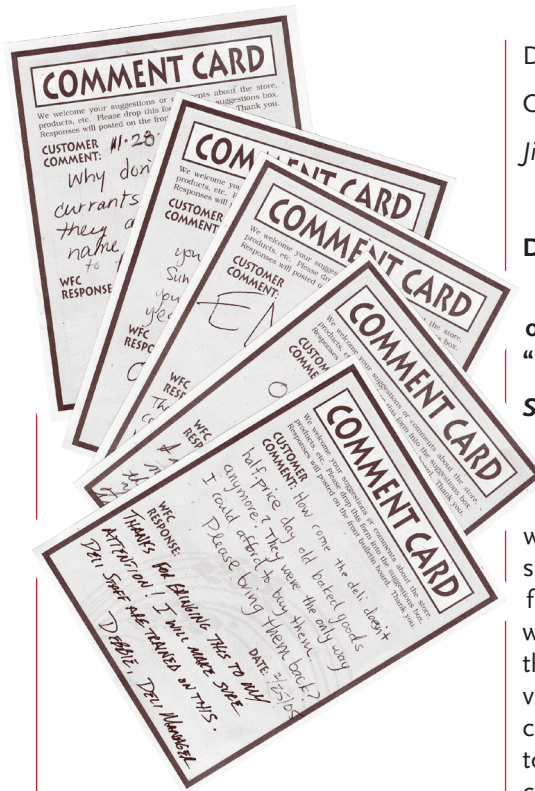
EMU OIL

Signed, Aussie Wannabe

Dear Wannabe,

The Co-op's Non-Food Policy states that cosmetic products reflect our ideals – no animal testing, no animal products. Emu oil is from the fat of an emu, a flightless bird. As such, our policy guidelines do not encourage us to carry this product.

Caroline – HBC Buyer



Dear Co-op,

In the new store, you should get peanut Sun Drops. I think you used to carry them years ago and I love them.

Signed, Nutty for Sun Drops

Dear Nutty,

Okay!

Jim – Bulk Buyer

Dear Co-op,

Why don't you carry currants – fresh ones. They also go by the name "Buffalo Berries" to the Lakota people.

Signed, Keepin' Currant

Dear Keepin' Currant,

Thank you for the question. Yes, we do carry fresh currants, but only in season. We have a wonderful supplier from Viroqua, WI that has supplied us with delicious currants for the past three years. Out of season, we have very uneven supplies of conventional currants available. We would be happy to place a special order for fresh currants if you would like them out of season.

Michael – Produce Manager

Dear Co-op,

Please consider full spectrum lighting. Without proper lighting we negate so many of your truly heroic efforts.

Signed, Meisha

Dear Meisha,

Thank you for your suggestion. We will benefit from natural light in our new store & will also consider full spectrum for work areas.

Sharon – General Manager

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news bites

GE Food Right-to-Know Legislation Anticipated

Hilary Oliver

Rep. Dennis Kucinich, D-Ohio, is preparing to present genetically engineered food labeling legislation before the House of Representatives this summer or early fall, hoping to bring the issue to a vote in the House.

"Consumers have an absolutely imperative right to know what is in the food they eat," said Doug Gordon, spokesman for Kucinich.

The Genetically Engineered Food Right to Know Act of 2005 would require labeling of products containing genetically modified foods. Kucinich already introduced labeling legislation in the past two Congresses, but the act was rejected before being voted on in the House. However, Gordon said Kucinich is ever-hopeful that the issue will be brought to a vote. He expects the bill will be supported by the same co-sponsors as last year, as well as several consumer, farmer, environmental and food safety organizations.

Gordon said retailers who support the legislation should write to their representatives, letting them know how important the issue is.

"This couldn't be any simpler," said Gordon. "It's the simple fact that consumers have the right to know what is in their food."

Got more nutrition?

A new study has found that organic milk has higher levels of nutrients and antioxidants than conventional milk. According to research spearheaded by the United Kingdom's Soil Association, dairy cattle raised on an organic diet produce milk with 50% more Vitamin E and 75% more beta carotene than conventionally farmed dairy. More info is available at <http://www.organicconsumers.org/organic/milk011005.cfm>.

National Organic Program (NOP)

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.)

gourmet to go

by Debbie Manhart, Deli Mgr.

Grains on the Rise

People are becoming more aware of the benefits of whole grains. Even the new food pyramid guidelines advise that at least half of the recommended grain intake per day should come from whole grains. However, there are many people who cannot eat wheat and/or grains containing gluten. "Celiac disease (gluten intolerance) was once thought to affect only 1 child in 5,000. But now researchers have found that celiac is actually quite common, affecting one person out of 100." (Joe and Teresa Graedon, Ph.D.)

