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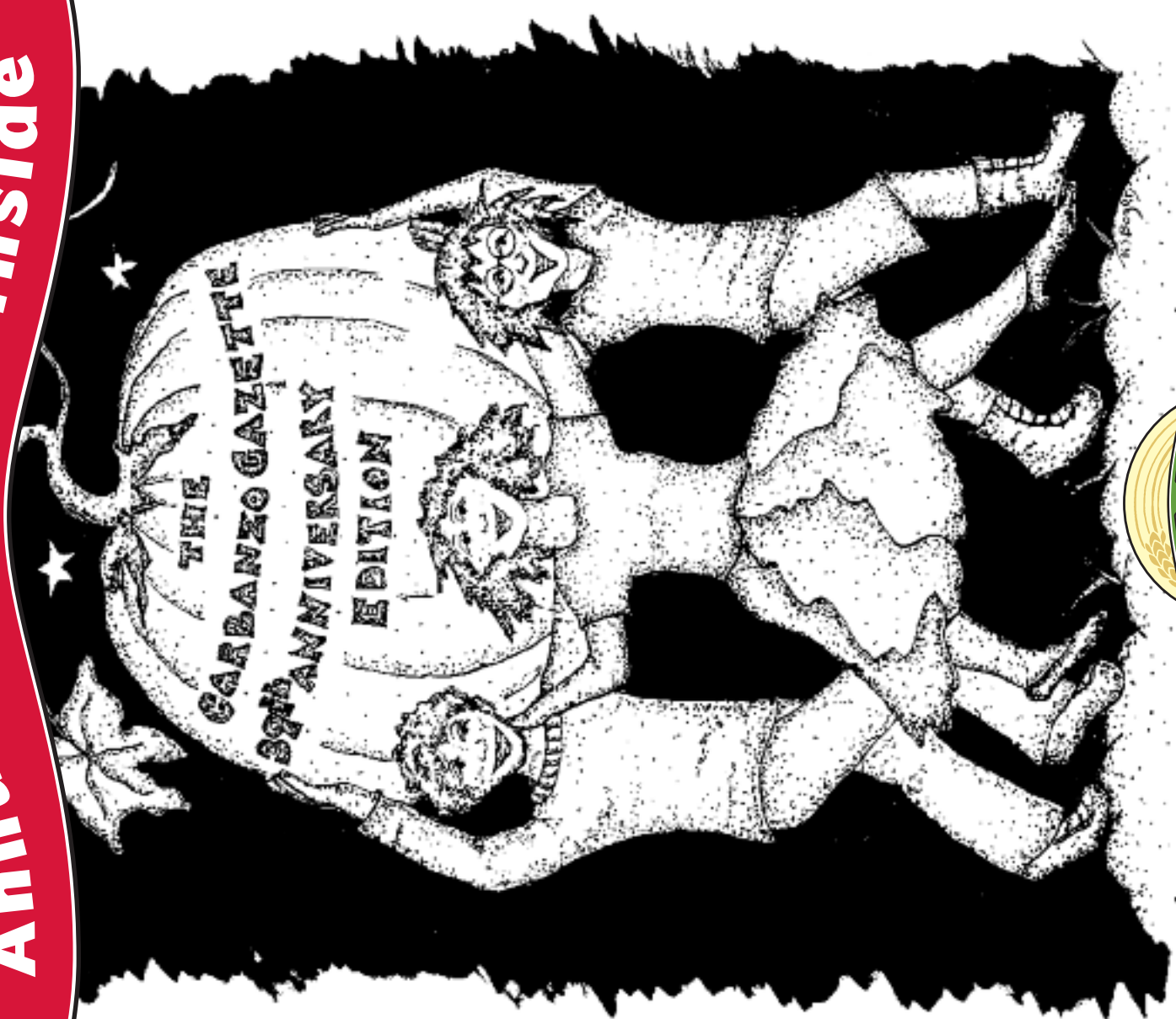
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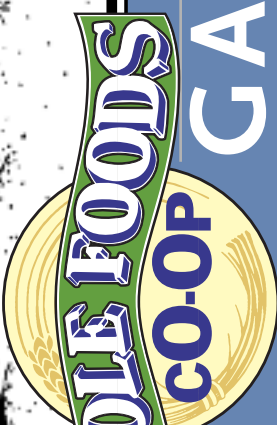
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Annual Report *Inside*

DULUTH, MINNESOTA

GARBANZO



FALL 2009

GAZETTE



GARBANZO GAZETTE

Published by Whole Foods Co-op
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(218) 728-0884 • fax (218) 728-0490
www.wholefoods.coop

STORE HOURS:
7 am – 9 pm Everyday

Membership Investment:
\$100 per voting membership

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

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

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



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

management report

by Sharon Murphy, General Manager

We are going all-out this year to celebrate October as National Co-op Month. Member Appreciation Month postcards will be mailed to our Owners. The Co-op Quilt is hanging in our vestibule. The Annual Owners Meeting is on October 10th at Marshall School and the agenda will include a fabulous dinner and a presentation by WFC Member and Director of the Institute for a Sustainable Future Jamie Harvie. AND our Annual (the first one was held in the basement of Chester Creek House way back in the early 70s)

Halloween Party will be held on Saturday, October 31, from 4 to 7 PM.

It is almost too much to hope that the 150th episode of ABC's Extreme Home Makeover show, scheduled for filming in the Duluth area the first week of August, might air during October/ National Co-op Month. WFC will participate with Builders Commonwealth (an employee cooperative),



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

Organic Valley (a producer cooperative), Members Cooperative Credit Union (a consumer cooperative), and many other businesses to create a new home for one deserving local family. This is an amazing opportunity to highlight our region's cooperative heritage as well as our community's ability to come together to make dreams come true. **CG**

membership matters

by Theresa Koenig, Board Member

CCMA 2009: By Art and Design: Thriving in Trying Times

The 2009 annual Consumer Cooperative Management Association meeting held in Pittsburgh, PA June 11–13 was a time for cooperatives nationwide to come together, regroup, and strategize for the future. This year Whole Foods Co-op had three representatives in attendance: Sharon Murphy, General Manager; Heather Murphy, Board Member; and Mark Friederichs, Board Member.

As the theme suggests, the nation has been facing trying times. Recent economic disruptions, resulting primarily from the financial sector, have sent shockwaves through society leaving everyone to feel the effects. Duluth certainly has felt its fair share of disruptions in the past 12–18 months. Layoffs, constrained

budgets, and a difficult labor market have presented consumers and businesses alike with difficult challenges. Cooperatives across the country have reacted with a similar strategy and outlook for the future: The time for cooperative change is now.

The current system 'shock' has given cooperatives a unique opportunity to promote our revolutionary business model to many members of society that have been unaware of what a cooperative business really is. During our four days in Pittsburgh we heard from multiple co-ops about the different initiatives they were taking to bring in new members and expand their influence within their communities. From supporting local gardens, centralized compost and recycle centers to creating the infrastructure for entire local food distribution networks, cooperatives have not remained idle in these trying times. We

the Consumer Cooperative movement in this country remains strong and is filled with intelligent, creative innovators who continue to expand our reach in this country.

were proud to represent Whole Foods Co-op and share with other Co-ops the methods we have employed for discovering our own path for the future. Having recently completed much of the research necessary to determine WFC's path forward, this year's CCMA gave us a chance to hear firsthand how other co-ops have implemented similar ideas and experienced both success and challenges.

Our over-all take-away from the conference was this: the Consumer Cooperative movement in this country remains strong and is filled with intelligent, creative innovators who continue to expand our reach in this country. It was exciting to be around so many positive, creative people who seem to be on the cutting edge of change and to hear that most co-ops are holding steady in this economy and many continue to grow, and yes, thrive! **CG**

Theresa is a Board member and member of DCC (Duluthcitychickens.org). DCC hopes to soon create a computer social network group to stay connected to other backyard chickeners, to plan city chicken coop tours and other cool chicken events!

BREATHE EASY

marmoleum

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INTERESTED IN HOW THE BOARD WORKS?

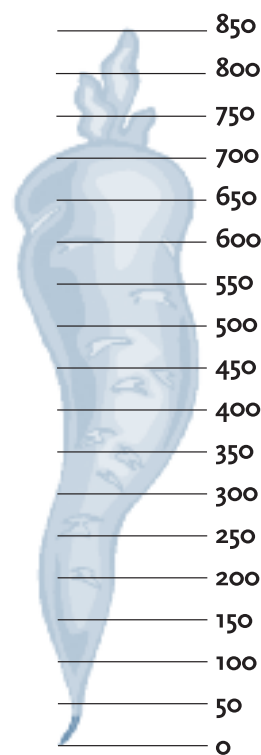
Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time 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.

welcome, new member-owners!

