



HILLSIDE

610 East 4th Street
Duluth, MN 55805
218.728.0884

CHANGE SERVICE REQUESTED

DENFELD

OPENING IN 2016
4426 Grand Avenue
Duluth, MN 55807

www.wholefoods.coop

**HOLIDAY HOURS
AT YOUR CO-OP:**

MEMORIAL DAY
Monday, May 25

OPEN 9 AM – 3 PM

4TH OF JULY

Saturday, July 4

OPEN 9 AM – 3 PM

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

WHOLE FOODS CO-OP

**GARBANZO
GAZETTE**



INSIDE:

- ▶ Fresh Products
- ▶ **GAZETTE** Retrospective
- ▶ **LOCAL PROFILE:**
Meadowlands Chocolate

SUMMER 2015

LOCAL Produce in Full Bloom!

HILLSIDE

610 East 4th Street | Duluth
218.728.0884

DENFELD

4426 Grand Avenue | Duluth
OPENING IN 2016

www.wholefoods.coop

WHOLE FOODS
CO-OP

BRANCHING OUT



GARBANZO GAZETTE

PUBLISHED BY

WHOLE FOODS CO-OP

610 East 4th Street
Duluth, MN 55805

P 218.728.0884
F 218.728.0490

www.wholefoods.coop

STORE HOURS

7:00 AM – 9:00 PM DAILY

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:
Friday, August 1 2015.

Refer submissions and questions to:
chouston@wholefoods.coop

Editor: Shannon Szymkowiak
Contributions: Owners & Staff
Design: Emily Darnell & Cassandra Houston
Printer: Pro Print
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

by Sharon Murphy, General Manager & WFC Owner

WFC · HILLSIDE

While a “spring migration” of staff is to be expected, this spring we’ve been especially sorry to have so many folks move on from one department. Brand Education & Outreach Coordinators Jill Holmen and Sarah Sather and Design Coordinator Emily Darnell have gone on to pursue other interests and career opportunities. Brand Manager Shannon Szymkowiak, who joined our staff in 2003, coordinated hiring and training of new staff for the Brand Department and, in May, will also be moving on to a new career opportunity. Shannon and the Brand Department have done an outstanding job incorporating our new “brand” at Hillside, shepherding promotions and events, conducting community and staff education and coordinating Owner services, not the least of which is publication of the Gazette. Many thanks to all of them for sharing their creativity, flair and positive energy with us and especially thank you to Shannon for providing the leadership to get it all done.

WFC · DENFELD

By the time you receive this issue of the Gazette, construction will be underway on the Denfeld site (4426 Grand Avenue). We appreciate the support of our many partners on this project including LHB Architects & Engineers, Johnson Wilson Constructors, Members Cooperative Credit Union, the National Co+op Grocers-Development Co-op, our in-house Denfeld Design Team, our Board of Directors and all of our Owner investors and supporters.

At this time we are anticipating an early 2016 opening date for our Denfeld store.

Thank you! **WFC**

WHOLE FOODS CO-OP. COMMUNITY OWNED. THAT'S THE DIFFERENCE.



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 January-March 2015 quarter, management reported the following progress on ENDS:

- \$350 to LISC for “Pay It Forward” tickets for Annual Luncheon Celebration
- \$1,000 to Midwest Organic & Sustainable Education Service/MOSES
- \$1,000 to Animal Allies 2015 Walk for Animals
- Management participation with and logistical support for the Growing Farms Board of Directors, the Safe and Walkable Hillside Committee and the Myers/ Wilkins Community School Collaborative Board
- Support for The Cab Coupon Program

- Support for The Co-op Explorers Program
- Donation of \$0.10 bag credit for customers who bring in their own bag to bag their purchases; recipient of donated bag credits in this period was CHUM Food Shelf
- Donation of \$0.10 for each seed packet sold to the Duluth Community Garden Program
- Payment of wages, salaries and benefits for 118 employees amounted to \$829,790
- Quarterly discounts to Owners amounted to \$22,879

Beginning January 1, 2015, WFC is tracking and reporting on its wholesale LOCAL and purchases (not retail sales) so that we can include purchases from, e.g., all LOCAL produce suppliers, LOCAL egg suppliers, LOCAL products used by the Deli in prepared foods, without having to create individual plu numbers and sticker each item. During the period of this report, typically the lowest calendar quarter for LOCAL purchases, WFC purchased \$231,311 of LOCAL inventory = 9% of total purchases. **WFC**

MINDING THE STORE



Hillside Report

by Sarah Hannigan, Hillside Store Manager & WFC Owner



There's an old adage about not being able to manage what you don't measure.

In some regards, I agree with this idea. To be a successful grocer in a competitive environment we must measure and track multiple data points each and every day: inventory pars, department sales, vendor credits, hourly transactions, new owners, social media reach. This information helps us ensure that shelves are stocked, registers are staffed, bulk bins are filled, baked goods are fresh and customers are informed.

Data helps in managing a business and can paint a picture of what the business is all about. I won't reiterate usual metrics you can find in our annual reports, but will share a few bits that I think give insight into the operations of our Hillside store. Over the past twelve months:

- ▶ Customers purchased 33,544 pounds of bulk coffee, 38,941 packages of cereal, 54,916 dozen eggs, 71,763 pounds of hot/cold bar deliciousness, and 84,185 avocados
- ▶ We recycled 247,650 pounds of waste (including 165,200 pounds of cardboard!)
- ▶ We composted 89,400 pounds of food and compostable waste
- ▶ 67,670 containers and/or bags were brought in for reuse by customers for their bulk and produce purchases

That which we measure can be stunning. But it isn't everything.

To be a thriving grocer in a competitive environment, I believe we must cultivate those things that can't be quantified on spreadsheets and displayed on graphs and charts: friendly and genuine connection, a clerk who doesn't know the answer but finds someone who does, the buyer who knows you by name and anticipates your special order and exceptional customer service. These are the things that continue to set our Co-op apart from other retailers.

For the last year and a half, we've participated in a secret shopper program wherein each month three anonymous

shoppers come to the store, interact with staff in all departments and record their impressions and experiences. Some of their feedback can be quantified, averaged, measured. But the most valuable information for me is found in their comments. These instill the true feeling of the experience at our Hillside store:

"I really enjoy this store. It doesn't matter if I go day or night, the employees are always friendly, helpful and seem to take care in helping. Not all stores are like that."

"I liked the sincere personalized service of the employees."

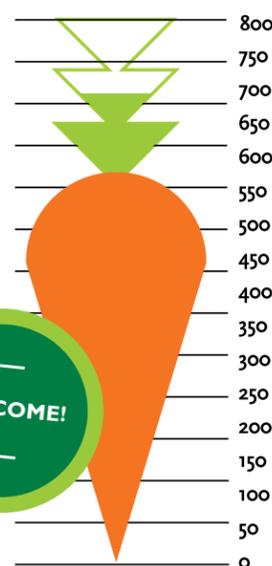
"Everyone I encountered was interested in my satisfaction."

"I don't think I've ever been into a store with such a friendly staff. This store should be very proud of its employees."

The immeasurable value of the experience our staff provides for shoppers (and each other) every day was also recently articulated by a member of our Deli staff: "I cannot even begin to count the amount of times I have heard directly, and in passing, that coming to the Co-op brightens someone's day. One smile can change the world (one smile leads to another smile), and that is beautiful."

I can't agree more. And I can't be more proud of the result of our collective efforts. It is beautiful—beautiful beyond measure. **WFC**

708 NEW OWNERS!



WELCOME NEW OWNERS!

From the beginning of this fiscal year (July 1, 2014) through March 31, 2015, your Co-op has gained 708 new Owners. This year's goal is 1000, so we're humming right along. With a new location coming soon, it is more important than ever to show your financial support in WFC. Investing in your Co-op by becoming an Owner not only saves you money, it also strengthens our financial position during this time of expansion. To all of you current Owners, we do encourage you to tell your friends what a great investment your Co-op is. Thank you!

WATCH FOR OWNER TASTE-ECOUPONS

Beginning in 2015, a new Owner benefit, Taste-eCoupons, will be sent directly to your email address twice a month so it is important that Owners keep the Co-op informed of their current email address. Owners can update email addresses quickly and easily at www.wholefoods.coop/coupons/. Thank you!

FINANCING OUR DENFELD PROJECT

Since opening the Owner Finance Program in March 2014, 185 Owners have invested in either Owner Loans (\$1,189,500) and/or Class C equity (\$115,000); both investment opportunities are still open and we encourage you (Owners who are Minnesota residents) to contact finance@wholefoods.coop or call 218.728.0884, ext. 1, to speak to someone in the Finance Department for more information or to schedule a time to make your investment.

REDUCING BARRIERS

Owners who qualify by providing (in advance of purchase) annual proof of participation in a low-income support program will receive a one-time/monthly/10% Access Discount on a purchase of the Owner's choice. For details, see the Access Discount brochure available at the Customer Service Counter.

And eligibility criteria for the Fran Skinner Memorial Matching Fund for Owners to purchase the balance of Owner equity due are now the same as for the Access Discount. For details, see the Memorial Matching Fund brochure available at the Customer Service Counter.

FURNITURE REPAIR

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

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

HOLISTIC HEALTH & HEALING

Your path to wellness...

