



back 40 ends are the beginning

by Michael Karsh, Produce Manager & WFC Owner

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



While it may have been a brutally cold and snowy time, looking back over this last Winter has been a fruitful period for us looking ahead to the growing season in 2014 and continuing to support WFC's goals in leavening the quality of food and community within our sphere of influence.

WFC had the opportunity to support Food Farm and other Wrenshall, MN area growers in their resistance to a planned oil pipeline that would have compromised the integrity of agriculture in that area. Through attending packed listening sessions to supporting events and letter writing, it was an honor to be a part

of preserving such a community asset when so many times it seems lamenting loss is the result when such pressure for development of brought to rural communities. One for the “Win” column!

It is rare that we see a new product come on the scene during the cold weather months, but Up North Fungi co-owned by a former WFC employee Charlie Danielson, has generated an amazing amount of interest including two sold-out classes in our classroom here at the store. The creativity and resourcefulness of their mushroom kits that transform materials that would have otherwise been waste into media for households to raise their own mushrooms is genius. If you have an appetite for frequent updates and information about their operations, consider friending <https://www.facebook.com/upnorthfungi>. The kits are currently available in the Produce department, and there is rumor of more products to come in the future.

2014 is officially the Year of the Bean in the Duluth area as announced by the Duluth Community Garden Program, and at a perfect time. 2013 saw an increase in the number and size of our Superior Compact region growers, and a lucrative item like beans saw more poundage of beans planned for 2014 from that area than any year before. This in part is a reflection of some of the successes of the Growing Farms project that WFC supports and also the fruit of building stronger relationships with new and developing growers in our immediate community.

This last season also saw the departure of WFC's long-time Assistant Produce Manager, Alex, who did so much to keep our direct grower program running well. Who can blame him for going into farming? Lacking his hard work in this and other areas set back our preparatory work for 2014, but we are close to catching up!

Even as we've been working to get 2014 well underway our eyes are certainly on plans for a second location, and the potential that means for all who participate in our direct purchasing program, local and regional. Not since our move to our current location have we had the opportunity to offer more concrete opportunity to grow the local economy, and we want to do that in as smart and empowering way as possible. One of the features of our grower meetings this year has been a discussion of how each can fit into that future; how competent and consistent capacity can be built to be ready to turn our bright future into a healthier local and regional food system. As with every opportunity there is a danger of things going awry in communication and execution, but we are looking forward to the challenge of the next level! **GG**

2014 vegetable of the year: beans!

After tallying the votes from all the straw polls at One Vegetable One Community (OVOC) events, the entire family of beans was awarded the crown for 2014. This year Duluth will be celebrating all the green beans that can be eaten right out of the garden as well as dried beans like pinto and black beans. The community has many reasons to rally around beans!

Beans are delicious and a staple around the globe. Baked beans, beans and rice, tofu (made from soybeans), chili... there are thousands of ways to prepare beans and they make a hearty meal.

Beans are also heart healthy. Beans are high in protein, complex carbohydrates, and minerals. Because they are seeds, each bean is packed with all of the energy and building blocks needed to make a new plant. They also contain beneficial fiber. The recommended RDA is ½ cup of cooked legumes each day.

More good news: beans are easy to grow! All you need are some beans and a little soil. If you have a “vining” bean, you'll need a few sticks or a chain link fence for it to trellis. If you a “bush” variety, then it will only grow a couple feet tall and no trellis is needed. The only problem is that deer really like to eat beans and bean plants, so keep a watchful eye. A handful of seeds will grow enough plants to keep you well fed in the summer and throughout the winter. Start looking through your seed catalogs and ordering some interesting varieties. Seed Savers Exchange is a great place to start. The Duluth Community Garden Program's Spring Fling is another great spot to shop for bean seeds.

OVOC Seed Packets can also be picked up free of charge starting later this month at the following locations:

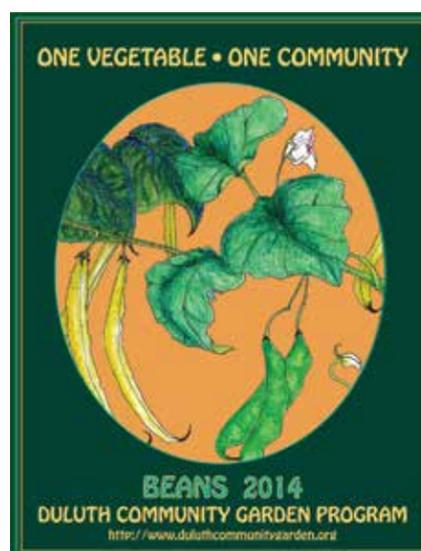
- The Duluth Community Garden Program Office (located in the Damiano Center, 206 W 4th Street Ste 214—call (218)722-4583 for hours)
- All 3 branches of the Duluth Public Library
- The Whole Foods Co-op

Bean seeds are also easy to save. Beans are self-pollinating, so you can save the seeds. When you plant them, the offspring will look and taste like the parent plant. Keep a handful of dried seeds this year, plant them next year and your beans will just keep on giving. You can also become an official Seed Saver! The Duluth Public Seed Lending Library at the Duluth Public Library will open this spring. You can “check-out” a packet of seeds, plant them, and then return some of the seed offspring in the fall.

What is One Vegetable, One Community All About?

The Duluth Community Garden Program is a local non-profit organization that has been organizing community members around urban gardening and food preservation for over 30 years as a way to decrease dependence on the industrial food system, bring more fresh, healthy food to the table, beautify the community, and help people stretch their food dollar.

The question at the heart of our work is “How do we make fresh, healthy food more accessible to people throughout our community?” It's a question that no single group can answer, so the idea was born to rally the community



around growing and preparing a single vegetable—the Vegetable of the Year—in order to share stories, recipes, growing tips, enthusiasm and inspire new ideas for building a better, more resilient and inclusive food system.

When community members join the One Vegetable, One Community initiative by planting a few beans, sharing a dish, and sharing our stories, we're broadening the conversation about our food. In 2011, Kale was selected as the first ever Vegetable for the Year by members of the DCGP One Vegetable, One Community Initiative. Next came Beets in 2012, followed by Squash in 2013. Squash made its appearance at over 20 cooking demos throughout the community, over 6,000 squash seeds were distributed across the Northland, and there was even an Iron Squash Cook-Off at HillFest. And who could forget the Annual Vegetable of the Year Potluck and Harvest Dinner where gardeners and folks from the community

come together to share their favorite Squash dishes and conversation around food?

This year we would like to see everything we did with Squash and more! Let's rally around beans and start by planting them in gardens. But why stop there? Be a mentor to a beginner gardener by helping them plant beans. After your beans have been planted you can help spread the word by having beamingful conversations with folks in our community about this mighty little vegetable. Don't forget to take a class or two offered by the Duluth Community Garden Program to help you discover ways to enrich your growing season experience as well as tips for harvesting your beans of plenty. You may want to consider canning and preserving your bounty (the DCGP has classes for that too). The only thing left to do is to cook up your best bean dish, share your recipe on our Facebook page, and come to the end-of-season potluck to celebrate all of our hard but delicious work. Anyone hosting an event featuring the Vegetable of the Year is welcome to submit it for the OVOC Community Calendar. Events will also be shared via Facebook and monthly emails. Let's feed the good food revolution one garden, one mentorship, one conversation, one class, and one harvest at a time! **GG**

The Duluth Community Garden Program would like to thank the Duluth Public Library and the Whole Foods Co-op for helping to make seed packets available. For more information about OVOC, contact Michael Gabler, Bean Ambassador (218)464-8640 or Rheanna Letsos, DCGP Education and Outreach Coordinator (218)730-7978.

www.duluthcommunitygarden.org



610 East 4th Street
Duluth MN 55805

Address Service Requested

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

HOLIDAY HOURS AT YOUR CO-OP:

Easter Sunday, April 20, 2014: OPEN 9 AM-3 PM • Memorial Day, May 26, 2014: OPEN 9 AM-3 PM

HARTLEY NATURE PRESCHOOL

OPENING FALL 2014

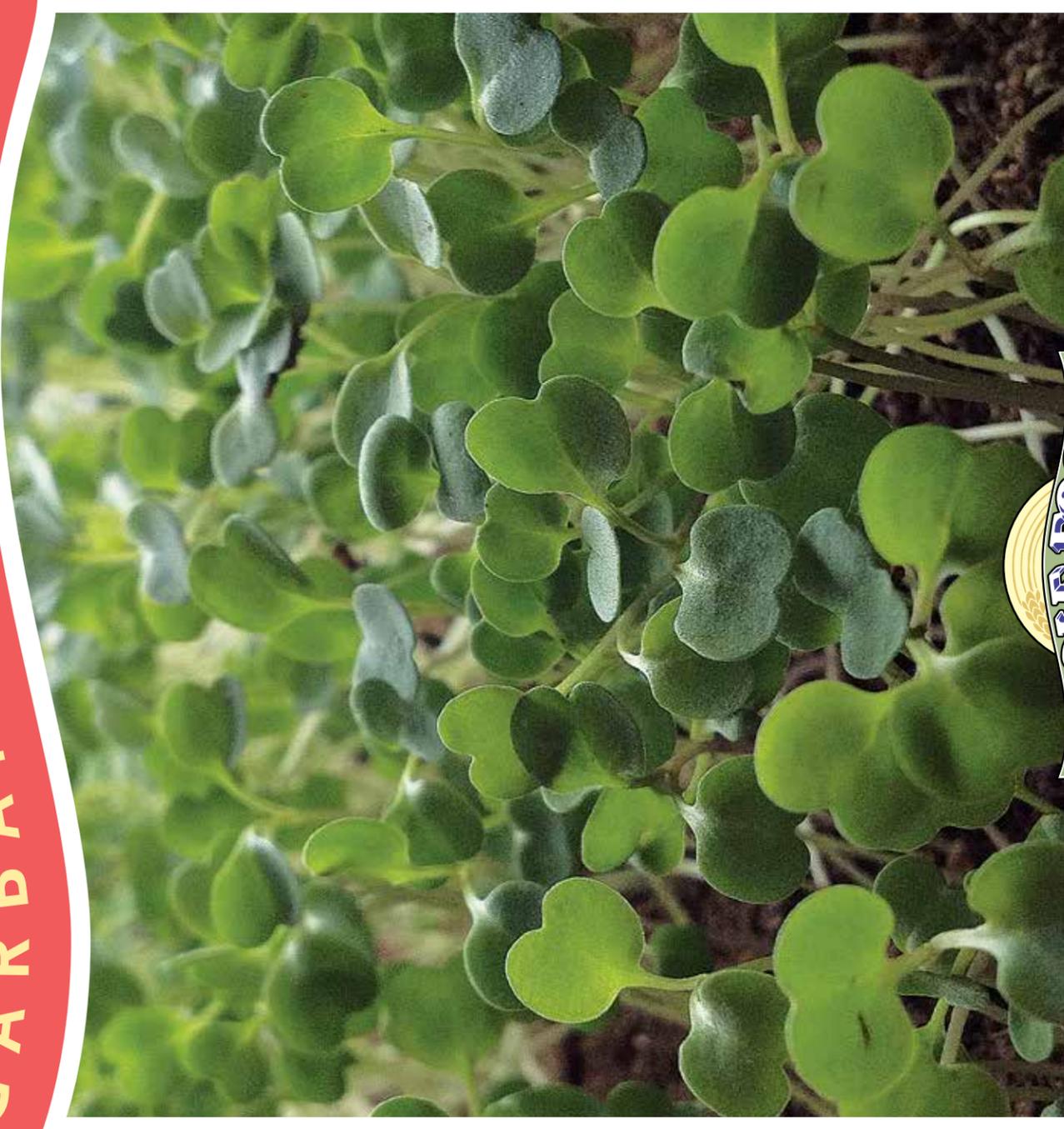
ENROLL YOUR 3-5 YEAR OLD TODAY!

ALL SEASONS ALL SENSES

APPLICATIONS & INFORMATION
WWW.HARTLEYNATURE.ORG
OR CALL 724-6735.



