



back 40

by Michael Karsh, Produce Manager & WFC Owner

This last growing season, now winding down into storage crops and the pleasures of apples and pears, was by all accounts a rough one for our local and regional growers. Water inundation, even here at WFC, left early crops washed out or smothered, to be followed by heat that worked for those with irrigation, but cut short the popular Bayfield strawberry season. It also left many growers in our immediate area with raspberries that weren't as plump and stunted in size. This was also the lightest blueberry season bar none that I have seen in our local area. One good thing this year is that we started working with local grower Blue Vista Farm out of Bayfield and we're pleased with the supply and quality of berries, we look forward to their supply in future years.

As a follow-up report to my previous article on our change in our definition of LOCAL I can say that WFC has seen a growth in the number of growers defined as LOCAL (Superior Compact region) including growers from the Growing Farms program that seeks to be an incubator for local agriculture, as well as several CSA farms south of us who found our retail outlet a good compliment to their own membership. Our hope is that providing easy entry to the WFC market as well as the compelling benefit of diversifying income for growers will see even more growth in our immediate community, even within the city limits. By affirming our commitment to our immediate region we look forward to helping build the sort of

capacity that could easily slip away as a generation of growers retires.

Our regional growers continue to play a key role in our food system by providing real options for shoppers in our department over shipped in product from the coast. Growth during the height of our local season, May – August, saw increases in vegetables sales ranging from zucchini to kale (tender baby and bunched) that were in many cases met almost entirely within Minnesota, Wisconsin and Iowa.

Now is the time to savor the heat we complained of in the summer, now in the form of plump squash, dense cabbages and golden carrots.

The items were fresher, and reduced the reliance of our food system of products grown for economies of scale and not economies of sustainability. Additionally, because we have such close connections with our growers, we can better express the qualities and varieties for which our shoppers are looking. This stands out most during canning season when specificity comes to a whole other level of detail in special orders!

As we prepare for the upcoming "dormant" period for our growers, we are also planning for more ways to connect you with what we will be offering in the season(s) to come. You may have noticed new images, signage and

updated brochures in the department. There are so many ways to convey the uniqueness of each grower, to put a face on their work so that it stands in value and memory as significant to your own quality of life. If I was going to pick the single best tool available to the shopper, even as someone who helps buy and display the products, it would be the Produce Department staff. They have sampled, bundled and prepared everything you see on display and can often tell you the story behind it. I can

say without fear of exaggerating that they also really enjoy the LOCAL and regional product most of all. Keep an eye on us, as we seek

to make each year a better one.

Also in this time keep in mind the storage of crops in quality condition is something our growers have done for themselves, and do very well for the rest of us as well.

If you've marveled at the crispness of a Food Farm carrot you know what I am talking about! Now is the time to savor the heat we complained of in the summer, now in the form of plump squash, dense cabbages and golden carrots.

The windows may be frosted, but the oven is warm. Enjoy! GG

beet the streets



Jill Holman and Adam Hakkila Wisocki of Promotions & Education serve up some tasty treats during the "Beet the Streets" Demo in July.



Customers try out the sample of the "One Vegetable, One Community" vegetable of the year.



Beet hummus from the "Beet the Streets" demo.

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GARBANZO GAZETTE

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STORE HOURS:
7 am – 9 pm every day

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



The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op, to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Thursday, November 1, 2012.

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 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. It's a great way to introduce your friends, family and co-workers to your Co-op!

management report

by Sharon Murphy, General Manager & WFC Owner

"Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong."

— Lao-Tzu (600 B.C.)



In case you missed it, the floods that ravaged Duluth and surrounding communities on June 19-20, 2012, had an impact at WFC. Our building was unharmed and we never lost power. However:

- Delivery access to our loading dock was not available for several weeks before the alley was re-graded; our employees got very creative and daily tackled traffic obstacles getting product into the store without the loading dock;
- The outside staircase was heavily damaged but is now repaired;
- In the section of our parking lot under construction along 7th Avenue East, much of the fill was lost and the partially-completed retaining wall along the avenue was compromised; we expect this section will be rebuilt, paved and open for customer parking by Fall.

With the blessing of engineers, the Planning Commission, contractors, insurance agents, attorneys, etc., repairs to the center section of the parking lot (see photo) may be underway by October.

As news about the flood was spread by the media and on the Internet, we received calls, letters, cards, postcards and emails from WFC Owners, former employees and food co-ops across the country with expressions of concern and support for our staff and Owners



In an effort to express our appreciation and to demonstrate the resilience our supporters from near and far encouraged, many of our employees turned out for a sunrise photo shoot at the "crater." The staff photo on the cover of this issue will be displayed in the store.