- Healing Touch® Energy Therapy
- Wellness and Healthy Lifestyle Counseling
- Mind/Body, Relaxation & Stress Relief Therapies



Michelle Russell, CHHP, CHTP
holistichealthhealing.info
218.724.3679

Providing complementary & natural health care

BOARD REPORT

BOARD OF DIRECTORS



CAROL ANDREWS
GM Evaluation Committee
Term expires 2015
candrews@wholefoods.coop



MARYANN BERNARD
Board Recruitment Committee
Co-Vice President
Term expires 2017
mbernard@wholefoods.coop



CHRIS EDWARDSON
Secretary Treasurer
GM Evaluation Committee
Finance Committee Chair
Term expires 2015
chrise@wholefoods.coop



JAMIE HARVIE
Board Recruitment Committee
Term expires 2017
jharvie@wholefoods.coop



MICKEY PEARSON
Co-Vice President
Board Recruitment Committee
Chair
Term expires 2015
mpearson@wholefoods.coop



WAYNE PULFORD
Board Recruitment Committee
Term expires 2017
wpulford@wholefoods.coop



JEAN SRAMEK
Board President
GM Evaluation Committee Chair
Term expires 2015
jsramek@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
P 218.728.0884 | ext. 101
F 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.



Co-op Camaraderie

by Jean Sramek, WFC Board President

“Sit with someone you don’t know.”

That’s what we were told at a recent Cooperative Café event in Eau Claire, WI, where members of co-op staff and boards gathered to learn, brainstorm, and focus on how co-ops can thrive in a competitive landscape. I found it rather difficult to obey these directions as our small, rotating groups met at the tables—not because I don’t want to meet new people, but because I had already met so many of the attendees. Instead of a room full of strangers, I was learning and working with peers who I knew by name and by co-op.

As directors, we take advantage of cooperative-specific education and training locally, regionally, and nationally. Learning from other boards (and letting them learn from us) is invaluable. It’s also a lot of fun. There’s a sense of camaraderie and satisfaction in knowing that it’s not just us trying to do our co-op thing. There are co-ops all over the country. Many of them are expanding or adding new locations, just like us.

Many have gone from basement buying club to “hippie co-op” to being a thriving grocery store and community partner, just like us. At this particular Cooperative Café, I spotted a surprising number of logos that featured carrots, and many more whose old logos used to feature some kind of wheat. Sound familiar?

Next time you get a paper bag at the WFC checkout (even the best of us forgets the reusables once in a while), take a look at all the co-op names printed on the side. These are our friends in the central corridor. Next time you travel, see if there’s a co-op in town; as co-ops thrive and multiply, this is going to be easier and easier to do.

A postscript: check out our slick new Board brochure at the Customer Service Counter. It tells you what the Board does, and how you can run for the Board. Let us know what you think. As always, you can contact me and the other WFC Board members at wfcbod@wholefoods.coop. **WFC**



Ownership Matters

by Mickey Pearson, WFC Board Co-Vice President

What makes a Co-op Owner different than the average grocery shopper?

Though not novel, the cooperative business model and our commitment to our organic and local grocery products are certainly unique enough on their face to distinguish us from other stores. For many shoppers, the products on the shelves are enough for them. Ownership, though, brings with it many levels of participation beyond simply shopping.

At a recent Board meeting, we watched a video presentation on the “Hierarchy of Participation” by Marilyn Scholl of CDS Consulting Co-op. In her talk, Scholl compares psychologist Abraham Maslow’s “Hierarchy of Needs” to the ways in which shoppers and owners of co-ops tend to participate in the organization.

At the bottom is “Use,” which is simply shopping and accessing the products we offer. Certainly, customers at this level are critically important to any business. Further up the hierarchy, though, are the people who make the Co-op truly special. Those who join are at the first level of committing to the ethos of the Co-op and valuing what we do beyond simply offering groceries. Those who belong feel as though the store is a part of their community and is a place they can share with their friends and neighbors.

We on the Board love any level of participation at which our fellow Owners commit. While we always want motivated Owners to join us as Board members, we recognize that engagement isn’t feasible or desirable for many people. There are other ways you can get involved, though. As we move closer and closer to opening our Denfeld store, I encourage you to share your Co-op experience with your friends and neighbors. Treat them to a pound of fresh Big Water Coffee, share a dinner of grilled YKer Acres pork chops, or maybe just a snack on the patio when the weather turns nice. Think about the ways the Co-op meets your own needs beyond the simple service of providing food and share that experience with those around you. **WFC**

~~Maslow's~~ Marilyn's Hierarchy of Needs



Marilyn Scholl's "Hierarchy of Participation" presented at a recent Board meeting.



**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

GOURMET TO GO



Fresh Fare

by Faith Koenig, Deli Manager & WFC Owner

With the changing of seasons, the menu is sure to follow. Comfort food takes a back seat to lighter, more seasonal fare, with a focus on fresh dishes.

Some of the first offerings that we can look forward to in this part of the world are rhubarb and fresh greens.

When the first of the rhubarb forces its way through the tough soil of spring, I start thinking of ways to feature it in a number of dishes. Whether a compote or jam, cake or pie, it's a surefire way to gain favor among family and friends. One of the simplest ways is to make a crisp. Everyone in my family has a different secret recipe for these, guarding it like a treasure. My version is as simple as can be.

RHUBARB CRISP

- 6 C of chopped rhubarb
- ¾ C white sugar
- 1 stick butter (½ C), softened
- 1 ½ C flour
- ½ C brown sugar
- ½ t salt
- 1 t cinnamon
- ½ t nutmeg

Preheat oven to 375 °F. Combine rhubarb and white sugar in a bowl; set aside. Mix remaining ingredients (I like to crumble it with my hands) in a bowl. Butter generously a 9x9 in. baking dish. Pour the rhubarb mixture into the pan and top with crumble mixture. Bake for about 20 minutes, or until rhubarb is tender and the top is golden brown.

I like to serve over vanilla ice cream. (Alden's Vanilla Bean, or Talenti Gelato in Tahitian Vanilla Bean are my favorites)

Another favorite of mine are warm green salads. I like to take whole, small heads of Romaine or Butter lettuce and cut them in half lengthwise, leaving the core intact so it holds together. In either a grill pan or an electric griddle, I get the surface smoking hot with a drizzle of olive oil and place the lettuce cut-side down on the surface. I wait about 20 seconds and

remove. The top is then slightly caramelized and gives the lettuce a sweetness and umami which is hard to describe. I like to top it with a drizzle of Balsamic vinegar or reduction, and Parmesan curls (take a wedge of Parmesan Reggiano and simply make curls using a vegetable peeler).

I also enjoy a warm spinach salad with maple bacon dressing. Chop a few slices of bacon into small bits and cook until crisp. Add a drizzle of maple syrup and whisk together. Add a few handfuls of baby spinach and turn off heat. Gently coat the spinach in dressing and serve.

Enjoy all of the bounty that spring and summer has to offer, if fleeting in our neck of the woods. **WFC**

MN FOOD SHARE



Each year we participate in Minnesota FoodShare Month. This year, Co-op shoppers had the opportunity to contribute to the CHUM Foodshelf by donating foodstuffs at the store by rounding up at the register during March. This year your Co-op's combined contribution was 644 pounds of food and \$4,000 in cash donations.

DID YOU KNOW?

WFC sells books of stamps as well as DTA bus passes at our Customer Service Counter. Save yourself a trip and pick them up when you are doing your shopping.

WHEN CAN I SHOP?

Your Co-op is a happening, hopping spot in town. So much so, that we've been asked, "When is the best time to shop at the Co-op to get in and out quickly?" Keeping in mind that shopping patterns shift with the weather, shopping before 10 AM or after 7 PM will usually give you the clearest aisles and the best parking. Pre-10 AM bonus? Our great hot bar breakfast, breakfast sandwiches and muffins fresh made by our Deli each morning. We look forward to seeing you in the aisles!

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

KristyMarieMassage.com
218.591.8304



Located in downtown Duluth
above the Electric Fetus.

- Myofascial Release
- Neuromuscular Therapy
- Swedish Massage
- Lomi Lomi
- Pregnancy Massage
- Reflexology
- Hot Stone Treatments

Growth Unravels.

Building
Remodeling
Listening



Metetek & Co.
www.metetek.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

THE BUZZ

STAFF ANNIVERSARIES

JUNE

KATHY JOHNSON Front End	3 Years
ANTON LEPAK Deli	8 Years
DANIEL NORGARD Front End	3 Years
MICHAEL OLKER Front End	10 years
CORRINA ROULEAU Grocery	1 year
ZACH SCHUL Produce	1 year
KAT STRAND Produce	1 year
JOE ULVI Grocery	9 years
TIM WILSON Grocery	1 year

JULY

BRIAN BARBER Grocery	2 years
KENNY BITZER Front End	3 years
KATHY DAHL Deli	1 year
BAILEY FEDORS Deli	1 year
ANTHONY GAMBLE Deli	1 year
MATT LITWIN Deli	2 years
KAILYN SPENCER Produce	2 years
Luke Vandrovec Front End	6 years

AUGUST

MAURO ALVES Deli	5 years
KRISTINE BERGREN Front End	5 years
MARY DEDEKE Front End	2 years
IAN DROUILLARD Deli	1 year
TERRI FERRON Deli	2 years
TINA GLASSER Front End	2 years
SARAH HANNIGAN Operations	2 years
JON JARVE Grocery	1 year
ANNA LIEFFRING Front End	4 years
JIM RICHARDSON Grocery	17 years
DYLAN SAVALL Front End	6 years
BRANDON SMITH Front End	2 years
ANDY THEUNINCK Information Technology	10 years
LAURA WOLDEN Human Resources	8 years
KIRK WYMAN Deli	2 years



Staff News

by Allison Heitmiller, Brand Education and Outreach Coordinator & WFC Owner

Our very own Terri Ferron, Deli Counter Clerk, will be completing a miraculous feat this June—running Grandma’s Marathon! She says “Of course I will be running the whole marathon. Tons of fun.” She’s been preparing for the 26.2 by running laps around the deli kitchen with potato bags over her shoulders (joking, of course). You’re going to be great, Terri. We’ll see you at the finish line!