GARBANZO GAZETTE



DULUTH, MINNESOTA



SPRING 2014



GARBANZO GAZETTE

Published by:
Whole Foods Co-op

610 East 4th Street
Duluth, MN 55805

phone | (218) 728-0884
fax | (218) 728-0490

www.wholefoods.coop

STORE HOURS:

7 AM – 9 PM every day

Ownership Investment:
\$100 per voting membership

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

The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is **April 15, 2014**. Refer submissions and questions to:

shannon@wholefoods.coop

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

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

The information in the Garbanzo Gazette is also available on our website at:

www.wholefoods.coop

SHARE THE LOVE

Before recycling this copy of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

management report patronage rebate, consumer surveys & owner forums

by Sharon Murphy, General Manager & WFC Owner



"I wish the store was bigger so that we could support a larger variety of all items, and that then the prices of many items could be reduced."

– Comment from 2013 WFC Consumer Survey.



Narrowing the Search For a Second Site

As a bigger store at the current location is not feasible, a second site is our best option for resolving our capacity problems here and increasing sales volume enough to secure

lower pricing on many of the products that will be offered in both locations. In previous site searches (1989-1992 and 1998-2004), we were self-restricted to sites in the Central/East Hillside area where WFC began operations in 1970.

For a second location, we commissioned (June 2013) a professional site analysis covering a broad area from Superior to Hermantown and from Cloquet to Two Harbors. The results of that analysis as reported to Owners at the October 2013 Annual Meeting included seven intersections (2 east, 2 north and 3 west), all in the City of Duluth, with a high potential for success for a second WFC.

For the last few months, I've worked with a commercial realtor to assess availability and feasibility (zoning, access, etc.) of specific sites in and near those seven intersections and to compare what we found with the site criteria developed by management and accepted by the Board. Right now, we are awaiting results of another professional site analysis with respect to two specific locations. Unexpected issues may arise, but it certainly seems possible that we will be announcing the location for a second WFC in the next issue of the Gazette - if not before, so stay tuned to our website, Facebook page and Owner e-blasts. Based on the time lines of previous site searches, I feel like our search has achieved light speed!

Internal Readiness

In the meantime, rebranding with our new logo and color palette has begun at our Hillside location. Our long-awaited security blanket (also known as a back-up electric generator) has been installed and, hopefully, successfully tested. We've implemented technology upgrades at the checkouts to streamline the checkout process. We continue to offer training and development opportunities to our staff to prepare them to seek opportunities to take on additional responsibilities and show off their new skills for building a successful and sustainable multi-store consumer-owned cooperative. And I am working with the Board on the details of two opportunities for Owners to invest in the second site: an Owner Loan program and a Class C Stock purchase program.

Owner Forums

Owner Forums are one to two hour sessions where we will bring you up to date on our time line, pick a specific topic for small group discussion and allow time for feedback from the group discussions and for questions. Light refreshments will be provided. We hope for 35 to 40 attendees at each session. Attendance is open to Owners (first name on the Subscription Agreement) only, no guests. Childcare will not be provided.

Registration for each session will be on a first-come/first-serve basis and attendance will be limited to one session per membership. If you know you want to attend, please sign up promptly at the Customer Service Counter or on the web site (www.wholefoods.coop). Notice of future sessions will be posted at WFC, on the web site and other social media and will be emailed to Owners who request email notifications. In case of severe weather, the event may be canceled – call the Customer Service Counter (728-0884, ext. 1) to confirm. The next Owner Forum will be at Hartley Nature Center, 3001 Woodland Avenue, Duluth on Saturday, March 22, 2014, at 2:00 PM.

Twenty WFC Owners braved the umpteenth polar vortex of the season to meet at Hartley Nature Center on January 25, 2014. We reviewed the site criteria for the second location (p. 4) and we heard comments, questions and recommendations:

- How do you know you are ready to expand?
- Offer a health insurance rebate to join a co-op
- Expand with semi-permanent kiosk in hospitals/ university settings
- Encourage alternative medical practitioners nearby/ in the store
- Create synergy with other nearby business development
- Add a juice bar, butcher, café; develop a park
- Increase the size of font on price signs or provide a reference handout for those with low vision
- Offer low/no cost classes on cooking with grains/ bulk foods
- Feature bulk foods in demos
- Windows/natural light in Admin
- Grocery delivery service
- Locate in a food desert/area with limited access to fresh fruits and vegetables/local foods
- Align new location with trail system, bike routes, bus routes, schools
- Take advantage of the City's emphasis on development from Lincoln Park to Gary New Duluth
- Re-use a building or locate in in-fill site/brown-field reclamation project
- Underground parking/more bike racks
- Increase size of retail space/design for expansion
- Larger/more prominent inside public space
- More eco/local non-food products
- Focus more on service to community and less on sales
- Hand-washing station near eating area as well as in the bulk department

Thank you all for your support of WFC! GG

WHOLE FOODS CO-OP—Community Owned—That's the Difference

magic box photography
portraits by chelsea e. morgan

Find us on Facebook

218.728.9959
www.magicboxphotography.com

БУРИТО УНИОН
Come together!

WE DELIVER!
...or take out or dine in

PROUDLY POURING
TROTTER'S BREWERY
ALE & LAGER

LOCAL CRAFT BEER
HAND ROLLED FRESH BURRITOS
FULL BAR

Delivery Hours:
11 AM - 11 PM
7 DAYS A WEEK

Get your food here:
218.728.4414

1332 E 4th St.
burritounion.com
At BU, We like you!



PROGRESS ON ENDS

In the Policy Governance model, an ENDS Statement answers the question "What will be/is different because this co-op exists?" The ENDS Statement approved by the WFC Board of Directors on March 23, 2009, is:

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



In the October–December 2013 quarter, management reported the following progress on ENDS:

- \$500 Cooperative Development Fund/scholarships to Consumer Cooperative Management Association Annual Conference
- \$750 Midwest Organic & Sustainable Education Services/MOSES
- \$2,000 Second Harvest Northern Lakes Food Bank
- \$5,000 Duluth Plant A Lot Community Garden Program
- \$4,000 Lake Superior Sustainable Farming Association
- \$2,000 CHUM Food Shelf
- \$2,000 One Roof Community Housing
- \$1,000 Cooperative Development Fund/relief efforts for cooperatives in the Phillipines
- \$1,765 UM-D Sustainable Ag Project with Carlton County Land Stewards
- 10 cents for each packet of garden seeds sold to support Duluth Community Garden Program
- Support for The Cab Coupon Program
- Management participation with and logistical support for the Good Food Network Steering Committee, Growing Farms Board of Directors, the Safe and Walkable Hillside Committee and the Myers/Wilkins Community School Collaborative Board
- Match each \$0.05 bag credit donated by our customers; current recipient of donated bag credits is Second Harvest Northern Lakes Food Bank
- Payment of wages, salaries and benefits for 115 employees amounted to \$797,848
- Quarterly discounts to Owners amounted to \$29,137
- Sales of LOCAL (within the 15-county Superior Compact area) products amounted to \$169,694 (4.46% of total sales); sales of REGIONAL (within a 300-mile radius) products amounted to \$417,389 (10.97% of total sales).

minding the store

by Sarah Hannigan, Hillside Store Manager & WFC Owner



Hello, and nice to meet you! As your new Store Manager, I oversee the day-to-day operations of our bustling Hillside store. You may have seen me around the store over the past few months, training in each of the departments, and learning the ins and outs of our operation directly from our talented crew.

While my background isn't grocery, or even retail, much of my past experience dovetails with the mission and vision of our Co-op. Since moving to Duluth in 2006, I've been involved in developing affordable and sustainable Community Land Trust housing with One Roof, and launching and overseeing the Duluth Energy Efficiency Program (DEEP) with Ecolibrium3. My background also includes managing a restaurant that pioneered the farm-to-table concept, and researching and writing about the cooperative business model with a policy think tank. Needless to say, the opportunity to join the Co-op's staff feels like a perfect match in every way.

In addition to trying to get up the learning curve as quickly and gracefully as possible, I've been working to continue the Co-op's tradition of leading the way in

sustainable and green building practices at the Hillside store. To this end, I'm pleased to announce that Whole Foods Co-op is the first grocery store in Minnesota to achieve GreenChill Certification from the EPA for our green refrigeration systems.



As a GreenChill certified store we only use refrigerants that do not harm the earth's ozone layer. According to EPA, a typical supermarket leaks about 1,000 pounds of harmful refrigerant gas into the atmosphere every year. Our Co-op has achieved Silver Certification, which means our emissions are at least 65% lower than typical supermarkets in the United States.

If every supermarket reduced its leaks to the GreenChill average, the grocery industry could save more

than \$100 million in refrigerant replacement costs and reduce emissions by an amount equal to 4.3 million cars, 2.5 billion gallons of gasoline, or the electricity use of 2.7 million homes.

"Whole Foods Co-op can be very proud of the accomplishment," said Tom Land, manager of EPA's GreenChill Partnership. "Your store is setting an excellent example of environmental leadership among supermarkets by voluntarily reducing its impact on the earth's ozone layer and on climate change."

GreenChill Certification is one of many ways our Co-op demonstrates its continued commitment to the environment and our community. I am proud of this recent accomplishment, and too am delighted to be a part of Whole Foods Co-op's operations team.

EPA's GreenChill Partnership works with supermarkets to reduce refrigerant emissions and decrease their impact on the ozone layer and climate change. The Partnership provides information and assistance to help supermarkets transition to environmentally friendlier refrigerants; reduce harmful refrigerant emissions; and adopt green refrigeration technologies, strategies, and practices. For more information on EPA's GreenChill Partnership, including its store certification program, please visit <http://www2.epa.gov/greenchill>. GG

HOLISTIC HEALTH & HEALING
 Healing Touch Energy Therapy
 Nutrition/Well-Being Consulting
 Digestive Health Care
 Mind-Body Therapies

Michelle Russell CHHP, CHTP
 Marshall Professional Bldg | Suite 127 & 128
 1301 Rice Lake Road | Duluth, MN 55811
 phone: 218.724.3679
 email: holistichealthhealing@gmail.com
 web: holistichealthhealing.info

FURNITURE REPAIR

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

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

**AYURVEDIC
 ASHIATSU
 AND
 TRADITIONAL
 MASSAGE**

NEW CLIENTS-
 RECEIVE A 60 MINUTE
 RELAXATION MASSAGE
 FOR ONLY \$55!

HOLISTIC PATH
HOLISTIC PATH
HOLISTIC PATH
 1427 LONDON ROAD DULUTH, MN 55805
HOLISTICPATHDULUTH.COM

Feel Better
 Connect with Life

Talk Therapy
 Expressive Therapy
 Sandplay Therapy
 Sliding Fee Scale

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

7622 Bayhill Trail • Duluth, MN 55807
calarsen@charter.net
 218.733.9903

**BOARD OF DIRECTORS**

Mary Ann Bernard
Term expires 2014
2816 Branch Street
Duluth, MN 55812
(218) 340-6147
mbernard@wholefoods.coop

Welcome, Mary Ann!

Chris Edwardson

Board President
GM Evaluation Committee Chair
Finance Committee
Board Recruitment Committee
Term expires 2015
chrise@wholefoods.coop

David Helf

Co-Vice President
Finance Committee
GM Evaluation Committee
Term expires 2014
davidh@wholefoods.coop

Heather Murphy

Secretary
Board Recruitment Committee
Chair
Term expires 2014
heather@wholefoods.coop

Mickey Pearson

Board Recruitment Committee
Term expires 2015
mpearson@wholefoods.coop

Jean Sramek

Co-Vice President
GM Evaluation Committee
Term expires 2015
jsramek@wholefoods.coop

John Westlund

Treasurer
Finance Committee Chair
GM Evaluation Committee
Term expires 2014
johnw@wholefoods.coop

e-group address to communicate with entire Board and the General Manager:
wfcbod@wholefoods.coop

To leave a call-back request for a Board member call:
(218) 728-0884

Letters addressed to the following address will be forwarded unopened to the Board/Board member:

Board members
c/o Whole Foods Co-op
610 East 4th Street
Duluth, MN 55805

Sharon Murphy

General Manager
Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
phone | (218) 728-0884 | ext. 101
fax | (218) 728-0490
smurphy@wholefoods.coop
www.wholefoods.coop

INTERESTED IN HOW THE BOARD WORKS?

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

board report

by Chris Edwardson, WFC Board President



On a cold Saturday in January, your Co-op Board was privileged to hear from Owners about their views and ideas related to our planned second store. We started the process with introductions and asked those present to share their thoughts on one or more of the following themes: how WFC has had an impact on their life, how WFC has had an impact on the

community, or how WFC's role in our regional food system would change with expansion. Responses were heartwarming, and I was struck by just how important our business is to individuals and to our community.