We greatly appreciate the patience of our Owners and our community with the parking challenges at WFC. Only a few days before the flood, we were wondering if we would celebrate the opening of the east section of the parking lot. There's no doubt now that there will be a celebration for the east and newly renovated sections of the parking lot, including new landscaping, lights, an outdoor seating area, bike racks and a bus shelter!



Sharon Murphy, General Manager since 1988, attended first CCMA in 1988, Gazette contributor since 1978.

For information about our performance in Fiscal Year/FY 2012 (ended June 30, 2012) be sure to check out the 2012 Annual Report you should already have received. The Annual Report also includes:

- Notice of the Board Election Ballot
- Information on proposed amendments to WFC's Articles of Incorporation to expand our capacity to accept new owners and to open up an opportunity for owners to invest in the Co-op, and
- An Invitation to the 2012 Annual Owner's Meeting.

As stated by Ban Ki-Moon, United Nations Secretary General, in his declaration of 2012 as the International Year of Cooperatives, cooperatives and their Owners make it possible to "... pursue both economic viability and social responsibility." The Gazette, the Annual Report and especially your attendance at the Annual Owners Meeting ensure you are informed about the cooperative you own. Thank you for your support and cooperation! **GG**

COOPERATIVE ENTERPRISES BUILD A BETTER WORLD



progress on ends

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

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 2012 quarter, management reported the following progress on ENDS:

- \$250 Superior Hiking Trail Association
- \$300 Friends of the Duluth Public Library
- \$500 Midwest Organic & Sustainable Education Service/MOSES
- \$1,000 Duluth Community Garden Program to conduct summer ses-

sion of Sustainable Food & Farming Curriculum at Grant Rec

- \$2,000 Growing Farms (formerly Duluth Community Farm)
- \$1,000 Second Harvest Northern Lakes Food Bank \$1,000
- \$500 Duluth Farmers Market
- \$1,000 One Roof Community Housing
- \$1,400 Lutheran Social Services Crisis Nursery
- Management participation with and logistical support for the Good Food Network Steering Committee, Growing Farms Steering Committee, the Safe and Walkable Hillside Committee, the Myers-Wilkins Community School Collaborative Board, 2012 Hillfest Committee, the One Vegetable, One Community Steering Committee, and the Northern Community Health Cooperative.

• Support for our community through the Cab Coupon Program and donation to the Duluth Community Garden Program of 10 cents for each packet WFC sells of certified organic vegetable/herb seeds.

• Payment of wages, salaries and benefits for 105 employees in this quarter amounted to \$534,339.

• Discounts (only quarterly and Owner Appreciation Month discounts) to Owners in this period amounted to \$19,571.

• Sales of LOCAL products based on management's new definition of LOCAL (within the 15-county Superior Compact area) amounted to \$41,410.37 (3.78% of total sales) in the period June 1-30, 2012; sales of REGIONAL (within a 300-mile radius) products amounted to \$144,376.14 (13.17% of total sales) in that period.



the buzz WFC staff news, anniversaries & award winners

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

STAFF NEWS

Manager On Duty Dylan Savall bids farewell to his service with the AmeriCorps program. He served with the Office of Civic Engagement at UMD for 3 years and has really enjoyed being the Community-based learning program coordinator, connecting courses and students from UMD with service opportunities in the Duluth community. In his final year with the program, he worked on a collaborative effort to create a sustainable mentoring/tutoring program that all UMD students, faculty and staff could participate in. We are thrilled to continue to have Dylan's talents on board here at WFC.



Recognize this image? Yes, indeedly, it's the car of our very own Merchandising Clerk Jeremy Beckman, being eaten by 7th Avenue after the flood. That's one way to national fame, Jeremy! Too bad you couldn't salvage those French fries found floating in the front seat...

Deli Counter Clerk and proud mama Cara Scannel sends a belated birthday wish to her daughter Emma who reached the 1-year milestone on July 9th. Her first cake was an avocado lime cheesecake with fresh blueberries. Three cheers for Emma-zilla!

Adam Hakkila Wisocki, Promotions and Education Coordinator, is thrilled to announce the arrival (finally!) of his son, Henry John Hakkila Wisocki, born into this world on June 15th, "also Neil Patrick Harris' Birthday!" exclaims dad. Welcome and congratulations to the lovely family.

Some less exciting news for Adam is that he ruptured his Achilles tendon while "fighting off evil forces" in July. A good opportunity to couch-it with his new son, we think. Here's to a quick recovery, Adam.