With these two things in mind, below are replacement alternatives for wheat flour and 2 recipes. Keep in mind that recipes are only guidelines. If you do not like something, it is ok to omit it. If you want to add another favorite ingredient or change the grain, please feel free to do so. Experiment and have fun creating and eating.

1 cup of wheat flour =

- 1 cup of barley flour
- 1 cup of corn flour
- 3/4 cup of cornmeal
- 5/8 cup of potato flour
- 1 1/4 cup of rye flour
- 3/4 cup of rice flour
- 1 1/3 cup of rolled oats

Greek Quinoa

- 1 cup quinoa, rinsed
- 2 1/4 cups water
- 1 teaspoon sea salt

Simmer quinoa in water and salt until done, approximately 15 minutes. Set aside to cool.

- 1 jar (6.5 oz) marinated, quartered artichoke hearts, drained – reserve marinade for dressing
- 1/2 can black olives, sliced the olives
- 1 bag fresh, washed spinach, chopped – Newman's Own or Earthbound, 5 oz bag
- 1 medium to large tomato, diced
- 1 tablespoon fresh parsley, minced

Dressing

- 1 lemon
- 1 orange
- 1 tablespoon balsamic vinegar
- marinate from artichoke hearts

Zest lemon and orange (1 teaspoon from each). Juice lemon and orange (at least 1 tablespoon from each). Whisk together dressing ingredients. Combine all ingredients.

Makes about 2 pounds.

Herbed Rice

- 1 cup of your favorite rice (basmati works great)
- 1 each carrot, peeled if necessary, and diced

Cook your rice according to directions. Add the diced carrot in the last 2 to 3 minutes of cooking time. Remove from heat and cool.

- 1 rib of celery, diced
- 1 small bell pepper, diced
- 1/4 of a small red onion, diced

Dressing

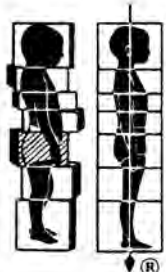
- 1 1/2 tablespoons of fresh minced parsley
- 1 1/2 tablespoons of fresh chopped dill
- 1 1/2 tablespoons of fresh chopped basil
- 1/2 teaspoon fresh minced garlic
- 1 tablespoon Dijon
- 1 tablespoon red wine vinegar or balsamic vinegar
- 2 1/2 tablespoons olive oil
- 1/4 teaspoon sea salt
- 1/8 teaspoon black pepper

Mix dressing ingredients together. Combine all ingredients.

Makes about 2 pounds

General rule of thumb – 1/4 to 1/3 of a pound for a side dish and 1/2 pound or more for a main course.

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.



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board report

by Jean Sramek, President

The WFC membership committee (made up of WFC members, board and staff) recently sent out a survey to working members and senior members. WFC is considering some changes in its discount structure, and among the things being considered is the discount currently offered to working members and senior members.

These considerations don't happen in a vacuum. Co-operative groceries all over the country are examining these policies. Membership benefits, with regard to store purchases, vary from co-op to co-op; some include up-front discounts at the register, some add on a surcharge for non-members; many (like WFC) have gone from an up-front discount to a patronage rebate. As labor laws and socioeconomic pictures change, things like senior discounts and working member discounts are being restructured or jettisoned in favor of membership benefits that will benefit more members—all members—and the community in which they live, not only in the short term, but in the long term.

The membership committee asked. You told. Of the 222 surveys that were mailed out, a total of 66 were voluntarily returned. That's a 30% turnout! That's great! (Let me put this in perspective for you: in the 2000 Presidential election, the states of Arizona, Texas, and California had 42%, 43%, and 44% voter turnout, respectively). The results of the surveys, including comments, were compiled for the WFC board, membership committee, and a group of WFC members who attended the Membership Committee meeting on March 21st. The results were devoured like a bag of Barbara's Cheese Puffs. The folks who filled out the surveys had a lot to say, and we read every word.

The survey respondents answered questions about the ways the discounts were used, what benefits of membership are important, what they recommend about WFC to other people, etc.

The results of the surveys were complex, and too lengthy to go into in this forum, but what struck us was that the respondents had a comprehensive understanding of what makes a co-op. Organic food, being

less to do with numbers or perks: supporting local farmers, wanting to see WFC grow and prosper, the health of our local economy and food distribution system, interest in supporting the cooperative business model, the uniqueness and friendly atmosphere of WFC, and the role of our co-op in improving the community. For many of the respondents, those were the "real benefits" of being a member.