We heard from individuals with food allergies and health concerns who trust our advice and products. Other Owners talked about the farmers who count on us to their buy produce or eggs. For many WFC is a mainstay in their life. And with a second store we would expand the opportunity for ownership, provide even more stability for local farmers, and perhaps even have an impact in the matter of food justice.

After we completed the intro exercise, we laid out a list of minimum criteria that management and the Board have been using to help in selection of the location and design of a second store. The criteria and Owner comments about what was important to them that was not on our list are included in this issue's Management Report (p. 2).

I found the ideas that were brought forward by the small groups to be inspiring and thought provoking, for example, the idea of purposefully locating in a food desert and then focusing on demos of preparing bulk foods and teaching new shoppers how to use our bulk section and cook affordable, nutritious meals. And while WFC may not be able to do everything our Owners want at this moment, it may be possible for WFC to do some of them in the future. Or perhaps we can be a catalyst to help make some of the ideas come to fruition sooner working with others in the community.

WFC has great Owners, with great ideas. Please come share yours at a future gathering. And just maybe by the time you read this we will have selected our second site and we will ask you to help management and the Board hone in on how the site might be developed to meet your needs and the needs of our future Owners.

Those last two words I wrote, "future Owners", leads to these final thoughts. We will need you, our current Owners, to help recruit Owners in our new neighborhood even before a store is built. Recruiting these new Owners may not be easy, but it can be done. You know the value of WFC ownership and, if you reach out to tell others why it is important to you to be an Owner, some of them will surely join us. **GG**

There will be four seats open at the next Board election in September 2014.

Applicants must be the primary (first name on the Subscription Agreement) Owner in good standing for a minimum of 90 days prior to the election. Applicants are asked to attend at least two Board meetings in the 12 months prior to the election and to submit a written candidate statement by August 1, 2014. Board application packets are available at the Customer Service Counter and at www.wholefoods.coop

**SECOND LOCATION****SECOND STORE MINIMUMS**

- Two miles from 610 E. 4th St.
- 7,000 sf retail
- Site study supports first year sales \$8,000,000-\$10,000,000; estimate approximately 10 employees per million in sales
- On a bus route
- Highly visible/easily accessible (vehicles and pedestrians) location
- 75-car customer parking area
- Loading dock/receiving not accessible through customer parking lot
- 65-car staff parking area plus room for dumpsters, compost, recycling, etc.
- 24-space inside eating area
- 12-space outside eating area
- Retail, community space/s, loading dock/receiving, back-stock/prep areas on ground floor
- Aisle width 6'
- Public and staff restrooms w/multiple stalls/multiple sinks/changing tables (2014 amendment: add one "family" restroom on retail level)
- Same departments and services at each location; public class schedule and WFC events not necessarily the same at each
- Storewide Certified Organic Retailer (2014 amendment: Green Chill and Energy Star certifications)

**2014 BOARD ELECTION****Glenn Tobey, LICSW
Psychotherapist**

*Psychotherapy: individual, couples, groups
Energy balancing sessions (from the
Spring Forest Qigong tradition)*

8 N. 2nd. Ave E., #207 Duluth, MN 55802
(218) 740-4389 glenntobey@chartermi.net
www.glenntobey.com

Nuromuscular Therapy • Myofascial Release • Lomi Lomi • Reflexology • Pregnancy

Kristy Marie
Massage Therapy

10 East Superior Street • Duluth MN 55806
218.591.8304
kristy@kristymariemassage.com • kristymariemassage.com

Gift Certificates Available!



ownership matters almost a swan song

by David Helf, Board Co-Vice President



Recently we said thank you and farewell to Board Member Jennifer Cummings, who left for a job outside Duluth, and shortly afterwards, we said hello to MaryAnn Bernard as we appointed her to the Board. Surprise! I'd like to talk about Board service.

Heather Murphy and I will leave the Board in October because of term limits. I'll let others judge how well we served, but I know it's not going to be easy to replace our combined 16 years of experience. That's where you come in, fair Owners.

You may say to yourself, "There is NO way I am qualified to serve. I know nothing about what the Board does." That may be true, but my job is to tell you why you might be more qualified than you think.

You're an Owner. It's your business. You have a vested interest in its success. Good so far?

You should consider running for the Board IF you: have a desire to learn; are willing to do your homework; work well with others, and are dedicated to a

set of common ideals (our Co-operative Principles). Is this getting easy, or what?

If elected, WFC is prepared to invest substantially in your training, in the beginning and as long as you serve. WFC belongs to a co-op training and support network. New director Mary Ann attended her initial directors' training BEFORE she came to her first Board meeting. She said she was nervous and not sure what she was getting into, but afterwards, she was enthusiastic and felt better prepared. Directors attend outside meetings to train and meet with other co-op Board Directors and staff. I've learned from some very sharp people. Everyone has a strong interest in making sure you see the whole picture, and that the decisions you make are the very best possible.

Starting to get on-board with the idea of Board service? Maybe you like the idea, and I've persuaded you that your ignorance will not last very long if you are elected. But you're still not quite sure you can make the commitment? Read on...

Come to a Board meeting in the near future. We'll serve you supper, introduce ourselves and our process, and expect nothing of you but an open mind.

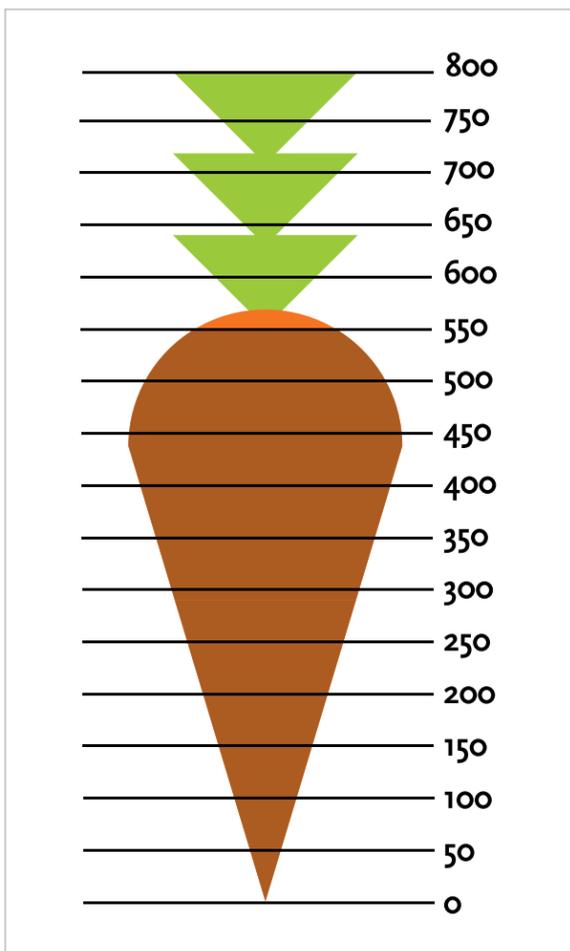
You promise nothing by attending, and if you aren't swept up by our enthusiasm and decide Board service would just make you bored, then that's that. If you are interested, you can pursue it further. It's your choice. Just call Customer Service or stop in to the store and tell us you'd like to attend a meeting, but be sure to give us a bit of advance notice so we can make room at the table for you.

One last thing about Mary Ann. She told me that even though she lost the Board election in 2012, she stayed enthusiastic. She jumped at the chance to start serving this year. She told me she'd like to stress to potential candidates that it's good to try something worthwhile, even if it seems a bit frightening. Attending several Board meetings in 2012 helped her reduce the anxiety of a new situation (if she was nervous, she hid it well).

I have nine months left, and I intend to serve Owners as well as ever. I look forward to my replacement, and I ask you to ask yourself, "Why NOT me?" And if you see any new board opportunities for me, drop me a line. GG

new owners!

From November 1, 2013 – January 31, 2014, your Co-op gained a whopping 262 new Owners. That makes a total of 550 since July 1. With a goal of 800 new Owners before June 30, 2014, you can see that we have an excited, motivated Ownership. Welcome to the WFC family, everyone. We hope to see you at Owner Forums, the Annual Meeting and in the aisles!



- Cassie Jo Davis
- Donald G Menuey
- Jill R Haworth
- Molly M Martin
- Mildred Shears
- Stephanie M Svoboda
- Jie Li Gooder
- Singbee Chee
- Hilde Surbaugh Perala
- April M Killstrom
- Nancy L Meisinger
- Andrew J Klingsporn
- Lindsey M Weiers
- Tracy L Pearson
- Barbara Erickson
- Jodie J Luiten
- Tracy A Middleton
- Courtney A Kappes
- Idalene J Watson-Souther
- Gena S Triefenbach
- Kimberly V Hyatt
- Nicholas A Mariucci
- Adam B Schwartz-Lowe
- Jeanne M Walker
- Fredrick C Wright
- Katherine H Speare
- Dana R Malkovich
- Barbera A Odell
- Lorrie Fox
- Kristoffer Osthus
- Abby Ann Mcdonough
- Regina E Saric
- Mary A Metzger
- Debra J Simrak
- Jane E Gellner
- Amy L Clark
- Lori N Cannon
- Jessica L Tillman
- Kristin M Rudh
- Elizabeth A Mund
- Darolyn N Lewis
- Kathryn Y Augusta
- Micah T Tigner
- Barb J Snyder
- Patricia C Pratt-Cook
- Becky J Haug
- Julie Ann Foster
- Randall D Seifert
- Sandra E Sykora
- Briana L Gross
- Paula Delane Mackey

- Katherine C Dunsmore
- Martin B Phillips
- Pamela A Mutchler
- Joan A Wilson
- Joanne Cain
- Laura D Prail
- Loren Martell
- April E Johnson
- Jessica Lynn Rossing
- Liz C Mauban
- Christine E Martin
- Christian Schardt
- Jonathan A Marcks
- William A Carlson
- Jonathan A Mcmillen
- Wayne A Lehr
- Richard H Bowers
- Samantha R Moder
- Michele Walsh
- Matthew Lee Wasmund
- Andrew Leskey
- Megan E Brant
- Paige A Stein
- Lynn Allan Paulsen
- Stephen J Krmpotich
- John Haines Burkland
- Lawrence P Johnson
- Ross C Lovely
- Ellen M Nace
- Tyler D Grode
- Deanna M Eastman
- Cynthia J Stauber
- Allen R Best
- Alex S Naslund
- Stirling Headridge
- Shayne G Downey
- Lacey Merritt
- Melissa M Hassebrock
- Laura Ann Whitney
- Gina Lee
- Mary K Chavez
- Dana P Mattila Swor
- Melissa Dale
- Christina M Newell
- Brittnee A Urbaniak
- Anna Beadle
- Andre Lumene Jr
- Kim Tessier
- Peter J Mack
- Elizabeth M Johnson
- Tomas B Soderberg

- Jean E Van Pelt
- Tyson A Mingo
- Barbara Jeanne Kellerman
- Kerri S Obrien
- Monica L Ares
- Carrie J Lavoie
- Pamela J Pietrusa
- Jan L Baldwin
- Jamie K Muirhead
- Stephen Pestalozzi
- Marc L Bellario
- Mary A Carlson
- Sarah C Lachance Adams
- Elissa L Hansen
- Paul E Chialastri
- Paula A Bernini Feigal
- Tina Glasser
- Rob A Csencsics
- Elizabethada A Wright
- Carol A Anderson
- Dana E Abrahamson
- Ronald G Johnson
- Barry A Stanek
- Madison H Ohm
- Mary Jo Davidson

- Joy Parker
- Gregory Leon Dickenson
- Debra Ann Wilson Nelson
- Joni J Obrien
- Carol E Duhaime
- Roberta Grube
- Deborah Ann Manion
- Nicholas P Jorgensen
- Thomas N Thompson
- Shelly M Matson
- Kari J Bullyan
- Christopher Rauzi
- Linda Rivord
- Linda Hanson
- Elizabeth Kaplan
- Justin L Grams
- Mary F Brown
- Francois Jacques M Medion
- Jalene Marie Eden
- Asa James Jacobs
- Lisa Ann Wirtanen
- Lynden David Medlin
- Liz Proepper
- Robert Donald East

