

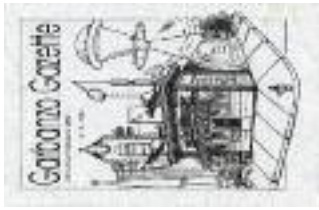


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# Remembering the past, looking to the future

## whole foods co-op 40<sup>th</sup> anniversary





## GARBANZO GAZETTE

Published by Whole Foods Co-op  
610 E. 4th St. • Duluth, MN 55805  
(218) 728-0884 • fax (218) 728-0490  
www.wholefoods.coop

**STORE HOURS:**  
**7 am – 9 pm every day**

**Membership 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 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 Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Friday, October 29. Refer submissions and questions to shannon@wholefoods.coop.

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



**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 Owners to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making an Owner temporarily inactive when there is no current address on file. Inactive Owners are not eligible for 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 Owners.

# management report first time at the co-op...

by Sharon Murphy, General Manager

From WFC's time line:

**1970** — 20 people got together at Chester Creek House (1306 East 2nd Street) and formed the Whole Foods Co-op in September 1970. The first order (\$200) was picked up at the People's Warehouse in Minneapolis in Susan Askelin's 1958 Buick in October 1970. The car's transmission couldn't handle the first delivery and it blew out coming into Duluth. Co-op members helped get the order the rest of the way to the Chester Creek House.

**W**hether you joined WFC in 1970, last week or some time in-between, you will probably always remember your first time at the Co-op. My first visit in 1974 wasn't about food and I didn't shop. I was looking for information on midwives in the area and found out more than I expected when I met then Coordinator John Fisher-Merritt and learned about his family's experience with a home birth.

This fall we will celebrate WFC's 40th Anniversary at the Annual Owners

Meeting on Saturday, October 16, at the new/old Clyde Iron Works Banquet Center, 2920 West Michigan Street. Owners and guests will share their own *first-time at the Co-op* stories and view pictures, newsletter archives and video clips from TV news and other documentaries (remember our West End store?) over the past four decades. There will be a delicious dinner, a brief business meeting and then music for dancing by the Clearwater Hot Club from Grand Rapids, MN. This will be a special event and reservations will be limited, so please respond promptly if you can attend.

WFC is a co-sponsor with others in the Hillside community of a new event, a traffic-stopping event that we hope will be the source of many happy new memories. **Hill Fest 2010** will take place, literally, at the intersection of 6th Avenue East and 4th Street on Saturday, September 18, 2010. Traffic will be blocked from that intersection



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

and the public, not just construction workers, will have unrestricted access there to celebrate as a community. Music, food, games (the return of the infamous tofu toss), families and friends galore, with the Lake on one side and our Hillside neighborhood around us! **GG**

Sharon Murphy, General Manager

## progress on ends

**I**n 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:

*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.*

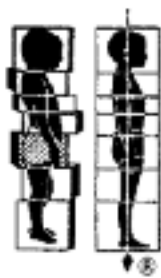
In the April-June 2010 quarter, the management reported the following progress on ENDS to the Board:

- \$165 for mileage reimbursement for WFC employees who choose to volunteer as farm workers for local growers who supply produce to WFC.
- Continuation of staff time and technical support to offer cross-dock opportunities linking WFC's local growers with area food co-ops.
- Continuation of donation to Duluth Community Garden Program of \$0.10 for each packet of organic garden seeds sold (8,712 packets sold).
- Management participation in community meetings in support of the Safe and Walkable Hillside Committee, Hill Fest 2010, and the Hillside Business Association.
- Partnership with the Duluth Public Library on the 2010 One Community/One Book event including hosting talks in WFC's classroom, participating in events at the Library and distributing a copy of Barbara Kingsolver's book, *Animal, Vegetable, Miracle*, to every employee and Board member.
- Management met monthly with the Board's Ad Hoc Study Committee providing logistical support and researching and reviewing

sustainable agriculture projects at other co-ops and in other communities.

- WFC provided \$500 of organic garden seeds to a new urban gardening project coordinated by Community Action Duluth that will create jobs to grow vegetables on vacant land for local restaurants.
- WFC's time and resource contributions to the Green Jobs/Food System Committee were recognized at the Sustainable Community Summit at the DECC on June 16, 2010.

Board and Management Team members attended the 2010 Consumer Cooperative Management Association Conference in Bloomington, IN, focusing on workshop topics relating to support of local, sustainable agriculture.



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Joe, RYT 500, Yoga North Instructor

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Session Two: Nov 1<sup>st</sup>–Dec 17<sup>th</sup>

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# gourmet to go — Debbie Manhart, Deli Manager

The new, long awaited sandwich menu has finally come to fruition. If you haven't had the opportunity to check out the new menu here is an overview.

We created our own house-made chipotle sauce and volcanic horseradish sauce to use as condiments for our signature sandwiches.

New are the Mexican Melt (black bean burger, portabella cap, or turkey with avocado, tomato, pepperjack, and chipotle sauce), Gourmet Grilled Cheese (provolone and cream cheese, avocado, tomatoes, roasted red peppers pesto, and spinach or sprouts),

The Holiday (turkey, cream cheese, cranberry sauce, and spinach), Grilled Hummus Wrap (with roasted red peppers, black olives, tomatoes, and aioli), The Club (ham, turkey, bacon, cheddar, tomatoes, spinach or sprouts, and volcanic horseradish sauce), Feta Portabella (with roasted red peppers, sprouts, and volcanic horseradish sauce), and the Café Special (a grilled ham and cheese).

Some of the old favorites remain like the Hillside German (a Reuben made with your choice of tempeh patties, turkey or beef) — try it with the beef, you'll like it. The Duluth Diver, Grilled Italian, Southwest Turkey, Duluth Beef,

Tuna Melt, Falafel Pita, The Savory (black bean or Florentine burger), and the BSTA also remain as house favorites.

We updated our pre-made sandwiches and are now offering egg salad; ham/Swiss/chutney; turkey pesto pita; chipotle beef wrap; and an Italian sandwich.

Also, we now offer a toasted St. Paul Bagelry bagel-of-the-day with cream cheese. If you haven't tried these bagels yet I highly recommend them. They are available singly near the cookie case or in 5-packs by the bread.

Other new things:

- The hot food merchandiser is in place. We can now offer 2 different pizzas at a time. This means we will always have a vegetarian option. The rest of the merchandiser will hold whole chickens, wings, hot sandwiches, egg rolls, lasagna, mac & cheese, pot pies, calzones and whatever else our cooks can dream up.
- We also purchased a smoothie maker! Stop at the Deli Counter to find out what the smoothie of the day is.
- Our coffee menu has been updated. If you like fancy coffee drinks, take a look and try something you never have before to get your day going.

BRING ON THE NEW!

## can you find me now?

Pursuant to Minnesota law, the Board of Directors established a procedure to revolve out the oldest 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.) IF listed Owners don't come forward to claim their equity by the end of the notification period, the remaining amount is donated to a local, ENDS-related non-profit agency:

- In 2008, \$2,789.03 was donated to Second Harvest Northern Lakes Food Bank.
- In 2009, \$2,897.00 was donated to the Lake Superior Sustainable Farming Association/SFA.

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 12, 2010, AND
- 2) Please participate in the decision on which local, ENDS-related, non-profit agency will receive a donation of abandoned equity after

November 12, 2010. This decision will be based on ballots submitted at the Annual Owners Meeting on Saturday, October 16, 2010.

Mem#	Name
2280	Adam, A Susan
2016	Allen, Eric
2243	Anderson, Bonita
2208	Anderson, Gerald
2409	Beauchamp, Anne
2182	Beery, Thomas
2686	Beyer, Linnea
1718	Birdseye, Thomas
3127	Bjoralt, Paula
2421	Boyce, Kathleen
2830	Braynen, Scott
2344	Brungardt, Kristie
2010	Buckley, Mary
2897	Burke, Margaret
3134	Canon, Mike
2907	Canziani, Marie
2434	Cates, Angela
2903	Christensen, Cari Lyn
2675	Clausen, Catherine
2728	Cone, Alexander
2761	Cook, Elsie
2916	Demorest, Harry
2975	Duffert, Melissa
2149	Erickson, Nissa
2225	Felice, John
3155	Fortner, Chris
2336	Frykman, Linda
3077	Gipe, Pamela
2608	Grauer, William
2507	Grisham, Heather

2114	Hanger, Patti
2534	Hansen, Maren
3014	Hase, Helen
3035	Holtz, Janet
3106	Inglimo, Michael
2317	Irmiter, Leona
2843	Johnson, Allen
2251	Jolin, Angela
2329	Kalligher, Bill
2178	Kazel, Debra
2459	Keyes, Sally
2444	Kingsley, Daniel
2483	Kleinschmidt, Gary
2690	Koelling, Tracy
2257	Kutz, Marcia
2050	Lake, David
2747	Larmer, Rebecca
2572	Larson, Carol
2960	Leege, Ryan
2305	Lippitt, Connie
2195	Livingston, Marlis
2600	Livingston, Shannon
2815	Love, Mari
2631	Lucas, Peter J
2098	Mcclure, Christine C.
2168	Mckinney, Suzanne
2623	Mcnea, Melanie
2172	Mead, Betsey
2639	Meillier, Angie
2719	Menzel, Cheryl
2413	Merrifield, Vicki
2517	Michalski, Cheryl A
2012	Mikkelson, Dawn
2726	Miller, Christa
2428	Monaghan, Julianne

2350	Nord, Marie
2786	Nutt, Lowell
2940	Nyquist, Melinda
2911	Ohrwall, Suzanne
2155	Ondich-Batson, Daniel
2696	Otis Krueger, Jeanne
2502	Parker, Eileen
3067	Quanstrom, Linda
2811	Robertson, Michelle L
2193	Ruark, Elizabeth Ann
2213	Schrupp, Agnes
2788	Sedin, Jean
3100	Shea, Diane
2878	Shelby, Lacy
2319	Silverness, Debra
2591	Singer, Sarah
2241	Stoltz, Eric
2249	Stone, Jodi
2245	Stout, James
2397	Strand, Grady
2701	Thompson-Lookingback, Bret
2734	Thornton, Edward
2205	Torniainen, Maarit-Hannele
3000	Tubesing, Andrew
2395	Van Mersbergen, Audrey
2392	Vincent, Karie
2022	Warren, Jeff
3016	Westerlund, Trudie
2263	White, Sarah
2857	Whittier, Lidie
1467	Widen, Mark
2801	Wille, Christina
2973	Williams, Carolyn
2853	Zinn, Richard

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# the buzz

## wfc staff news

— by Jill Holmen, P & E Coordinator

Catch him if you can! **Promotions & Education Coordinator Chris Rubesch** is having a fantastic ultra-marathon season, recently finishing second at the Road Runners Club of America Trail Marathon Championships. When not busy racing, Chris and wife Meg are busy adoring their newest family member, a husky mix named Sundari, who joined them in late June.