You may remember Brandon Smith, Front End Clerk, from our last issue of the Garbanzo Gazette! This musical prodigy will be spending his summer days learning how to play the bodhran, a uniquely Irish drum. When he isn’t busy learning new instruments, he will be teaching percussion lessons and preparing for a trip to Ireland, where he will be teaching in the fall.

Does “Lake Superior Aquaman” ring a bell? This local superhero is WFC’s Bulk Buyer, Jim Richardson, who is gaining popularity in Duluth for his creative works. His art involves “getting underwater video in the lake while freediving dressed as Aquaman” Keep tabs on him, this summer he will pursue a goal of achieving a two-minute free-dive to depths of up to 30 feet. “I plan to explore the ruins of the collapsed pillar at Uncle Harvey’s Mausoleum in the outer

harbor. I will also continue working with WFC Owner Sean MacManus of MacManus Stoneworks on our project to submerge carved limestone blocks towards an underwater geocaching concept.” You can find all of his videos on www.perfectduluthday.com. If you want to see his art firsthand, he will be curating a Perfect Duluth Day video fest at the Red Herring Lounge on Monday, June 29th. Don’t miss out!

Brenna Gallagher, Front End Clerk, plans on fostering her green thumb this summer. She is in the process of building raised beds for her backyard. “There will be three 6’x4’ boxes made from 2’x8’ boards for the sides and 2”x2”s for the corner posts.” Her handmade boxes will be filled with topsoil and mulch from WLSSD, which her cats, Fuki and Diego, are looking forward to rolling around in! Her seeds have already been planted in reused egg containers from WFC and are growing strong. Brenna’s backyard vegetable wonderland will house tomatoes, cucumbers, lettuce, carrots, peas and various herbs. Yum! **WFC**

Brenna’s seeds in repurposed egg cartons just waiting to sprout!



NOTES FROM THE FRONT



E-Receipts are Here!

“Would you like a copy of your receipt?”
 “No, thank you—I get my receipts emailed.”

As soon as you are done reading this article, you may choose to visit our website and sign up to receive e-receipts! E-receipts have long been talked about, and have been under development on and off for quite some time. This paperless option could be perfect for those of you who, more often than not decline a receipt in the interest of saving paper, but would still like the ability to track your purchases. This benefit is available to each Owner, meaning only one email address can be added to the account. Be warned: if you have household members who frequent your Co-op, you will receive e-receipts for their purchases as well when they check out using your account.

Here's how it works. Visit www.wholefoods.coop and click on the OWNERSHIP tab at the top of the page. Scroll down to UPDATE INFORMATION and click. On this page you will be prompted to enter your last name (primary Owner) and your owner number or UPC (from your Owner card). Next, enter your email address and choose which receipt option you would like. If you would like to change your settings, you are welcome to do so at any time. At the checkout, if you have selected to receive e-receipts, you can simply mention this to your cashier when you are asked if you would like your receipt. If you are in need of a paper receipt at the time of purchase, don't worry; it will still be available upon request. Please know that your Co-op values your privacy, and any contact information shared with Whole Foods Co-op is strictly used for correspondence generated from us to you. We will not share or sell your personal information. Ever.



Attention Co-op Owners...

Go paperless!

Sign up for our new e-receipts program online at www.wholefoods.coop under the OWNERSHIP tab, and start saving time and paper at the checkout!

All e-requests should be made on our website. If you are in need of updating any other contact information such as your address or phone number, visit us at the Customer Service Counter. These types of changes sometimes require your ID and signature to approve the change.

See you at the checkouts! **WFC**

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

www.themessagestudiouluth.com

Tiffany Latvala
 Certified Massage Therapist, NCBTMB
 Certified Craniosacral Therapist
 Reiki Practitioner
 Tiffany's Massage & Wellness, LLC

4911 Matterhorn Drive
 Duluth, MN 55811
 (218) 410-0303

University for Seniors

Enrich your life!
 Expand your horizons!
 Challenge your mind!

2015-16 Academic Terms:
 Fall: 9/28/15 - 11/20/15
 Winter: 1/11/16 - 3/7/16
 Spring: 3/28/16 - 5/20/16

University for Seniors is a UMD program for adults age 50 and over, no previous college experience required!

Live & Learn

More Information:
 Web: www.d.umn.edu/goto/seniors
 Phone: (218) 726-7637

UMD
 UNIVERSITY OF MINNESOTA DULUTH
 Driven to Discover

Eagles Nest Massage Therapy Center for Health and Wellness

Celebrating 25 Years

Open 7 days a week!
 Evenings until 9 p.m.

Call 218.625.2353 for an appointment!

Locally Owned ♡ Centrally located ♡ Easy parking

Awarded Official Best Therapeutic Massage MN 2014
 1114 E. 9th St. ♡ Duluth, MN ♡ EaglesNestMassage.com



NEW PRODUCT SPOTLIGHT



ENROLL YOUR KIDS!

The Co-op Explorers Club is a benefit for the children of all of our shoppers. From July 1, 2014 – March 31, 2015, we gave away 5,611 pieces of produce with a dollar value of \$2,244.40 to hundreds of children enrolled in the Co-op Explorers.

General Manager Sharon Murphy's grandson was introduced to the Co-op Explorers Club during a visit when he was 17 months old. He was an early adopter happily gnawing his way through his first "whole" apple and refusing to let go of it until he was down to the seeds. He continues to be an adventurous eater and a big fan of apples.

The Co-op Explorer's program recently expanded to include "passports"—booklets with pictures of a wide variety of fruits and vegetables that encourage Explorers to try some new things. Passports are available free of charge at the Customer Service Counter for all members of the Co-op Explorers Club.



We Just Love...

Submitted by WFC Co-op Managers & Product Buyers



FROM LISA ANDERSON
Grocery Manager & WFC Owner

I love Dandies marshmallows. For years we've looked for a good tasting marshmallow with a clean ingredient list, and finally we found them! I had a bag and passed them out one by one, and each time they were received with a rave review. The best part was the look of utter delight when I told my vegan coworker there was no gelatin in the ingredient list. The reaction as she ate her first marshmallow in 20 years was absolutely priceless! They come in both mini and s'mores size, are gluten-free, and Non-GMO Project Verified. So remember Dandies for your next fireside event. These marshmallows will taste even better paired with LOCALLY made Meadowlands chocolate bars and Annie's Homegrown organic graham crackers (available in both honey and cinnamon). We also carry gluten-free S'moreables so you don't have to leave anyone out of the campfire fun!



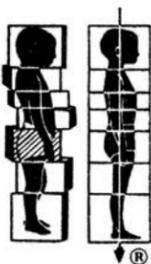
FROM JIM RICHARDSON
Bulk Buyer & WFC Owner

Fika Coffee is a small, local, organic, coffee roaster headquartered up the shore in Grand Marais. "Fika" (pronounced FEEkah) is a Swedish word meaning "coffee break." You will enjoy Fika's artisanal attention to the fine details of flavor; they do not even currently offer a dark roast, preferring to focus their craft on subtleties of flavor that can only be coaxied from the beans through light or medium roasting (although owner Josh Lindstrom assured me dark roasts would be forthcoming due to demand). A crush of local roasters has left us limited space for their products but you will see that expand, and you will also see some variation as seasonal offerings rotate through. For instance, so far we have seen their Peruvian, a sweet, medium roast from Cajamarca, Peru; we have also carried their Ethiopian, a bright, floral, light roast from Tumtica, Ethiopia.



FROM JESSE HEHEISEL
Cool Buyer & WFC Owner

There are plenty of delicious new products in both the frozen and refrigerated sections of the store, such as Kevita kombucha, new hemp and soy yogurt options, new waffles and the return of organic raspberries. I thought I would bring attention to the new ice cream we have added from Jeni's out of Columbus, Ohio. Granted, it is pricey, but the flavor and richness is unlike any other ice cream we carry. Jeni's is known for sourcing the best free-trade and grass-fed ingredients available as well as getting the right balance in what they are aiming to accomplish in their concoctions of confections. At this time we are only carrying their chocolate and brambleberry crisp flavors, but depending on sales, we may add a couple other varieties, so let us know if you've become as big a fan as us for this decadent treat.



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!!

House Cleaning

- Eco-Friendly
- 15 Years Experience
- Residential Cleaning Services

Carmen: (218) 591-6620
FULLY INSURED • CALL FOR ESTIMATES




NEW MOON CREATIVE
WWW.NEWMOONCREATIVE.CO

As a holistic creative studio we offer:

- Branding
- Graphic Design
- Web Design
- Event Design
- Design Consulting
- Film & Photography
- Signage & Environmental

new moon

LISTEN TO A MESSAGE FROM US
512-827-0515 PLN#9224

HELLO@NEWMOONCREATIVE.CO
Emily Darnell & Terese Elhard

Vote for Freedom

Yoga North Institute

Practice Yoga

YogaNorthDuluth.com | 218-722-YOGA



NEW PRODUCT SPOTLIGHT



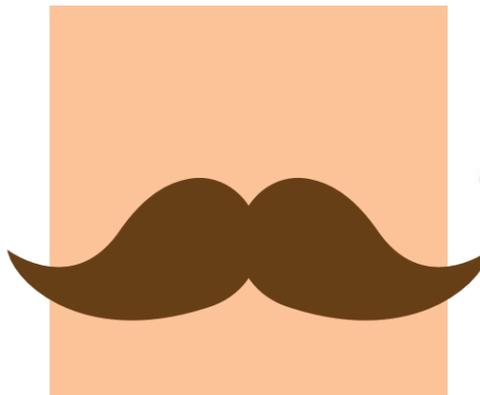
FROM JOE ULVI
Grocery Buyer & WFC Owner

Recently here at your WFC, we started carrying a new line of organic candy bars called Ocho Bars (The Ocho stands for Organic Chocolate). These organic chocolate bars come in Caramel & Peanut, Coconut (which is also vegan), Mocha, Dark Coffee, and Peanut Butter. They are all organic, have no preservatives, colors, or artificial flavors, and use Fair Trade chocolate. All the bars are certified Gluten Free and hand crafted in Northern California.