- Joel Neil Gratiot
- Layth M Seyala
- Christa L Mesedahl
- Sarah M Deloach
- Tyler A Stodola
- Jared A Rinerson
- Dennis A Rysdahl
- Amy L Halverson
- Susan A Hennessy
- Boston R Foster
- Deanna M Rafn
- Brittney Jean Wisted
- Jill E Filiatrault
- Amy K Jutila
- Ryann M Signorelli
- Andrea S Reppe
- Brenda M Barclay
- Rachel E Seppi
- Ramona K Nickell
- Peggy J Dahlberg
- Tyler J Rohlf
- Michael S Fisher
- Bret M Alexander
- Erika L Washburn
- Shannon M Bergeron
- Rachel C Loeffler-Kemp
- Lisbeth Daniela Galindo-Flores
- Lisa Jean Oliver
- Chad R Seehus
- Amity K Nurmi
- Brianna J Hall
- Kellie Ann Powless
- Robert Ward
- Margaret R Bates
- Judie Johnson
- Michael Bice
- Adam J Maki
- Lawrence T Letourneau
- Bonnie B Raskin
- Brooke K Leon
- Nancy M Shaner
- Joseph R Bauer
- Elizabeth S Johnson
- Tammy L Welch
- Amy E Groshek
- Brenda L Ackerman
- Ryan Dickinson
- Mara A Duke
- Seth L Amadio
- Calvin A Miner
- Paolo Terzi
- Todd Matthew Neuharth
- Wayne O Jordahl
- Vincent Carl Santora
- Samantha R Mohn-Johnsen
- Timothy J Beaulier
- Jaime Perkovich

- Jarrid J Greenwood
- Jamie D Hoerter
- Michelle M Johnson
- Rose K Maloof
- Sarah E Holmbeck
- Scott L Barnhard
- Crystal L Detlefsen
- Lynn Anderson
- Elias Bissonett
- Barbara I Jewell
- Jennifer K Mcelroy
- Hannah M Lenius
- Brittany L Bruggman
- Wendy Polson
- Allison Jerde
- Kristen M Helland
- Charlene A Macalus
- Rachael G Holden-Kaufman
- Joan M Douplaise
- Bonnie L Antonich
- Elizabeth F Ebensperger
- Carol N Peterman
- Derick D Cich
- Naomi C Leininger
- Jaclyn R Asume
- Rodney C Harju
- Linda Vuchetich
- Philip A Hartley
- Kimberly L Bujold
- Julie Anne Penzenik
- Purandhri J Patel
- Mary M Braaten
- Linda L Nieman
- Tricia Swanson
- Kelly E Shea
- Leah M Beltz
- Lanae J Smith
- Marian R Bell
- Stephanie Jo Jago
- Barbara Plummer
- William Siebecker
- Carissa Elmstrand
- Jessica Olson
- Elizabeth A Deluca
- Lynette M Miller
- John Robert Soshea
- Trever J Moder
- Daena J Ogden
- Rebekah Rud
- Deborah K Engel
- Travis A Mccolley
- Virginia G Ion
- Rose M Ligman



news bites

OWNER IOU BENEFIT

At their meeting on July 22, 2013, the Board unanimously approved ending the Owner IOU benefit (maximum \$20 payable within two weeks for fully vested Owners) subject to a six (6) month Owner comment period effective after publication of this notice in the Fall 2013 Garbanzo Gazette. The Board determined the Owner IOU was administratively costly, was accessed by less than 6% of Owners since January 2013, would be financially unsustainable to promote and would not be feasible to effectively monitor in a multi-store operation. Management was directed to develop and introduce by spring 2014 another affordable Owner benefit that would be of value to all Owners and that could be promoted and monitored effectively in a multi-store operation.

INTERESTED IN LOCAL FOOD ISSUES?

Check out the information and opportunities at:

www.duluthcommunityfarm.org
(Growing Farms)

www.duluthcommunitygarden.org
(Duluth Community Garden Program)

www.lssf.org
(Lake Superior Sustainable Farming Association)

For those of you interested in the MN Food Charter, a webinar about the combined comments about barriers and resolutions to barriers to accessing healthy foods from about 2,000 Minnesota participants is available at <http://mnfoodcharter.com/news/food-charter-input-you-talked-we-listened/>

They are also working on a draft of a MN Food Charter scheduled to be released in October 2014.

WFC ENDS STATEMENT

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

notes from the front

by Michael Olker, Front End Manager & WFC Owner

Ah, yes, writing about the upcoming Spring whilst in the midst of one of our snowiest Winters on record...

The skiing has been good, and it sure seems like there is plenty of time left to enjoy the remainder of the season.

But spring, as many of you know, really gets me thinking about motorcycling. That's something to look forward to. It's just; I'm not ready to look forward yet. Not without celebrating the successes that we have seen during 2013.

For those of you who were present at our Annual Owners Meeting this past October, you caught a glimpse of the financial success of your Co-op. Sales are great, margins are in line to cover our operations and patronage rebates were sent out to those who earned them. This is all fantastic news. Additionally, your Co-op is working hard to make progress on our strategic plans to open a second store. The work to ensure success is non-stop- just as non-stop as keeping up with the incredible growth that our current location is experiencing. But let's bring this back to Front End news.

In 2013, your Co-op broke growth and sales records left and right. Our top four sales days in the history of the Co-op all happened in calendar year 2013. For the Front End, we saw the largest number one sales hour ever - more than we had even imagined possible, quite honestly. For three weeks in a row, during one month, our department would set a goal, and then

break it! (We like goals and challenges; it gives us purpose and direction). We even had a cashier beat a longstanding (since 2011) individual sales record in April of 2013.

What can I say? It's been phenomenal. None of this would be possible without our incredible Front End staff and out-of-this-world teamwork!

Falling under the Co-op Principle of "Concern for Community", the Reduce, Reuse, Redeem program for your re-usable shopping bags generated a donation amount of \$5,363.30 to Second Harvest Northern Lakes Food Bank, the largest single year donation ever!

Another highlight of 2013 was the opportunity to hear from you, our Owners and shoppers, through our on-line shopper survey. We received a lot of praise (thank you, it's nice to hear how much you love us) as well as areas where we have the room to step up and meet your expectations. The Front End Department distilled out the comments most directly related to sales and service, and met to develop an action plan of how we can meet these challenges.

An area of concern, as presented by you, was inaccuracies at the checkout in regards to prices and mis-keys. There's no sugar coating this one. We are going to make mistakes, but we are up to the challenge of reducing the number of those mistakes. There are times that something not ringing up on sale at the registers is not a direct fault of your cashier, but we are able to correct this if we catch it on the spot. However, we are in full control of PLU (Price Look Up codes - the number assigned to most Bulk and Produce items) mis-keys, so this is what we

focused on. We have created a system to track the errors that happen on a weekly basis and post the report each week so that we can see, as a team, how we did the previous week. Based on the comments received, I had half-expected this number to be high, say twelve or so a week. I am so pleased to report that since implementing this tracking feature, we are seeing an average of 2.1 mis-key errors each week. During that same time, we saw an average of 8,434 transactions each week. If you happen to be one of the 2.1 people over the course of the last nine weeks, we are sorry for our error and trust that we have made good. In fact, we count on you to bring these mistakes to our attention so that we can correct them, and continue to monitor ourselves on this important aspect of our jobs. Seeing this number does serve as a constant reminder of the importance of our paying attention to what we do.

Another mention you made was we are sometimes seen "standing around" at the registers. It's true, sometimes we need to catch our breath and take care of ourselves with a quick stretch, or a sip of kombucha, but we hear you, and we pledge to take advantage of the small amounts of downtime to assist you with things like bagging groceries and keeping the eating area as clean as possible.

So here it is, 2013 has been great, and we look forward to future growth and continuing to meet our goals and challenges along with your expectations. Mostly, though, we look forward to seeing you, our Owners, checkin' out at your Whole Foods Co-op. We love you too! **GG**

Cloud Hands Healing Arts LLC
www.cloudhandshealingarts.massagetherapy.com
Feel free to email - kapsos.kinnunen@gmail.com

Therapeutic Massage & Shiatsu

Appointments in Two Harbors & Brimson, MN
Onsite visits in Duluth area.

Michael Kapsos CMT, ABMP 218-848-2696
Linda Kinnunen CMT Shiatsu Practitioner

Area's Largest Selection of Organic Wines

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

Fitzgerald's Wine Cellars
Fine wines, spirits & beers

Fitzgerald's Brewery Complex • 600 E. Superior St. • Duluth
218.733.0792 • www.fitzgeraldswinecellars.com

ALAKEF
COFFEE ROASTERS

FAIR TRADE

www.alakef.com
Roasted Locally in Duluth for Over 20 Years

CUSTOM-DESIGNED KITCHENS & BATHS

Complimentary Design • Installation

400 WEST SUPERIOR STREET, DULUTH 55802
218.626.1118 | www.ecolivingspace.com

eco



the buzz

by Jill Holmen, Promotions & Education Coordinator @ WFC Owner

STAFF NEWS



Brand Coordinator Emily Darnell is pleased to announce that her home-grown Pocket Farm microgreens will be returning to the Produce Department in March. Our taste-buds are pleased, too. Thank you for being one of our closest-to-home local growers, Emily!



Pocket Farm microgreens will be back in March!

A thousand congratulations to our Merchandising Clerk Margie Nelson who will graduate from UMD in May with a Masters in Advocacy and Political Leadership, concentrating in Nonprofit Management and Public Policy. She will now be officially licensed to kick A** and take names.

STAFF AWARD WINNERS

The **Customer Service Award** recognizes employees who consistently go out of their way to provide the best possible service. Our staff members are truly a wealth of knowledge, and we are fortunate that they are willing to share insights with our Owners and patrons. Many thanks, Customer Service Award winners, for making the co-op a true leader in customer service!

December



Gumby Award
Eriq Reed,
Merchandising Receiver



Gumby Award
Rain Elfvin,
Environment Coordinator



Customer Service
Keon Mostofi,
Deli Counter Clerk

January



Gumby Award
Terri Ferron,
Deli Counter Clerk



Gumby Award
Brandon Smith,
Front End Clerk



Customer Service
Kathy Johnson,
Front End Clerk

Mark your calendars! On April 12th, Front End Clerk Brandon Smith will be one of 99 percussionists under the direction of Dr. Eugene Koshinski performing a piece by John Luther Adams entitled "Inuksuit". This outdoor performance will be held at the Glensheen Estate on Lake Superior and will be quite an experience with musicians scattered throughout the grounds and the audience sitting in the midst of it to take in both the music, but the sounds of nature as well. Percussionists from all over the Midwest (including the UMD Percussion Ensemble) will perform this piece, touted by The New York Times as "The Ultimate Environmental Piece". Congratulations Brandon—what an honor! **GG**

The **GUMBY** is awarded to employees who 'bend over backwards' in their daily duties. They are flexible with their schedules as well as their job requirements. We heartily congratulate our GUMBY Award winners!

February



Gumby Award
Jared Strom,
Merchandising Clerk



Gumby Award
Jill Holmen,
Promotions & Education
Coordinator



Customer Service
Christina "Weezy" Nohre,
Merchandising Customer
Service Clerk



For the curious, Merchandising Clerk Brian Barber has completed his chainmail headpiece constructed entirely of recycled wire bits from the Co-op's bailer. He has plans for a full suit, so stay tuned for progress reports while Brian makes everything old new—um—old again.

STAFF ANNIVERSARIES

March

- Erica Allen, Deli 1 Year
- Lea Beltz, Front End 1 Year
- Jennifer Ketola, Front End 2 Years
- Chris Koop, Deli 2 Years
- Claire Musech, Produce 4 Years
- Grainger Scherer, Merchandising 3 Years
- Zoe Torgerson, Merchandising 1 Year
- Pauline Veatch, Front End 1 Year
- Cody Wagner, Deli 2 Years

April

- Jeremy Beckman, Merchandising 8 Years
- Rain Elfvin, Administration 2 Years
- Jill Holmen, Promotions & Education 14 Years
- Faith King, Produce 4 Years
- Sam Neale, Produce 1 Year
- Margie Nelson, Merchandising 1 Year
- Andrea Russ, Merchandising 1 Year
- Hally Sharrow, Produce 3 Years

May

- Susan Boorsma, Front End 9 Years
- Michael Hartley, Produce/Merchandising 1 Year
- Michael Karsh, Produce 24 Years
- Christa Knoll, Front End 2 Years
- Mayson Longley, Front End 1 Year
- Dale Maiers, Finance 6 Years
- Erin McDonnell, Merchandising/Deli 2 Years
- Stephen Pestalozzi, Deli 2 Years
- Ellen Turner, Merchandising 4 Years

Spring & Summer @ Hartley Nature Center

Youth Outdoor Expo

Saturday, May 3, 9 am - 1 pm

FREE event for youth age 7-15
(an adult must accompany participants)

Must pre-register, call 724-6735

Registered youth receive a free 6" sub from Subway and ice cream from Cold Stone!