Amy Alves
Molly Backstrom
Jane Yvonne Barnes
Joseph Barnstorf
Jane Baxter
Jane Benesch
Linda Olson Bergum
Benjamin P. Bishop
Leann Bollin
David Bond
Betty Braunstein
James Braunwarth
Kristi K. Bruneau
Rene Carlson
Susan Carlson
Jane Carnes
Meg Carpenter
Craig P. Durand
Doreen Eagle
Benjamin Eckhoff
Harper Eichten
Sarah Erickson
David Evans
Sam Firoozi
Hannah Fisher
Trudy Fredericks
Jim Gleb
John Goldfine
Mary Katherine
Greenwalt
Rick Allan Greer
Amethyst Harle-Heim
Joan Hendershot
Robert Hoffman
Michelle Hoffmann
Jesse Hoheisel
Lucille M. Holzemer
Thomas Howes
John R. Jensen
Patti Johnson
Sar McKay Johnson
Amy Kaczmarowski
Daniel Kadlec
Kayla Keigley
Lora Kesselhorn

Betsy Knox
Joan Knuttila
Sara M. Kramer
Phoebe Miron Kroll
Janet Kuusisto
Mikal Kvistad
Rebecca Laurich
De Ann Letourneau
Gwendolyn K. Lindahl
Kevin Lindquist
Mary Mark
John David Martin
Erin Meehan
Eugene H. Messal
John Nordberg
Jacob Nustad
Seth S. Oliver
Gary Olson
Michael Olson
Lisa Oman
Heather Opsahl
Christine Ordemann
Jessica Palmi
Deborah Palmi
Grace L. Parikh
Aaron John Peterson
Lark Phillips
Nancy Piersel
Karen Pionk
Edie Plasch
Maureen Quinlan
Michelle Robertson
Donna L. Roseen
Jordan Saethre
Carolyn Sato
Lynne Marie Scalzo
Gary H. Schock
Joan Schorr
Cynthia Seguin
Kim Stebe
Alicia M. Stockard
Macarah Stull
Janet Louise Stumbo
Kristen Stycket
Elizabeth Taylor

Audrey R. Temple
Kay Turk
Mary Jo Tyler
Dawn Tyler
Kathleen Unger
Anthony Valentine
Candace Ann Wegerson
Sandra Weller
Myah Wiltermuth
Susan Zieke



For those of you who did not know, your co-op has passed the 5,000 Member mark – 5,106 Member-Owners at this writing. Sadly, we did not reach our goal of 800 new Members in the last fiscal year (636). However, we exceeded our equity goal and we'll shoot for 800 this year. So without further ado, let's welcome all of the new Member Owners from June 1, 2009 – July 31, 2009:

Patronage rebates approved for fiscal year (fy) 2009

On July 27, 2009, our Board of Directors, taking into account the state of our finances and anticipated cash flow needs, approved a motion declaring a patronage rebate for FY 2009 (July 1, 2008 thru June 30, 2009). This rebate will be allocated to eligible Owners in good standing. The rebate will be allocated as a minimum of 20% cash and a maximum of 80% as retained equity. As our last patronage rebate distribution was for FY 2003, many of our Owners will be wondering who, what, why and when! Here's the deal...

Cooperative Principle No. 3: Member economic participation = Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

A patronage rebate is the cooperative method to return a portion of the "economic benefits of a cooperative operation" (profit) to our Owners. Annually, the Board of Directors determines what portion of profit can be rebated to Owners and what portion is needed for operations and growth. Purchases are tracked on each Owner's number so the co-op can calculate the percentage of each Owner's rebate in direct proportion to his/her purchases (patronage) during the rebate period.

In a consumer-owned cooperative business model, benefits of ownership are tied to use = the more goods you purchase, the more you benefit.

- Patronage rebates are **not taxable income for WFC Owners** as rebates are derived from the purchase of goods that are generally for personal use.

Conversely, in a privately-owned business, benefits are tied to the amount invested = the more shares you own, the more profit you earn. Corporate dividends are taxable income for investors.

Owner purchases accounted for approximately 66% of total sales during this rebate period. Net profit for the period is multiplied by the percentage of Owner purchases to determine the amount of the total rebate. The dollar total of the patronage rebate for

FY 2009 is not available as of my deadline to submit this article, but it will be announced at the Annual Owners Meeting on October 10th. As noted above, this rebate will be allocated to eligible Owners and will be allocated as 20% cash and 80% retained equity.

Checks for the cash portion of the rebate will be issued prior to December 31, 2009, and must be cashed within 90 days or else that amount will be considered taxable income for WFC in FY 2010. **Please cash your check promptly.** Spend it, save it, donate it to the non-profit of your choice, or use it to pay for purchases at WFC.

The retained equity portion of the rebate will be allocated to each Owner as non-voting shares of Class B stock. Retained patronage rebates cannot be allocated to reduce an Owner's required equity investment or to reduce the amount of an Owner's IOU.

Under our cooperative structure, the Board decides, on behalf of current and future Owners, how much profit needs to stay in the business. Retained patronage is not paid to Owners on demand but is invested in our business as **equity** that:

- Represents ownership as opposed to debt
- Increases operational flexibility and ensures adequate cash flow
- Secures our access to products, services, and information we trust and
- Represents our shared commitment to our cooperative as a community resource and as our legacy to the next generation.

While earning a profit in the midst of an economic recession may come as a surprise, this profit comes after several years of expected losses following the expansion to our current site. To be in a position, without increasing mark-ups, to timely and fairly pay our vendors, our lenders and our staff while also allocating a patronage rebate is both a relief and an affirmation for the hard work being done by our staff and Board of Directors and the continuing support of our Owners and community. **Thank you!**

Sharon Murphy, General Manager

Member Comments Requested

Following a recommendation from the Member-Owner Committee, on May 25th the Board of Directors approved an amendment to the Member IOU Policy as follows:

"... WFC members with fully paid-in equity may charge purchases to a maximum of \$20.00 payable within two (2) weeks from the date incurred..."

This amendment will be effective January 1, 2010, subject to related comments received by Member-Owners. Please direct your comments and questions by email to the Board at wfcbod@wholefoods.coop or in writing to the Board of Directors, Whole Foods Co-op, 610 East 4th Street, Duluth, MN 55805.

Malcolm B. Davy Attorney at Law

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fall classes

September

Duluth Goes Raw: Un-cooking with Local Ingredients

Thursday, September 3,
6:00 – 8:00 pm

Instructor: Emily White

If you're joining us for our Locavore Challenge (and even if you're not), this class will give you some exciting local recipes to try... and they're all raw! In this class we will make Living Chili, Crispy Salad with Raw Corn Chips, Basic Greens Juice, and Crepes with Maple Apple Filling. Vegan and Gluten-Free.

Balancing Your Pantry

Thursday, September 10,
6:00 – 8:00 pm

Instructor: Emily Erickson

Certified Nutritional Consultant Emily Erickson will give your kitchen and your pantry a makeover for healthy living. In this class you will learn tips for kitchen organization, storage ideas, and how common nutrition labels affect you. Class will end with a demonstration of how to remake a dinnertime favorite! Gluten-Free.

Kitchen Apothecary Part 1: Making Medicine from the Pantry

Tuesday, September 15,
6:00 – 8:00 pm

Instructor: Celia Linnemann

Learn how to ease some common ills using ingredients you already have in you kitchen. This class will include a discussion on what you need for a well-stocked kitchen apothecary, common ingredients and their properties, and a demonstration and discussion of the following and their medicinal activity: fire cider vinegar, elderberry syrup, onion thyme oxymel, milk thistle condiment, nettle gomasio, powder paste, immune broth, and medicinal bon-bons.

Here a Chick, There a Chick: Chicken Farming in the City

Saturday, September 19,
10:30 am – 2:30 pm

Instructor: Theresa Koenig

In August of 2008, a city law passed that allows chickens to be raised in the city limits of Duluth. In this class, we will begin (at WFC) with a discussion about how to get your coop set up. After a short break for lunch, we will go on a "city chicken tour" and visit some Duluthians who are raising chicks in their own backyards. Class will meet at the Co-op and carpool on the tour.

Kitchen Fundamentals: Knife Skills and Cooking Equipment

Tuesday, September 29,
6:00 – 8:00 pm

Instructors: Shannon Szymkowiak & Anni Friesen

We created this class after talking to many people who didn't know the first thing about cooking, but wanted to learn. It is focused on teaching the basics to those who want to increase their knowledge of techniques and know-how in the kitchen. In this first class, we will teach how to cut safely and efficiently, how to select and care for your knives, different types of kitchen pots and pans and what to use for different recipes, and more. You will also help prepare several dishes while working on your knife skills with the help of your instructors. Please bring your favorite kitchen knife and an attitude of fun!

October

Kitchen Apothecary Part 2: Making Medicine from the Spice Rack

Thursday, October 1,
6:00 – 8:00 pm

Instructor: Celia Linnemann

Spices liven up your food, but did you know that they could also help your digestive system? In this class, we will discuss the general digestive properties of culinary spices, common spices and their properties, and a demonstration

of preparing the following spices for medicine: ayurvedic pepper paste, mustard plaster, thyme steam, sage gargle, warming tea, ginger elixir and more.

Juicing for Life

Saturday, October 3,
10:30 – 1:00 pm

Instructor: Emily Montgomery

This workshop will cover the health benefits of juicing organic fruits and veggies, the restorative aspects of a juice fast, and some great recipes for you to taste here and then try at home. Emily will also share her story of how juicing helped to save her life.

Healing with Yoga

Tuesday, October 6,
6:00 – 8:00 pm

Instructor: Jodi Christensen

Yoga offers relaxation in place of stress, insight in place of negativity, and courage in the face of conflict and infinite capacity to calm and center. It is a graceful, time-honored system for integrating a sense of vitality, well-being, and peace. Whatever your age, state of health, sate of mind, or lifestyle, you will find that yoga will help you lead a healthier and more fulfilling life. Join us to learn, experience, and ask questions about yoga and its healing benefits.

Exploring Reconnective Healing w/ Erin DeWitt

Tuesday, October 20,
6:00 – 8:00 pm

Instructor: Erin DeWitt

Join Erin as she shares how this profound modality has changed the scope of her practice. Learn about the history of Reconnective Healing, how it works and why it is so important.

Kitchen Fundamentals: Picking Your Produce

Tuesday, October 27,
6:00 – 8:00 pm

Instructors: Shannon Szymkowiak & Anni Friesen

In this class, you will learn some of the basics of picking out produce. We will teach you about selection, preparation techniques, and how to make the most of the produce that you buy. We often get asked about how to make produce stretch and how to ensure that you don't let your vegetables go to rot in the fridge; this class will give you some tips and some great recipes that you will help prepare. Please bring your favorite kitchen knife.