FROM NICK SARRIS
Produce Assistant Manager & WFC Owner

We are entering a very exciting time of year here in the Produce Department! We will see an increasing number of both regional and local items showing up each week. Look for updates to our signage in the department or ask any Produce staff about what products are local or regional at the time of your visit. Additionally, we will be a couple of weeks into our bedding plant season, once again produced locally by Barb's Garden offering a fantastic, changing variety of neonicotinoid-free bedding plants each week. Look for your favorites for the garden outside along the front of the store through the end of June. Check with any Produce staff inside the store with questions about plants.



FROM CHRISTINA "WEEZY" NOHRE
Wellness Assistant Manager & WFC Owner

The Northland is a place of immense beauty and piercing cold. Life up here moves at a more measured pace, born of the kind of patient endurance required to survive the sub 40 degree nights of January. There's no time for the kind of pretense that you'll find in DC or LA. Duluth's rugged sense of style comes from a life spent outdoors, an independent spirit and an authentic strength of character.

We'd like to honor our adventurous men of the north by launching a new Man Care section. Your standards are high; as they should be. Our new USDA certified organic line by Badger will not only nourish your face and hair, but leave you feeling amazing and amazingly manly. From 'stache wax and beard oil to shave soap and aftershave, we've got you covered. Stop in, stock up and get back to living life on your terms.



FROM RIANNA REITER
Deli Buyer & WFC Owner

With spring upon us we find our very first deliveries of Sassy Nanny Farmstead cheese arriving. Handcrafted locally at Happy Hollow Creamery in Bayfield, Wisconsin, these goat cheeses are one of a kind!

Michael Stanitis, owner of Sassy Nanny, raises, tends and milks the goats to create delectable small batch goat cheeses. We currently offer two types of Sassy Nanny here at the Co-op. In our cheese case you will find the ever so popular Lake Effect Chevre and Fini Sur La Paille. Lake Effect Chevre is a mild, earthy, semi-soft, spreadable fresh goat cheese. While the Fini Sur La Paille is a very unique French-Style soft cheese incased in a moldy rind which is pungent, rich, and complex in flavor. Both varieties are great accompaniments to any cheese platter and are sure to tickle your taste buds! Look out for other stellar styles of goat cheese from Sassy Nanny as the season picks up.

Experience the diversity of over **24 local farms and producers** with the convenience of year 'round deliveries!

WHOLE DIET SHARES
BAYFIELD FRUIT SHARES
VEGETABLE SHARES
SOUTH SHORE MEAT SHARES
BREAD AND COFFEE SHARES

Weekly deliveries to Duluth, Superior and Chequamegon Bay Areas!

Choose Local. Choose FRESH.
Delivered Right to You With MANY Options to Choose From!

Become a Member. Join Today!

LakeSuperiorCSA.com
csamanager@bayfieldfoodproducers.org • Monthly Payment plans available!





Meadowlands Chocolate



by Allison Heitmiller, Brand Education & Outreach Coordinator & WFC Owner

MEADOWLANDS CHOCOLATE | Meadowlands, MN
PRODUCERS: Beryl Wells Hamilton and Clyo Howard

Would you have loved your grandmother's hotdish as much if it was made by someone else?

While most of us would answer, "yes!" wholeheartedly, there is something about knowing who made your food that makes it oh-so delectable.

It only gets more delectable when that food is chocolate.

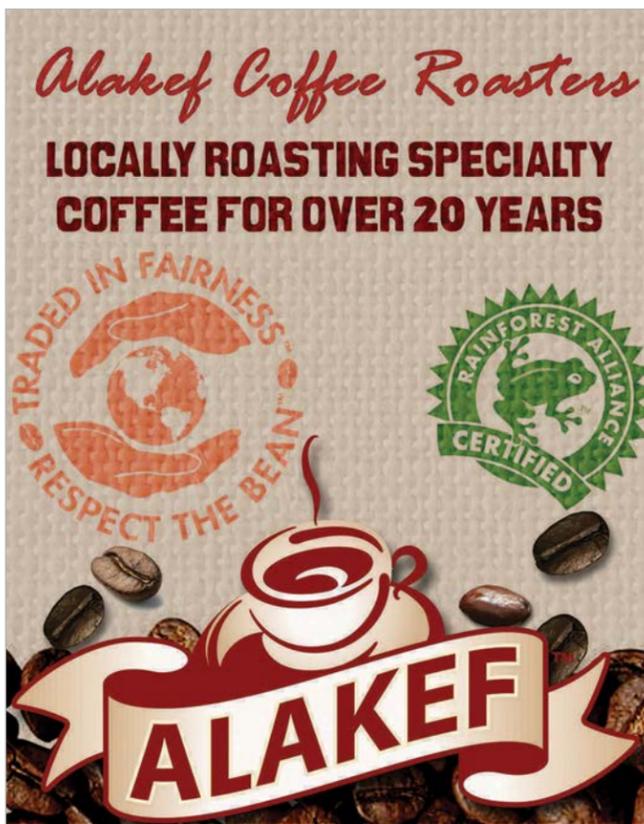
You may recognize Beryl Wells Hamilton and Clyo Howard, owners and founders of Meadowlands Chocolate, as they are Owners and regular shoppers at WFC. Beryl is a Minnesota native with roots on the Mississippi River, and Clyo moved to Saint Paul when he was fourteen. Both Beryl and Clyo are artists, a sculptor and a potter, who made themselves at home in Meadowlands, Minnesota back in 2010.

Their story began in 2013 while watching a cooking show featuring organic chocolate. A brilliant idea came through their minds as they watched the chocolate making process happen on the screen; "We can do that!" They immediately drove to WFC and bought an assortment of organic chocolate bars to sample. After their tasting, they thought, "this is good chocolate—let's try it!"

The next step was learning about the intricacies of the process of making bean-to-bar chocolate. This process allows the chocolatier to preserve the bean's natural flavors by individualizing their method for each bean. Bean-to-bar chocolate making gives the chocolatier the ability to buy their beans from ethical farms, foster a relationship with the growers, and be aware of the holistic process that turns cocoa beans from the farm into the chocolate on the shelf. Thus, bean-to-bar chocolate is not only wonderful for preserving the taste, but is also a sustainable way of chocolate making that is good for the rain forest, for the people who grow and harvest the beans, and for those who eat the finished product.



From top left: The newest addition to the Meadowlands Chocolate bar family with undertones of banana and coconut; Clyo and Beryl sampling out chocolate at the Co-op's recent State Fare event; Postcard photo by the chocolatiers' good friend, Travis Melin.




Metetek
SUPPLY

ULTRA-PERFORMANCE
EFFICIENT UNIQUE

**Building materials and technology
for the best that can happen**

**Boilers • Doors • Windows • Lighting
Beams + Trusses • Hardwood • Finishes
SS Hardware • SS Cabling • Fasteners**

4218 Enterprise Circle Duluth, MN 55811
218.481.7440 • www.meteteksupply.com

It was love at first bite.

The Meadowlands Chocolate operation began in Beryl and Cloy's very own kitchen. They bought a pound of beans, a stone grinder, a small tempering machine, and some leaf molds, and then tried their hand at their first batch of chocolate.

"After tasting our first batch, we knew we had found something unique and intensely delicious." It didn't take long for others to realize this as well, and for their bars to gain popularity. As Beryl and Cloy practiced they learned the intricacies of each bean, and how to make the very best bar possible.

Of course, there is always sampling along the way.

Reading the ingredient list on these chocolates often amazes tasters, because it's as simple as two ingredients: organic cocoa beans and organic cane sugar. The lack of additives or flavorings go to show how incredible chocolate can be when we bring it back to the basics. Each bar has a fascinatingly unique flavor that makes you realize how distinctive each bean truly is, as well as how skilled the chocolatiers are. "As we like to say, the secret is in the terroir. In other words, the flavor profile of each variety is determined by the land where the beans are grown." They love the freedom they have in choosing which origins to try next. "All of them are unique and delicious in their own ways."

"As artists, we are fascinated by the intensity and depth of flavors that emerge as we process each of our origins, and the challenge of bringing out the best the beans have to offer."

It is immediately apparent that they are inspired by each particular terroir, as their artistic touch can be enjoyed in every bite. "As artists, we are fascinated by the intensity and depth of flavors that emerge as we process each of our origins, and the challenge of bringing out the best the beans have to offer."

These chocolates truly have something to offer to everyone. My current favorite is the Venezuela, a variety that is deep and rich, with notes of raspberry and plum. Other varieties are more mellow and creamy, with unsuspecting tastes such as caramel, black pepper, or dates. The Dominican with Nibs is dark with a hint of rum, and the nibs add a perfect crunch! Recently Beryl and Cloy introduced a new bar, crafted with beans from Peru that has undertones of banana and coconut, and is swaddled in a beautiful, bright yellow wrapper.

When asked which chocolate type is their favorite, they seem to have quite a difficult time deciding! "Beryl's favorite of the day is probably Bolivia, though tomorrow it might be Dominican Republic with Nibs, or Peru. Cloy's is Venezuela. Or Peru. Or Bolivia. Or Dominican Republic without Nibs." We joke, although how could you choose a favorite when each variety is so different?