Activities Include: Bird Banding, Fly-tying & Casting, Bird House Building, Laser Hunting Simulation, etc.

Expo Sponsors:

- Subway
- Play it Again Sports
- Home Depot
- Cold Stone
- ICO



Co-hosted with:
The Izaak Walton League



Summer Day Camps

Hartley Nature Center offers a variety of nature-themed camps weekly from June 16 through August 22.

- Camps for ages 2-17
- Scholarships available
- Over 80 on-site and off-site camps
- Early drop off, half day and all day options
- "Counselor in Training" option for older youth, ages 13-17

On-line registration begins
March 26

Check our website for more details at
www.hartleynature.org





April is soy month deciphering the code: soy's simple facts on labeling

CLEAN LABELING

Many foods at the supermarket, especially soyfoods, often come in packages displaying a handful of labels or claims.

In the soyfoods industry, many terms are used to describe seed source, growing and processing methods, production, and marketing of products.

For example, the FDA, after rigorous scientific research and reviews, approved a health claim: "25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."

When selecting the best option for you and your family, it is important to know what each label on a soyfood means. Read the packaging carefully as every product and manufacturer differ.

- **"Certified Organic"** is a regulated term under the USDA's Agricultural Marketing Service. (1,2) Products with the USDA Certified Organic seal have been produced, processed, and handled (i.e. use of pesticides, fertilizers, processing aids, and GMO ingredients) following approved methods authorized by law.
- **"Gluten-free"** labeling claims that a product contains no ingredients made from the protein gluten. Gluten is a component of wheat and often used as a filler in products to maintain their shape or texture. While there is no science to prove that a gluten-free diet is beneficial for weight loss or disease prevention in a healthy population, those with diagnosed Celiac disease should follow these labels carefully.
- **"Kosher Pareve,"** often symbolized by a K in a circle or star, indicates a product does not contain any dairy or meat products, a helpful tool for vegans.
- **"Soy Flour"** is less than 65% protein by weight, and the most common source of soy protein found in packaged foods, especially in organic foods.
- **"Soy Protein Concentrate"** contains 65% to 90% protein.
- **"Soy Protein Isolate"** is a food ingredient that has been separated, or isolated, from the other components of the soybean, making it 90% to 95% protein and nearly carbohydrate and fat-free.
- **"De-fatted"** is often a term used to describe soy flour products. This means that the soybean has undergone processing to remove 99% of its natural oils, making it lower in fat than its full-fat counterparts.



ALLERGENS

Although soy has been listed as one of the eight major allergens, its frequency is substantially lower than the other seven. The College of Allergy, Asthma, and Immunology (CAAI) estimates that approximately 0.4% of American children under the age of 18 are allergic to soy, whereas in children with known allergies, more prevalent allergens reported are milk (32%), followed by peanuts (29%), eggs (18%), and tree nuts (6%). (1,2)

Researchers recently found that nearly 70% of patients had outgrown their soy allergy by the age of 10, but an individual's level of IgE may be the predictor of whether the allergy will persist.

Soy allergy symptoms are usually mild (3); and an anaphylaxis reaction to soy is extremely rare, according to CAAI. Foods containing soy will list them in an ingredient list and identify them as an allergen. If you have an allergy, it's important to know where to look.

GENETIC ENGINEERING

The USDA reported that 93% of all soybean crops planted in the U.S. were genetically engineered, according to 2012 data from the USDA Economic Research Service. (1) The U.S. Department of Commerce calculates that U.S. production of soy protein for human consumption is slightly less than 1% of total soybean production, though these figures do not include whole non-GMO soybeans used in the production of soy-milk, tofu, and other products (such as edamame) as this data is not collected.

Many soyfoods manufacturers use soybeans and/or ingredients from soybeans that have not been genetically engineered or that are certified organic, which by USDA organic regulations exclude genetic engineering methods. These soyfoods make a statement on the label, such as "organic" or "made from non-GMO soybeans." Check with the soyfood manufacturer for more information about specific products. **GG**

Clean Labeling Sources:

1. Agriculture, National Organic Program. Electronic Code of Regulations. Title 7 Agriculture Section 205 National Organic Program. [http://www.ecfr.gov/cgi-bin/text-idx?c=ecfr&sid=6f623e1d-e5457587ccdfe12bc34ed1c&rgn=div5&view=text&nnode=7:3.1.1.9.32&jdno=7#7:3.1.1.9.32.7.354](http://www.ecfr.gov/cgi-bin/text-idx?c=ecfr&sid=6f623e1d-e5457587ccdfe12bc34ed1c&rgn=div5&view=text&node=7:3.1.1.9.32&jdno=7#7:3.1.1.9.32.7.354).

2. United States Department of Agriculture. Agricultural Marketing Service. National organic program. Available at <http://www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELDEV3004443>.

Allergens Sources:

1. American College of Allergy, Asthma, and Immunology. Soy Allergy. Accessed on August 26, 2013, <http://www.acaai.org/allergist/allergies/Types/food-allergies/types/Pages/soy-allergy.aspx>.

2. Gupta RS, Springston EE, Smith B, et al. Geographic variability of childhood food allergy in the United States. *Clin Pediatr (Phila)* 2012;51:856-61.

3. Nowak-Wegrzyn A, Conover-Walker MK, Wood RA. Food-allergic reactions in schools and pre-schools. *Arch Pediatr Adolesc Med.* 2001;155:790-5.

Genetic Engineering Source:

1. United States Department of Agriculture. Economics, Statistics, and Market information System. Acreage. Available at: <http://usda01.library.cornell.edu/usda/nass/Acre//2010s/2012/Acre-06-29-2012.pdf>.

Jett Sophia

Intelligent, down-to-earth, in-depth,
and wise psychic counsel.

www.savvypsychic.com
jett@mnmicro.net
(612) 965-9708

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

ROLFING®
Structural Integration
Graduate of the
Canadian College of Osteopathy

218-349-8138
www.rolfingbylarson.com

YOU NEED THIS!!



grocery gab where has my favorite xxx gone?

by Lisa Anderson, Merchandising Manager @ WFC Owner

“Where has my favorite (fill in item you purchase at the Co-op here) gone?” We get asked that a lot, but there is not always one answer except for the “Sorry...” part that usually starts out a comment card. How could WFC get rid of your favorite food? Let me explain...

WFC carries a wide variety of products that customers want that fit within the parameters of our Food Policy. They have to be free of certain things, like artificial colors and flavors. And some items have priority, like local, regional, and organic. But overall, they have to sell. I'd love to fill WFC with nothing but products that are grown and processed right here in Duluth, but if the (fictitious) organic dandelion candy chews don't make it into your cart and into your mouth, they won't be carried here. That is the basis of what is called “category management”. We look at a set of products and analyze their movement, or the rate at which they sell. We pick out the slowest sellers and

ask a set of questions. Is this one chip variety like no other? Is it a local or regional product? Is it made with organic ingredients or is it non-gmo verified? If we say no to all these things, then it may be on the goodbye list. We also need variety. A chip aisle with only corn tortilla chips would be kind of boring. We want to have the best variety of chips, snacks, popcorn, kale chips, and pretzels for our customers in that aisle. But when we get rid of that one tortilla chip that you love, well, that's when the sorry part comes in. I feel your pain—there has been more than once when I wanted to keep something because it was my favorite. Then I had to say “I'm sorry” to myself.

Manufacturers of products do the same thing. They often call it ‘sku rationalization’. Clif, for example, is doing this as we speak. The company looked at its line of products, and decided to discontinue making items in the Clif and Luna bar line and a couple of

their fruit twists. They are taking those resources and developing new items that they hope will sell better than their forerunners. It's likely we carry one or two of the items they will stop making, so we will no longer have it available to purchase—even if it was a good seller for us.

The good news is that both of these situations offer us the opportunity to bring in new items. Check out the new item list in each issue of the Gazette. Every month we bring in new products, and often times it is because a customer suggested it (like Thai Kitchen Brown Rice Stir Fry Noodles). Some sell well and will become your new favorite (like my co-worker's infatuation with the Amy's Organic Andy's Dandy Crunchy English Toffee with Almonds in Dark Chocolate Candy Bar). Some will disappear off the shelf in a few months, and you may not know it was ever here. We carried the Glutenfreeda Burritos for a while. We put them on

sale, did in-store sampling, and they were still the slowest selling burritos we offered for sale. Since we do have other gluten-free varieties that were organic and in the same price range, we discontinued the Glutenfreeda. I'm sure we disappointed the few customers who really loved them, which is always a bummer, but overall, our customers have been happier with the other varieties we carry.

That's how things work in the grocery business. Some items will probably be here forever, like Westbrae Black Beans and Organic Valley Half and Half. Other products will come and go, like fruit snack flavors and gluten-free burritos. WFC strives to offer the best selection of natural, organic, local/regional, and great tasting products that our customers and Owners really want. That will never change. What those products are, however, will hopefully always be evolving and exciting.

See you at the checkout! **GG**

new products

* Contains Organic ingredients
**Fair Trade

BREAD

Ashland Baking Company
Finnish Rye

Franklin Street
Slider Buns

Bavarian Bakery
Pretzel Slider Buns

La Finca Farms
Kale/Feta Mini Loaves
Cheddar/Garlic Mini Loaves
Ginger/Coconut Mini Loaves

HEALTH & BODY CARE (HBC)

Indigo Wild
Zum Mists, 8 varieties

Avalon Organics
Shampoo & Conditioner, 14 oz
Biotin B Thickening Shampoo, 14 oz
Biotin B Thickening Conditioner, 14 oz
Awapuhi Mango Moisturizing Shampoo, 14 oz
Awapuhi Mango Moisturizing Conditioner, 14 oz
Tea Tree Mint Normalizing Shampoo, 14 oz
Tea Tree Mint Normalizing Conditioner, 14 oz

Acure Organics*
Argan Oil
Facial Care

Aura Cacia
Rosehip Serum Geranium & Clary Sage
Argan Serum Helichrysum & Patchouli

Nature's Touch
Oil Based Intimate Moisturizer
Water Based Intimate Moisturizer
Nature's Gate Deodorants
Mandarin Orange Patchouli
Tea Tree Blue Cypress
Lemongrass Clary Sage

BULK

Big Water Coffee
Moon Chaser*
Midnight Voyager*
Wet Devil Decaf*

Brown Sesame Seeds*

White Mulberries*

Dried Papaya*

Equal Exchange **
Dried Mango*
Dried Pineapple*

CHEESE

Eichten's
Tomato Basil Gouda Spread
Garlic Gouda Spread
Wild Rice Gouda Spread
Smokey Bison Spread

COOL

Reed's
Cabernet Grape Kombucha

Siggi's Icelandic Yogurt
Strawberry

COOL

Stonyfield*
Cherry Berry Yogurt Squeezers

Suja Juice*
Glow
Fuel
12 Essentials
Vanilla Cloud

FROZEN

Talenti
Chocolate Chip Gelato
Black Cherry Gelato

Feel Good Foods
Gluten-Free Egg Rolls

Daiya
Cheese Pizza

Annie's*
Butternut Squash Mac & Cheese,
Family-size
Lasagna, Family-size

Udi's
French dinner Rolls

GROCERY

Cascadian Farm*
Graham Crunch Cereal

Duluth Preserving Company
Locally produced jams—flavors vary

Wilderness Family*
Mayonnaise

Annie's
Gluten Free Microwave Mac & Cheese

GROCERY

Marquette Honey Farms
Clover Honey Squeeze Bottle

Good Earth
Sweetly Twisted Tea
Sweet & Spicy Tea
Sweet & Spicy Caffeine Free Tea

Blue Diamond
Artisan Chia Seed Nut Thins
Artisan Multi-Seed Nut Thins

Amy's Andy's Dandy Candy Bars
Crispy Almond
Crunchy Toffee
Creamy Caramel
Chewy Pecan

Quinn Microwave Popcorn
Parmesan Rosemary
Hickory Smoked Cheddar
Maple & Sea Salt

Ancient Harvest
Quinoa Flakes

Nature's Path*
Coconut Chia Granola

Ray's Polish Fire Hot Sauce
Made in the Keweenaw Peninsula!