Get out the tissues. Long-time Front End Manager Briana Brewington begins a new adventure as she leaves WFC and moves to Rochester. "It has been a wonderful pleasure to work with and for so many wonderful people over the last nine years. It's a bittersweet progression as I set out on my new journey, because I'll miss you all and everything amazing that Duluth has to offer, but what lies ahead will be an exciting gift in itself." We will miss you, Briana. Keep in touch and all our best to you. Sniff! **GG**

STAFF ANNIVERSARIES

September

John Freedline Sr., <i>Deli</i>	7 years
Colleen Kelly, <i>Human Resources</i>	7 years
Kirsten Long, <i>Produce</i>	1 year
Dolores Meidl, <i>Deli</i>	7 years
Darcy Sathers, <i>Merchandising</i>	17 years
Per Swenson, <i>Merchandising</i>	1 Year

October

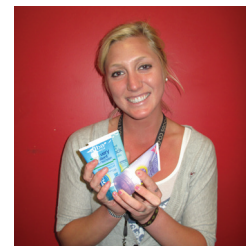
Barbara Akre, <i>Deli</i>	4 years
Lisa Anderson, <i>Merchandising</i>	15 years
Jill Hall, <i>Merchandising</i>	7 years
Jesse Hoheisel, <i>Merchandising</i>	7 years
Julie Kohls, <i>Merchandising</i>	10 years
Josephine Lepak, <i>Front End</i>	2 years
Rae Lynn Moahan, <i>Front End</i>	7 years

November

Rebecca Bischoff, <i>Merchandising</i>	2 years
Emily Darnell, <i>Promotions</i>	3 years
Jason Kokal, <i>Front End</i>	8 years
Jacob McMiller, <i>Deli</i>	6 years
Eric Nied, <i>Front End</i>	5 years
Wendy Sjoblom, <i>Deli</i>	7 years

STAFF AWARDS

June



Gumby Award
Kelly Bittner
Merchandising
Customer Service
Clerk



Gumby Award
Emily Darnell
Brand Coordinator



Customer Service
Per Swenson
Merchandising
Clerk

July



Gumby Award
Eriq Reed
Merchandising
Receiver

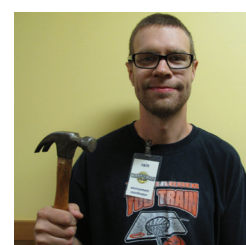


Customer Service
Dennis Kalligher
Deli Counter Clerk

August



Gumby Award
Alyssa Elliott
Deli Counter
Manager



Gumby Award
Rain Elfin
Environment
Coordinator



Customer Service
Erin Eklof
Merchandising
Clerk

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parking tip #1...
WALK, AND THEN
TAKE A CAB HOME
WITH YOUR GROCERIES.

notes from the front

by Briana Brewington, (former) Front End Manager & WFC Owner

NO RECEIPT IS A GOOD RECEIPT

Our IT guru, Andy, has enabled our POS system the ability to not print a receipt upon request. If you don't need your receipt, just tell your cashier anytime during your transaction. We'll be saving a little paper and you won't have excess paper or evidence of the delicious cookie you already ate and enjoyed.

OUR PARKING LOT MAY HAVE CRUMBLLED...

...but our service hasn't! Due to the condensed nature of our parking lot these days, it may be a bit trickier to locate a parking spot (unless you walk, bus or bike). Along with parking tips sprinkled throughout this Gazette and at the store, you will see our handy chart indicating busier times. If you have the option to do so, you may want to visit us during the less busy hours. You'll find more room in the aisles as well as the parking lot.



parking tip #2...

BIKE AND/OR TAKE THE BUS TO AND FROM THE CO-OP.

We've added bagging shifts during peak hours every day of the week. This convenience will help move things along a little faster. We will also gladly assist you with grocery carryout and pick up in the back of the store if you're parked in the staff/customer lot behind the store.

And don't forget the Cab Coupon option! For those of you who would like to enjoy a nice walk to the Co-op, but would rather not haul your groceries home, ask for a Cab Coupon. For purchases of \$30.00 or more, we will issue you a coupon for \$3.00 and call you a cab. For just a little extra, you and your groceries will be home before you know it, courtesy of your Co-op!