November

Gluten Free Cooking: Snack Time

Tuesday, November 3,
6:00 – 8:00 pm

Instructors: Judy Kreag

We know that it can be hard to pack snacks for school lunches or satisfy that mid-day craving on a gluten-free diet. We also know that sometimes you just want to feel like a "normal" person. In this class, we will make a variety of tasty gluten free snacks that will be sure to satisfy even an avid wheat eater. Included are: trail mix, cookies and other delicious and healthy snacks.

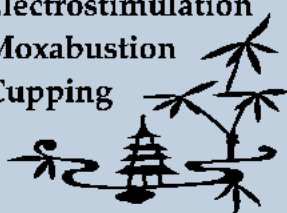
Kids in the Kitchen: Celebrating the Harvest of Plenty

Friday, November 6,
6:00 – 8:00 pm

Instructors: Theresa Koenig & Katie Lisi

Join us once again for our popular Kids in the Kitchen class. This time, we will help your kids make squash soup in a pumpkin, bread sticks, wild rice turkey casserole, and a gift food to give as a present to someone special. This class is for kids 8 – 12.

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From Stock to Stew: Learning Soup Basics

**Monday, November 9,
6:00 – 8:00 pm**

Instructor: Anni Friesen

With winter comes the bone chilling cold and sometimes the only thing that can take away the cold is good old-fashioned comfort food. In this class you will learn how to make a vegetable stock, and various soups with different bases. We will make Classic Chicken Noodle, Creamy Mushroom and Thyme, Hearty Bison Stew, and White Bean, Tomato, and Kale Soup. Come hungry!

Easy As Pie

**Wednesday, November 11,
6:00 – 8:00 pm**

**Instructors: Kristen Augustyn &
Kala Edwards**

Do you remember watching your grandmother take a steaming pie out of the oven and placing it gently on the cooling rack? Does the word “pie” conjure scents of sweet cherries and apples wafting through the air? In this class, our talented bakers will teach you the basics of baking a pie. From making the perfect crust to getting your filling just right, our bakers will help you learn how to master the art of pie baking.

Kitchen Fundamentals: Herbs & Spices

**Tuesday, November 17,
6:00 – 8:00 pm**

**Instructors: Shannon Szymkowiak &
Anni Friesen**

If you’ve just started to cook (or even if you’ve been cooking for awhile) you may have questions about which herbs and spices to pair with each other. In this class we will discuss some of the most common herbs and spices used in cooking, talk about the difference between fresh and dried, and show you which spice and herb combinations work best in different dishes and in different ethnic cuisines.

Instructor Bios:

Kristen Augustyn

Working as a baker in WFC’s Fog City Deli, Kristen has been turning out

wonderful desserts for the past few years. Aside from being a creative and innovative baker, Kristen is also the mother of three beautiful children.

Jodi Christensen

Jodi’s education in the healing arts began in 1998 at the Utah College of Massage Therapy, where she earned certification as a Massage Therapist. She continues her education in Quantum-Touch, Reiki, and Yoga as the Assistant Director of the Spiritual Deli. She enjoys assisting others in creating better health, harmony, and balance in their lives.

Erin DeWitt

When she clicked on the link to The Reconnection® website, she had no idea she was about to embark on a journey that would change her life. While practicing Reconnective Healing, she feels that this work is so liberating and enjoys her role of being present, playful and observant while marveling at the healing that unfolds for her clients.

Kala Edwards

Kala is currently employed as a baker in the Whole Foods Co-op deli, where she has been coming up with delicious creations for the last three years. She has been at her craft for the last six years, and she enjoys creating delicious healthy and not-so-healthy desserts.

Emily Erickson

After working as a Certified Chef in the research kitchens of Archer Daniel’s Midland, Emily found her niche in Nutrition rather than the Culinary Arts. After obtaining her Bachelors Degree in Nutrition she worked in the weight loss industry for several years. Currently becoming a Certified Nutritional Consultant, Emily is pleased to announce the opening of her own business, Nutritional Balance LLC. Emily’s mission is to help others create a way of living that supports optimal health and well-being. Through her work Emily believes that anyone can live a healthier, more balanced life.

Anni Friesen

After working as a cook in the Whole Foods Co-op deli for nearly a year, Anni found her niche in the Promotions & Education Department, where she has been employed for the past three years. A lover of all organic and locally produced foods, she began cooking

soups as a poor college student who hated cafeteria food. She has no doubt that anyone can cook if they just learn the basics.

Theresa Koenig

One of your Whole Foods Co-op Board members, Theresa loves working with children of all ages, and she strives to serve healthy food to her own three children. Theresa has also played an active role in the Duluth City Chickens group, and has a chicken coop in her backyard!

Judy Kream

Judy has written two cookbook/guidebooks and also worked for a local nutritionist. She has practiced a gluten free diet for years, and has taught several classes on the subject at WFC.

Celia Linnemann

Celia has been studying plant medicine for 7 years. She worked with an acupuncturist and herbalist at an herbal practice in her hometown of Taylors Falls, MN for 4 years, and completed an internship at Sage Mountain in Vermont with herbalist and author Rosemary Gladstar. Over a year ago, she started Duluth Botanicals, an organization that offers an herbal product line, two monthly study groups, herb walks and health consultations.

Katie Lisi

Katie blends her degree in nutritional sciences with a passion for fun, healthy eating. She spent several years exposing grade school students to cooking and forming healthy eating habits, and wishes everyone could enjoy a “party-in-their-mouth” from the food they prepare and eat!

Emily Montgomery

Emily was diagnosed with Stage 3 colon cancer at the age of 39. Instead of “conventional” therapies, she pursued a more holistic path of healing, juicing and macrobiotics. Emily has been cancer free for 7 years.

Shannon Szymkowiak

As the editor of our lovely Garbanzo Gazette, Promotions & Education Manager Shannon is no stranger to our many members. Working in the natural foods industry for over 17 years, he has dedicated her life to teaching people about food and the many ways it affects us. She believes that you can save money and time by knowing how to cook.

Emily White

Emily White is a raw food enthusiast and hopes to get her business, Emily’s Raw Foods, off the ground shortly. She has taught various community ed. classes, and enjoys educating the Northland about raw food.

THE FINE PRINT...READ ME PLEASE!

Classes are \$25.00 each for non-Members and \$20.00 each for Members unless otherwise noted. You must pre-register, as space is limited. Prepayment of your class is required to reserve your spot. Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called by WFC and informed of the cancellation. They may then either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows. Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, not be allowed into the class and will be counted as a no-show. If you have any questions, please contact Anni Friesen at 218-728-0884 ext. 182 or anni@wholefoods.coop



board of directors

Alison Champeaux

Term expires 2011
alison@wholefoods.coop

Lynn Fena

President
Chair of General Manager Evaluation Committee
Term expires 2009
lynn@wholefoods.coop

Mark Friederichs

Treasurer
Chair of Finance Committee
Term expires 2009
mark@wholefoods.coop

David Helf

Vice President
Chair of Member-Owner Committee
Term expires 2011
davidh@wholefoods.coop

Theresa Koenig

Secretary
Chair of Board Recruitment & Orientation Committee
Term expires 2009
theresa@wholefoods.coop

Linda Magni

Term expires 2009
linda@wholefoods.coop

Heather Murphy

Chair of Food Policy Committee
Term expires 2011
heather@wholefoods.coop



Sharon Murphy, General Manager

Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
728-0884/w
728-0490/fax
smurphy@wholefoods.coop

WFC web site: www.wholefoods.coop

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

Call 218 728-0884 to leave a call-back request for a Board member.

Letters addressed to Board members c/o Whole Foods Co-op, 610 E. 4th St., Duluth, MN 55805 will be forwarded unopened to the Board/Board member.

ends statement

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

co-operative principles

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

board report the last six years

by Lynn Fena, Board President

Well, it looks like this is my last Board Report. I am coming to the close of my third 2-year term in office. I know, I know. We changed the by-laws and I am the first Board Member eligible to serve longer. WFC by-laws still limit Board service to three terms in office, but now we have 3-year terms instead of 2-year terms. If you do the math, a Board member could now serve nine years. But six years is a good stopping point for me. I see the big 6-0 looming out there this year, nudging me everyday — there are so many things to do! Letting go and moving on now gives me time to take care of other things festering to be done.

What is really amazing for me is to look back over six years and see what has happened at WFC. My first Board meeting was at 'The Annex.' That referred to the administrative space WFC rented because there wasn't enough room in the basement of our 1332 E. 4th Street store to hold a Board meeting — or to give management staff their own desk, or to pass other carts in grocery aisles for that matter! The Board held long, closed meetings when I started because we were continuously discussing real estate prospects coming together and coming undone. And all the Board's member linkage was about leads on where we

might find a building for sale.

Then we found it — an old smokey bar on a busy corner that was over-priced, *but it had parking!* We were able to raise \$884,000 in member loans and transform the old place to a premier, award winning green building. As a result, most of my tenure in office has covered the delightful years of re-rooting our cooperative in "The New Store."

Member-Owners have more than doubled; Our General Manager has successfully maneuvered through the pressures of a recession; we are disbursing the second-ever patronage rebate and have awarded a staff performance bonus 3 of the past 4 quarters. And, finally, my tenure included the expansion of our mission to

embrace strategies for supporting a regional food system — a psychological expansion of our organization, if you will! It all adds up to a very memorable experience and I am proud to have been a part of it.

WFC's Locavore Challenge is happening this month. I was thinking about it recently when I visited my son and daughter-in-law in Europe. While we were in Italy, it occurred to me that most of the food I was eating was locally produced, from cheese to wine to pasta, from figs and heirloom tomatoes to fried zucca blossoms and olive oil — local

food was everywhere, in lots of small corner shops, roadside markets and even the gas station! I decided Italians are Locavores by culture. They have the climate for it, so it is a natural outcome.