Westbrae Chili*
Black Bean
Veggie
Spicy

Lundberg
Whole Grain Rice & Bean Mixes*
Red Beans & Rice
Black Beans & Rice
Jambalaya Rice Mix

GROCERY

Xyla Xylitol Mints
Wintergreen
Peppermint

Kind
Nut & Spice Bar
Dark Chocolate Chili Almond

MEAT

Northstar Homestead
Ground Lamb
Lamb Stew Meat

SPECIALTY

BT McElrath Chocolatier
Truffle Assortment, 9 pc
Dark Chocolate Truffles, 9 pc

SUPPLEMENTS

Planetary Herbs
Chaga, 2 oz
Chaga, 60 ct

New Chapter
Cinnamon Force, 60 ct

Enzymedica
Bean Assist

pHion
Acid Drainage, 60 ct
pH test strips

Garden of Life
Raw Fit Marley Coffee flavor

Better World Builders

*Transforming Older Homes
Into Healthy Homes!*

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

Residential & Commercial

Energy-Efficient Remodeling

Interior & Exterior

Locally Owned

Historic Restorations

Weatherization & Insulation

218-464-4242 • www.bwbduluth.com • Duluth, Minnesota

MN License #20629309 • NAHB Certified Green Builder



local producer profile: Crapola Granola “have a crappy day!”

Brian & Andrea Strom, Granola Entrepreneurs from Ely MN

by Jill Holmen, Promotions & Education Coordinator & WFC Owner



Look for these favorites in the cereal aisle and in Bulk

“Be careful what you say in front of your wife...” says Ely MN granola man Brian Strom, “...it could change your life forever.” What began as an off-the-cuff comment over a couple of beers in 2005 now represents a successful artisanal granola business and ever growing base of happy eaters.

Brian and Andrea Strom didn't know their homegrown experiment would become such a sensation. Initial test batches of granola were baked in an old wood-fired stove, friends gathered for tasting parties, recipes were perfected, and now this business seems en route to living—you guessed it, Crappily Ever After. You'll find these granolas in food co-ops, wilderness outfitter and surplus stores, coffee shops, dairies, resorts, high end supermarkets, and record shops. Indeed, they make novel gifts with inventive monikers and eye-

The original wood-cook stove operation



catching packaging (graphics by Ely local Shaun Chosa), but they make even better breakfasts.

“Wouldn't it be funny if we made a cranberry apple granola and called it Crapola?,” joked Brian those nine years ago. Cr(anberry)ap(ple)(gran)ola. Perfect. With tag lines like, “Have a Crappy Day,” and “Makes Even Weird People Regular,” the wink-wink-nudge-nudge marketing angle has turned this Minnesota company from north woods clever to international genius. So much so they received a nod from Jay Leno on the Tonight Show after officially launching in 2007, and in 2012 were emailed a copy of an Iranian newspaper story whose writer was inspired by their creativity. Today, the Ely granolas take up shelf residence in nine different states and will proudly sponsor the 2014 Grandma's Marathon in Duluth.

But marketing savvy aside, you've got to taste this stuff. It delivers down-home, darn-good flavor, never overburdened with sweeteners or those dense, unyielding boulders other granolas have that require a pickaxe to chisel through. Ingredients are top quality with preference given to certified Organics and supreme flavor. The original “Crapola” features cranberries, dried apples, and pecans while “Number Two,” their second (and most eyebrow-raising named) flavor is a gluten-free, nut-free, cran-

berry orange blend. Their third, “Red, White, & Blueberry” boasts blueberries, strawberries, & almonds. All three blends are gently sweetened with brown rice syrup, maple syrup, or honey. The latter two ingredients picked up direct from Wisconsin, the flax and sunflower seeds are sourced from Minnesota growers, and the oats from our northern neighbors in Saskatchewan. Spoiler alert! A fourth flavor is in the works—chocolate raspberry, with aspirations to be on the shelves and in bulk bins this summer. If sales trends continue, the Stroms predict a need for a larger production facility, ideally creating a few full time local jobs as well as incorporating sustainable energy inputs.



Crapola featured in an Iranian newspaper

Sustainability is something Brian and Andrea know well, having lived off-grid since 2004. Their home is heated exclusively with locally harvested timber, a small solar array supplies all the electricity they need, and domestic hot water comes from a propane on-demand water heater. The pair met while working at a YMCA nature center in Wisconsin. As fate would have it, they found themselves co-workers yet again two years later in Washington State. It made more than sense to couple up. Vacations were often spent in the north woods of Minnesota. “We were looking for land suitable for agriculture in a place “just like Ely,” says Brian, “and eventually purchased land here because... there is no place like Ely.”

Miscellaneous jobs included Andrea working at a vet clinic, Brian as a carpenter, house painter, and BWCA guide, and the two working side by side



Brian and Andrea Strom and their 2 children

again as apprentices on organic farms. In the field they realized the importance of sustainable agriculture and the direct farm-to-table equation, a philosophy they strive towards every day.

Along with a thriving business and all that Brainstorm Bakery (the parent name for their company) entails, the couple stays plenty busy raising poultry and a garden as well as two children. To daughter Amelia, age 3, a trip to the



Brian and his Crapola

bakery isn't complete without a taste of the blueberry granola (her favorite) and a free-wheelin' mop bucket ride from dad. Son Keller, 6 months, is a connoisseur of milk but still too young to be reaching for a granola snack just yet. When he does, his parents will know exactly what he's eating and where it comes from—issues of growing significance for parents everywhere who face conventional supermarket aisles filled with artificial colors, flavors, high fructose corn syrup, and deceitful branding.

We have strict food policy standards here at the Co-op and are proud to purchase foods from homegrown companies like Crapola who leave the junk behind and cast their best aspirations and products forward. It's literally putting your money where your mouth is, and is part of a true food revolution—one necessary to support if we want to keep quality eats within our reach. So, as our granola-crafting friends in Ely remind us, “Don't just start your day, start a movement!” Ready? Set? Yum. GG

Spring Green! Native Tree & Shrub Sale



Photo of red oak by Kate Kubiak

Order now for May pickup!
Species list, descriptions & more at
www.SouthStLouisSWCD.org



Psychotherapy that honors the whole person



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

Frank Stafford Davis, LLC

HEALING WAYS

wholistic arts since 1983

Carolyn D Sheets
therapist . educator . owner

lifestyle
massage
soulwork
healthy eating

218.724.9737

1420 East First Street
Duluth MN 55805

www.healingways.org
carolyn.sheets@gmail.com



gourmet to go food trends 2014

by **Debbie Manhart**, *Deli Manager & WFC Owner*

Late in the year the National Restaurant Association polls well over 1,000 chefs to determine what the food trends will be for the following year. For 2014, "local" topped the overall trends list. In the top two spots were locally sourced meats and seafood and locally grown produce. Nothing too surprising with that. "Sustainability" was also on the top 20 food trends list in a couple of areas as well (third spot is environmental sustainability and the ninth spot is sustainable seafood).

The top trends list also gets broken down into categories. One area of particular interest to me is the preparation methods section. The top five trends listed in this area are "pickling", "fermenting", "smoking", "sous vide", and "liquid nitrogen chilling/freezing".

Of course I would love to jump right into preparing food with liquid nitrogen but with it comes safety issues and cost and chemistry. While fun to watch and probably play with, it really is more for show and works best in a restaurant setting so don't look for it anytime in the near future at your co-op deli.

For those unfamiliar with sous vide, it is a method of cooking food in a water bath in an airtight plastic bag at lower temperatures for a longer amount of time (up to three days in some cases). This method helps ensure that the inside and outside of the food is cooked and at the same time helps it to stay juicier. Again, this is not a method you will see in the near future at the co-op due to the special equipment and time required for this cooking method. Smoking is fun and great on your home bbq, and that makes many of our co-op shoppers trendy every summer (some of you in the winter, too).

That brings me to pickling and fermenting. To clarify, these are two different methods, both of which are super easy and can create some really good flavors.

Pickling is done with some sort of acid, most commonly with hot vinegar. In fermenting, the fruit or vegetables sit in a salt/water (no acid) bath for a week or longer. This process produces natural probiotics whereas pickling does not. And just to confuse the issue more, fermented foods can be pickled but pickled food is not fermented. A good example of lacto-fermented foods at the co-op are the Spirit Creek lacto-fermented cabbage, veggies and kim chi. You can find these in the refrigerated section on the top shelf next to the horseradish, Bubbies pickles and Vegenaize.

For quick pickling at home here is the recipe I came up with for the pickled veggies we put on top of the Deli sandwich special we offered in January (the Flash Li). You can try them on your favorite sandwich, too. Let us know how your quick pickles turned out. We love to hear from you!

FLASH(LI) PICKLES

by **Debbie Manhart**, *Deli Manager & WFC Owner*

- 1 Daikon radish, 4"x1" round, cut into 1" long matchsticks
- 1 C shredded carrots
- 1 C green onions, diagonally sliced
- 1 large red bell pepper, thinly julienned into 1" long matchsticks
- 2 C water
- 2 C distilled vinegar
- 1 T non-iodized sea salt
- ½ C olive oil
- 1 ½ T crushed red pepper flakes
- 1 T fresh garlic

Heat 2 C water, 2 C distilled vinegar, and 1 T sea salt to boiling. Pour over veggies. Let sit for 10 minutes.

Combine ½ cup olive oil, 1 ½ tablespoons crushed red pepper flakes, and 1 tablespoon fresh garlic. Strain veggies and put in this mixture. Cool.

You can use any vegetables you want and any herbs to flavor them at the end that you would like. Mushrooms are great pickled as well as green beans and asparagus. Use your imagination and have some fun. **GG**

Note: the trends were taken from the 2014 Culinary Forecast published by the National Restaurant Association.



ATTENTION CO-OP SHOPPERS!

Coming in March, your co-op will begin using the TeleCheck Electronic Check Acceptance service which converts your paper check into an electronic item at the register. This service will allow us to accept checks as quickly, safely and easily as we accept credit cards. Think of it as a check without the paper.

When you present your check to us, it will be authorized through the secure TeleCheck system that captures banking information and the amount of the check. Once the check is approved, you'll receive a receipt of the electronic transaction to sign. When you sign the receipt, you will receive a copy for your records along with your check to keep. It's that simple.

The funds will be withdrawn from your checking account usually within one to two business days and the transaction will appear on your bank statement in the same area as ATM transactions and direct deposit payroll checks. The transaction will reflect the date the check cleared your account, the check number, the amount and the place where the check was presented.



Whole Foods Co-op Pizza
Made from Scratch at your Fog City Deli!

Build your own signature pie with our top-shelf ingredients.

Call the Co-op today at (218)728-0884 and ask for the Deli to place your pizza order.

Acupuncture by the Lake

Experienced, Licensed Acupuncturist Treating:

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



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

Karen Halverson, L.Ac., RN
Masters in Oriental Medicine

Richard Tosseland, L.Ac.

Licensed Acupuncturist

Acupuncture | Chinese Herbs | Tai Chi

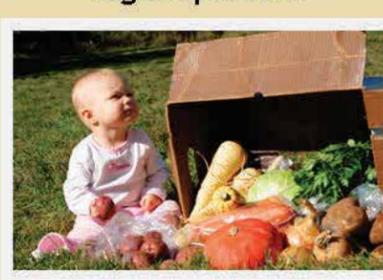
218.722.2411
www.richardtosseland.com

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





Want a weekly box of local, organic produce?



2014 CSA Shares Available
northernharvestfarm.com
218-384-9779
Join us for our 10th Season

MAKE SOMETHING THAT MATTERS





Wagner Zaun
ARCHITECTURE



RAISING THE STEAKS

ON OUR LOCAL FARM 

ALSO SERVING
Fitzer's Brewhouse Beer • Housemade desserts
Unique culinary Apps & Entrees • Fresh Salads

Call for Reservations
218.623.1889 132 E. Superior St. tycoonsalehouse.com



WFC-U spring classes March–May 2014

Taught by Local Experts, Community Members, WFC Owners & Staff



MARCH

The Science of Sweetness: How to Safely Satisfy Your Sweet Tooth

Dr. Anthony Macioce

Thursday, March 6th
6:00 PM–7:30 PM

Join us for an in-depth examination of many different types of artificial/natural sweeteners, and the potential health implications of consuming them on a regular basis. This highly interactive and entertaining presentation will also provide information on healthier alternatives, recipes and samples. WFC Owners: \$10. WFC Non-Owners: \$12

Container Gardening

Scott Vesterstein

Tuesday, March 18th
6:00 PM–7:00 PM

Do you cherish what little space you have in your yard, but still dream of growing your own vegetables? Sydney's Green Garden founder Scott Vesterstein will teach you how to grow pesticide-free vegetables anywhere with container gardening. Container gardening is a smart way to garden for those who lack the space for a traditional garden, or those who just plain hate weeding! A limited number of container gardens will be available for purchase at class. WFC Owners: \$10. WFC Non-Owners: \$12. All proceeds go to the Second Harvest Northern Lakes Food Bank.