**Bulk Buyer Jim Richardson** (with brother Allen) has been serializing a 'Burroughsian science fiction' story for several years in Duluth's weekly events calendar the Transistor. Having compiled and edited all their excerpts, the brothers find they have a beefy novel and a sequel already on tap. They are currently looking for a literary agent or publisher for this bawdy 'doomsday novel' franchise.

**Deano Bishop, Environment Coordinator**, has been volunteering to help a community house-painting project in Morgan Park, organized by Neighborhood Housing Services of

Duluth. They are finishing up a 4-plex of row-houses as we speak. Thanks for lending your skills to the community, Deano. We appreciate it!

We bid a tearful adieu to **Produce Clerk and Deli Cook Amanda Belcher** as she leaves the co-op to pursue new adventures in St. Paul this fall. Thanks for your great energy, and we wish you all the best on your next endeavors.

**Customer Service Clerk Jenny Graupmann** announces that she is still accepting new voice students for lessons. Jenny attended UMD's graduate school for vocal performance and has a plethora of experience. If you are interested in taking lessons, stop by the co-op and she'll get you more information.

**Call for WFC Owner Art!**  
Space is still available for the Owner Art Exhibit in October. If interested, please email Jill at [jillh@wholefoods.coop](mailto:jillh@wholefoods.coop)



**June:**  
Gumby Award Winner: Michael Olker, Front End Assistant Manager  
Customer Service Award Winner: Julie Kohls, Merchandising Clerk



**July:**  
Gumby Award Winners: Kristin Antil, Produce Clerk & Kenny Bitzer, Front End Clerk  
Customer Service Award Winner: John Freedline, Deli Cook



**August:**  
Gumby Award Winner: Sara Garramone, Front End Clerk  
Customer Service Award Winner: Jesse Hoheisel, Merchandising Clerk

## smart cookies — Colleen Kelly, HR Manager

### over 335 years of staff experience!

In addition to the quarterly staff anniversary list, I wanted to celebrate the employees who have worked hard to get Whole Foods Co-op (WFC) to its 40th Anniversary. WFC employees are the best employees in so many ways! WFC employees' combined current consecutive years of employment equals 336 years of service. With 86 employees, that correlates to roughly 3.9 years of service per WFC employee. All things not being quite equal, there are two employees demonstrating exemplary dedication to WFC: Sharon Murphy, our fearless leader, has been working at WFC for over 30 years and has been the General Manager of WFC for over 22 years and Michael Karsh, Produce Manager, wins second place with over 20 years of service, 10 years of service as the Produce Manager. Honorable mentions go to the follow-

ing employees who have been with WFC over 10 years: Darcy Sathers, Merchandising Clerk (15 years), Lisa Anderson, Merchandising Manager (13 years), Jim Richardson, Bulk Buyer/Receiver (12 years), Debbie Manahart, Deli Manager (10 years), Justin Hemming, Assistant Deli Manager/Kitchen (10 years), and Jill Holmen, Promotions and Education Coordinator (10 years).

At a recent Management Team meeting, I got the idea for an anniversary longevity article when we discovered that the eight person management team had over 96 years of collective consecutive years of employment at WFC and over 112 years of cooperative and natural foods experience.

Three hundred thirty six years of service equates to a dedicated highly skilled

group of caring employees. When WFC opened its doors at 610 East 4th Street, we had over 110 employees. Throughout some ups and downs, we now average 86 employees, and yet we have steadily increased sales and services since Fall 2005. WFC employees have become smarter, more efficient, and perform at a level that has become the standard to which other co-ops would like to achieve. Our employees are always striving to provide the best customer service in the Northland, which was shown when WFC was voted Best Grocery Store and Best Retail Customer Service by Duluth-Superior Magazine this year. Congratulations to all of our employees on helping WFC achieve 40 years as an outstanding natural foods cooperative!

### SEPTEMBER ANNIVERSARIES:

Jaclyn Bradley, Front End	5 years
Briana Brewington, Front End	7 years
John Freedline Sr., Deli	5 years
Adam Goodwin, Deli	2 years
Jahn Hibbs, Produce	5 years
Colleen Kelly, Human Resources	5 years
Dolores Meidl, Deli	5 years
Darcy Sathers, Merchandising	15 years

### OCTOBER ANNIVERSARIES:

Barbara Akre, Deli	2 years
Lisa Anderson, Merchandising	13 years
Jeffery Greensmith, Produce	3 years
Jill Hall, Merchandising	5 years
Jesse Hoheisel, Merchandising	5 years
Julie Kohls, Merchandising	8 years
Rae Lynn Moahan, Merchandising	5 years

### NOVEMBER ANNIVERSARIES:

Emily Darnell, Produce	1 year
Hunter Darragh, Front End	1 year
Jason Kokal, Front End	6 years
Jacob McMiller, Deli	4 years
Eric Nied, Front End	3 years
Justin Petite, Produce	4 years
Rachel Corradi, Deli	1 year
Jordan Schreiber, Merchandising	3 years
Wendy Sjoblom, Deli	5 years

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# Farmer of the Year

Our General Manager, Sharon Murphy, often tells the story about her first time at the Co-op. At the location on East 8th St (what we now refer to as the “old, old store”), John was “coordinating” on behalf of the Creative Energies Management Collective, and Sharon stopped in to ask about home birth services in the area. The good vibes from this conversation led to her joining the Co-op, running for the Board and, eventually, finding a career. And John’s partnership in Creative Energies (1976–1988) and time as an employee of WFC (1988–2008), resulted in 32 years at the Co-op. From a Co-op history standpoint, John has played many key roles including coordinating day-to-day operations, physical plant

Fisher-Merritt family. John, along with his wife Jane, son Janaki and his wife Annie Dugan with help from son, Ben and his wife Teri Sackmeister run a vibrant example of what farming can (and should) be. This award is given to farmers who “practice outstanding land stewardship, innovation and outreach.”



Above: “The cauliflower as big as your head.”

Left: John as an exemplary WFC staffer.

Right: John with fellow farmer Joel Rosen and “the van.”



opportunities in the Co-op Produce Department – far away from the farm itself. It is for

the bounty. But, comparatively, there are few who know of the “non-farming” activities that The Food Farm engages in including:

- The mentoring the Fisher-Merritts have done for up and coming organic farmers.
- The beekeeping equipment they allow novice beekeepers to use.
- The talks John has given on just about every aspect of running a successful organic farming operation.
- Even the choices they make about some of the vegetables they grow, like Romanesco broccoli and purple bell peppers, inspire questions and curiosity, offering education

these reasons and more that The Food Farm and the Fisher-Merritts are Farmers of the Year. Those activities that we see as “non-farming”, the Fisher-Merritts see as one part of the larger whole that is The Food Farm. By paying it forward, they are ensuring our organic food supply for years to come. Thank you to John and his family for growing awareness as well as vegetables. *Cheers to the Farmers of the Year!*

Anyone who has tasted John’s carrots or seen the cauliflower as big as your head knows about the delicious food The Food Farm produces. Anyone who has worked with John long enough knows the 10,000 ways he can use a 2 x 4. But not everyone knows about the outreach work that is done each and every day at The Food Farm and beyond.

Hundreds of CSA participants and volunteers have felt the fertile soil of the Food Farm between their fingers. Over the years, thousands have tasted



maintenance, projects guru and long-time supplier of outstanding vegetables.

Many of our shoppers and Owners know John Fisher-Merritt as “Farmer John” or “the guy I get my CSA box from” or, more recently, “Farmer of the Year” as named by the Midwest Organic and Sustainable Education Service (MOSES).

Winning this award should be no surprise to anyone who knows the

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## news bites

For information on PAUL STAMETS' STATEMENT ON MYCOREMEDIATION AND ITS APPLICATIONS TO OIL SPILLS, log on to [http://www.ted.com/speakers/paul\\_stamets.html](http://www.ted.com/speakers/paul_stamets.html)



### LEARN MORE ABOUT LOCAL FARMS, FARMERS AND LOCAL FOOD EVENTS

Visit the website for the Lake Superior Sustainable Farming Association ([www.lssfa.org](http://www.lssfa.org)) and [www.superiorfoodweb.org](http://www.superiorfoodweb.org).