Less than two years ago, I was looking up the word Locavore in the dictionary, where it did not yet live! I found it was the '2007 Oxford Word of the Year' because it so aptly described a growing effort to draw together eating and ecology in our culture. It is an interesting phenomena when a new word quickly comes into use — like everyone wants that word and can use that word to describe something real. It says a lot about food in the U.S. that this word has popped up — psychological expansion maybe? In fact, last week, I downloaded a couple Applications from iTunes to my iPhone — *iLocavore* and *Locavore*. OK, they are not perfect and certainly don't convey nearly as much information as our staff at WFC. But it sure is a sign of revolution, don't you think?

But, that's where the consumer cooperatives always are — in a revolutionary mode, bringing forward alternatives that best the system. Creating a new word or a new world... I may be resigning from the Board of Directors, but I won't be resigning from the revolution. See you out there! **GG**



Lynn Fena,
Board President

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Pursuant to Minnesota law, the Board of Directors established a procedure to revolve out abandoned equity (non-interest bearing common stock) of inactive Owners (e.g., no current address, more than two years behind on equity payments, and/or failure to comply with credit policies.) Annually, subject to continuing to achieve membership and financial goals, the Board authorizes revolving out approximately \$3,000 of the oldest abandoned equity of inactive Owners:

- By mailing a check to inactive Owners who complete and deliver to WFC by November 9, 2009, a membership termination request (forms are available at the Customer Service Counter or by mail) including a current address,

OR

- By transferring abandoned equity to the Fran Skinner Matching Fund at the written request of an inactive Owner delivered to WFC by November 9, 2009 (forms are available at the Customer Service Counter or by mail). The Matching Fund was created in 1991 to assist WFC Members in purchasing the required amount of equity when this purchase would pose financial hardship,

OR

- If an authorized request for membership termination is not delivered to WFC by November 9, 2009, the amount of equity of an inactive Owner on the following list will be donated to a local, mission-related, non-profit agency as designated annually by active Owners.

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

- 1) Please review the following names. If you know how to reach someone on this list, please advise him or her to complete a membership termination form and deliver it to WFC by November 9, 2009, AND
- 2) Please participate in the decision on which local, mission-related, non-profit agency will receive a donation of abandoned equity after November 9, 2009. This decision is based on responses to the Owner Survey section of the 2009 Board Election Ballot (see www.wholefoods.coop for a link to on-line voting OR vote on the designated computer in the seating area at the co-op OR stop at the Customer Service Desk for a paper ballot). In 2008, WFC donated \$2,789.03 of abandoned equity to Second Harvest Northern Lakes Food Bank.

Number	Name	1046	Dagen, Kelly	1262	Seim, Kenneth	1689	Kelly, Rodger
526	Sarvela, David	1052	Hall, April	1264	Sutten, Dawn	1698	Hollingsworth, Sara Ann
527	Keene, Jeannie	1057	Cleary, Krista	1266	Montana, James		
537	Hagen, Laurie	1066	Laprairie, Elizabeth	1270	Nason, Marcia	1709	Crow,
544	Myles, Gail	1068	Livingston, Charles	1300	Steenbakker, Yvonne	1722	Macartney, Leanne
551	Cain, Shirley M.	1070	Jackman, Robert	1324	Carver, Carolyn	1736	Pollard, Christopher
559	Stockett, Sandra	1074	Mosher, Catherine	1326	Stoll, John C.	1753	Wahner, Joel
561	Polonia, Nancy	1082	Gunderson, Tom	1336	Cahill, Diana	1767	Edmunds, Matthew P
568	Dotson, Paul	1086	Tryggstad, Lynn	1348	Weller, Sandra	1801	Porett, Matthew
572	Pickett, Michael	1093	Murphy, Shelley	1374	Coynihan, Amy T.	1804	Cadotte, Beth
650	Penner, Reginald	1109	Anderson, Kurt	1404	Liberty, Betty Ann	1808	Gloege, Debra
668	Sramek, Jordan	1115	White, Cleora	1409	Griffith, Lynda	1811	Carlson, Jane
690	Borg, Charlotte	1117	Mcgregor, Stephen	1412	Frantz, Eric	1823	Groski, James
852	Gustafson, Karen	1123	Tessling, Jan	1417	Marnich, Tracy	1832	Tucker, Mary
864	Moog, Bernard	1129	Ewing, Michael	1427	Leppala, Carol	1836	Bloch, Randy
893	Boulger, Dee	1131	Hamilton, Debra	1458	Askelin, Jodi	1848	Hilty, Laurie
904	Kinney, Christine	1132	Cass, Nancy N.	1510	Tepoel, Cheryl	1850	Ward, Jeff
909	Talikka, Carol	1135	Larson, Michelle Renee	1527	Pokorney, Robert	1855	Severson, Heidi
915	Wrazidlo, Kim	1145	Ross, Kelly	1535	Hall, Susan	1859	Trauner, Mary C
929	Hosking, Jane	1168	Sweeties, Nicole Ristow	1537	Jasperson, Tami	1863	Young, Gina
936	Krubsack, Andy	1170	Vann, Theresa	1538	Enholm, Arlys	1870	Krueger, Donald
941	Dressel, Mary Ann	1182	Engelbrecht, Kenneth	1540	Turner, Kathleen	1891	Cuff-Smith, Susan
948	Christian, Sandra K.	1188	Wagner, Mari	1556	Cohen, Carianne	1903	Lemke, Linda
965	Stuebinger, Nicole	1206	Salo, Leslie	1589	Plys, Patrick	1918	Hannula, Kurt
990	Lord, Terence	1232	Whitely, Elizabeth	1598	Manske, Susan	1928	Wise-Papas, Kristine
992	Askelin, Lindy	1240	Hawrot, Rita	1621	Pazdzior, Sonja	1941	Qualey, Marsha
1027	Drouillard, Melissa	1244	Bowes, Marilyn	1663	Swedlund, Nancy	1993	Johnson, Mark Alan
1040	Overcash, Sarah	1249	Hilman, Ray	1679	Gillespie, Scott		

In Balance with Ayurveda

— Bonnie Ambrosi, Member

Through Ayurveda, we become aware of the ever-changing balance of Nature’s elements. As summer turns into fall, the elements of air and ether (space) pre-dominate. We observe their distinctive qualities: cold, light, dry, rough, sharp and mobile.

Whether we experience this elemental shift as pleasant, exhilarating, or agitating depends largely on our constitutions. Vata types already have lots of air and ether in their systems, so when those elements rise sharply, as they do in the fall, it can be a bit much. Symptoms of excess Vata include dry skin and eyes, nervous tics, anxiety, ringing ears, insomnia and “spaciness.”

The Ayurvedic response to too much air and space is to ground ourselves with moist, earthy foods, provided right on cue by Mother Nature. Now’s the time for **winter squash, sweet potatoes, pumpkins, carrots, onions, rutabagas, and dark leafy greens** sweetened by frost, cooked with plenty of moisture, as in stews. Whole grains, especially **wheat, oats and brown rice**, also help bring us down to earth. The heaviness of **tofu** is welcome at this time, as is the sweet, warm oiliness of **nuts**. In fact, **healthy oils** in general are helpful in the fall. **Cheesy casseroles** are great for lacto-lovers, and if you like fermented dairy products, such as **kefir, yogurt and buttermilk**, enjoy them now and feel their warming energy. **Eggs** also have a distinctly heating effect. Cooked fruits are nice: **stewed apples with cinnamon, baked pears, plump raisins cooked with oatmeal**. **Honey** is an excellent, warming sweetener for fall, especially good in a spicy tea. Molasses also has warm energy, and a tablespoon stirred into a mug of hot water or milk makes a yummy drink for this season.

Notice that all these foods are warm, heavy, moist, smooth and soft, providing the very qualities that air and ether lack. So if you find yourself particularly spaced out and dried out this fall, try emphasizing these diet choices, eat three or four small, warm meals per day, and avoid light, dry foods and refined sugar. If autumn does not unbalance you, it’s still a good practice to eat seasonally, but go a bit lighter on the fatty foods like nuts, cheese and eggs.

In addition to this grounding diet, moisturize your skin with quality **oils or lotions**. Wear and gaze at the colors of the season: **yellow** is considered warm and moist; **orange** is warm and dry, less inflammatory than red; **gold** harmonizes the mind and strengthens the heart; and **saffron** is the color of purity and renunciation; **white**, alone or in combination with other colors, adds moisture and calmness.

Finally, to create a balanced autumn in your lifestyle, take mindful steps to **reduce noise and frenetic activity** in your life and create some **calm routines**. Even a little of this can go a long way. Walk, breathe, smile. Affirm “I have time. I am present. I am grounded.” Blessings for a beautiful fall!

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

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the buzz

wfc staff news

by Jill Holmen, P & E Coordinator

Front End Manager Briana Lowrie and her long-time sweetie Don are finally tying the knot this month! We wish them all the happiness in the world and a lifetime of enjoying delicious beer together. Congratulations to the happy couple!

Sarah Lamb, Produce Clerk, has been working with an intern group at UMD to curate an exhibition about the history of the Tweed Museum of Art. It will include historical documents as well as archival photographs. Keep an eye out for more details. Also mark your calendars for October 27th. Sarah will be sharing her artistic talents with the community as part of the Senior Art Exhibition, in the Studio Gallery at the Tweed. Sarah's work will feature digital art and photography. The other artist involved is sculptor and student Suzanne Wyss. The exhibit runs through November 3rd, so don't miss it! Admission is free.

Deli Counter Clerk Angela Branson is excited to begin the Clinical Pastoral Education Program at St. Mary's in Duluth. We wish her all the best of luck and know that her kind smile and generous nature will be a great fit for this new adventure.

Huzzah to **Merchandising Clerk Sonya Welter** who has just purchased her first home! We are thrilled for you! Says the new home-owner, "I never thought I'd be this excited to go into long-term debt." Indeed. Enjoy it.