APRIL

Intro to a Whole Foods & Plant Based Diet

Claire Musech

Thursday, April 3rd
6:00 PM–8:00 PM

Take charge of your personal health and wellness in 2014! Join Claire from our Produce Department for an introductory course that will equip you with the knowledge to begin a fresh new year, and a journey towards better health through a plant-based diet. After being gifted the ability to change her life through plant-based foods, Claire is excited to share that gift with other people. We will explore the basics of this lifestyle from how to shop whole foods, distinguish different greens, make fresh juice, and prepare delicious meals. Come curious and leave inspired. Class size is limited to 12 people. WFC Owners \$20. Non-Owners \$25.



Pickled Produce

Scott Graden

Tuesday, April 8th
6:00 PM–8:00 PM

Chef Graden of New Scenic Cafe' will share his tips for extending the life of your seasonal produce through pickling. Recipes in this demonstration-based class will focus on beets, carrots, cucumbers, Dilly beans, Giardiniera and Balsamic Cipollini Onions. Class participants will bring home some of these tasty treats! Participants should bring a couple of jars to class if they would like to bring some of the pickled produce home with them. WFC Owners \$20. Non-Owners \$25.

"You don't want to miss this crazy-cool kitchen experience!"



Jerusalem Delight: Spinach Stuffed Pastry

Noaf Wazwaz

Saturday, April 12th
11:00 AM–1:00 PM

Join Jerusalem-born Noaf Wazwaz for a hands-on cooking class where you will learn to make a savory Middle Eastern spinach pastry. Noaf will instruct students how to make the dough and filling, and will demonstrate her technique in rolling and stuffing the dough. Students will get instruction and experience in rolling, stuffing, and baking the pastries. Class will conclude with the eating of these delectable pastries, of course! Students will need to bring a rolling pin to class. Class size limited to 12 people. WFC Owners \$20. Non-Owners \$25.

Chinese Stir-Fry

Weiguo Han

Tuesday, April 15th
6:00 PM–8:00 PM

Join Han and his wife Wendy for a demonstration-based class where you will learn to make three traditional Chinese dishes: Bacon-Fried Rice Noodles, Cumin-Fried Pork, and Tomato Egg Drop Soup. WFC Owners \$20. Non-Owners \$25.

Spring Cleaning—Detox Foods

Jodie Cope

Thursday, April 17th
6:00 PM–8:00 PM

Spring Cleaning for your body! It is time to get rid of the foods that don't serve you and are weighing you down. Fill up on delicious nutrient rich foods that will love you back and leave you feeling lighter and more energetic! Learn the basics of what and how a detox/cleanse works. Try out recipes that will nourish you from the inside out! WFC Owners \$20. Non-Owners \$25.

Bean Soups Featuring Spring Vegetables

Esther Piszczek

Tuesday, April 29th
6:00 PM–8:00 PM

In celebration of the DCGP's One Vegetable, One Community's appointment of BEANS as the 2014 Vegetable of the Year, Esther is teaching this class about making bean soups! Bean Soup is a great way to stay warm as Mother Nature thaws out this Spring. Come learn how to make delicious, warming bean soups featuring Spring vegetables, such as asparagus, celeriac, and garlic scapes. WFC Owners \$20. Non-Owners \$25.

MAY

Basic Lacto-Fermented Soda

Sarah Sather

Thursday, May 1st
6:00 PM–8:00 PM

Soda hasn't always been the overly sweet and nutritionally deficient beverage that is on the market today. In years past, soda was naturally fermented to create a satisfying tonic with beneficial enzymes and probiotics, much like the increasingly popular Kombucha Tea. In this class you will learn how to start and keep a soda starter culture, also known as a "Ginger Bug", as well as the basics of home-brewing soda. WFC Owners \$20. Non-Owners \$25.

Dysfunctional Thyroid, a Lecture

Dr. James Hoeffling

Tuesday, May 6th
6:00 PM–7:00 PM

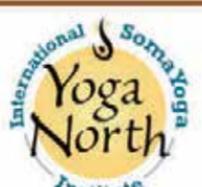
Why do I still have thyroid symptoms when my lab tests are normal? Sound familiar? If this is you or someone you know suffering from thyroid symptoms then this class is for you! Dr. Hoeffling will be discussing why you need to look at everything - not just the thyroid gland - to find out why you are having the symptoms you do. We will go over different causes of disruption of the thyroid that have little to do with the gland itself, what causes these disruptions, and what can be done to minimize these dysfunctions to get you back on the road to feeling good again! WFC Owners \$10. Non-Owners \$12.

CAFO 101: Concentrated Animal Feeding Operations and You

Bonnie Ambrosi

Thursday, May 8th
6:00 PM–7:30 PM

Most of the animal foods (meat, eggs and dairy) that Americans eat come from CAFOs—concentrated animal feeding operations, also known as "factory farms." This system has grown enormously in the last 25 years but is largely out of sight. Learn how CAFOs operate; their effects on the environment, rural communities, our health, workers and animals; and how we can use our grocery dollars to bring about change—starting now! WFC Owners \$10. Non-Owners \$12. (Bonnie will use the instructor fee towards disseminating information about alternatives to factory farming.)

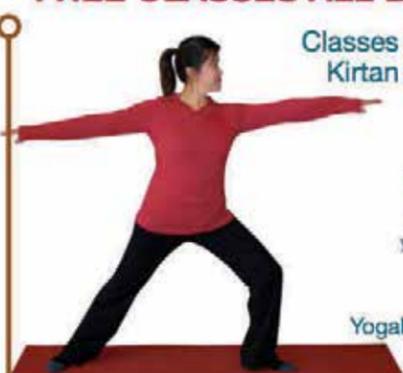


Yoga North
Institute

SPRING OPEN HOUSE
Sunday, March 16th

Join us for our 1st EVER full day Open House.
FREE CLASSES ALL DAY LONG

Classes from 6AM- 6PM
Kirtan from 6PM- 8PM



DON'T MISS IT!
Offering 10% OFF
classes, workshops,
yoga props & merch...

YogaNorthDuluth.com
722-YOGA

Curran Tax Service

218-720-6000

Tax Preparation for Regular People
From W-2s to Small Businesses

- Earned Income Credit
- Itemized Deductions
- Investment Income
- Rental Income
- Small Businesses:
- Contractors, Therapists etc.
- Corporations

Thomas J. Curran
Enrolled Agent
Over 20 years experience

WFC-U spring classes March–May 2014

Taught by Local Experts, Community Members, WFC Owners & Staff

MAY (continued)

Healthy Kids

Faith King

**Saturday, May 10th
10:00 AM–12:30 PM**

Hey Kids! Please join us for cooking, mixing and food prep fun. We will make a whole meal that's so healthy almost anyone can eat it. The majority of foods we make will be gluten & dairy free, vegan and vegetarian! But don't worry, it will taste great and be a hoot to make. You don't want to miss this crazy-cool kitchen experience! Parents, this class is for kids, but if you would like to watch, we'll find you a chair! Class size limited to 12 children. Ages 6-12. WFC Owners \$20. Non-Owners \$25.



Kimchi & Kombucha

Angela Krick

**Thursday, May 15th
6:00 PM–8:00 PM**

Join Angela in a discussion and informative session about fermentation, complete with taste-testing of delicious ferments. Angela will demonstrate how to make Kim Chi and discuss in-depth the process for brewing Kombucha. Class will cover the theory and science of live culture fermentation and demonstrate methods of nurturing, storing, and savoring the benefits of this age old process. From where the bubbles literally come alive, let us cultivate flavor and well-being! Plus, fermentation is incredibly simple, healthy, and safe. Participants will go home with a S.C.O.B.Y. (symbiotic culture of bacteria and yeast) culture so they can start brewing Kombucha at home. Class size limited to 12 participants. WFC Owners \$20. Non-Owners \$25.

INSTRUCTORS

Bonnie Ambrosi

Instructor Bonnie Ambrosi is a local wellness teacher and long-time WFC owner.

Jodie Cope

Jodie Cope is creating a world where people reach their full health potential, emotionally and physically. She offers a range of acupuncture and health coaching services including individual as well as group detox courses. Jodie has always had a passion for food and feels compelled to share with others what she has learned in an accessible and fun way.

Scott Graden

Scott is the Chef and Owner of the New Scenic Café located on the North Shore Scenic Drive. He has taken an educational approach over the past 10 years at the New Scenic Café, working to provide high quality artisan foods while inviting the community to experience new cooking techniques and cuisine. Scott enjoys working with local and seasonal ingredients as well as picking herbs fresh from the Café garden.

Weiguo Han

Weigo Han is from Weifong, Shandong Province in China. He is married to a UMD Graduate student who is working on her PhD. He learned his cooking skills and recipes from his parents. His previous WFC-U classes include Chinese Dumplings and Shandong Province Classics.



Dr. James Hoeffling

Dr. James Hoeffling has been freeing people from pain since 2004 in his clinic in Superior, WI. As a Chiropractor with experience, our professionals are committed to promoting the health and well being of his patients. Dr. Hoeffling uses a "whole person approach" when taking care of his patients. By combining the very best hands-on-technique, state of the art physiotherapy procedures, and providing the newest and best natural vitamins and mineral supplements on the market today, Dr. Hoeffling is able to help you to accelerate and/or maintain your journey to good health.

Faith King

Faith has a degree in Early Childhood Education from UMD, and is always looking for new ways to spend time with kids and be a part of their learning. She has worked with kids in Head Start, after school programs and leading group art projects. In her spare time she loves to cook, bake, and create food that is tasty and pleasing to the eye. She wants to teach this class to encourage kids to eat healthy and enjoy doing it!

Angela Krick

Angela and her family have been fermenting food and drink for over four years. Over the years, they have made Kim Chi, Curtido, Sauerkraut, Pickles, Dilly Beans, Ginger Carrots, Rhubarb, Italian Zucchini, Garlic, Roots Blend, Cashew Cheese, Dosa, Rejuvelac, Seed Yogurt and Kombucha. Angela wants the Twin Ports Community to know that fermenting food is simple, healthy, and safe!

Dr. Anthony Macioce

Dr. Anthony Macioce has been a practicing Chiropractor for the last 13 years. Since then, he has educated thousands of Northland residents through over 200 community and corporate based health and nutrition presentations.

Esther Piszczek

Ester has been eating a whole foods diet since 2005 when she began experimenting with different eating styles to

help her heal from chronic respiratory illness. She has personal experience with the following styles of eating: macrobiotics, gluten free, vegan, vegetarian, blood type diet, and sugar free. Esther loves introducing others to a simpler, more holistic and natural way of eating.

Sarah Sather

Sarah loves food, and is lucky enough to have a job that is all about food! As a WFC Promotion & Education Coordinator, Sarah gets to talk about food, read about food, prepare food, eat food, and best of all, share food with coworkers and patrons! You may have encountered her around the store or at events dishing up delicious recipes with her other P & E cohorts, or in the classroom assisting instructors. Sarah has been following a plant-based diet for 9 years, and is excited to share some super-fun, super-healthy, super-tasty recipes with YOU!

Scott Vesterstein

Scott has been container gardening since 2003 when he decided to try to grow his own Cucumbers to make into pickles. In his first year he planted 10 containers, and harvested enough cucumbers to make over 100 jars of pickles! Since then he has experimented with many different vegetables and containers as well as different watering and fertilizing schedules. Today his garden is made up of 100 containers.

Noaf Wazwaz

Noaf loves to cook, especially for other people. Born and raised in Jerusalem, she brings years of experience cooking traditional Middle Eastern dishes to the table. She is eager to share her delectable and popular dishes with the Twin Ports community!

REGISTRATION

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

By phone: Please call 218-728-0884. We do need payment at the time of sign-up, so have your credit card ready.

Online: www.wholefoods.coop

FEES & CANCELLATIONS

Class prices vary. Please visit www.wholefoods.coop for more information.

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

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

QUESTIONS?