### REQUIRE LABELS ON GENETICALLY ENGINEERED FOODS

The Food & Drug Administration/FDA has extended the public comment period on the Citizens' Petition from the Truth in Labeling Coalition ([www.gmofoodlabel.org](http://www.gmofoodlabel.org)) asking for labeling of genetically engineered foods. You can call the FDA (888-723-3366), write to the FDA (FDA, Division of Dockets Management, 5630 Fishers Lane, Room 1061, HFA-30, Rockville, MD 20852), or comment online at [www.regulations.gov](http://www.regulations.gov). All communication should reference Docket No. FDA-2010-P-0081-0001/CP.



### ORGANIC MANIFESTO by MARIA RODALE

For a preview of Organic Manifesto by Maria Rodale, granddaughter of the founder of Organic Gardening magazine, visit [www.organicconsumers.org/articles/article\\_20968.cfm](http://www.organicconsumers.org/articles/article_20968.cfm).



### SOLICITATION POLICY

WFC's Solicitation Policy states: No individual, for-profit business or non-profit business may solicit funds and/or sell or distribute products on the property of Whole Foods Community Co-op, Inc., without written, advance permission for specific date/s, time and location from WFC management." Panhandling is not one of the cooperative principles — please report any such incidents inside or outside the store. Thank you.

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Ad Hoc Policy Committee  
GM Eval Committee  
Study Committee  
Term expires 2011  
alison@wholefoods.coop

### Mary Dragich

Annual Mtg Planning  
Board Recruitment  
Study Committee  
Term expires 2012  
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### Chris Edwardson

Finance Committee  
Annual Mtg Planning  
Finance Committee  
Study Committee  
Term expires 2012  
chrise@wholefoods.coop

### Mark Friederichs

Mark Friederichs  
Treasurer  
Annual Mtg Planning  
Finance Committee (Chair)  
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Term expires 2012  
mark@wholefoods.coop

### David Helf

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Annual Mtg Planning  
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Term expires 2011  
davidh@wholefoods.coop

### Theresa Koenig

Vice President  
Board Recruitment Committee (Chair)  
GM Eval Committee  
Study Committee  
Term expires 2012  
theresa@wholefoods.coop

### Heather Murphy

Secretary  
Annual Mtg Planning  
Board Recruitment Committee  
Study Committee (Chair)  
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](http://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 an educated Board

by David Helf, Board President & Theresa Koenig, Board Member

According to our board policy "Governance Investment"

*We will invest in the Board's governance capacity by...ensuring that Board skills, methods and supports are sufficient to allow us to govern with excellence.*

Among other things we do is to attend the annual Consumer Cooperative Management Association (CCMA) Conference. In June we, along with Chris Edwardson, went to Bloomington, Indiana, and joined over three hundred food co-op managers, directors, educators and consultants for three days of workshops and meetings.

The theme was "Love what we do, do what we love." Our enthusiasm was carried to a new level when it meshed with nationwide food co-op representatives. But, there's more than just sharing feel-good stories at CCMA conferences. We listened, asked questions, and brought home ideas.

The keynote address was given by "branding guru" Bruce Philp, who reminded us that "Most successful businesses-not just the ones that made money, but the ones that made a difference-each built themselves around a higher sense of purpose..." It's good to keep this in mind.

Michael Shuman spoke and stressed the great benefits of local: buying, investing in local businesses, with an emphasis on developing a local food supply. He said "Growing evidence suggests that every dollar spent at a locally owned business generates two to four times more economic benefit — measured in income, wealth, jobs, and tax revenue — than a dollar spent

at a globally owned business."

Other highlights:

"Sustainable and Collaborative Bloomington." For twenty years, the City of Bloomington and Bloomingfoods Co-op have partnered and collaborated on many initiatives, to create a more sustainable community. These include green initiatives and local food. It was inspiring to learn about the details of this effort, and we wondered how this can be done in our community.

"What's next for the good industry?" Michael Sansolo laid out a compelling picture of likely changes, and challenged us to have "a clear vision of distinction and purpose" for our Member-Owners. That neatly sums up our work.

"Governance innovations from around the country" featured directors (including David) describing things they've been doing that may be worth repeating at other co-ops. At WFC, we're using ongoing ways of creating an orderly transition from the outgoing WFC President to the next one.

Despite hot and humid weather in Indiana, long hours of travel and invasive body scanning, we were inspired by and learned about the innovative work other cooperatives are doing around the country. It affirms what we have been doing, and feeds us new ways of seeing our job. And our job is to serve with excellence, to keep your co-op working well and to plan for our future. GG

E-mail questions or comments for the Board at [wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop)



David Helf  
Board President

### 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.



Chris Edwardson, Board, Theresa Koenig, Board, Sharon Murphy, GM, David Helf, Board President. Our CCMA representing 40 years in business.

## Wanted: Board Candidates for September 2011 Election.

Whole Foods Co-op depends on a knowledgeable, passionate and visionary board. Are you ready to give back to your community and ensure Whole Food Co-op's continued success? We are seeking Owners like you who are ready to take a leadership role in the creation of the co-op's future. Please consider running for the WFC Board of Directors. Applications are available at the Service Desk or online at [wholefoods.coop](http://wholefoods.coop).

Qualified candidates are active Owners of WFC in good standing with a minimum of 90 days consecutive membership, and must have attended two of the 12 most recent board meetings prior to submission deadline. Application deadline is August 1st for the September 2011 election.



# Kate

by Courtney & Leigh

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Wellness products, Bamboo towels  
Bedding, Accessories, Organic teas

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715-392-KATE



# membership matters building a new foundation

by Heather Murphy, Board Member

A few years ago, the Whole Foods Co-op Board of Directors began a multi-year process of engagement and study to help us prepare for exciting new possibilities in our co-op's future. One of our most important roles as Board members is to be visionary leaders for the co-op. It is our job to dream into the future and prepare ourselves for the many opportunities that the growth and success of our co-op may bring.

For the first two years, we gathered information from you, the Owners, and from other interested community partners, to help us determine the dreams and needs of our community and how the co-op might partner to help meet them. This year, the Board of Directors used that information to help us choose ten projects in other communi-

ties to study. Because we are not yet in the position to begin our own new project, we are taking this time to learn from other communities so we are prepared when the time is right to begin something new in Duluth.

For example, we will be studying a non-profit created by the Community Mercantile Co-op in Lawrence, KS called the Community Mercantile Education Foundation (CMEF). CMEF provides nutrition education that promotes personal health and supports sustainable and local food systems. They partner with arts organizations and a local school to provide a summer educational lunch program for at-risk youth as well as a comprehensive garden program where children manage the garden and sell produce. [www.communitymercantile.com/cmef](http://www.communitymercantile.com/cmef)

In addition we will be learning about an organization started by Puget Consumer Co-op (PCC) in Seattle, WA. They established a non-profit called Farmland Trust whose mission is to secure, preserve and steward threatened farmland in the Northwest. By preserving land for organic farming, PCC Farmland Trust not only safeguards local organic farms and conserves wildlife habitat, but it also supports the continued livelihood of local farmers and the farming community. <http://www.pccfarmlandtrust.org/>

Another venture we will research is the greenhouse on the campus of the Maharishi School of the Age of Enlightenment (MSAE) in Fairfield, IA. Although MSAE is not connected to a co-op, many in our community have expressed interest in bringing this kind

of technology to the Northland to extend our growing season. MSAE's organic greenhouse produces an abundance of organic vegetables, fruit, herbs, and flowers throughout the year using solar and wind energy. Students at the school learn how to grow the plants and teachers educate students about sustainable cooking and nutrition.

<http://www.maharishischooliowa.org/>

Although it may seem like a quiet year for the WFC Board, the excitement among us is palpable as we step into this new phase of our process. We don't yet know the details of our next venture, but we do know we are building a strong foundation of knowledge that will help us lead the co-op in innovative new directions in the future. Stay tuned!

## welcome, new WFC Owners!

Libby Gaalaas  
Susan Wiitanen  
Ryan Erspamer  
Marie Baumann  
Christopher Morton  
Vicki L. Mack  
Kristin Small  
Janet Louise  
Ashmore  
Caroline Greer  
Monica Asher  
David Kropid  
Deborah P. Carlson  
Courtney E Shaw  
Mayra Gomez  
Lee D. Wicklander  
Kimberly Siedlecki  
Nancy R. Nebenfuhr  
Jacob D. Nelson  
Joni M. Sanford  
Carol B. Beach  
Curtis Bellows  
Anastasia Jaros  
Christine L.  
Shepherd  
Sean P. Burns  
Kim R. Dansereau  
David J. Johnson  
Paul J. Seese  
William T. Lucas  
Joshua Carlson  
Martha Jean Byrnes  
Kale S. Derbis  
Jagoda Wdowiak