July Award Winners:

Gumby Award: Jennifer Graupmann, Front End Clerk
Customer Service Award: Brian Bluhm, Front End Clerk

August Award Winners:

Gumby Award: Darcy Sathers & job coach Carol Liupakka, Merchandising Clerks
Joe Ulvi, Grocery Buyer
Customer Service Award: John Freedline, Deli Cook

SEPTEMBER ANNIVERSARIES:

Vicky Carper, Deli	4 years
Colleen Kelly, HR	4 years
Adam Goodwin, Deli	1 year
Briana Lowrie, Front End	6 years
Jackie Bradley, Front End	4 years
Jahn Hibbs, Produce	4 years
Dolores Meidl, Deli	4 years
Rachel Corradi, Deli	1 year
Addie Nelson, Merchandising	1 year

OCTOBER ANNIVERSARIES:

Jill Hall, Merchandising	4 years
Rae Lynn Monahan, Merchandising	4 years
Jesse Hoheisel, Merchandising	4 years
Lisa Anderson, Merchandising	12 years
Barbara Akre, Deli	1 year
Jeff Greensmith, Produce	2 years
Janet Ramel, Front End	1 year

NOVEMBER ANNIVERSARIES:

Jordan Schreiber, Merchandising	2 years
Erik Pavelka, Deli	3 years
Jason Kokal, Front End	5 years
Eric Bong, Deli	4 years
Anni Friesen, P & E	4 years
Wendy Sjoblom, Deli	4 years
John Freedline, Deli	4 years
Tristan Hafner, Merchandising	1 year
Eric Nied, Front End	2 years



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609 N. 60th Ave W.—3 BR, 1 bath, \$89,000
4814 Oneida St.—3 BR, 1 bath, \$104,000



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 - **Conte**
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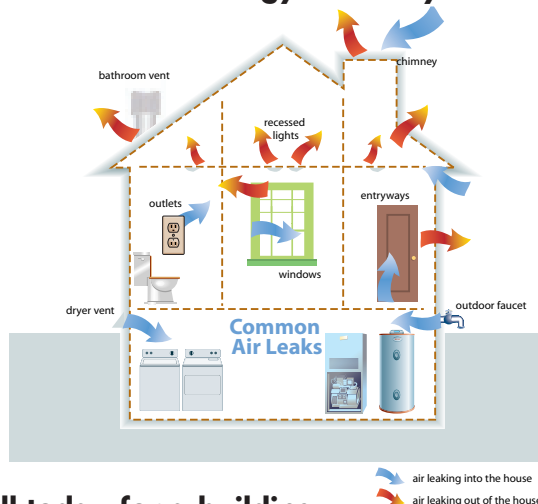
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extremely wonderful

Your Promotions & Education Team have been busy with several events this year. The most notable was the Extreme Makeover Home Edition where we provided food for the VIP tent each day, one meal for 300 volunteers, food for the family's kitchen as well as a bonus meal for

"Interview Day" (see Savor the Season). We are proud to be out and about in the community, educating people about the Co-op and getting our delicious food into as many mouths as possible. Thank you for being part of the WFC family!



Your Grill Wars Team:
Shannon Szymkowiak,
Kala Edwards, Debbie Manhart,
Jill Holmen & Anni Friesen.

Another wonderful thing is this month's Gazette cover. Many of you old timers will recognize the work of Kathy Bogen, who drew our Gazette covers for many years. Kathy graciously agreed to draw our Anniversary issue cover in honor of Co-op Month in October. Thank you, Kathy!



Anni Friesen gave a food adventure to the Little Treasures Day Care.



Rianna Reiter, Deli Assistant was one of many staff to help serve the volunteers at the Home Makeover site.



Vicky Carper and GM Sharon Murphy show off their knife skills with local melons.



Lisa Anderson & Debbie Manhart serve it up for the family on interview day.



Jenny Graupmann & Kala Edwards working the VIP tent with style.



What Shannon saw on Tuesday.



Wednesday evening.



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colonel of truth

by Kurt Michael Friese, *reprinted with permission by Grist Magazine*

Recently, the American public was issued a challenge by the folks at KFC (formerly “Kentucky Fried Chicken,” but “fried” doesn’t sound healthy to their focus groups). They argue in their most recent commercial that you cannot “create a family meal for less than \$10.” Their example is the so-called “7-piece meal deal” that includes 7 pieces of fried chicken, 4 biscuits and a side (the one they show in the commercial is massed potatoes with gravy).

I’m not really a competitive soul, but this was one challenge I could not resist. When it comes to food, America has been sold a bill of goods. We’ve been flimflammed, bamboozled, hood-winked. We’ve been tricked into thinking that cooking is a chore, like washing windows, to be avoided if at all possible, and then done only grudgingly and when absolutely necessary. On the contrary, cooking is a vital, spiritual act that should be performed with a certain reverence. After all, we are providing sustenance to the ones we love — can anything be more important?

And don’t get me started on advertising. It never ceases to amaze me that, with the exception of political ads, people don’t focus on the falsehoods. Commercial advertising washes over people without the slightest analysis; we truly need a FactCheck.org for business advertising.

In the KFC commercial, a mother and two kids hit a grocery store for the necessary ingredients. When they fail to get them for under \$10, Mom cheerfully announces, to the kids’ delight, that they are going to KFC. In these hard economic times, Colonel Sanders wants you to think that giving him your money is the cheaper way to go. I respectfully disagree.

Groceries, Point Blank

The ingredients shown or mentioned in the ad include seven pieces of chicken, a five-pound bag of flour, and — in an oh-so-adorable scene featuring the son and a clueless store clerk — “seven secret herbs and spices.” The rest of the ingredients are presumably edited out for time.

The grocery store itself has the look of a somewhat higher-end place (read: more like a Whole Foods than a Wal-Mart). Since we don’t have a Whole Foods in Iowa, and I can’t get myself to give Wal-Mart money, I compromised and shopped at a local independent grocery called the Bread Garden Market. They do a nice job of splitting the difference between organic and everyday; in other words, they carry both Kashi and corn flakes, tofu and ground beef.

The recipes I used are available to anyone with access to *The Joy of Cooking* (mine’s the May 1985 edition), but for

convenience they’re at the end of this article.

I compared commodity products and organic ones, and calculated for each. The market had only one kind of chicken. It was far from the free-range, organic, local chicken I would normally use, but it was hormone-free from a network of family farms and faced nowhere near the cruel conditions suffered by KFC’s chickens. One of the latter would have been even cheaper than the \$4.76 I paid for this one. In fairness I should note that the little girl in KFC’s ad asks the butcher for seven pieces, already cut up, but I have faith that a home cook can cut up a whole chicken. I should also note that KFC cuts chicken breasts in half, so there are 10 pieces in a whole bird (four breast halves, two legs, two thighs, two wings).

I rounded up everything I needed for chicken, biscuits, and mashed potatoes with gravy and totaled my costs, accounting for ingredients that were a fraction of a cent (small amounts of spices, for example) by rounding up to \$0.01. I must admit I don’t know the seven secret herbs and spices, but as a professional chef, I know you can do an awful lot with salt and pepper. The bottom line? The KFC meal, including Iowa state sales tax of 6 percent, is \$10.58. I made the same meal (chicken, four biscuits, mashed potatoes, and gravy) for \$7.94 — and I got three extra pieces of chicken and a carcass to use for soup.

Even allowing for the whole batch of 24 biscuits, the meal still comes in at \$8.45. In fact, using organic or other high-end items where the market carried them (flour, grapeseed oil, butter, milk), my total bill for the meal came to \$10.62.

I can already hear folks saying, “Sure, but how long did it take you?” Yes, it took a little longer than the drive-thru, but it is important to recognize the value of spending time preparing a good home-cooked meal. How is it, after all, that with all the modern conveniences afforded us in the 21st century, we still don’t think we have the time to do something everyone had time for until the middle of the 20th century?

In America, if we are what we eat, most of us are fast, cheap, and easy. We should aspire to be more, and gathering the family around the table is the best way I know how. Bring your family together around a home-cooked meal. Get them involved in the preparation. Do it so often that it’s no longer an unusual thing in your house. It’ll beat the drive-thru every time because it has the most important ingredient: love.

Kurt’s Seven-Piece Meal Deal

The following recipes were adapted from *The Joy of Cooking*, 1985 edition.

Pan-Fried Chicken

(pg. 424)

- 1 young Chicken, cut into 10 pieces (cut breasts in half)
- 8 ozs Flour (seasoned with salt and white pepper, or the seven secret spices if you know them)
- 8 ozs Lard, Butter, or Grapeseed Oil (or a mix)

Heat the fat in a large frying pan until fragrant. Meanwhile dredge the chicken pieces in flour, then place in pan. Brown lightly, then turn and brown other side. Turn down heat to medium-low and continue cooking, 35–40 minutes, turning frequently, until cooked through. Serve immediately.

Poultry Pan Gravy

(pg. 341)

- 1/4 C Fat from frying pan
- 1/4 C Flour left from dredging
- Chopped Giblets from the bird, if you like

Enough boiling water from the mashed potatoes to make 2 cups (or boiling stock, if you have it made already)

Salt and Black Pepper to taste

Heat the oil in a new pan over medium-high heat and add flour to make a roux (a thickener made of equal parts flour and fat). Cook, stirring constantly, for 3–5 minutes. Add giblets and boiling water or stock. Simmer 15 minutes. Season to taste and serve immediately.

Mashed Potatoes

(pg. 318)

This recipe says it serves 6, but I figured 4, since everybody wants more potatoes.

- 2 lbs Russet Potatoes (peeled or unpeeled and scrubbed, as you prefer), cut up
- 3 T Butter
- 1 t Salt
- 1/2 C hot Milk

Boil the potatoes in 4 cups of water until tender (about 20 minutes). Strain and reserve water for gravy if desired, and mash potatoes to desired texture with remaining ingredients. Adjust seasonings to taste and serve immediately.