Although a bar of chocolate may not be able to compare to your grandmother's hotdish, what you choose to eat can reflect those same values. Good food, made with love, which always leaves you hungry or more. [WFC](#)

Their bean-to-bar chocolate making process is particular, and has been perfected at the hands of these two artists with a passion for delicious, guilt-free chocolate.

AN INSIDE LOOK AT THEIR PROCESS:

- 1 Crack the beans, separating the nibs from the shells.
- 2 Winnow off the bitter shells and sift the nibs.
- 3 Push the nibs through a Champion juicer, which grinds and heats them, turning the nibs into a thick slurry, or "liquor."
- 4 Add that mass of gooey chocolate to the grinders, and then add 30% cane sugar to make an 8 lb. batch.
- 5 Let the stones grind the chocolate down to about 18 microns, so it's melt-in-your-mouth smooth and creamy in texture, and continue conching it for a total of 50 to 67 hours. Conching time depends on the origin of the beans.
- 6 Temper the finished chocolate, pour it into molds, let it harden and wrap it.
- 7 Enjoy, because "now it's ready for the shelves, and for eating!"



▲ Nibs after cracking and winnowing beans.



▲ Grinding cocoa nibs into cocoa mass.

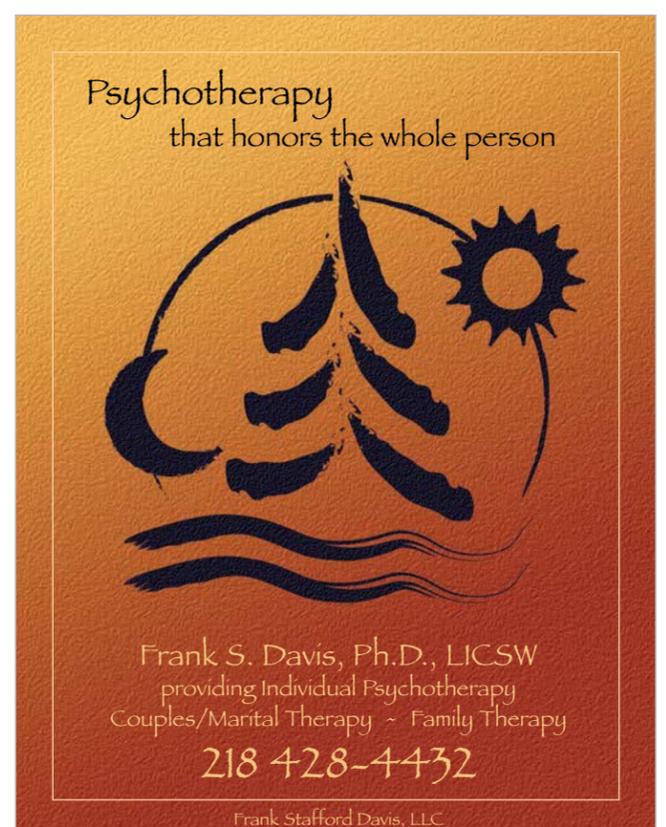
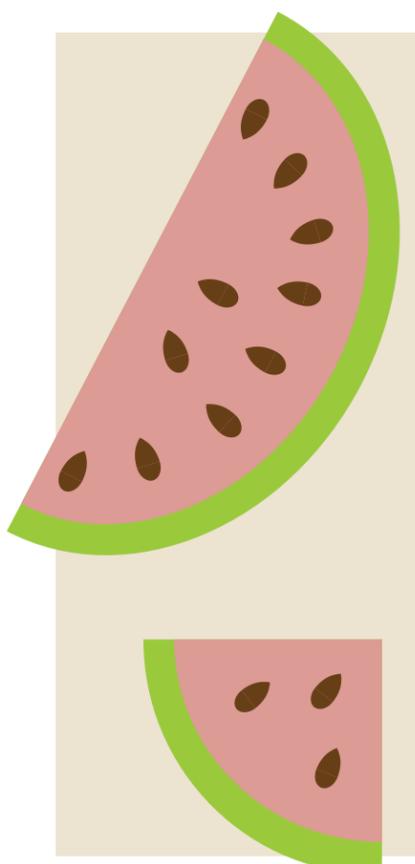
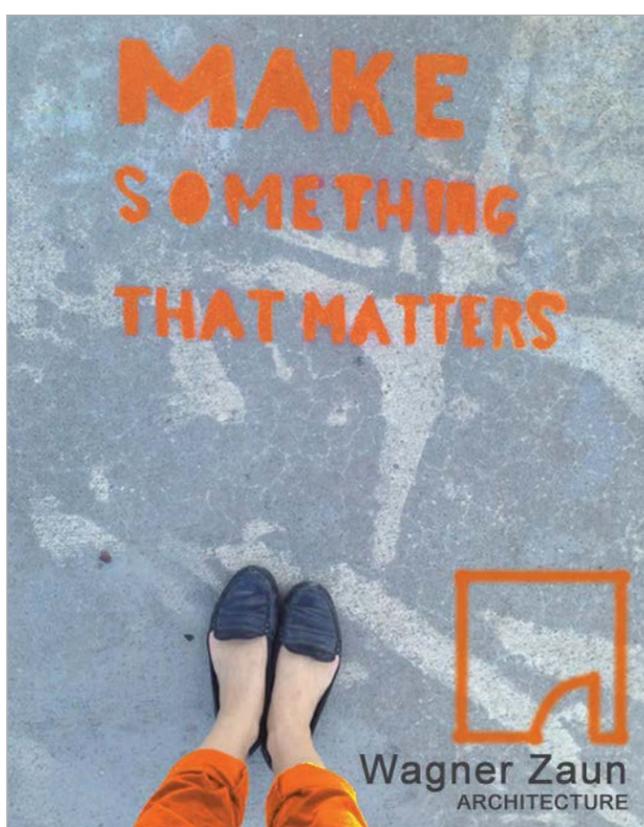


▲ Adding sugar to the stone grinder.



▲ Chocolate conching into creamy goodness.

OF COURSE, THERE IS ALWAYS SAMPLING ALONG THE WAY!





pokingthehive

by Shannon Szymkowiak, WFC Owner



(Former) EDITOR'S NOTE:

For twelve years, I have worked for Whole Foods Co-op. First as the Assistant Produce Manager, then for the last 11 years as your Brand Manager. Over the years, I have worked closely with many people in my position at the co-op. The Gazette in particular holds a dear place in my heart. It was the first thing I wanted to take on and it seems as though it's the swan song on my way out the door.

Thank you to everyone who has contributed to the Gazette over the years. Sharon Murphy, who trusted my vision for the Gazette right out of the gate and Rick Kollath, who helped bring the vision to reality, to Emily Darnell, who brought the Gazette forward with our new brand and logo as well as Cassandra Houston, who will be taking the helm moving forward, and to the dozens of employees who have written articles over the years; Sharon Murphy, Jim Richardson, Lisa Anderson, Michael Karsh, Michael Olker, Brianna Brewington, Debbie Manhart, Faith Koenig, Alyssa Elliot, Jill Hall, Jill Holmen, Sarah Sather, Sarah Hannigan, Jesse Hoheisel, Matt Litwin, Joe Ulvi, Nick Sarris, and more—any omissions are absolutely due to my faulty memory and do not diminish my appreciation. Thank you to the many Board members over the years who contributed articles in addition to their other Board duties, and thank you to Bonnie Ambrosi, who has been a frequent contributor over the years. To the many, many, many Owners, Farmers, WFC staff members and community partners, thank you for your contributions, recipes, pictures and stories. The old GG is what it is because of you.

I love food, I love to cook and I love sharing my passion with others. Thank you all for that opportunity to share this part of who I am with you. I look forward to running into you in the aisles.

— Shannon Szymkowiak

It's been a year full of surprises here at your Co-op.

An announcement that we would be adding a second location, a new look and logo for the Hillside store, new Owner benefits, and more. Sometimes, it's easy to look past the new and different simply because you don't expect there to be anything new or different. Other times, the change is so bright, you couldn't miss it if you tried (how about that green floor?)

People are creatures of habit. When I do my weekly shopping, even I tend to follow my same path through the store, grabbing the usual items without so much as a glance at my list. But what a disservice do I do to myself and my pocketbook when I don't look beyond the usual?

When I take the time to check my coupons while making my grocery list, I find savings. When I take an extra minute to look past my usual produce selections to what might be on sale or in season or on deep discount, I save money and vary my dinner menu a little. I find it's worth the extra five minutes to look around instead of breezing through as quickly as possible.

Although it's true that I love being in the grocery business and it's true that I can spend hours in any given grocery store looking at how they merchandise their pear display, I do recognize that most of our shoppers are not quite as obsessive as I am. Some of you may even (gasp!) think of grocery shopping as a chore! Can that be true?

True, it is. Shopping isn't entertainment for everyone. I understand. Outside of a grocery store, I find it hard to stay interested in window shopping myself. I'm usually a "make a list and go get it" kind of shopper. If this sounds like you, may I suggest a great gift shopping time saver? Purchase your hostess, birthday, "thank you, teacher", shower, graduation and other gift shopping at your Co-op. While you are already here getting your groceries.

Of course your Brand Manager* is going to encourage you to spend your dollars at the Co-op, but I wouldn't suggest it if we didn't have some terrific, always appreciated tasty food and kitchen related gifts. Over the years, I have found myself tossing more and more items for presents into my grocery cart—with rave reviews from the recipients. I would love to share some of my favorites with you and maybe you can save some time and become someone's favorite gift-giver.