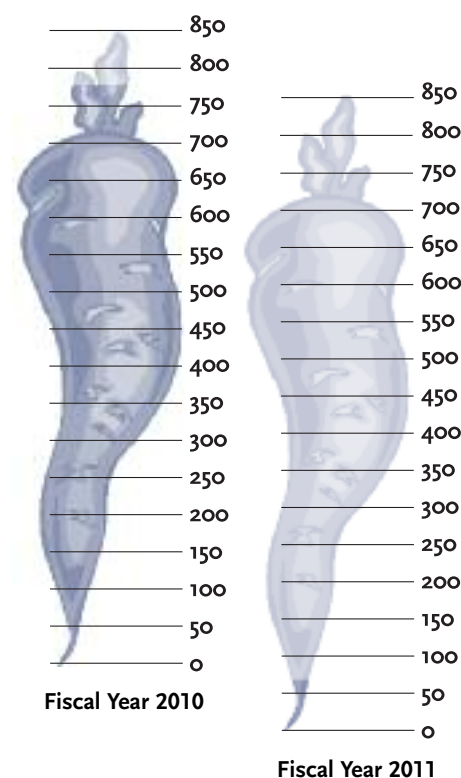
Gary Gordon  
Jackie M. Wilson  
Becky J. Chisholm  
Anne Lasky  
Marlene Greenly  
Katherine Meyer  
Allison Spoelhof  
Mark Pinney  
Karen Swanson  
Briana L. Thompson  
Carrie Bailey  
Ben Friesen  
Amanda Marshall  
Andrea Maus  
Shannon Pearson  
Anne Graves  
Dawn Gortsema  
Carla Luokkala  
Clarence Stariha  
Jessi Mickelson  
Kimberly Allen  
Olsen  
Aj Matthews  
Greg Johnson  
Kim Eisenhuth  
Susan Brashaw  
Paulette Sahir  
Maureen Olson  
Lindsay Jo  
Tritabaugh  
Paul Gustad  
Mary C. Warnke  
Cynthia C. Wahl  
Brenda Nelson

Kevin Anderson  
Steven Smith  
Bradley C Barrows  
Sarah Lerohl  
Stephanie A. Bird  
Phyllis Holliday  
Kellie Edgette  
Orrin Scholberg  
Kenneth Newhams  
Kara N Skahen  
Natalie M. Swanson  
Patti Chuang  
Selene Aswell  
Roscoe H.M.  
Hanson  
Lisa M. Stotts  
Kimberly S Wick  
Nathan Mork  
Elizabeth A Beagan  
Barbara Soufflet  
Sherri U Johnson  
Angela M. Keola  
Lynne Vandeelen  
Jason Williams  
Cheryl Skafte  
Anne L Roeser  
Andrew P  
Macdonald  
William Kohlts  
Carol A Kari  
Linda E. Sarette  
Lois H. Jenkins  
Cammie Jezierski  
Thor C. Kurtz

Sari L. Milinovic  
Denese M.  
Winterscheidt  
Carl Savitsky  
Megan R. Brandt  
Laura Star  
Peter W. Sailstad  
Michael R. Toonen  
Kathleen Faye Ray  
Jerome B. Renner  
Karl Von Rabenau  
Kathleen S. Mehr-  
Jensen  
Sara R. Thiessen  
Jennifer J. Hill  
Melanie A  
Halverson  
Megan Gregor  
Nathan Adam  
Bronk  
Amber Sadowski  
Mary Kallemeyn  
Michael Mrozinski  
Judith Antila  
Robert W. Rindahl,  
Jr.  
Kimberly J.  
Hromatka  
Amie K. Golcz  
Bruce E. Smith  
Sarah Stepec  
Susan Hall  
Melissa Anne  
Heyndericks

Meghan Noonan  
Caine  
Jackie Bartosh  
Jan Marie O Malley  
Marguerite C.  
Zelenz  
Marjorie A.  
Markwardt  
Ellen J Bacon  
Kari Speer  
Brenda E. Emanuel  
Susan N. Maher  
Dustin D Peterson  
Dean A Packingham  
Wallace Heidbrier  
Brenda Enyart  
Sandeep Bhowmick  
Kristelle E. Miller  
Kevin G. Keeley  
Jennifer L. Bowes  
Jason T. Wall  
Susan L. Cofer  
Kelly Ann E. Rauzi  
Duane Allen  
Barbara Flaig  
Sue E Harrington  
John Herron  
Lisa M. Durene  
Michelle Magdsick  
Mark G. Hawkinson  
Patricia P. Trousdell  
Craig Nylander  
Molly Debrock  
Mandy Fender

Steven A. Wick  
Shelley Matthes  
Helen Hase  
Linda Bammert  
Daniel J. Murphy  
Sue Denio  
Lindsay Lapinski  
Joseph S Ripku  
John H  
Mulleneardley  
Matthew Leibfried  
Christine A George  
Jillyan S. Rosenthal  
David Whitebird  
Kathleen A.  
Mcdonald  
Barbara R. Goldman  
Nicole A. Cartier  
Heather M. Bulgrin  
Sarah A. Jurek  
Linda K. Eng  
Dana M. Fisk  
Madonna Ohse  
Torry L. Harris  
Kathryn Marie Borg  
Antonina A. Anikina  
Gail Paun  
Amanda Geiselhart  
Jeremy Leblanc  
Christine Mitchell  
Ann Treacy  
Eric Beyer



Fiscal Year 2010 ended on June 30, 2010 with 777 new Co-op Owners (130 listed here) — just 23 shy of our goal of 800. Can we reach 800 by July 1, 2011? We're kicking off Fiscal Year 2011 with 53 new Owners (also listed here). Welcome!

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## notes from the front

—**Briana Brewington,**  
**Front End Manager**

### another opportunity to recycle at wfc

Aside from our plastic bag recycling, which has been a great success, WFC will be offering yet another chance to help you recycle goods and materials from your household. By the end of August 2010, Triangle Recycling will have a bin placed outside the store.

#### acceptable items include:

clothes / textiles  
shoes / boots  
jackets / blankets  
belts / purses  
towels / sheets

#### please enclose the following items separately in a plastic bag:

metal pots and pans  
cell phones/laptop computers  
inkjet cartridges

#### we are not able to accept:

toys, games & stuffed toys  
household items (blenders, lamps, microwaves, plastic containers)  
desktop computers,  
televisions, electronics  
fans, air conditioners,  
mattresses, box springs  
furniture, pillows

Depending on the item, Triangle recycles or resells items in bulk, for example, as rags for the automotive industry.

Although Triangle is a for-profit company, portions of the profits are donated to United Cerebral Palsy/Minnesota (UCP). UCP is a tax-exempt charity and meets the criteria of the Minnesota Charities Review Council. UCP serves people and families affected by cerebral palsy and other disabilities in Minnesota through a variety of programs focused to meet the needs of families and their daily challenges of living with a disability.

Triangle Recycling is open to locating additional drop-off bins at other commercial or apartment buildings. If you know of a likely spot please contact Triangle directly through the contact information on their website.

<http://www.trianglerecyclingmn.com/index.html>



## In Balance with Ayurveda

by Bonnie Ambrosi, WFC Owner

**T**he core concept of Ayurveda is that we are part of Nature. When the balance of elements in Nature changes, it changes in us too, and that balance changes in many rhythmic ways. The cycle of the seasons is one elemental rhythm we all respond to.

Think of the great elements — earth, water, fire, air and ether — rising and falling like tides. As summer turns into fall, fire (the only element that has heat) gradually recedes, as does the element of water, while the tides of air and ether (cold, dry, always moving and dispersing) steadily rise. We feel this shift in our very bones. But how it affects us depends upon our individual constitutions and lifestyles.

All five elements are present in everybody, but the proportions differ, producing characteristic mental/physical types. If you have more air and ether, that's called Vata. You are probably thin, and always have been.

You like to be on the move, physically and mentally, and you tend more towards anxiety than anger or depression. The change from summer to fall/early winter will affect you the most.

Whereas fiery Pittas find balance in the cool of autumn, and earthy Kaphas feel lighter and more energized in crisp, dry weather, Vatas may find themselves unbalanced by too much air and ether, creating dry skin and eyes, muscular tics, gas and/or constipation, ringing ears, chills, spaciness, and a sense of general nervousness.

Proper diet during this season can help restore balance. Choose warm, moist, earthy foods: root vegetables and winter squash, spicy stews, fermented foods like sauerkraut, yogurt and kefir, stewed spiced fruit, honey and molasses. Avoid caffeine and carbonated drinks, sugar, and very light, dry foods like popcorn, rice cakes, chips, and even raw foods. Eat three

small warm meals at regular intervals, with wholesome snacks if needed to keep you from floating away.

Use a good quality oil or lotion to add moisture to your skin. Limit the time you spend in noisy, brightly-lit, air-conditioned places and outdoors bare-headed in very windy weather. Instead, seek out warm, tranquil, moist environments for at least a little while each day. A steady daily routine is very grounding for Vatas, though it doesn't come naturally. If you do yoga, emphasize forward bends and long holds.

Whatever your constitution, watch the elemental tides in and around you to enjoy the play of the seasons, and our part in that play. **GG**

**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](mailto:grihastashrami@gmail.com) or visit her website at [grihastashramiyoga.com](http://grihastashramiyoga.com)

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## Co+op Deals and the NCGA Bring More Value To WFC Shoppers

Last week, you should have received two new Co+op Deals flyers in the mail. You will notice some changes are afoot for our sales flyer, sales signs, coupon books and other materials provided by National Cooperative Grocers Association (NCGA), the national association of food co-ops of which WFC is a member. NCGA provides these resources as a benefit of membership, allowing us to focus our time and energy on other areas that provide value to

our shoppers, Owners and local community. NCGA is launching Co+op Deals to replace the once-monthly CAP sales. Our new Co+op Deals sales will usually run for two weeks, always starting on Wednesdays and ending on Tuesdays. In other words, we will be on a bi-weekly schedule, not a monthly one. You'll see more deals, more often, with quarterly coupon books and twice the number of sale fliers. In-house sales will run for two weeks and/or four weeks, and

some will continue "while supplies last". As always, we will continue to print the last day of sale pricing on all signs (except for those "while supplies last" sales). Additionally, you will notice fresh new signs in the rest of the store like the new Owner Extras (formerly Member Specials), Every Day Low Price signs and the brand new "Cha-CHING!" signs denoting special pricing we have found just for you. So what's the deal? It's Co+op, stronger together!