Buttermilk Biscuits

(pg. 634)

Yield: 24 1.5-inch biscuits

- 1 3/4 C all-purpose Flour
- 1/2 t Salt
- 2 t double-acting Baking Powder
- 1 t Sugar
- 1/2 t Baking Soda
- 1/4 C Lard or 5 T Butter (cold, diced)
- 3/4 C Buttermilk

Preheat oven to 450 degrees F.

Sift together the dry ingredients, then cut in the butter or lard. Stir in the buttermilk until just incorporated, then turn out onto a floured surface and knead for 30 seconds. Pat down to 1/4 of an inch thick, then cut with biscuit cutter. Bake on sheet pan 10–12 minutes.

notes from the front

— **Briana Lowrie, Front End Manager**

In-Store Charge Balance Notification

Beginning sometime in September, Cashiers will notify any Member who has an overdue store charge balance. The reminder is meant to be a convenience so that the customer can just pay it off right there at the register rather than wait for a letter in the mail or try to remember to pay it off before the membership goes inactive.

Currently, all active Members have an Emergency IOU store charge benefit with a limit of \$20. It’s just enough to get a few items for the next day or two if you’ve forgotten your wallet.

Kid-Cart Safety Reminder

Every once in awhile I send out a reminder to parents in regards to cart safety. This year has not proven any kinder to the little ones who use the shopping carts differently than the directions on the seat instruct.

Hanging from outside the cart, standing in the big basket of the cart, and/or just not using the safety belt is enough to get a little one a big boobo. I can’t tell you how many times I’ve seen carts tip with a little one in it (never when it was used correctly, however). Every time I see a little one start to stand up in the seat because they weren’t wearing the safety belt, my heart beats so loudly I think everyone around me must be able to hear it. I race to the cart hoping to reach them before they fall out.

Don’t get me wrong. I know kids can always find a way to hurt themselves no matter how many precautions you try to take. I’m the oldest of five and I’ve seen it all — chipped teeth, broken bones, cuts needing stitches — the works! But that’s probably also what makes me so alert for potential accidents.

If you’re a parent, please, please, please, use the cart and the child safety seat as it was designed. Your kiddo will thank you for it later in life when they needed extensive dental repair work, had fewer trips to the doctor, and can remember their own name.

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news bites

OCTOBER IS NATIONAL CO-OP MONTH

For recent research and some awesome maps on the economic impact of cooperatives, visit: <http://reic.uwcc.wisc.edu/>



OCTOBER IS MEMBER APPRECIATION MONTH

Watch the mail for your Member Discount postcard valid on one purchase in the month of October.



WFC SUPPORTS COOPERATIVE EDUCATION through annual donations to the Bowers Fund, the only national funding source dedicated to the growth and development of consumer cooperatives and their employees. The Bowers Fund is managed by the Cooperative Development Foundation. WFC will donate 1% of total sales on Saturday, October 3, 2009, to the Bowers Fund.



CO-OP QUILT

The quilt hanging in our customer vestibule is ours to display only until October. It is composed of logos from food co-ops around the Midwest, was assembled by a quilting cooperative, and is one of several “traveling quilts” that link our ever-expanding community of food co-ops.



INTERESTED IN SUPPORTING THE DEVELOPMENT OF URBAN GARDENS?

Visit the web site of the Duluth Community Garden Program (www.duluthcommunitygarden.org) or email duluthcommgarden@yahoo.com. The Garden Program’s Growing Together Campaign needs sponsors to fund much-needed improvements to the garden sites including fencing, water and compost.



EVERYONE is welcome and there is no cost to attend WFC’S ANNUAL HALLOWEEN PARTY from 4 to 7 PM on Saturday, October 31, 2009. Just take the “fright” elevator to the lower level and enjoy live music, spooky decorations, games and healthy treats. Costumes optional but encouraged!

building a co-operative economy together

— by Scott Patterson, Equal Exchange

A co-owner of mine recently shared an interesting interaction. A woman came up to her at a co-op event that we were sponsoring and said that she had been a passionate Equal Exchange supporter in our early days, but assumed that after nearly 25 years we had sold out to grow or survive.

Given the current climate of corporate bailouts and the long list of disappointments from Green & Black’s, Tom’s, Burt’s, Kashi, Dagoba, Honest Tea and more, it’s easy to arrive at that conclusion. When we shared that Equal Exchange is a worker-owned cooperative and that, like at her food co-op, the values of transparency and democracy are the rules by which we govern — and, aren’t just pretty words — the landscape shifted.

There is some grey area here; it is, of course, possible for co-ops to be broken, sold or poorly managed. But when done well, the one member, one vote and profit sharing backbone of co-ops protects against greed and promotes ethical entrepreneurialism better than any business model I have seen to date. In the case of Equal Exchange, imagine 91 people who have a genuine financial stake in seeing their work succeed. Our recent jump into bananas exemplifies this spirit.

Last December, the worker-owners at Equal Exchange voted to take on a

daunting challenge. The banana industry is totally dominated by Dole, Chiquita and Del Monte. Who in their right mind would try this? But remember we aren’t just talking about one company. The origins and success of Fair Trade coffee can almost exclusively be traced to a powerful chain of cooperators. Picture it: small farmers — Equal Exchange — natural foods co-ops around the country — you.

Together, both with international and local farmers, our collective work is one of creating food chains that stand for our values. The beauty of co-ops and these supply chains is that they are transparent; you can get to know something real about the 80 farmers who are growing your bananas. And with shared ownership and decision making, when you as a shopper support cooperatively owned companies on the shelves of your store, you are sharing your power and creating authentic change.

Traditionally, October’s Co-op Month has been about celebration and we have many successes to enjoy. At the same time, we have a lot of work ahead. While we’ve seen copycats repackage our work and call it things like “direct trade,” we do need to reinvigorate and step up our game when Frito Lay and Wal-Mart tout their “relationships” with farmers. No wonder most shoppers are skeptical. And the



the gonzo gourmand

— Jim Richardson, Bulk Buyer

Homebrewers take note: I can order one-pound bags of organic hops from Frontier at great prices. My homebrew contact in the Produce Department says the hops are good and strong, and cheaper than the commercial hops he finds around town. So now you know. If you’d like to investigate a sample, we sell it in bulk in the herbs and spices section. In addition to brewing, hops may be made into a relaxing herbal tea by adding hot water and steeping for a few minutes. Few people know that hops is a distant botanical cousin of cannabis.

We now have organic raw cacao powder. It lives in the bulk herbs and spices section, along with its sibling, the organic fair trade Dutch process cocoa powder. Either may be used anywhere that cocoa powder or chocolate is called for, although if you are substituting either one for a sweetened chocolate you may wish to include a sweetener too (the raw cacao powder in particular is a little bitter). Be careful not to consume huge quantities of raw cacao powder as it does contain a caffeine-like stimulant — unless you like that sort of thing. An easy way to consume way too much raw cacao powder is to turn it into hot cocoa using a little water (or, say, hempmilk) and your favorite organic or fair trade sweetener. For added cultural authenticity,

hot chilies or chili powder may be added to taste. The internet is a great source for old-school hot cocoa recipes (in this case, really old school, as people have consumed cacao this way for thousands of years). Raw cacao powder is a good source of vitamin C which, sadly, cooking will destroy, but no one eats brownies for the vitamin C.

Turns out that Peter Piper from the nursery rhyme is based on a real person, a Frenchman named Pierre Poivre. Poivre, which means “pepper” (genus “piper”) did not pick a peck of pickled peppers. But, he did manage to smash the Dutch spice monopoly with a daring series of smuggling raids in the years 1769–1770. Specifically, Poivre stole spice plants and seeds (including 60 clove trees) out from under the noses of the Dutch fleet guarding the spice islands. For this he was immortalized in a nursery rhyme, that while wildly inaccurate, nonetheless captures the gist of things.

Sugar cane originated in New Guinea and spread westward to India. That’s where the Moors got it from, and when they conquered Spain in the 8th Century, they introduced the use of it there. Later, Christopher Columbus introduced it to the so-called New World. Before the invention of intensive sugar processing, people ate cane sugar in the unrefined form that we offer in bulk and the bak-

ing goods aisle — essentially crystallized sugar cane juice. Such unrefined cane sugar is a good source of Vitamin B2 (riboflavin), and it also contains several minerals such as calcium, copper, iron, manganese, and potassium. Refined white sugar has none of these.

The presence of black specks in white quinoa is not an indication of dirt or poor quality. The specks are identified as follows at www.innvista.com/health/foods/seeds/quinoa.htm: “...There may also be tiny black specks scattered throughout the bulk grain. These are the grains of the ‘wild quinoa’ and should not be removed but cooked along with the rest of the light coloured seeds.” The same phenomenon may be seen in amaranth, where closely-related wild varieties grow among the domesticated crop, contributing differently-colored seeds throughout the final product. Our quinoa is available through a couple of different suppliers, each of whom sources from a couple of different manufacturers, each of whom may represent hundreds of farmers. Some batches may contain more or fewer black seeds, and there is no way to control for the appearance of the quinoa, but the quality is considered high regardless. I have repeatedly tested this quinoa and I can recommend it to everyone. Quinoa is easy to cook (15 minutes) and very versatile. Do I have to mention it’s a great source of protein too? **GG**

So, how do we move forward together? Well, for Equal Exchange’s part, in addition to jumping into the banana industry, we are committing to doing a better job of sharing both why small-scale farmer organizations are valuable and to letting you all get to know us. I suggest that natural foods co-ops embrace the debate about who owns the companies behind the products on your shelves, share this with your member-owners and do even more to actively promote cooperatively owned companies. In addition to local, organic and Fair Trade labeling, let’s identify and be proud of our business models. On the part of shoppers, hang in there! I know you are stretched for time and money but if you’ve read this far you must see value in building these connections! I ask for your amazing, continued loyalty to your co-op and to Equal Exchange, and that you join us in holding our collective feet to the fire. Remember, your grocery store has been an innovator and is able to carry the products you want because it is a co-op! As you shop the aisles of your natural foods store and think about your routine purchases, why not keep asking for more companies that are cooperatively owned — and in this way remove the incentive for companies to sell out.

ing goods aisle — essentially crystallized sugar cane juice. Such unrefined cane sugar is a good source of Vitamin B2 (riboflavin), and it also contains several minerals such as calcium, copper, iron, manganese, and potassium. Refined white sugar has none of these.