RRR REPORT CARD

The Reduce, Reuse, Redeem Program started in June of 2006. Every time a customer brings their own grocery bag(s) from home, we will donate 5¢ to the Second Harvest Food Bank or customers collect punches on a card to redeem it for \$1.00 when it's full. Majority of RRR money gets donated to the food bank, averaging around \$170/month. Since the beginning of the program, the RRR Program has donated \$10,043.80. It's so nice to see it finally hit the \$10K mark milestone. It's all of you who bring your own bags that have made this happen, one nickel at a time. Thank you! **GG**

so long, farewell hello

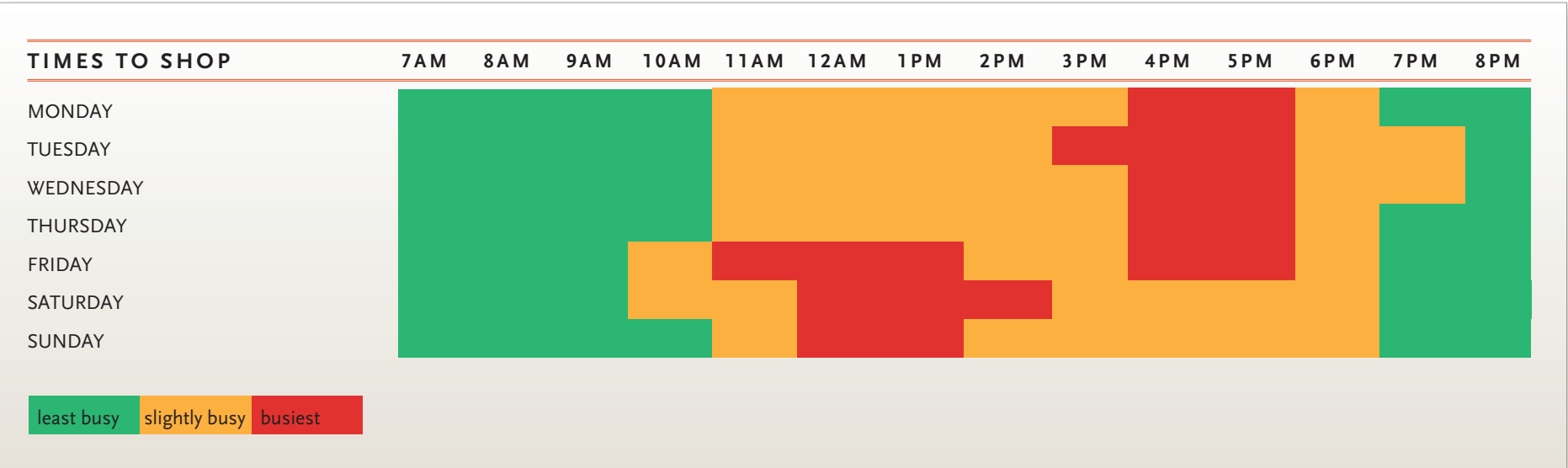
by Briana Brewington, (former) Front End Manager & WFC Owner

It is with great sadness and anticipation that after nine wonderful years of living in Duluth and being employed at WFC, I am leaving. By the publication of this Gazette, I will have made my departure and Michael Olker will be taking the reins of the Front End. I am off to Rochester, Minnesota, to be closer to family and begin a new chapter in my life. Luckily, I will still be able to offer my skills and services at the People's Food Co-op of Rochester. I am entering PFC during a very exciting time as they embark on opening a new store in August of 2013. Stop in and see me if you're ever down that way.

I have never been so welcomed and embraced by a community as I have found living here. Duluth has so much to offer between the wonderful people and the beauty of city and the lake. It is a bittersweet departure as I make this move. Thank you, all. **GG**

by Michael Olker, Front End Manager & WFC Owner

About twelve years ago, I submitted my application to the Co-op and landed a job in the Deli. I worked with a great bunch of folks and served a ton of falafel. Alas, I was pulled away from the Co-op for a couple of years but was lucky enough to get re-hired in 2005 in the Front End Department led by Briana Brewington. For the past seven years I have worked as the Front End Assistant Manager. As a team, Briana and I made the move from our 1332 location and have worked hard to develop a Front End culture fit for our present location. Our fearless leader has decided to move on to new adventures and the opportunity to apply for her position became available. I am thrilled to say that I have been chosen to be your new Front End Manager. I look forward to continuing to serve our Owners and customers and to grow and orchestrate the FE department to meet the needs and challenges of our fast paced, thriving Co-op. So, yeah, my name is Michael. You probably know me; I'm not a stranger. **GG**






parking tip #3...

CARPPOOL OR SWAP SHOPPING DUTIES WITH A FRIEND.



parking tip #4...

SHOP AT QUIETER TIMES.



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gourmet to go who moved my cheese?

by Alyssa Elliot, Deli Counter Manager & WFC Owner

By now many of you have probably seen our newly organized cheese case. We hope that you have been able to locate your favorite cheeses. However, if you are still searching for that delicious Gruyère, I have a hint: the case is now arranged by cheese type. This means that all of our cheddars, mozzarellas, Gouda, etc are now in the same area within the case. So, if you really love the Organic Valley Raw Sharp Cheddar but have no clue where it went, look for the other cheddars and you should soon find the tasty treasure you seek. And, of course you can always ask one of our friendly Deli Counter Clerks who are more than happy to assist you in your search.