Contact: Sarah Sather

By phone: 218-728-0884, ext. 155

By email: ssather@wholefoods.coop



WISE FOOL SHAKESPEARE PRESENTS:

LINCOLN PARK MIDDLE SCHOOL
3215 W 3RD ST. DULUTH, MN

MARCH 7.8.14.15 @ 7:30PM
MARCH 9&16 @ 2PM

ADULT / \$17
STUDENT & SENIOR / \$14

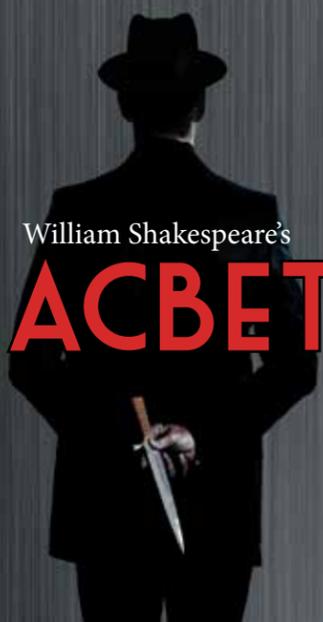
218.269.4953



WISEFOOLSHAKESPEARE.COM

SOMETHING WICKED THIS WAY COMES

William Shakespeare's
MACBETH





fun with ferments: preserved lemons

by Sarah Sather, Promotions & Education Coordinator & WFC Owner

I love food projects of all kinds, but I especially love easy projects that require minimal effort, but produce maximum deliciousness. This is why I am a huge fan of fermenting. Fermenting projects do take time, a lot more time than it would to make dinner, but most of the time is inactive. Preserved lemons were my most recent exploit into the delicious world of fermentation, and I tell you, these were EASY to make.

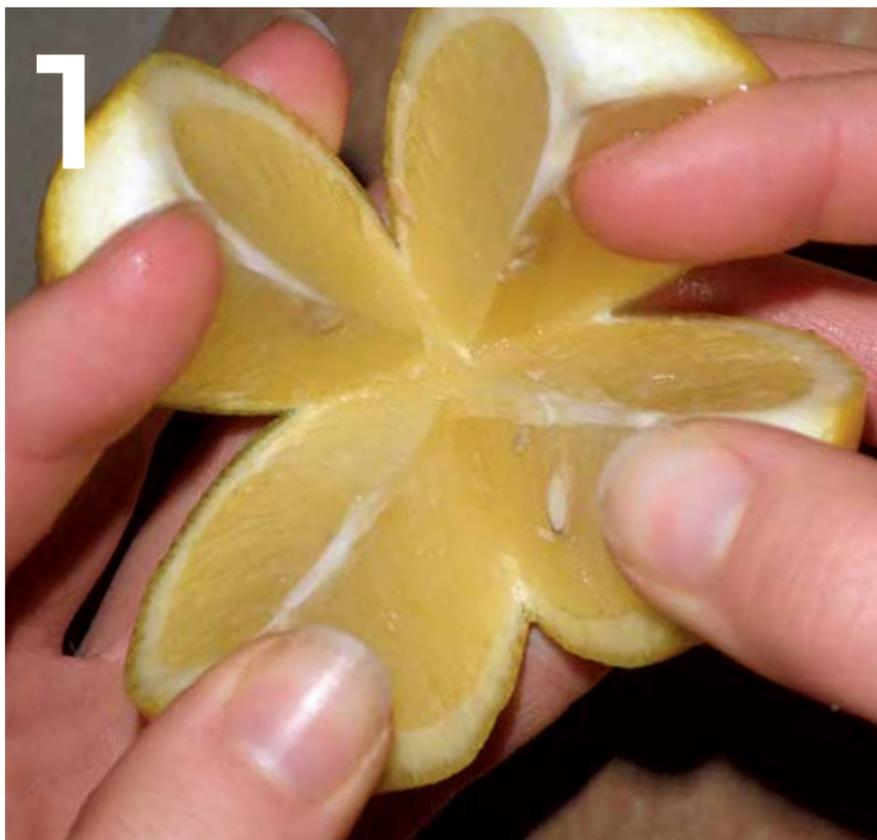
Preserved lemons are a condiment of North African cuisine, and, much like the Kimchis of North and South Korea, Preserved Lemon recipes vary from household to household and from region to region. The pulp of preserved lemon can be used in cooking, but it is the rind that is the most prized. The flavor of the rind is very, very lemony, but much less tart than fresh lemon.

There are a lot of slightly different methods of making preserved lemons out there, but I found what seemed to be the easiest. This method will make 1 quart jar of preserved lemons. Start with about 10 nice looking organic lemons. Meyer lemons work well because they have a softer rind, but if all you have is Eureka lemons, they will work fine. In fact, I used Eureka lemons, because—gasp—the Co-op was out of Meyers at the time I was shopping for this project.

A word of caution: If you have any cuts or scrapes on your hands, USE GLOVES when making the Preserved Lemons. You do not want lemon juice and/or salt to get into those wounds. Scrub these lemons well and make sure they are clean. Sterilize your wide-mouthed quart canning jar in boiling water and make sure it is very, very clean. Sprinkle 1 T of sea salt into the bottom of the jar.

STEP 1

To start with, prepare 5 of the lemons as follows: Slice the knobby tip off of the lemon, and then slice through the lemon lengthwise in half, stopping before you slice all the way through the lemon. Slice the lemon again in a similar manner, so that you now have a quartered lemon that is still attached at the base.



STEP 2

Open the sliced lemons up a bit, and stuff and rub 1 T sea salt into each lemon. Rub the outsides with salt a bit as well. After you stuff 1 lemon with salt, pack it into the jar, and continue the process with the remaining lemons. Each time you add a lemon, pack the contents of the jar down. I used a heavy stone pestle to pack the jar, but you could use your fist, or any tool that will do the job.

Fill the jar with salt-packed lemons. If you need to quarter more than 5 lemons to fill up the jar, do some more; if you need less than 5, do less. Packing the lemons down will release some of the juices. Juice the remaining lemons so that the liquid in the jar comes up to the top and covers the lemons. Don't worry if you don't have enough liquid to cover the top of the lemons; just sprinkle a little salt over the exposed lemon, and when it is time to start eating the lemons, discard the exposed lemon.



STEP 3

Seal the jar with a tight-fitting lid and turn it over once or twice to disburse the liquid a bit. Place the jar in a cool spot, and not in direct sunlight. I kept mine in the coldest part of my kitchen, where it probably ranged from 55-60°F.

Let the lemons sit for about a month, or until the rinds of the lemon soften. Transfer lemons to the refrigerator for storage. **GG**

Time to use those lemons! Pull a lemon out of the jar, and give it a good rinse to remove some of that salt. Use the preserved lemons in Moroccan Tagines, salad dressings, salsas, pasta or grain salads, marinades, Bloody Marys, or anytime the bright taste of lemon would go well in a dish. Experiment!

PRESERVED LEMON DRESSING

1 whole preserved lemon,
rinsed and diced
1 C olive oil
½ C light vinegar, such as white wine
vinegar
Fresh or dried herbs, to your liking
A few generous pinches of black pepper

Combine ingredients and blend with an immersion blender until your dressing is smooth.

OIL-FREE LEMON RAISIN DRESSING

½ C raisins
½ preserved lemon,
rinsed and chopped
¼ C apple cider vinegar
½ C water

Blend ingredients together in a high-speed blender until smooth. Season with salt and pepper, to your liking.



ANNUAL OWNERS MEETING

SAVE THE DATE!

WFC's 2013 Annual Owners Meeting and dinner will be held on

Friday, October 17

at the DECC!

Watch for your invitation and meeting notice this Fall.



FITGER'S

BREWHOUSE

BEST BEER

-DULUTH SUPERIOR MAG 2013

BEST REASON TO SAVE THE GROWLER

-MINNEAPOLIS STAR TRIBUNE 2013

SILVER MEDAL

-CHICAGO FESTIVAL OF BARREL AGED BEERS 2013

BRONZE MEDAL

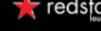
-GREAT AMERICAN BEER FESTIVAL 2012

BEST LOCALLY MADE BREWS

-LAKE SUPERIOR MAGAZINE 2013

Drink Superior Beer @





Located in the Red Mug building, just over the high bridge in Superior!



Gentle Care. Vibrant Health.

916 Hammond Ave. Ste 100 Superior, WI
(715)392-2476



fresh perspectives give bees a chance

by Organic Options

If you are a gardener then this time of year is exciting; seed catalogs are arriving every day and the thought of spring planting brings a smile.

If you are a lover of fresh produce then this is a good time to take stock in everything that helps to bring delicious year-round produce to your table: produce workers, farmers and even the bees.

Did you know that bees are responsible for pollinating one in three bites of food we eat? And by now I'm sure you've heard they are in trouble.

Since the mid-1990s, they've been dying off in record numbers around the world. Colonies have been mysteriously collapsing with adult bees disappearing, seemingly abandoning their hives.

The latest data shows that during the winter of 2012-2013 there was an average loss of over 45 percent of hives

across all U.S., and that is up 78 percent from the previous winter! If you look at the last 6 years there has been a total loss of over 30 percent of commercial hives. This mysterious happening is known as Colony Collapse Disorder, or CCD. And while there are many factors being reviewed, it appears that loss of habitat, pathogens, genetically modified organism's, and increased exposure to systemic and other pesticides are showing up more and more as having adverse effects.

One particular class of pesticide known as neonicotinoids that are used routinely in the U.S. on wheat, corn, soy, and cotton crops are being identified as particularly problematic. Bees exposed to even sub-lethal doses of neonicotinoids become more easily infected by a gut parasite. Two recent studies are further implicating the pesticide as a factor in bee decline.

A French study showed that neonicotinoids can fog honeybee brains and alter their behavior. And a British

study reported this pesticide can keep bees from supplying their hives with enough food for queen production. The European Union has banned neonicotinoids, while the U.S, even in the face of mounting evidence against them, has declined to do so.

SO WHAT CAN WE DO?

- 1 Write your representatives and let them know you think it's important to pass legislation that will protect bees from pesticides known to be harmful to them.
- 2 Next go to www.honeybeehaven.org/content/take-pledge and join folks all over the U.S. in taking a pledge to provide a honeybee haven with access to pesticide-free food, shelter and water.
- 3 It doesn't take much to participate according to the organizers; a few containers of the right kinds of plants tucked into your garden, on a balcony or front stoop, will get you started.

- 4 Then follow these guiding principles:

Protect bees from pesticides.

Instead of using pesticides, explore organic ways to grow healthy plants, such as using compost for healthy soil and controlling pests with homemade remedies and bio-controls like ladybugs.

Provide a variety of food for bees.

consider clustered plantings with staggered blooming times so there is food throughout the year and particularly in the late summer and fall. Native plants are always best, and inter-planting and hedgerows provide additional forage on farms.

Provide a year-round, clean source of water for bees.

This can be a river, pond, irrigation system, rainwater collection system or small-scale garden water features. Shallow water sources can provide more than enough water for bees, without creating opportunities for mosquitoes to breed.

Provide shelter for bees.

Leave some ground undisturbed and untilled and some dead trees and plants on the property for wild bees to nest in.

© 2009-14 Organic Options

Editor's Note: Due to changes at Organic Options, Fresh Perspectives will no longer be available, so this will be the last Fresh Perspectives article for our Gazette. For many years, Sandra and Mark from Organic Options have provided our newsletter with timely, interesting, seasonal produce-related articles. The Editor of the Garbanzo Gazette would like to thank them for their contributions. They will be missed!

Muggymoose Massage
Specializing in Thai Yoga Bodywork

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

Gift Certificates Available
The Perfect Present!

Margaret Harstad - CMT, RTT
www.thaiyogaduluth.com
muggymoose@gmail.com
218-310-6586



**CERTIFIED
COLON
HYDROTHERAPY**

CHERIE KENNEDY
Superior, Wisconsin
(715)394-4394



Enrollment Event

Stone Soup on March 13th 4-6pm

Join us for this enrollment event. Meet teachers, experience school culture, ask questions, and receive enrollment info.

Engage your family in Inspired Learning.

"Education is not the filling of a pail but the lighting of a fire."
~William Butler Yeats

SPIRIT OF THE LAKE
COMMUNITY SCHOOL

SpiritOfTheLakeSchool.org 218.721.4236
1111 North 11th Avenue East, Duluth MN

Honoring & educating the whole child by equally engaging body, mind, emotion & spirit.