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Jim is a 13-year veteran of the natural foods industry, 11 of those at Whole Foods Co-op.



savor the season

by Shanon Szymkowiak, Promotions & Education Manager

All right, I know what's in store for me now. "Don't mess with our beloved *Gazette*!" I can hear the shouts of the co-op villagers and see the glow of torches reflecting off the pitchforks some of you will be carrying. If you didn't notice the heading on your *Gazette*, you will see that the *Garbanzo Gazette* has gone seasonal. Yep. That's right. No longer will you rush to your mailbox every two months in rapt anticipation of the best reading in town, nay, you will need to wait for a third month to pass before getting your fix of the Back 40, Gonzo Gourmand and of course, Savor the Season.

But why? Why? Well, here it is; due to the increasing costs of postage, printing and numbers of *Gazettes* being printed for each issue, it has become apparent that our *Gazette* distribution methods are not sustainable in the current economic climate.

Although we do offer the *Gazette* in electronic format, our membership by and large has not been receptive to giving up their paper copies of the newsletter. A newsletter workshop at the NCGA Marketing meeting confirmed this to be consistent with co-ops nationwide. A few co-ops have forced the issue by eliminating their paper versions entirely, but this has not been well received. Overall, the consensus has been to continue to provide newsletters as a Member benefit. I agree with this consensus because I know our Member-Owners appreciate and value our *Gazette*. I also have suspicions that the paper version is desired because most of us don't take our laptops into the bathroom.

After reviewing what other co-ops are doing and factoring social media information outlets like our website, Facebook and Twitter (coming soon), I have decided to make two significant changes to the *Gazette*: 1) Change distribution from a bi-monthly to a quarterly (seasonal) publication with continuing updates between issues through electronic means and 2) Streamline advertising to reduce the number of

sizes of ads to reduce time in layout and increase the cost of ads to better reflect market prices. This will modestly increase revenue and significantly reduce the cost of producing a paper newsletter.



It is important to note that the quality of the *Gazette* will not be compromised, but will better reflect the seasonal focus we have adopted within the framework of the Eat Local ini-

tiatives. The 100% post-consumer paper and soy ink will continue to be used. Your favorite articles will remain. Recipes will continue to be an important component to the *Gazette* as well as selected articles from outside sources.

I hope you can appreciate this decision and continue to read and enjoy the *Gazette*. Here's to a fresh, new look on our old favorite!

On a completely separate train of thought... we have been busy at your Co-op. Our top-notch staff has been hustling and cooking and stocking the summer away to make sure that you have the very best natural and organic foods there are to offer. Your Promotions & Education Team (formerly Marketing and Member Services) has also been busy. We're just getting back into the saddle after the craziness that was called Extreme Makeover Home Edition meets First Thursdays meets Midsummer Organic Food Fest.

When we were contacted by our friends (dare I say family?) at Builders Commonwealth about participating in the EMHE project, I looked at our calendar and insanely said, "Yes!" In fact, everyone here was ready and raring to go in order to make it happen in addition to all of our other previously scheduled events. Our Deli kicked — well, they kicked it out. Some trays for the VIP tent, 300 meals for volunteers and then another last-minute meal for

Gazette changes & event excitement

25. Why? When the folks at ABC tasted our fantastic Fog City Deli chow, they invited us to serve the family on interview day. How's that for a big-time endorsement?

When I went to serve this meal, I had an opportunity to speak to the Hubers. They had the deer-in-the-headlights look that can only come from something as big as this. Their gratitude was palpable. It was obvious to me that they were just down-to-earth folks who never expected something this huge to happen to them. It made me smile when they both said, "We just want to have a meal around our table and sleep in our own beds tonight." That told me a lot. It also made me especially glad that Anni, Jill and I (your P & E Team) had filled their refrigerator with good Co-op food just the night before. We knew that they would have everything they would need to put a wholesome meal on their family's table.

Lest I forget to mention, we had a little event called MOFF the same week. Our local farmers came down, and in the rain talked berries and garlic and tomatoes and everything else that's good and LOCAL. Our musicians played. Bikes were given away. JP worked the crowd. Corn was roasted. Folks signed up for the Locavore Challenge and their personal commitment to eating as close to home as possible. It was everything we have come to expect from MOFF and again, not possible without the cooperation (!) of a lot of busy hands that day.

All of this could not be possible without the most outstanding people I have ever worked with. Every department pitched in, worked extra hours, made extra food, stocked more on the shelves and kept everything running as smooth as silk. If I name names, I'll surely forget someone so let's just say that we're all awesome and leave it at that. Thank you, Members, for making our Co-op possible. You're awesome, too.

Shannon has just ordered her case of peaches for canning. Now if she can only keep her grubby paws off of them until winter...

grocery gab

Turkeys are coming! Turkeys are coming!

As usual, WFC will have fresh turkeys from Kadejen Poultry, Inc. arriving Saturday, 11/21/09, and frozen turkeys from Larry Schultz Farms arriving at the end of October. These turkeys will range in size from 10-20 pounds. Sorry, we don't accept preorders for turkeys, so come early for the largest selection!

What's new and exciting?

We have been selling nylon mesh reusable bags called BYOBags made by a woman in St. Paul. They work great for fresh produce, bulk grains, and lots of other things. They've been a big hit since we brought them in. Find them in the Produce Department.

When does the sale end?

Check the bottom of your receipt, sale signs, or our website for our monthly sale dates. Due to delivery schedules, our sales don't always coincide with the calendar month, so make sure to check those dates.

Are you special? WFC thinks you are!

Although we may not carry your favorite product, we may be able to Special Order it. There is no additional cost to place a special order, and Owners will receive a discount on most regularly priced (non-sale) items.

Love the juice we have on sale this month? Can't get enough frozen berries for your pie or muffins? Order a case! Often, our supplier will run short of sale items toward the end of the month, so stocking up on your favorite sale items (or placing a Special Order for a case or two) earlier in the month will help ensure you'll get that great deal. And don't forget, we do offer rain checks for monthly sale products that are out of stock.

Go Co-op!

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Fresh Perspectives

preserve the bounty

As Bartlett pear season begins, it may get you thinking of ways to keep them around for late fall and winter entertaining. After all, these beauties only last so long and they can make a quick yet elegant dessert or salad accompaniment when you are short on time and the holidays roll around.

Have you ever thought about pickling pears? Why not? Folks have been pickling forever and it is not as hard as you might think. Check out this recipe from Washington State University.

Pickled Pears

8 C Sugar
4 C White Vinegar
2 C Water
8 Cinnamon Sticks (2-inch pieces)
2 T Cloves, whole
2 T Allspice, whole
8 lbs Pears

Combine sugar, vinegar, water and cinnamon; add cloves and allspice that are tied in a clean, thin, white cloth. Bring to a boil and simmer, covered about 30 minutes. Wash pears, remove skins, and the entire blossom end; the stems may be left on if desired. To prevent peeled pears from darkening during preparation, immediately put them into cold water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before using. Add pears to the boiling syrup and continue simmering for 20-25 minutes. Pack hot pears into clean, hot pint jars; add one 2-inch piece cinnamon stick per jar and cover with boiling syrup to 1/2 inch from top of jar. Adjust jar lids. Process in boiling water bath canner for 20 minutes. Yield 7-8 pints

These may get your culinary juices flowing to try some new salad ideas, or give them as a gift for special friends.

If not pears, what about putting up some tomatoes? There is nothing like that summer tomato taste to cure the wintertime blues. Still a little hesitant to can or pickle? Why not freeze some tomatoes for sauce? Try this technique from <http://lancaster.unl.edu/food/>

[ciqtomatoes.shtml](#). It's easy and yields great results.

Washing Tomatoes: Wash tomatoes before cutting. To wash, wet each tomato with water, rub its surface, rinse it with running water, and dry with a paper towel. Then cut away the stem scar and surrounding area. Discard it before slicing or chopping the tomato.

Soap or detergent is neither recommended nor approved for washing fruits and vegetables because they can absorb detergent residues.

Freezing Tomatoes: Tomatoes may be frozen whole, sliced, chopped or puréed.

Additionally, you can freeze them raw or cooked, as juice or sauce, or prepared in a recipe. Thawed raw tomatoes may be used in any cooked-tomato recipe. Don't try to substitute them for fresh tomatoes, however, as freezing causes their texture to become mushy. Tomatoes should be seasoned just before serving rather than before freezing.

Preparation: Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water as recommended above. Dry them by blotting with a clean cloth or paper towels.

Freezing whole tomatoes with peels: Prepare tomatoes as described above. Cut away the stem scar. Place tomatoes on cookie sheets and freeze. Tomatoes don't need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the

kitchen sink. Its skin will slip off easily.

Storage time: To extend the time frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0 degrees F or below. It is generally recommended frozen vegetables be eaten within about eight months for best quality.

Come January you'll be glad you took the time to preserve a little bit of summer.

canary in a coal mine

We all know the story of the canary used in the coal mine. Our early coal mines did not have ventilation systems, so miners would routinely bring a caged canary into the mine. Canaries are especially sensitive to methane and carbon monoxide, which made them perfect for detecting dangerous gas buildups. As long as the canary in a coal mine kept singing, the miners knew their air supply was safe. A dead canary in a coal mine signaled an immediate evacuation.