# new products

- BULK**
- **Smoked Almonds**
- COOL**
- **Silk**
    - Almond Milk
  - **Maria and Ricardo's**
    - White Corn Tortillas
- FROZEN**
- **Greek Gods**
    - Baklava Ice Cream
  - **Udi's Gluten Free**
    - Pizza Crusts
  - **Sunshine Burger**
    - Falafel Patties
  - **Alexia**
    - Cheddar Bites
    - Crinkle-cut Sweet Potato Fries
    - Hash Browns
- GROCERY**
- **Kettle**
    - Unsalted Potato Chips
  - **Dr. In The Kitchen**
    - Whole Grain Flackers Flax Crackers
    - Rosemary & Savory Flavors
  - **Back To Nature**
    - Harvest Whole Wheat Crackers
  - **Sesmark**
    - Cheddar Sesame Thins
  - **Annie's**
    - Gluten Free Cocoa Vanilla Bunnies\*
  - **Hy-Top**
    - Distilled White Vinegar Gallons
  - **Woodstock Farms\***
    - Baby Dills & Whole Dill Pickles
  - **Dr. McDougall's**
    - All Natural Soups in BPA Free Packaging – 4 Flavors
  - **Sungold\***
    - Pure Sunflower Butter

- **Udi's Gluten Free**
    - Original & Vanilla Granolas
  - **Bob's Red Mill**
    - Gluten-Free Quick Oats
  - **Homestead Mills**
    - Potato Pancake Mix
  - **Yogi\***
    - Skin Detox Tea
  - **Nativa Yerba Mate**
    - 2# Loose Leaf Mate
    - Mate Tea Bags
  - **Natural Nectar\***
    - Cocoa Ladyfinger Cookies
    - Milk Chocolate Cookies
    - Dark Chocolate Cookies
  - **Nordic Naturals**
    - Cod Liver Oil For Pets
  - **Natural Grilling Products**
    - Hardwood Charcoal Briquettes
  - **If You Care**
    - 100% Biomass Fire Starters
  - **Sweet Leaf Tea**
    - Check out the new flavors in lower-priced cans!!
  - **Chippewa Spring Water**
    - 1 liter Sport Bottles
  - **Kandiyohi Spring Water**
    - 1 Gallon Distilled Water
  - **Clif Shot Bloks\***
    - Electrolyte & Energy Supplements – 4 New Flavors
  - **Stonehouse 27**
    - Ethnic Cooking Sauces – 6 New Flavors
  - **Larabar**
    - Cashew Coconut
    - Pecan Pie
  - **Stacy's Pita Chips**
    - Garden Vegetable Medley
- HBC (Health & Body Care)**
- **All Terrain**
    - Waterproof Bandages
    - Sheer Bandages
    - Fabric Bandages

- **Himalayan Institute**
    - Neti Mist Sinus Spray
    - Neti Wash Silver
    - Neti Wash Flu
  - **New Chapter**
    - LifeShield Immunity
  - **Home Health**
    - Psoriasis Scalp & Body Wash
  - **Baxyl**
    - Liquid Hyaluronan
  - **Thursday Plantation**
    - Anti-Fungal Treatment
  - **Flora**
    - Super 5 Probiotic Lozenges
  - **Caribbean Sol**
    - Onyx Oil
    - Golden Opal Oil
    - Jade Oil
  - **American Health**
    - Super Papaya Enzyme Rollpacks
  - **WiseWays**
    - Tea Tree Food Powder
    - Sandalwood Powder
  - **Burt's Bees**
    - Multicare Toothpaste
    - Kid's Berry Bee Fluoride Free Toothpaste
    - Kid's Orange Wow Fluoride Toothpaste
  - **\*Gabriel Facial Care Line**
    - Check out this new line of terrific facial care products!
  - **EO**
    - Coconut & Vanilla Bath Salts
    - Blue Chamomile & Lavender Bath Salts
    - Eucalyptus & Arnica Bath Salts
    - Bulk Lemon Eucalyptus Soap
    - Bulk Lavender Shower Gel
    - Bulk Lavender Lotion
- Re-introduced:**
- **PrimaLens**
    - MultiPurpose Contact Solution

## grocery gab

by Lisa Anderson,  
Merchandising Manager & Jill Hall,  
HBC Buyer

The USDA National Organic Program (NOP) set requirements for food items to qualify as organic and in order to make organic claims or sport the USDA Organic seal on the label, the product has to meet these requirements. Bodycare products, on the other hand, often have the word "organic" in the brand name but do not meet the ingredient requirement(s) to bear the seal, because the rules for food products don't transfer directly to personal care products. This labeling inconsistency has created controversy about regulating bodycare products and brands that use the term organic.

WFC has long been a supporter of organic foods, and since the term "natural" has become so diluted that it can be found on almost any product, protecting organic integrity is more important than ever. Our product selection is based on direction given through our Food Policy and on what our Owners and other customers buy; no matter how clean, pure, or organic an item is, we can't offer it for sale if no one buys it. For years we have carried industry staple brands, such as Nature's Gate and Kiss my Face personal care products, yet many of these staple brands have now come under scrutiny because of manufacturing processes or simply because the name includes the word "organic".

We carry a lot of products that are currently the focus of this labeling controversy because they have proven to be of high quality, offer us a cleaner choice than their conventional counterpart and are desired by our customers. We continuously look for new, reformulated, and certified organic bodycare products to offer our customers. Many of these products come with a higher price tag, and thus, may be cost prohibitive (actual or perceived) by our customers.

While our Food Policies offer a framework for our purchasing decisions, the ultimate decision is made by you, the consumer. If customers want it and it fits in our Food Policies, we will carry it. If we carry the cleanest, most organic-ist, best-ist shampoo in the world, but no one buys it, then we won't be able to sell it, because no one bought it. Being an informed consumer and demonstrating your buying preferences sends a clear message to both retailers and suppliers. Look for the USDA Organic Seal on bodycare products if you want to make sure what you're getting is truly organic; inform yourself on ingredients and read the labels, just like you would for food items. It's important to know what you're putting into and on your body.



## HERBS & SPICES

- **Frontier**
  - Coarse Hawaiian Red Sea Salt
  - Coarse Hawaiian Black Sea Salt

## MEAT

- **Applegate Farms**
  - Spinach Feta Sausage\*

\* Contains Organic ingredients  
\*\*Fair Trade



# Savor the Season

— Shannon Szymkowiak, Promotions & Education Manager

Change is hard. It doesn't have to be, but it often is. Our habits, our routines, our emotional and mental safety come into question when we are presented with change. I've written about this a lot over the years in one fashion or another, usually in the context of being kind to people who are just starting out on their path to better eating and more sustainable practices. This time, I'm talking about the enlightened, progressive and forward-thinking Whole Foods Co-op Owner. I'm talking about you.

When I started as your Marketing Manager, our Co-op had roughly 2,500 Owners. Our filing system was loose and our cashiers could probably call the vast majority of our Owners by name — their kids and dogs, too. We knew most of your member numbers by heart. Although I wasn't quite sure why we bothered because we never used them for anything, we sent out hand-written membership cards.

Then, we announced the move. Oh my goodness. People who shopped at the Co-op all of the time (who I had assumed were already long-time Owners) suddenly wanted to become Owners of the Co-op. Our shiny new building drew in looky-lous by the thousands and the number of Owners shot up in a big hurry. I remember printing new Owner's Manuals about as fast we had people signing up.

During this process, we cleaned up the files and got the back of the house in order. Eventually, we had our Owners logged into our system accurately with paper file back ups. By 2006 when the Community Cooperation Program (CCP) was implemented, having a current membership card became necessary in order for our Owners to take advantage of savings at other independently-owned businesses in town. We began to print those cards in-house and streamlined that process.

Then, we became profitable again. Last year, we issued Patronage Rebates based on our Owners' yearly purchases. Accuracy was becoming more and more important — dollars were on the line. At this point, we had about 5,000 Owners. Purchasing corrections were becoming more commonplace for Owners who couldn't remember their numbers, who didn't carry their cards and/or who have the same name as another Owner. The time has come for change.

## MEMBER HOUSEHOLD POLICY

As a benefit of membership, a WFC Member-Owner may choose to list additional members of his/her household on his/her membership account.

To clarify what individuals may be listed on a Member's account:

- 1) "Household" is a single residential address and
- 2) Up to three (3) individuals (no age limit) in the Member's household may be listed on a Member's account.

Benefits available to additional individuals on a Member's account include:

- 1) Member discount on special orders.
- 2) Member-only coupons and Member-only specials.
- 3) Member cost to attend WFC public classes.

Rights and responsibilities related to additional individuals on a Member's account include:

- 1) Only the first person name on the stock certificate/subscription agreement has a vote in Board elections and on other matters presented to the Members (one member, one vote).
- 2) The first person named on the stock certificate/subscription agreement owns the stock. Stock may be transferred only to WFC and is not transferable to any other entity or individual.
- 3) Any patronage rebate will be issued to the first person named on the stock certificate/subscription agreement.
- 4) The first person named on the stock certificate/subscription agreement is responsible for the full amount of any in-store IOU as long as the receipt is signed by a person authorized by a Member to use his/her household account.
- 5) The first person named on the stock certificate/subscription agreement is responsible for the full amount of any check bounced at WFC by a person authorized by a Member to use his/her household account.

Approved by Board of Directors on May 27, 2003

Updated by management action effective July 1, 2005

Updated by Board action effective July 1, 2006

As amended by the Board of Directors on March 31, 2008, to be effective July 1, 2008

Soon, we will be sending you a brand spanking new WFC Owner Card in the mail. It has our commemorative 40th Anniversary logo on one side and a barcode on the other. You will receive two cards and two key fobs, which should be enough ID for you plus up to 3 people who live with you, should you decide to allow them your Ownership privileges (see the Household Members Policy above). Put it in your wallet or on your

keychain and swipe it every time you shop at the Co-op.