Homestead Mills Pancake Mix

At our house, pancakes are a once-in-a-while treat. The Homestead Mills Pancake Mix made right here in Minnesota makes that treat extra special for anyone. With flavors like Cinnamon Roll, Gingerbread, and good old Buttermilk, pancakes can be plain to fancy and everything in between. Not a pancake fan? This mix can also be used to make waffles and muffins, too. It's a little something for everyone in a quaint cloth bag. Pair it with some Simple Gifts Maple Syrup and you have a winner of a present for nearly anyone.

Aura Cacia Bubble Bath and Bath Soak

This is a lovely gift for your favorite baby sitter, graduate or bride-to-be. Bubble bath for the kids and Bath Soak for the adults packaged in individual envelopes. These are also great to have around for yourself after a challenging day.

Maruso Soy Sauce

This isn't just any old soy sauce. This sauce is made from fermented black soybeans and takes soy sauce to a whole new level. Unless you've tried it, it's hard to justify the price. But for anyone who has had just a taste of this unbelievable condiment, price becomes a non-issue. This sauce is thick and flavorful, not just salty. Try it on some vanilla ice cream. Really, you won't believe it. And neither will your best foodie friend when they get a bottle for their birthday.

Epicurean Cutting Boards

A perennial favorite. With sizes from "just gotta slice up this lime for a gin & tonic" to "let's get this fish filleted already!", there is something for anyone. A person can never have too many cutting boards. And if you think you do, these locally-made boards will wait patiently in a drawer or closet until another gift giving event without having to worry about an expiration date.

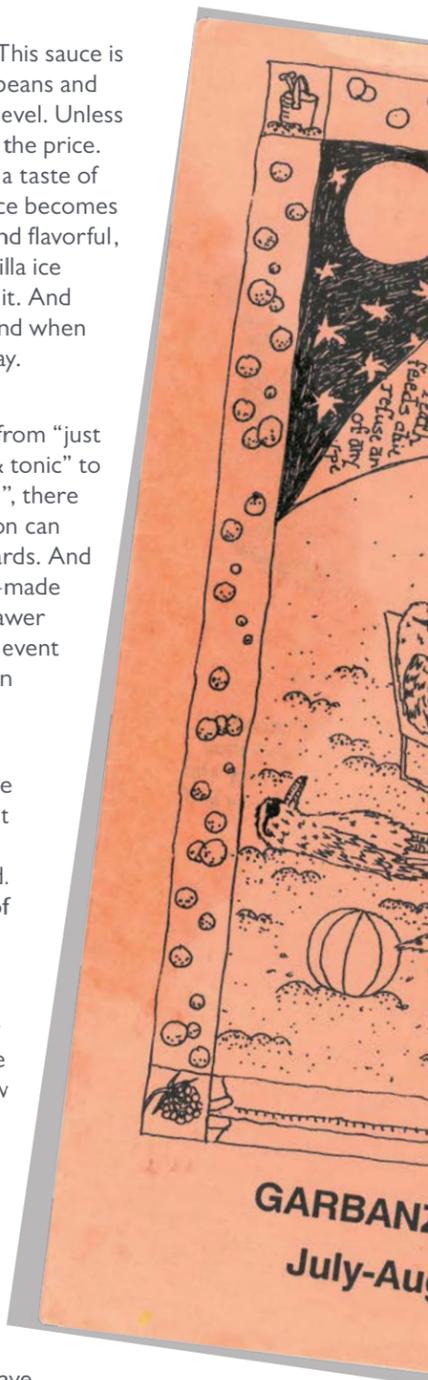
Candy Bars

Who doesn't love candy? I'm sure you're out there somewhere, but chocolate is a pretty good bet when presents are being opened. Your Co-op has so many kinds of chocolate, you can find a sweet treat for everyone on your list—even those who have food allergies. Just ask a staff member and we can help you navigate the candy area. Believe me, we know what's good.

Co-op Gift Cards

Personally, I like to give actual gifts. Things I have to wrap and choose with care. But let's face it—sometimes, you just get stumped when your gift-getter is just too difficult to shop for. And grandma and grandpa have everything they need. So why not treat them to a little grocery shopping trip? Co-op gift cards can be purchased in any amount and can be used at our Co-op as well as at most National Co-op Grocers co-ops in the nation. A list of these stores is available at strongertogether.coop, so you can check before you buy. Helpful hint: WFC Ownership is currently a \$100 equity investment. Perhaps your college student would like to have their own piece of the Co-op pie for graduation?

Look at your Co-op through new eyes and you will be amazed at the things you find. Not only special goodies for gifts, but perhaps an item or two you just didn't realize we carried at a price better than the guys down the street. Notice something new in something old. And know that this is your Co-op, so make us your grocery store! **WFC**



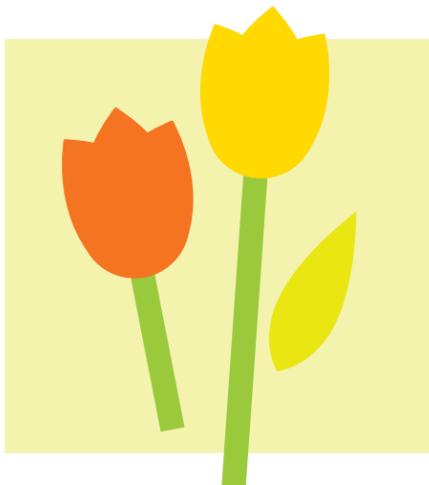
Muggymoose Massage
Specializing in Thai Yoga Bodywork

- 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





Area's Largest Selection
of Organic Wines

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

Fitzger's Wine Cellars
Fine wines, spirits & beers

Fitzger's Brewery Complex • 600 E. Superior St. • Duluth
218.733.0792 • www.fitzgerswinecellars.com





Happy Birthday, WFC!

by Shannon Szymkowiak, WFC Owner

Happy 45th, Whole Foods Co-op!

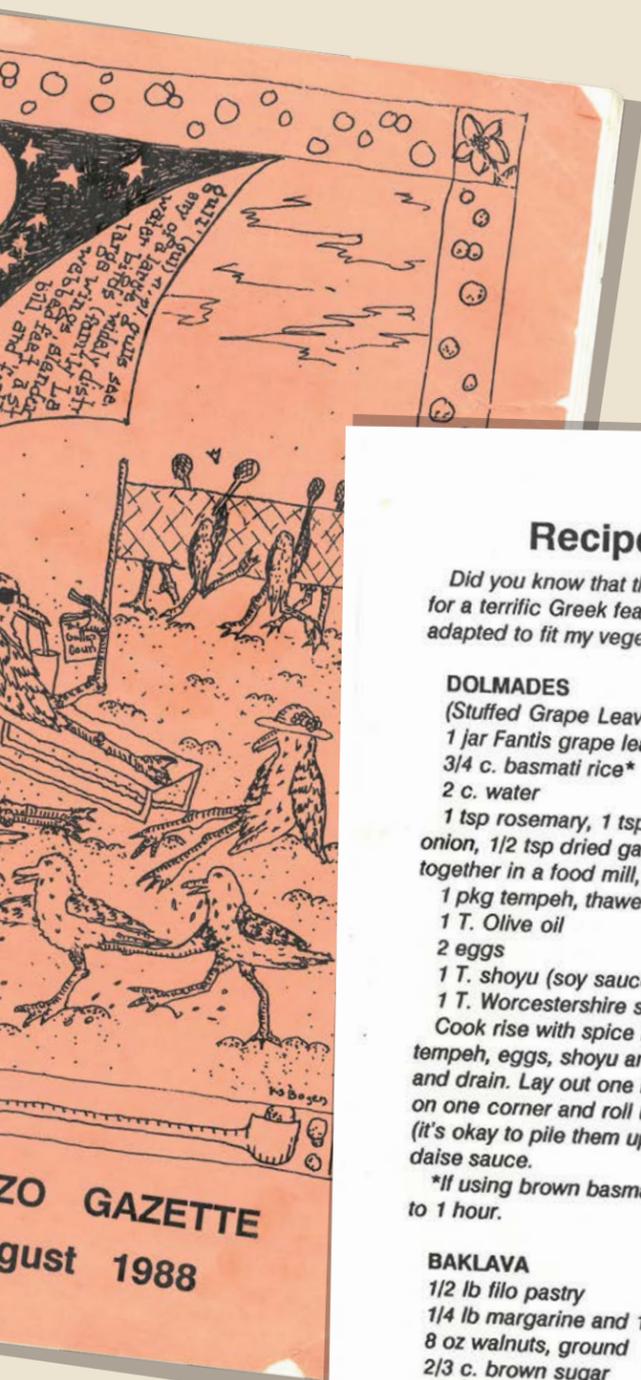
After publishing a bit from the 15th Anniversary issue of the Garbanzo Gazette, I received a wonderful note from Owner Linda Stafford:

"As I was sorting through 'old' things in my home I came across this 1988 Garbanzo Gazette...you can see how it has changed over the years.

Keep up the great work!! I usually read the Gazette cover to cover."

With many thanks to Linda for sharing this Gazette, we'd like to share the recipe feature as well as one of the many, many wonderful covers Owner Kathy Bogen has drawn for the Gazette over the years.

Enjoy this issue's blast from the past! **WFC**



Recipes for a Greek Feast

Did you know that the Whole Foods Coop has everything you need for a terrific Greek feast? Here are a few of my favorite Greek dishes, adapted to fit my vegetarian whole-foods cooking style.