Well perhaps we are finally seeing a woozy canary for genetically modified crops. Consider this statement from Dr. Suzanne Wuerthele, U.S. Environmental Protection Agency (EPA) toxicologist: "We are confronted with the most powerful technology the world has ever known, and it is being rapidly deployed with almost no thought whatsoever to its consequences." And this recent news release from the American Academy of Environmental Medicine (AAEM): Recently, the AAEM called on physicians to educate their patients, the medical community and the public to avoid GM (genetically modified) foods when pos-

sible and provide educational materials concerning GM foods and health risks.

AAEM's position paper stated: "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system. From this it concluded, that there is more than a casual association between GM foods and adverse health effects. In the report the AAEM called for a moratorium on GM foods, long-term independent studies and labeling. It also recommended that people stay away from anything with soy or corn derivatives, cottonseed and canola oil, and sugar from GM sugar beets — unless it says organic or "non-GMO."

If this concerns you and you would like to avoid GMOs in your food, keep shopping at this store and buying organic products. Another handy tool to help when you are shopping is a pocket Non-GMO Shopping Guide, co-produced by the Institute for Responsible Technology and the Center for Food Safety, which is available as a download at www.responsibletechnology.org. This site also has plenty of materials that can keep you informed on what is happening in this country.

If you would like a different perspective and would like to know what is happening in Europe go to <http://bangmfood.org/>.

References this issue:

Pickled Pears, <http://clark.wsu.edu/family/specific-foods/FruitPickles.pdf>; Freezing Raw Tomatoes (with and without their skins), Alice Henneman, MS, RD, UNL Extension in Lancaster County, Suite A | Lincoln, NE

THIS MONTH'S TIDBIT

Making sauce or salsa? Remember, avoid cooking your tomatoes in iron or aluminum pots because the acid in tomatoes interacts with these metals and can create an off-flavor.

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locavore recipe

Building on last year's success, another Locavore (Eat Local) Challenge was presented at the Midsummer Organic Food Fest (MOFF) this year. This stand-out recipe from our recipe contest was entered by our very own Cameron Reider of the Merchandising Department. It should be noted that he was adamant about getting a picture in with the recipe because "it looks so much better than the recipe reads." We agree, Cameron. We agree. Other Locavore recipes will be included in the Annual Recipe issue of the Gazette this winter.

Herbed Chicken Risotto with a Tomato Coulis

recipe by Cameron Reider,
Merchandising Clerk
(serves 2)

- 2 local Chicken Breasts
- 2 local Tomatoes
- 1 C local Shitake Mushrooms
- 2 handfuls local Spinach
- 1 C Arborio Rice
- 1/2 C local Basil
- 2 T Olive Oil
- 1 local Leek
- 2 C Water or Chicken Stock

For garnishes, slice stalk of leek and fry in oil until brown. Blend 5 or 6 basil leaves in 1/4 cup olive oil.

Next, sauté rice in 1 tablespoon butter until translucent. Slowly add chicken stock to the rice, adding more as it becomes incorporated into the rice. Finish with 2 tablespoons of butter and the remainder of the basil, coarsely chopped. To make the Tomato Coulis, preheat oven to 350 degrees. Chop off tops of tomato. Sprinkle garlic, salt, pepper and olive oil on the tops of the tomato. Bake for

20 minutes, or until soft. Place tomatoes in blender and puree until smooth. While the tomatoes are cooking, season the chicken breasts with salt and pepper and grill or pan-fry until done. Sauté the spinach and thinly sliced mushrooms until tender and wilted.



Assembly: In the center of plate, place a column of rice mixture with a ring mold. (I use a buttered coffee mug.) On top of rice, place spinach and mushroom. On top of spinach and mushroom, place chicken breast cut into thirds. Around the rice, pour 1/2 of the tomato coulis. Drizzle on basil oil. On top of the chicken, place the fried leeks.

Voting in the 2009 Election of WFC Board of Directors

We need a minimum of 100 verifiable ballots for a valid election. Candidate information is posted at WFC and at www.wholefoods.coop. Whatever voting option you choose, you have until 9 PM on Sunday, September 20, 2009 to ensure your ballot is received. You can vote and respond to the survey by:

- 1) **ELECTRONIC VOTING.** Follow the link at www.wholefoods.coop from your computer *or* from the designated terminal at the Co-op. The login is the first initial and last name of the eligible voter (the first person named on the membership); the password is the eligible voter's Member number OR
- 2) **PAPER BALLOT** — mail or delivery options. A dual-envelope system for paper ballots is required by statute to ensure voter anonymity and the integrity of the election process. Required envelopes, along with a printed copy of the ballot, candidate profiles, and paper ballot instructions, are available at the Customer Service Counter or, upon advance request, will be mailed to eligible voters OR
- 3) **PAPER BALLOT** — fax option. You may fax your ballot, *with* a separate cover sheet on which you sign *and* print your name, to WFC at (218) 728-0490. A copy of the ballot is available for download on our web site (www.wholefoods.coop) or from the Customer Service Counter or, upon advance request, a copy will be mailed to you.



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Your entrance fee helps support the work of the Lake Superior Sustainable Farming Association and Lake Superior Energy Association



www.theharvestfestival.org

**GREG BROWN
IN CONCERT**
gregbrown.org

SATURDAY, SEPTEMBER 12, 2009
9AM – 4PM, RAIN OR SHINE
4:30PM CONCERT FEATURING GREG BROWN
DULUTH, MINNESOTA – BAYFRONT PARK



back 40

Seed Savers

by Jahn Hibbs, Produce Assistant

During the third week in July, lettuces, greens, herbs and flowers in my garden were still in full swing but it had yet to yield any of the crisp green beans or juicy ripe tomatoes that my Iowa born & bred heart had long ago come to associate with the bounty of a summer garden. So it was with great excitement that I packed my bags and headed south to warmer climes for the 29th Annual Seed Savers Exchange Conference at their headquarters on Heritage Farm, just north of Decorah, Iowa. Seed Savers Exchange is a non-profit, member supported organization committed to preserving and sharing heirloom varieties of fruits, vegetables, herbs and flowers. The

organization was started in 1975 when co-founder Diane Ott Wheely's grandfather gave her seeds of two garden plants that his parents brought from Bavaria when they immigrated to Iowa in the 1870s. An exchange was started with other gardeners concerned with preserving the diversity of cultivated plants. Since then the collection has grown from Grandpa Ott's Morning Glory and German Pink Tomato to include more than 25,000 different endangered vegetable varieties, and the exchange network spans the globe with over 11,000 members. Seeds from the collection are regenerated regularly at Heritage Farm to ensure their viability for the future.

Farmers and gardeners from all over were able to learn from one another and from workshops on everything from saving seeds for preservation in a home garden to raising heritage breed poultry. A highlight for me was meeting Eliot Coleman, organic farmer and author known for his unique expertise in harvesting fresh produce even in the winter. He credits his success to watching what nature does and plugging into it. I find Coleman's indefatigable creativity and commitment to simple solutions so refreshing, and not unlike our own community of local farmers. That "can do" spirit pervaded the entire conference among presenters, SSE staff and confer-

ence guests alike. We can learn from mistakes. We can marry the wisdom of the past with the technology of the future to find simple, practical solutions that empower people instead of leaving them beholden to a technocratic way of life. We can mix our work and play. We can choose.

I returned to Duluth (aka USDA Zone 3) happy and refreshed. Still no tomatoes, but plenty to think about.

For more information:
www.seedsavers.org
www.fourseasonfarm.com
www.croptrust.org
www.youbetyourgarden.org
www.rareforms.com



Demonstration gardens surrounding the visitors' center showcase varieties available through SSE's catalog — some 750 varieties of heirloom fruits, vegetables, herbs & flowers!



Who knew bolted lettuce could be beautiful? Once gone to seed it's far too bitter to eat, so here it lends a stately grace to a flower bed.



Potatoes are stored in the lab as tissue cultures.



An intern works on germination testing, which checks the viability of seed before it goes into cold storage where it can remain viable for decades or longer. All of SSE's seeds are tested regularly. Seed to be sold or exchanged is tested every few months.



"Grandpa Ott's" Morning Glory — the seeds that started it all.



Broccoli gone to flower is sheltered in an isolation tent with its own private pollinators (See the moth?) This keeps the seed strains pure by preventing cross-pollination from wind or insects. It can also help prevent insect vectored diseases. (And if that's not all, the empty ones are awfully fun to play in — they had one set up outside the sunflower maze for the kiddos.)



Eliot Coleman demonstrates tools & methods that have proven success for ensuring a winter harvest on his farm. Coleman and his wife Barbara Damrosch operate Four Seasons Farm in Maine, and specialize in extending their season to harvest fresh produce year round. And yes, that's Maine as in the state — 44 degrees latitude and lots of snow. Is there hope for local spring mix in January at Whole Foods Co-op? As Eliot Coleman would say with a hearty grin, "You can, too!"



One of my favorite parts of the conference was watching the children run around. They seemed to have found their natural habitat, too, and seemed to move around the farm like a flock of birds playing quite peaceably. There was excellent programming for kids K-8, almost a completely separate conference with scavenger hunts, campfires, gardening workshops and hollyhock doll making.



A trail in the woods opens to a view of the poultry barn—home to several heritage breeds of chickens, ducks and... geese! These are Saddleback Gray Pomeranian Geese. The date back to northern Germany where they were bred as early as 1550.



Heritage Farm also serves as a model of a healthy, sustainable farm in its diversified landscape. Care is put into maintaining the woodlands that surround fields and cultivated areas—important habitat for wildlife and people. Trails abound.