I can hear many of you crying out, "But Shannon, why? Why are you making us carry another card? Why? I always remember my number...mostly...and all of the cashiers know me! Why?" Well, my friends, if it isn't clear from what I've already written, here it is:

- 1) We (hopefully) anticipate issuing future Patronage Rebates. These rebates are calculated based on your purchases. If your purchases are not accurately assigned to you, you miss out on money. A swipe card ensures accuracy. You don't have to remember your number, your household members don't have to remember your number, and the swipe eliminates the opportunity for cashier error in entering that number.
- 2) As an Owner of the Co-op, you are entitled to discounts at local businesses through the Community Cooperation Program (CCP). These businesses need to see identification in order to allocate the discount to you. This card is proof of WFC Ownership.
- 3) With more and more new Owners, we have experienced abuse of membership numbers. We are rabid about protecting your information and your membership privileges. If someone uses your membership number and bounces a check or charges on your account, you are responsible for that debt. Using a card issued only to you helps all of us protect your investment.
- 4) It is true that we have Front End Clerks who have been with the Co-op a long time and they know many of you. But we also have many part-time FEnders who work an ever-changing schedule and they simply



cannot keep track of now 5,700+ Owners, no matter how hard they try.

We hope that you will use your card. The 40th Anniversary logo is a big deal to me (after all, I am your Promotions Manager) and only current Owners will get a card with the 40th Anniversary logo. People who become Owners from here on

out will be issued a WFC-logo card at sign-up and will be instructed to use that card every time they shop. We would love it if all of our current Owners would be the positive example of this very necessary change. Savor this season of change.

## Change Is Good Cookies

- 3 C All-Purpose Flour  
OR Gold-n-White Flour
- 2 t Baking Powder
- 1 t Salt
- 1 C Butter OR Earth Balance Buttery Spread OR half of each
- 1 C Light OR Dark Brown Sugar
- 1 C Evaporated Cane Juice  
OR White Sugar
- 2 Eggs OR Egg Substitute equivalent
- 2 T Milk OR Soy Milk OR Rice Milk  
OR Hemp Milk OR Almond Milk
- 1 t Vanilla Extract OR Maple Flavoring  
OR Orange Flavoring
- 1/4 C Walnuts OR Pecans  
OR Pistachios, chopped
- AND/OR
- 1/4 C Dried Cherries  
OR Dried Blueberries
- AND/OR
- 1-1/2 C (one pkg) Semi-Sweet  
OR Mini OR Milk Chocolate  
OR White Chocolate Chips

Preheat oven to 350°F. Sift together flour, baking powder and salt. Set aside. Mix butter and all sugar until fluffy and creamy. Add eggs until well blended. Add milk and flavoring extract until blended. With the mixer running, add the dry ingredients slowly until completely incorporated. Stir in nuts, fruit and/or chips until blended. Drop by spoonfuls onto a greased baking sheet or Silpat™ mat and bake for 7–10 minutes or until golden brown on top. Let cookies cool for a bit before removing to a rack or counter for complete cooling. Enjoy with your favorite chilled beverage or with a scoop of ice cream between two cookies. GG

**Shannon** Shannon is looking forward to home-grown, homemade crab apple jelly this winter.



Commemorative 40th Anniversary card.



Future Owner cards will look like this.

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4pm – 7pm

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[www.wholefoods.coop](http://www.wholefoods.coop)

218/728-0884  
Open 7am–9pm everyday



# Eat Local Challenge recipe contest

**2010** was a terrific year for our third Eat Local Challenge. We had more people signed up to take the Challenge in the first hour of the Midsummer Food Fest than we did for the whole first year of the Challenge in 2008. Recipe packs were handed out and many conversations were started with the Eat Local Challenge. Conversations about our local foodshed, gardening, using local ingredients in the kitchen and more took place between people who wouldn't necessarily connect. It was a great gathering around a metaphorical dinner table.

We had several new local suppliers this year at the Food Fest, but we would be remiss if we didn't mention our partnership with the local PBS affiliate, WDSE. Through their cooking series, "WDSE Cooks", Juli Kellner and her crew gathered cooks using local ingredients from all over the Northland for the brand new "L is for Locavore" program. WDSE also generously shared select recipes from that show with us for this year's Eat Local Challenge recipe packs. Thank you!

In the Eat Local packets, we encouraged people to try new things in the kitchen and to share the successes through the Locavore Challenge Recipe Contest. A contest form was included in the packets, but we want to remind those of you who have not turned in your recipes to get hoppin'. You have until October 1 to get your recipes turned in. Good luck!



## Tomatillo Salsa

These jars of tomatillo salsa,  
each one filled with sunshine and memories.  
They are all solar batteries  
worthy of tax credits and government  
subsidies.

One hundred and eighty-six thousand miles  
per second,  
photons, brought to a standstill  
in a vacuum sealed Mason canning jar.  
Open the pantry door slowly,  
The light will hurt your eyes.  
Welding goggles may help.

In spite the darker half of the year, the kitchen  
glows  
each meal is prepared.  
Our friends and family auras grow,  
fed by the sunshine meal shared.

Store-bought's ok but is weak on memory  
flavor:  
Spring planting in new sunshine,  
seeds and seedlings,  
Summer watering and thunderstorms,  
half the equation for life as we know it,  
Carbon mulching and composting,  
part of the other half.

Weeding and eating the greens,  
A joy of meditation and slow food in a fast  
world.  
Fall harvest pride... and putting by for the  
winter.  
Precious memories, how they linger...  
We have seen the light,  
It glows under our pantry doors at night.

— D. M. Pagenkopf



## IT'S TIME FOR THE WFC LOCAVORE CHALLENGE RECIPE CONTEST!



In past years, the Locavore Recipe Contest was conducted before the Eat Local Challenge. This year, we are asking you to provide us with recipe(s) you developed *during* the Challenge. All recipes submitted for the contest will be published in the Annual Recipe issue of the Garbanzo Gazette (Winter 2010/11) and three will be selected as winners (see below).

All recipes will be judged the first week of October by a panel of Co-op Staff Judges. The winners of each category (Best Tasting, Most Local Ingredients Used, Most Kid-Friendly) will receive a \$50 WFC Gift Card and bragging rights until next year's Locavore Challenge. **All entry forms and copies of recipes must be received no later than Friday, October 1 at 9 pm. Good Luck!**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY, STATE, ZIP: \_\_\_\_\_  
PHONE NUMBER: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

RECIPE NAME: \_\_\_\_\_

SERVES: \_\_\_\_\_

OVEN TEMP (if applicable): \_\_\_\_\_

**RECIPE INGREDIENTS** (List each recipe ingredient with specific variety used, exact measurements or weights, and in the order used). Although ingredients may not be available locally year round (fresh basil, for example), **all ingredients (except alcohol) must be available at Whole Foods Co-op!**

**RECIPE INSTRUCTIONS** (attach additional sheet as needed):

### RULES & REGULATIONS:

1. All entry forms and copies of recipes must be received no later than Friday, October 1 at 9 pm. Entries may be mailed, dropped off at Customer Service or emailed to [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop).
2. Any type of recipe may be submitted, but the recipe must be original, unpublished and may not have previously won any award or prize. Multiple recipes may be entered so long as each one is entirely unique and complies with all other rules.
3. By entering the Contest, entrants agree to assign their intellectual property rights to WFC and permit WFC to use the entries in any media, including the Internet, for commercial, promotional or any other purpose whatsoever. Entrants who do not agree to this use should not enter this Contest. All recipes submitted will be posted on [www.wholefoods.coop](http://www.wholefoods.coop) for viewing and will be made available in written form as resources for future Locavore Challenges.
4. Each recipe will be judged on taste, number of local ingredients used and ease of preparation/practicality of preparation.
5. Three prizes will be awarded: Best Tasting, Most Local Ingredients Used, Most Kid Friendly

*Entry in this contest constitutes permission for WFC to use Winners' recipe(s), name, hometown, likeness, photograph, and statements regarding this contest for editorial, public relations, promotional and advertising purposes in any media, including the Internet, for any purpose whatsoever on behalf of WFC without compensation beyond prizes won.*

I agree to the Rules & Regulations above:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Questions may be directed to Shannon at 728-0884 x 181 or [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop).

610 E 4<sup>th</sup> St, Duluth, MN



[www.wholefoods.coop](http://www.wholefoods.coop)



# fresh perspective

## how about them apples?

**W**e all have eaten Red Delicious apples and maybe even given them to our favorite third grade teacher as a gift. But what do you really know about the apples you eat?

For example, did you know that the Red Delicious is the number-one selling apple in the US, followed by Golden Delicious, Gala, Fuji and Granny Smith? Or, that:

- They were first called a Hawkeye (probably since they were developed in Iowa) before Stark Brothers Nurseries purchased the rights and gave them their now well-known name.
- They have five distinct points on the bottom of each apple?

What about some of your other favorites:

### Fuji

- Did you know that it is named after Mount Fuji (a mountain located southeast of Tokyo, Japan)?
- Or that Fuji apples are a combination of two varieties: Red Delicious and Ralls Janet.
- They've only been available in the US since the 1980s.
- Although Fujis are good baked or frozen, due to their crisp texture and very sweet flavor, they are best suited for eating fresh or in salads.

### Granny Smith

- Yes, there was a Granny Smith.
- Mary Ann (granny) Smith developed the Granny Smith from a chance seedling found in her orchard.
- Granny Smiths are great in salads because their tart flavor nicely complements sweeter vegetables and they keep their white color after they being cut.