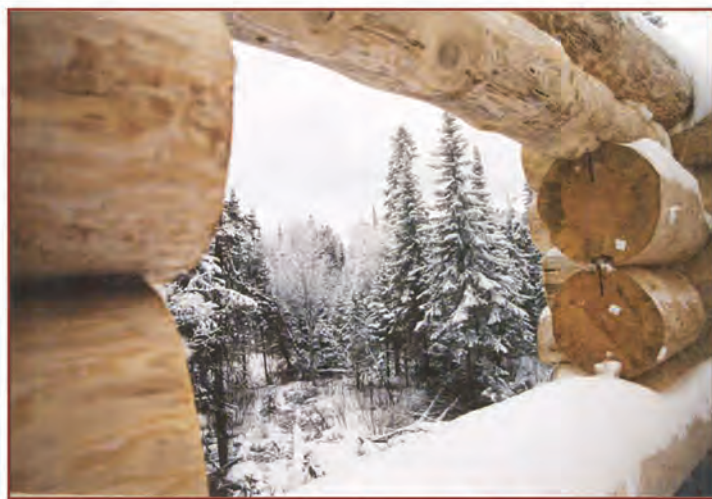
There will be no immediate changes to the working member or senior discount structure at WFC, although there will likely be changes in future years. There may also be member benefits added—not just for a few groups, but for everyone. You can be certain, however, that the "real benefits" of being a WFC member are ongoing and available to all.

For further reading:
the Seven Cooperative Principles
www.coopmonth.coop/primer/principles.html



Jean speechifies at the Golden Hammer ceremony.

able to purchase in bulk, nontoxic alternatives to mainstream products, discounts and special orders for members, the chance to become a working member—all those things continue to be important. But listed among the benefits of being a member were some philosophical things that had



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staff news

Hey, congratulations go to FE Asst. Bonnie Barker and Coordinator Rain Elfin who have completed their Customer Service training sessions. Now you know how they give the stellar service they give each day — Hooray!

Justin Hemming, Asst. Produce Manager, has a new addition to his household — a loveable and handsome dog named Cosmo rescued from the Cloquet Friends of Animals. Justin is soliciting dog hair removal techniques.

Caroline Shallman, HBC Buyer, will be increasing her commute while downsizing her home by moving up the shore a piece. We're all looking forward to grilling in her front yard. Congrats, Caroline!

Bulk Buyer Jim Richardson, Buyer's Asst. Allen Richardson, Cool Buyer Brad Rozman, FE Assts. Julie Kohls & Bonnie Barker, Asst. Deli Mgrs. Steve Perry & Wolfgang Littlewolf, Coordinator Jay Newkirk, Produce Asst. Ian Alexy, Marketing & Member Services Mgr. Shannon Szymkowiak, Deli Asst. Rob Litsenberger and Buyer's Asst. Dana Cunningham participated in the **DULUTH REVOLUTION** event. FE Mgr. Briana Lowrie was pouring beer. Art & Samba were made right along with history.

If you were at the **EMPTY BOWL**, you may have seen a crowd of Co-op volunteers — General Mgr. Sharon Murphy, IT Mgr. Chris von Rabenau, Merchandising Mgr. Lisa Anderson, Marketing & Member Services Mgr. Shannon Szymkowiak, Deli Mgr. Debbie Manhart, Produce Mgr. Michael Karsh and Training Coordinator Jill Holmen. In addition, our Deli donated its award-winning Jamaican Hell-Fire Chili. We hope to see you there next year!

Staff and members participated in the **GOLDEN HAMMER CEREMONY** at our new site. It was fun swinging that hammer. See our General Mgr. sporting a fashionable hard hat elsewhere on this page.

Our Deli featured a Mediterranean Pasta Salad at **TASTE OF THE NATION** event. We hope you have a chance to taste this new Deli addition.

MORE CO-OP STAFF TRAINING
FE Mgr. Briana Lowrie and Asst. Deli Mgr. Wolfgang Littlewolf attended the Co-op Rising Stars training in Milwaukee. Wolfgang also completed the Food Service Sanitation course.

Marketing & Member Services Mgr. Shannon Szymkowiak, Merchandising Mgr. Lisa Anderson and Deli Mgr. Debbie Manhart attended Fish Camp (customer service workshops) in Minneapolis and visited several Co-ops to prepare us for our new location.

IT Mgr. Chris von Rabenau and General Mgr. Sharon Murphy attended CoCoPocket Protectors (financial management workshop) in Milwaukee and Chris also attended the CoCoNuts (IT workshop) in Madison.

Merchandising Mgr. Lisa Anderson, Financial Coordinator Karen Johnson, Asst. Deli Mgr. Steve Perry and Coordinator Rain Elfin attended a Basic Supervision seminar.

Merchandising Mgr. Lisa Anderson, Asst. Produce Mgr. Justin Hemming and Bulk Buyer Jim Richardson participated in EXCEL classes at the Tech Center.

With expansion planning and the change of seasons, WFC's Management Team deserve special recognition for all the extra projects they are juggling when they'd really rather be flying kites.

THANK YOU SO MUCH

Lisa/Merchandising, Debbie/Deli, Michael/Produce, Chris/IT, Shannon/Marketing & Member Services, and Briana/Front End

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