DOLMADES

(Stuffed Grape Leaves)

- 1 jar Fantis grape leaves
- 3/4 c. basmati rice*
- 2 c. water
- 1 tsp rosemary, 1 tsp. sage, 1/2 tsp. lemon pepper, 1 tsp dried onion, 1/2 tsp dried garlic, 1/2 tsp whole cumin, 1/2 tsp salt, all ground together in a food mill, blender, or mortar and pestle
- 1 pkg tempeh, thawed and grated
- 1 T. Olive oil
- 2 eggs
- 1 T. shoyu (soy sauce)
- 1 T. Worcestershire sauce (optional)

Cook rice with spice blend and olive oil 20 minutes. When cool, add tempeh, eggs, shoyu and Worcestershire sauce. Rinse grape leaves and drain. Lay out one leaf (if small or broken, use two), put 1 T. filling on one corner and roll up burrito-style. Steam dolmades in a steamer (it's okay to pile them up) 15 minutes. Serve hot or cold with hollandaise sauce.

*If using brown basmati, increase water to 2 1/2 c. and cooking time to 1 hour.

BAKLAVA

- 1/2 lb filo pastry
 - 1/4 lb margarine and 1/4 lb unsalted butter
 - 8 oz walnuts, ground
 - 2/3 c. brown sugar
 - cinnamon, nutmeg, cloves to taste and 16 whole cloves
- Melt butter and margarine together. Mix together walnuts, spices (except whole cloves), and sugar. Lay two sheets of filo in a 8" square pan, folding to fit, and brush with butter mixture. Sprinkle on 2 T. of the nut mixture. Repeat this process until all nut mixture is used, then cover with two more sheets of filo and butter. With a sharp knife, cut diagonal slits through top pastry; stick one whole clove into each diamond shape. Bake at 375 for about 20 min., until top is browned. When cool, but pastry all the way through diagonal lines.

4

HOLLANDAISE SAUCE

- 1 T. lemon juice
- 2 egg yolks
- 1/2 tsp salt
- 1/4 lb butter

Put lemon juice, salt, egg yolks, and 1 T. butter in double boiler over simmering water. Whisk until butter is melted; gradually add rest of butter, whisking constantly. Remove from heat as soon as all butter is melted and sauce is creamy.

TIROPITAS

- 1/2 lb filo pastry
- 8 oz. feta cheese
- 2 eggs
- 2 T. dried parsley or dried spinach
- lemon pepper
- 1/4 lb margarine
- 1/4 lb unsalted butter

Drain feta if necessary and crumble into bowl. Beat eggs; add to feta along with parsley and lemon pepper. Melt butter and margarine together.

Having all ingredients ready to work quickly, roll out filo leaves. Place two sheets together on work surface and brush with butter with pastry brush. With a sharp knife cut sheets into 5 strips; place 1 T. filling on each strip and fold up flag-style. Lay tiropitas on ungreased baking sheets and brush with butter mixture. Keep unused filo sheets covered with a pastry cloth to prevent drying out.

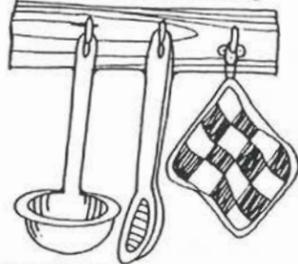
Baking about 15 min. at 375, until edges are slightly browned.

HONEY SYRUP

- 2/3 c. water
- 1 c. loosely-packed brown sugar
- 3/4 c. honey
- Two 3" cinnamon sticks
- 1 tsp whole cloves
- 1 tsp lemon juice

Bring all ingredients to a boil; simmer over low heat, uncovered, for 15 minutes. Strain and pour hot syrup over cool baklava. Cool before serving.

By Bobbye Larson



5



**Northwood
Naturals
Clean Sweep**

Eco-friendly cleaning
& organizing

Heather Thompson
218-491-3952
heatherlt88@gmail.com

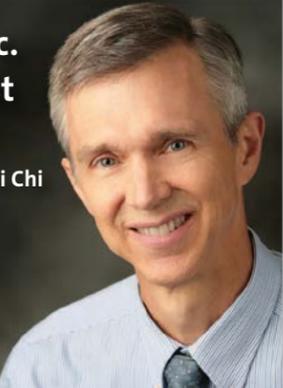


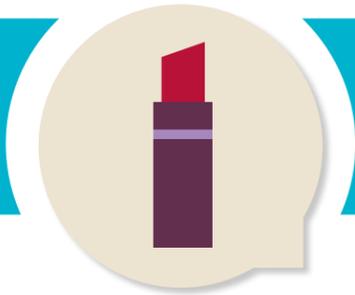
Richard Tosseland, L.Ac.
Licensed Acupuncturist

Acupuncture | Chinese Herbs | Tai Chi

218.722.2411
www.richardtosseland.com

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





Mindful Make-up

by Bonnie Ambrosi, WFC Owner

Co-op shoppers are all about making the world a better place!

You're certainly all hip to the importance of local and organic. But perhaps there are some of you who don't know about the Co-op's policy regarding cosmetics and animal testing. Let me tell you:

First of all, the term "cosmetics" refers to basically any product you put on your body: shampoo, conditioner and all hair care products; lotions and skin creams; sunscreens; soaps; lip balms; deodorants; toothpastes; and also makeup, which is what you probably think of first.

Second, most US companies use animal testing to guarantee their products' safety. For example, observing how long it takes a specific ingredient to burn away the cornea of a rabbit's eye. Ghastly? Yes. Also outmoded and old-fashioned. Many preferable methods of testing are already in use, using things like cultured human skin cells and 3-D tissue models. These tests are not only more compassionate but more efficient and more accurate than smearing products on live animals.

Testing cosmetics on animals has already been banned in India, Israel, Norway, and the entire European Union—(don't you think they know a thing or two about cosmetics in France?!)—but industrial inertia keeps animal testing in place here in America. A Humane Cosmetics Act was actually introduced in the US Congress in 2014 but was not enacted, and has not been reintroduced this year. As is so often the case, we can't wait for legislators to fix this problem for us—we must "be the change." Legislation will eventually follow a cultural shift, and we have to make that happen right here in the grass roots of our daily lives.

Okay, important third point: the Co-op makes this easy by carrying only cruelty-free cosmetics, and in a range of prices so there's something for everyone.

Mother Teresa said, "Do small things with great love." Choosing what shampoo or lotion to use becomes a simple yet transformative act of mercy that we engage in every day. It's these little daily, devoted actions that really change our culture and the world.

How do you know whether a product has been tested on animals? There's no single labelling standard. The surest sign is the Leaping Bunny logo: a rabbit in a circle with stars. The Leaping Bunny program certifies that no new animal testing was used in the development of the product and also that the ingredients are not animal-tested – an important point. Or look for the words "NOT TESTED ON ANIMALS" or "CRUELTY-FREE". The Leaping Bunny website (leapingbunny.org) is one of several online resources for finding humane cosmetics. There are also free apps that allow you to scan the UPC code and discover whether the item was tested on animals, but I don't have a smartphone. You can Google-search the item. Some products don't give any indication on the packaging, but are indeed cruelty-free. All this should make you way appreciative of the Co-op's policy of doing this work for you and putting no animal-tested cosmetics on their shelves.

If (Heaven forbid!) you find yourself shopping for cosmetic items somewhere other than the Co-op, you will find your cruelty-free choices greatly reduced, but if you're at a good-sized store there will probably be a few acceptable brands. Asking a clerk for help is a great way not only to get information, but to make your interest in cruelty-free products known.

Mother Teresa said, "Do small things with great love." Choosing what shampoo or lotion to use becomes a simple yet transformative act of mercy that we engage in every day. It's these little daily, devoted actions that really change our culture and the world.



Bonnie Ambrosi teaches yoga and works tirelessly for the welfare of farm and lab animals. Contact her at bonnieambrosi@gmail.com and ask her for a "Do small things with great love" button! WFC

Rhubarb Festival

Chum
Food • Shelter • Dignity • Hope

JUNE 27, 2015
9 am - 4 pm
11th Avenue East & London Road, Duluth

FREE Performances by:
Malamanya • Siana Matuzungidi
Rigadoo • Gabe Mayfield
Rhubarb Bake Sale & Coffee Shop
Contests & Games • Silent Auction
chumduluth.org/rhubarbfestival



Co-op Connections

by Karen Turner and Deborah Cooper

Each month, a local artist's work is featured in the Brewery Creek Overlook seating area at the Co-op. To date, the work of approximately 200 local artists have been displayed and admired by Co-op customers and staff.

Our March show inspired the following poetry dialogue between the artist, Karen Turner and local poet laureate, Deborah Cooper. We are honored to have played a small part in this collaborative, Co-op connection!

"THE ARTIST NO ONE KNOWS"

by Karen Turner

All day she kept scrutiny at bay.
Well under the surface to this waking dream.
The appointed day finally arrived.

The Co-op designer greeted the artist at dawn.
As each piece was unpacked
her journey was recognized.
Her whole countenance nodded.
That's all an artist needs, really.
So with plumb lines straight
Her work was arranged and hung
Each piece exactly where it needed to be.

The year long wait had given the artist
A quiet pondering of her goal:
To capture an unseen spring.
The volatile month of March being hers.
The artwork spooled out with a mind of its own.

And now, all her bulbs and roots and tiny green
shoots would be exposed on this wall.
Her own spring dreams peering down at some-
one stirring their coffee,
Or being fed.
She only hopes they like the little girl twirling
Adding with a grin, "That's me!"



▲ Twirling Girl by Karen Turner

TWIRLING GIRL

by Deborah Cooper

Written in response to Karen's "twirling girl" painting.

There's a star at the heart of this girl

a star, like a torch,
passed hand to hand

before she landed
in the world...

a star, tucked
like a secret
at her core

far away from
the daily admonitions

to sit still,
keep quiet, focus
and comply.