### Pink Lady

- Because of this apple's pretty pink color and because one of its parents was the Lady Williams apple it seems like an obvious choice.
- Pink Lady® was developed in the 1970s by John Cripps in Western Australia, and is a cross between Golden Delicious and Lady Williams.
- Pink Lady® is a trademark; the actual variety name is Cripps Pink. To preserve the premium appeal of Pink Lady®, about 65 percent of the production that does not meet the required standards for Pink Lady® is sold as Cripps Pink instead. The distinction is primarily made on color intensity and the sugar/acid balance for which it is known.

### Pippin

- This was not first grown by a hobbit from Lord of the Rings.
- A green antique American apple, it is making a successful American comeback.
- This large, roundish apple has green skin and russet top that turns a greenish-yellow when fully ripe. Its white aromatic flesh is tender and juicy.
- There are many varieties of Pippin; the two most widely recognized are Newtown Pippins or Cox Pippin.
- The Pippin is recognized for its excellent apple flavor and is considered one of the best dessert apples.



### Cameo

- A relatively new apple, and well worth tasting!
- The Cameo variety is a heart-shaped apple with a flavor that is sweet yet tart, its crispy texture is complemented by its very thin skin.
- Cameo is a year-round crunchy variety.

### Honeycrisp

- Crossed with Macoun Apple (a great pie apple) and Honeygold Apple at the University of Minnesota.
- Honeycrisp apples can store three to four months in the refrigerator.
- About its flavor its been said "The balance between sweet and tart utterly seduces your taste buds".

## this month's tidbit

**Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. There are apples that have an aftertaste of pears, citrus, cinnamon, cloves, coconut, strawberries, grapes and even pineapple!**

### McIntosh

- If you like Cortland, Empire, Macoun and Spartan apples, you should thank their parent, the McIntosh.
- This famous northeastern apple has white, tender, crisp flesh that's uniquely spicy, highly aromatic and very juicy.
- They are great for sauce.
- These are best eaten in the early part of the apple season, as they don't store well for long periods.

## apples take sides

Barbecue season is coming into the home stretch. One of the things I love most about outdoor cooking is the side dish that accompanies whatever you are grilling.

One of my favorites has always been baked beans. The other night I was delighted to be introduced to some of the best baked beans I've ever had. They were vegetarian and had just the right amount of sweet to heat.

My friend didn't have the recipe written down so we adapted a quick and tasty one from this one on [www.cooks.com](http://www.cooks.com) and came up with a winner.

### barbecued baked beans

- 2 (16 oz.) cans Pork & Beans (drained) or Vegetarian Baked Beans
- 3/4 C Barbecue Sauce
- 1/2 C packed Brown Sugar
- 1 Tart Apple (peeled, cored and chopped) we used Pink Lady
- 1/2 small Onion (chopped)
- 2 T Golden Raisins
- 3 strips Bacon (optional)

In a 1 1/2 quart casserole, combine the drained pork and beans, barbecue sauce, brown sugar, apple, onion and raisins. Arrange the strips of halved bacon over the top of the bean mixture in the casserole. Bake uncovered in a 350°F oven for 50 to 60 minutes or until bubbly. Makes 6 to 8 servings.

You may want to double the recipe, as these are wonderful for lunch over the next few days. Like many cooked dishes, the flavor gets better after a couple days in the fridge.

References this issue:  
 Apple coleslaw, <http://allrecipes.com>;  
[www.allaboutapples.com](http://www.allaboutapples.com);  
[www.americancameo.com/](http://www.americancameo.com/);  
[www.honeycrisp.com](http://www.honeycrisp.com); [www.the4cs.com](http://www.the4cs.com)

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# happy 40th birthday!

**F**or WFC Owners, there is an Annual Report tucked inside of your home-delivered Gazette. You will notice that this year's Annual Meeting is kind of a big deal. In addition to the usual delicious meal and camaraderie, there will be opportunities to look at some Co-op archives, and share your first-time WFC experience, followed by a dance.

During the entire month of October in the store, there will also be many celebratory activities. First is Owner Appreciation Month, traditionally held in October, which is also National Co-op Month. How fitting that we celebrate our birthday in October! There will also be:



- Special deals for Owners every day in the store. Watch our Facebook page or for special signs in the store for these super great deals.
- An Owner-created art show in our beloved Brewery Creek Overlook (BCO —a/k/a "the seating area")
- Kyle Maunu's collection of Co-op logo memorabilia
- WFC archival materials on display and of course,
- Anniversary Cake

Please stop by often during October and celebrate 40 years in business and 5 great years at our new location. Without you, none of this would be possible.



**Jayson Bixler**  
*Homeopathic Practitioner*

31 West Superior Street, Suite 302  
 Duluth, MN 55802

(218) 348-7728  
[jayson.bixler@gmail.com](mailto:jayson.bixler@gmail.com)  
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# WFC-U Fall Class Listings

September – December 2010

## September

### Healing with Homeopathy: Remedies for First Aid

Instructor: Jayson Bixler

Tuesday, September 14,  
6:00 – 8:00 pm

Homeopathy is a natural form of medicine that stimulates the body's innate ability to heal itself gently, rapidly and reliably. This class is an introduction into the dynamics of classical homeopathy and how to heal homeopathically for first aid situations. The lecture will also cover the central philosophy and history of homeopathy. The evening will conclude with a demonstration of the uniqueness of each person's condition. Please come prepared to interact and ask questions so that we may all learn.

### Preserving Your Garden Fare

Instructor: Bonnie Brost

Wednesday, September 22,  
6:00 – 8:00 pm

Are you stumped over how to preserve your harvest? This class is for you! Among the topics covered will be food safety to prevent food-borne illness from the foods you preserve, canning basics and tips on freezing as well. Bonnie will also review several food-dehydrating options. With demonstrations of a tomato soup, a zucchini relish recipe, and a pumpkin leather recipe, this class is sure to please all winter long.

### Pizza, From Scratch!

Instructors: Chris and Meg Rubesch

Tuesday, September 28,  
6:00 – 8:00 pm

Naples, Sicily, New York, and Chicago: they all stake claims on the delicious pizza pie, but who makes the best pizza around? In addition to learning about the history of pizza you will learn how to use pizza as an appetizer, main

dish, and a dessert too! With your new knowledge you'll be able to impress your friends when you tell them, "It's not delivery... it's from scratch!"

## October

### A Taste Of The Orient

Instructor: Robert Giuliani

Tuesday, October 5,  
6:00 – 8:00 pm

If you're a fan of Asian cuisine, this is the class for you! Chef Robert Giuliani will take us on a tour of the Orient with stops in Thailand, China, Japan, and more. This class will cover some popular dishes as well as provide you with recipes that you can take home and prepare yourself. After this class, your next craving for Asian food won't mean take out — but cooking in!

### Table For Two

Instructor: Mary B. Newcomb

Wednesday, October 13,  
6:00 – 8:00 pm

Keeping things interesting when cooking for one or two can be a challenge. Come learn simple ways to prepare a week of tasty meals using seasonal and local foods. Recipes will include Wild Rice Squash Soup, Caribbean-Style Squash, Rice and Kale, Latin American Bean Stew, Zucchini Rice Frittata and more!

### The Vegta – Table

Instructor: Jill Holmen

Thursday, October 21,  
6:00 – 8:00 pm

Vegetarian cooking is especially decadent in autumn, whether you're a dedicated Herbivore or an occasional veggie-option diner. Join Jill in creating classy Vegetarian dishes that are not only tasty, but also nutrient-rich and easy to prepare. Learn the basics of Vegetarianism, the how-tos of meat substitution and ways to adopt a satisfying, more plant-friendly menu into your daily routine.

### Anti-Inflammatory Cooking

Instructors: Heather Pitschka and Jodie Cope

Wednesday, October 27,  
6:00 – 8:00 pm

In this class you will learn about how some foods you eat could be causing you to experience inflammation, and what this means for your overall health. You will also learn what some of the top anti-inflammatory foods are, and enjoy a four-course anti-inflammatory meal!

## November

### Caribbean Party Food

Instructor: Lyndon Ramrattan

Wednesday, November 3,  
6:00 – 8:00 pm

If holiday entertaining has you stressed, perhaps a culinary visit to the Caribbean is what you need. In this class you will learn some basic Caribbean dishes that can liven up your party food repertoire any time of year. You will also taste several curries and salsas to spice up your fall season. This class will include some student participation and lots of fun as well. Come hungry!

### Gluten-Free Tour de Taste

Instructors: Your Promotions and Education D-Squad

Thursday, November 4,  
6:00 – 7:30 pm

Back by popular demand! Does Celiac Sprue or Gluten Intolerance leave you stumped for dinner or snack ideas? Would you like to taste some of the gluten-free products the co-op offers? If so, please join us as we navigate the gluten-free products in the store, taste some along the way, and help you find delicious alternatives that won't leave you twisted up in knots. This time around we will focus on gluten-free

selections that would be a great fit with your Thanksgiving dinner. A minimal cost of \$10 will reserve your spot as the group size is limited.

### This is how we roll... two

Instructors: Debbie Manhart and Barbara Akre

Tuesday, November 9,  
6:00 – 8:00 pm

Our deli staff is back, and on a roll again. This fall their "This Is How We Roll" class will feature Kaiser rolls, homemade tortillas, from-scratch fettuccini noodles, and more! Come hungry and ready to participate in this hands-on class.