You can see
the incandescence
in her eyes

the way her body's made
entirely of light

when she is daydreaming
or drawing...

or dancing in the garden,
twirling in the yard

sparks whirling
as she spins.

There's a star at the heart
of this girl.

Call for Owner Art!

October, 2015 is our annual Owner Art Exhibit at the Co-op!

For more info, or to reserve a spot, contact:

ALLISON HEITMILLER
Brand Outreach & Education
Coordinator

P 218.728.0884 | ext. 158

aheitmiller@wholefoods.coop



WHOLE FOODS
CO-OP U

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

UPCOMING CLASSES

Watch for next semester's roster in the Fall Gazette and on our online events calendar!

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

Owners receive a discount on WFC-U classes! Additionally, all students who attend 8 classes get their 9th class free when they present a full (signed) Frequent Learner Card.

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 six 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?

If you have questions about WFC-U classes or are interested in teaching a class at the Co-op, contact:

EMILY DREVLLOW
Brand Education & Outreach Coordinator

P 218.728.0884 | ext. 202

edrevlow@wholefoods.coop

Experience
the comfort and peace that **Reiki** offers.

Reiki
(Japanese for "universal life force")

Please call for information or an appointment
Carol Gieseke (218) 728-3385

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

Linda Kinnunen CMT
Shiatsu Practitioner

218-848-2696

**Does Chiropractic Work?
YES!**

Great Results

with Sciatica, Carpal Tunnel Syndrome, WHIPLASH, Plantar Fasciitis, Headaches, and more!

Give Us A Call! We Can Help!

**DULUTH
NATURAL
MEDICINE &
CHIROPRACTIC**

Dr. Robb E Anderson
1731 London Road,
Duluth, MN
218-724-4525

ZERONA
Non-Invasive Body Contouring

Lose
up to 3 1/2 inches
in two weeks...
Guaranteed!

- ▶ ZERO Pain, ZERO Surgery, ZERO Downtime
- ▶ Reduce stubborn fat from your waist, hips, and thighs
- ▶ Drop 2 to 7 pant/dress sizes

Duluth Laser Clinic
www.duluthlaserclinic.com
1731 London Road, Duluth MN

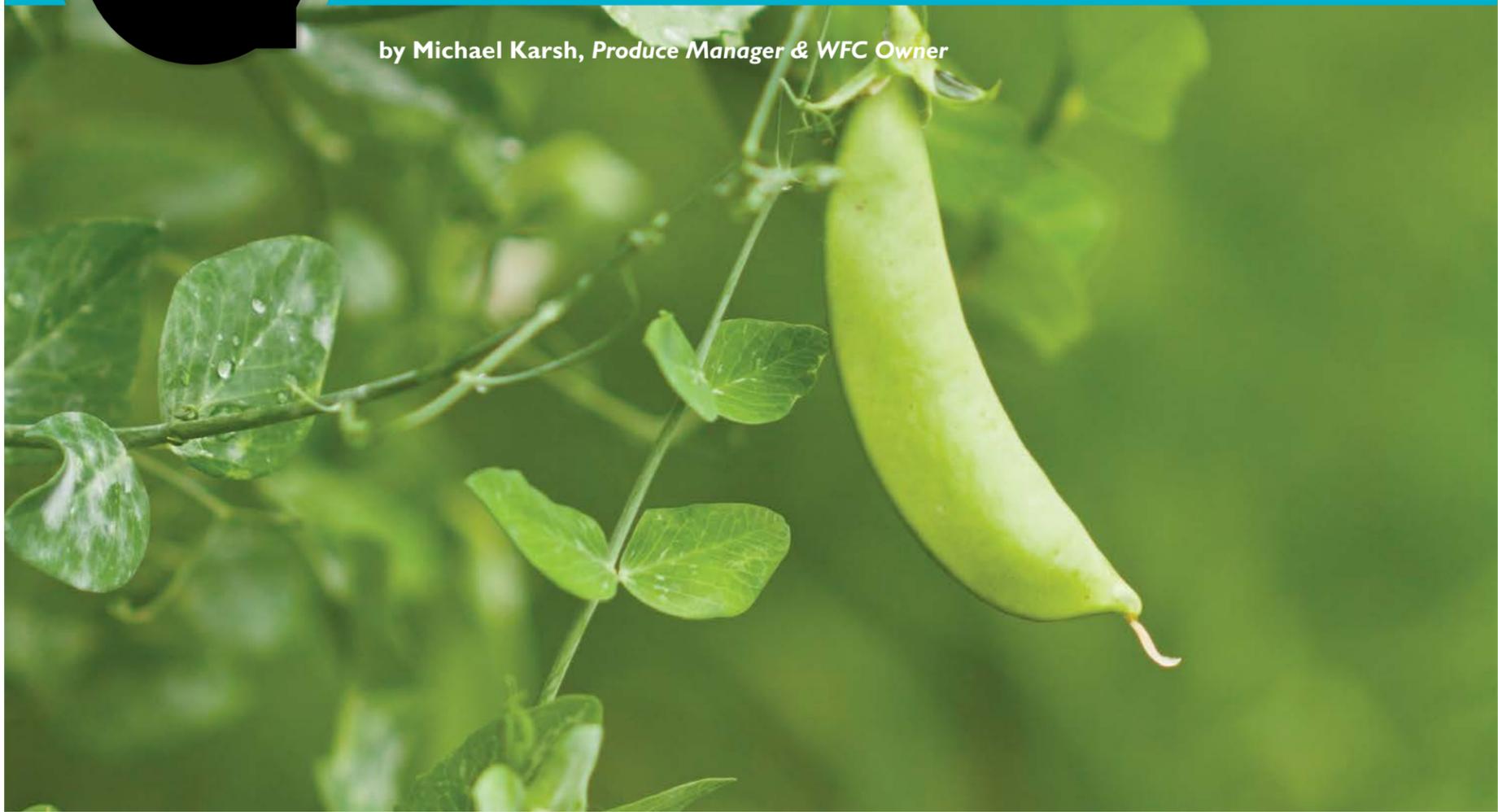
Call for your FREE consultation
218-728-2426

LOCALLY GROWN



Back 40

by Michael Karsh, Produce Manager & WFC Owner



INTERESTED IN REGIONAL FOOD ISSUES

Check out the information and opportunities at:

www.duluthcommunityfarm.org
(Growing Farms)

www.duluthcommunitygarden.org
(Duluth Community Garden Program)

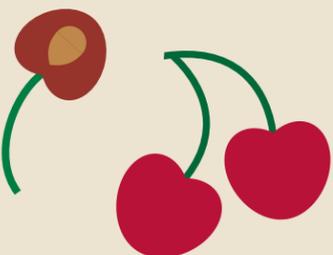
www.sfa-mn.org/lake-superior
(Lake Superior Sustainable Farming Association)

www.mnfoodcharter.com
(Minnesota Food Charter)

SAVE THE DATE!

2015 Annual Owners Meeting

The 2015 Annual Owners Meeting will be held on Friday, October 23, 2015, in the Harbor Side Room at the DECC. Watch for registration info in the next issue!



It is encouraging that the growing season has moved out from under the shadow of the late season snow, cold and water inundation we've seen in previous years. WFC is glad to have Barb's Gardens again offering bedding plants, alongside a solid selection of gardening materials including Amish-produced balanced potting soil, seeds from High Mowing and soil fertility support materials. This year we have yet again made improvements to our plant offerings, so look for the specially tagged racks and find our Plant Growing Guide available on the WFC website and a few printed copies available in-store. And, if you missed them, mark your calendars for next year to look for the hop rhizomes from Hillside Hopyard—beautiful and useable for the home brewer.

The cold weather months leading to this season are often an exciting time as far as growing our circle of producers for WFC and, specifically, for the Produce Department. A number of current growers chose to expand their overall offerings in variety and volume, and several new growers will have product on our shelves this season including folks from Frederick and Rice Lake, Wisconsin, as well as from right in Duluth itself. We have been excited about the plans from the very creative Max Organics / Ben's Blooms people who offer our stunning sunflowers, seed bombs, bouquets and a wide variety of fun floral novelties in addition to their highly anticipated seed garlic (you'll have to wait for that one). Assistant Manager Nick Sarris is also now certified by the state to inspect and purchase wild-crafted mushrooms; if you are a forager, give us a call and we'll talk. We will limit the varieties we will take in based on the expertise conveyed by the class, but do consider us as an option for your woodland bounty.

In our recent reworking of our wet case we have also created more opportunities for our growers and our shoppers to delve into Asian cooking ingredients. Early season pea pods to multiple types of bok choy, un-packaged bunched herbs and a wide assortment of specialty eggplant can be found down by our mushrooms and bulk salad greens. Watch for us to pull in a deeper variety of specialty greens as well as core items like galangal root and soon the mouth-scorching, extreme hot pepper packs from a grower in Esko.

“The cold weather months leading to this season are often an exciting time as far as growing our circle of producers for WFC and, specifically, for the Produce Department.”

Finally, though the season is underway already, we have been experimenting with math modeling for keeping a selection of ripe fruits for those who are looking to enjoy their produce that day, on the beach or at home. We began this process two years ago with avocados that are not available to WFC pre-ripened. With the pear and melon season this year we proved out the system and rolled it out for stone-fruit, especially peaches. The

idea is that shoppers will have the opportunity to purchase whatever ripeness they would like to have in house or a mix for coming days. As always, we manage our stone-fruit to ensure juiciness, flavor and availability so that the relatively short window of such summer joys is as cranked up as it can be before the leaves turn! **WFC**