### Easy as Pie!

Instructor: Katie Toumi

Thursday, November 11,  
6:00 – 8:00 pm

The fall holidays are fast approaching, and we all know what that means...pie! WFC baker Katie Toumi will demonstrate how to make baking pies from scratch a snap. She'll also be putting a unique twist on old favorites like pumpkin, apple pie, and even the basic piecrust! So whether you need a pie baking introduction or just a refresher, you won't be disappointed!

### Gluten-Free Baking

Instructors: Heather Pitschka and Jodie Cope

Tuesday, November 16,  
6:00 – 8:00 pm

Does navigating the gluten-free baking world have you ready to surrender? Then come join Heather and Jodie to learn how to make both savory and sweet baked goods using only one gluten-free flour per recipe! The class will focus on using almond and coconut flours.



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3026 Minnesota Ave., Park Pt

{DEC 4 Sat} 10'til 3  
**GET IT LOCAL**  
4th year @Peace Church

{DEC 7 Tues} 4'til 8  
**GET GREAT STUFF Evening Fair**  
@Duluth Congreg. Church,  
3833 E. Superior St.

Find out about local fairs at  
**wendyupnorth.com**  
Artisans, please inquire.



## December

### Holiday Entertaining the Easy Way

**Instructor: Robert Giuliani**

**Wednesday, December 1,  
6:00 – 8:00 pm**

Holiday parties can be a lot of fun, but hosting one can sometimes be a nightmare. Chef Robert Giuliani will share some of his favorite cocktail party foods that are a snap to make and delicious to eat. With some of Robert's recipes in tow, you'll have no trouble when friends and family come knocking at your door.

### Instructor Bios:

#### Barbara Akre

Barbara Akre has enjoyed cooking and baking ever since she began 4-H over summers between elementary school years; her siblings still tease her about all the practice apricot-almond upside-down cakes they had to eat before the Indiana State Fair finally ended the streak. Her current focus is a boulevard vegetable garden, and she's hoping for another long, warm fall to extend its contributions to fall and winter cooking.

#### Jayson Bixler

Jayson is a graduate of Northwestern Academy of Homeopathy, a four-year clinical program for homeopathy. He has recently started his private practice in Duluth but has been studying and applying homeopathy for the last 10 years. He continues his education with those most current in the field. Jayson obtained his BA in Sociology in 1993 at the University of North Carolina at Asheville.

#### Bonnie Brost

Bonnie is an avid gardener who received her Certification in Master Food Preservation from the University of Wisconsin - Extension in August 2009. She is also a registered dietitian with the SMDC Heart to Heart program and has provided many nutrition education classes that have demonstrated recipes for healthy eating. Bonnie starts her tomatoes, peppers

and pumpkins from seed and has an extensive vegetable garden. She needed to learn how to preserve her garden fare and is happy to share her experience with others.

#### Jodie Cope

Jodie is a licensed Acupuncturist at the Healing Point of Duluth and a student at the Institute of Integrative Nutrition.

#### Robert Giuliani

After attending the Art Institute in Minneapolis, Robert headed to the Culinary Institute of America in Napa Valley. Here he learned about wine, restaurant management and cooking from master chefs from around the world. Since then, he has worked at several restaurants including The Marshall Fields Cafe, Martini Blu, Joe's Garage, Kozy's Steaks and Seafood and Hell's Kitchen.

#### Jill Holmen

Jill has been playing with food for as long as she can remember. A 16-year Vegetarian and a 10-year Co-op veteran, she hopes her love of the plant-based menu and her tasty recipes will illustrate that vegetarianism is so much more than "rabbit food."

#### Debbie Manhart

Over twenty years ago, Debbie started her career in the food service industry by completing a 3-year chef's apprenticeship. She enjoys sharing her gourmet food secrets, revealing how to make delicious dishes in a short amount of time, and how to do so without feeling frazzled! Currently our in-house Deli Manager, Debbie brings a broad level of expertise to the table.

#### Mary B. Newcomb

Mary-B. Newcomb has been cooking from her garden for more than 35 years. She frequently entertains and encourages young families in their quest to learn how to eat simple foods beautifully and tastefully prepared.

#### Heather Pitschka

Heather Pitschka is a registered dietitian and certified diabetes educator. She currently works at SMDC in both the Diabetics Center and the Duluth Clinic Sports Medicine Department.

#### Lyndon Ramrattan

Lyndon is from the Caribbean Islands of Trinidad and Tobago. He has lived all over the Caribbean and his personal style of cooking reflects a fusion of all the elements that makes the Caribbean so unique. He is the host of the Caribbean Roots Radio Show on KUMD Duluth Public Radio 103.3 FM and often offers recipes, drinks and cooking advice for Caribbean styled recipes. He is also a past employee and current Owner of the Whole Foods Co-op.

#### Chris and Meg Rubesch

Chris and Meg Rubesch are Duluth residents and enjoy cooking almost as much as they enjoy the outdoors. They spend much of their time training for and racing Ultra-Marathons, backpacking, and snowshoeing with their dog, Sundari.

#### Kate Toumi

Kate has been a staple of the Fog City Deli kitchen for 2 1/2 years. Prior to the co-op, she worked in various restaurants and in catering for 8 years. (She's not one to brag, but is also an impeccable baker to boot). Kate believes appetizers are totally underrated, don't get enough attention in the home kitchen, and are crazy fun to create as well.

### Class Instructions:

1. Please be on time! Late arrivals are disruptive to the instructor and other students.
2. Anyone arriving more than 10 minutes late will, unfortunately, not be allowed into the class and will be counted as a no-show.
3. The classroom is open at least 15 minutes before each class.
4. Upon arrival, please go to the Customer Service Counter where you will be escorted to the classroom.
5. A staff member must accompany all class participants when they are not on the sales floor.

If you have any questions, please contact Chris Rubesch or Jill Holmen at 218-728-0884 or email [pe@wholefoods.coop](mailto:pe@wholefoods.coop)

### Registration:

1. In person: Go to the CSC (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.
2. By phone: Please call 218-728-0884. We do need payment at the time of sign-up, so have your credit card ready.
3. On line: This option will be available mid-August 2010. Have your credit card ready and log on to [www.wholefoods.coop](http://www.wholefoods.coop) to sign up for your class.
4. Please make sure to provide a phone number where we can reach you if your class is cancelled.

### Fees and Cancellations:

1. Classes (unless otherwise noted) are \$25 or \$20 for Whole Foods Co-op Owners.
2. In order for us to accurately prepare for the number of students, you must register 48 hours prior to the class you wish to attend.
3. Classes and lectures must have a minimum of 6 students signed up 48 hours in advance in order to take place. If there are less than 6 students registered, each student will be called by WFC and informed of cancellation.
4. 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.
5. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows.

*Happy Cooking!*

Let us get you moving again

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# summertime co-op antics



Left: Wendy and Debbie from the Deli getting corn on the grill for you. Right: Look at Grassroots Farm's bounty! Jahn Hibbs, farmer, looks on.

## Midsummer Food Fest 2010



Kelly from the Merchandising Department lends a hand to the Deli making smoothies.



Third Street Bakery having some fun. Thank you Sam, for the delicious cookies.



Jessica and Amanda keep smiling, even during technical difficulties.



## Grill Wars 2010

Even with a downpour, Grill Wars was a success. Kate, Shannon, Debbie, Jill & Chris were your grill team this year.



Chris serves it up during Hemp History Week.

## Hemp History Week

# back 40 Winter 2010

— Michael Karsh, Produce Manager

This year's local season has been one of the strongest on record for WFC, in all ways: volume, variety and duration. Our Locavore Challenge was made easier through increased supplies of staple and impulse items from our region, a fruit of success in sourcing over the last two years. The good news is, the story is certainly not over, nor the complete plot details yet known as the questions and number crunching done during the summer months translate into a whole new potential flush of offerings.

Probably the most debated issue around WFC's local program is the definition of a 300-mile radius for what we will call local. Whatever competing ideas and concerns may be weighed out in this regard, our investment in

food production beyond the circle of our Northland community has already manifestly benefitted food capacity within our region, and not just that portion that arrives at 610 E 4th Street.

We have had the pleasure of working with many Amish growers from Iowa, Wisconsin and Minnesota to supply things like cucumbers and tomatoes, new potatoes and peppers well before those in northern Minnesota would be mature, sending our purchasing dollars into established communities practicing sustainable agriculture, and at a higher rate of compensation than they typically find at produce auctions or even dealing with produce warehouses. Another common element of their farms is division of labor with children, who then learn how to be our growers of the future. We actually have several

growers now who are just moving out onto their own land for the first time; a brighter future for family farms!

Our produce warehouses have also seen an increase in their sourcing abilities, and it has happened that, when we miscalculated our own ordering, we received something from one of our own Amish farmers from Co-op Partners Warehouse, the ones who handle the direct shipments to our store! The demand we generate in Duluth has ripple effects for other retail co-ops that are able to piggy-back on our pallets coming out of places like Cresco, Iowa, and so also are able to support agricultural capacity closer to home. Besides produce, the volume of sustainably raised eggs and some items in the bulk aisle available at WFC have benefitted from this expanded sourcing.

This local season has also seen a growth in Northland growers using the same infrastructure to distribute produce up the shore, and even to retail co-ops in the Cities. This later part of the year will see an experiment in season extension from our Iowa growers, so keep your eyes open during the winter months for greenhouse grown vegetables at a time when they would most certainly be coming from the west coast or south of the border. What a welcome change it will be when all we typically have available from local suppliers are rutabagas, potatoes and carrots? Stay tuned!

**Michael Karsh** is the Produce Manager at Whole Foods Co-op, where he has worked for the past 20 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he has developed markets for local growers, with an emphasis on organics.