Once similar cheeses were next to each other we were clearly able to see where we had room for more varieties. The goat cheese was one type that jumped out at us. This is how we came to have the delicious Hid-O-Whey brand in our case.

Hid-O-Whey creamery is located in Royalton, Minnesota. That also just happens to be the location of the goats they get their milk from. All of Hid-O-Whey's delectable, spreadable goat

cheeses come from their own goats' milk. Some creameries get milk shipped to them so it could be a few days from when the milk was produced to when it was made into cheese. Since Hid-O-Whey uses their own, they have access to the freshest milk. This leads to fresher cheese. And yes, you can taste the difference.

Not only does Hid-O-Whey make a fantastic product, they also have earth-friendly practices. They take their farm and creamery waste and use it to facilitate their land's renewal. Additionally, these folks care about their goats, or "the girls" as they like to refer to them. They feed their goats with locally grown grain and hay they grow themselves.

Personally, I do not typically enjoy goat cheese. However, when I tried their product I could not help but be impressed.

Currently, we have two of their flavors: plain and honey. Both are great and come in five ounce containers for \$6.25 each. They are located in our cheese case amongst all the other goat cheese. If you are interested in learning more about Hid-O-Whey check out their webpage: www.Hidowhey.com. **GG**



Dankeschön!



Rick Kollath of Kollath Graphic Design
Pioneer Garbanzo Gazette Designer
& WFC Owner

In 2004, the Garbanzo Gazette was in flux. Both the previous editor and designer of the Gazette had moved on to do other things. This left the door open to a new approach to the co-op's beloved newsletter. Through that door walked WFC Owner Rick Kollath.

After Rick contacted our General Manager Sharon Murphy, Sharon and I met with him armed with several examples of newsletters we liked. Together we envisioned a different style for the GG that ended up offering more content with less cost and paper. Best of all, it looked great.

Over the years, I have been proud to work with Rick. Our newsletter gets consistently high marks in Owner Surveys and we have been hard pressed to get our Owners to take it electronically. I believe this is due to the great design (and ease of use in bathrooms) around the Twin Ports and beyond. Many an afternoon have been passed in the office of Kollath Graphic Design arguing about the cover (Rick always likes produce shots best), cussing during layout (Rick in German, me in English) and trying to get the Gazette just right. His insights and experience have been invaluable to this one-person Editorial team (Sharon Murphy's edits notwithstanding) and I will be forever grateful.

Now that the Co-op has a Brand Coordinator, the design of the Gazette has moved in house for more efficient production. On behalf of an appreciative Ownership, thank you, Rick, for all of the great work you have done on the Gazette over the years. And by the way, your picture looks fabulous.

Shannon Szymkowiak
Promotions & Education
Manager, GG Editor & WFC Owner

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This project was made possible by a grant from the U.S. Department of Energy and the Minnesota Department of Commerce through the American Recovery and Reinvestment Act of 2009 (ARRA)



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Mark Friederichs

mark@wholefoods.coop
Board Treasurer
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David Helf

davidh@wholefoods.coop
Finance and GM Eval Committee

Theresa Koenig

theresa@wholefoods.coop
Board Vice President
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Heather Murphy

heather@wholefoods.coop
Board Secretary
Board Recruitment and GM Eval Committees

John Westlund

johnw@wholefoods.coop
Finance Committee



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 website: www.wholefoods.coop

e-group address to communicate with entire Board and the 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.

ownership matters imagining

by John Westlund, WFC Board Member

This past spring I attended "The Cooperative Café," a day of conversation focused on the potential of the cooperative model in our own co-ops and communities. The discussions centered around how each co-op could become more involved in the communities they serve, by keeping the co-op principles and values at the center of the cooperative business model. These principles and values are what make the co-op business model as relevant today as it has ever been.

The conversations we had were wide ranging and covered many aspects of how we as co-ops, could be leaders in our communities, increase our exposure to our potential ownership base, and grow our co-ops to serve an expanding need and desire for sustainable, organic, and locally grown food. Working within the framework of the café model we discussed "Creating the Co-operative Difference" centered on our intrinsic and inherent values, our

owner and community driven purpose, our desire for justice and fairness and our multiple bottom lines. There were many ideas on how to expand the co-op presence in our communities, engaging our local government leaders before we may require their assistance with a business need, news stories of what the co-op does, and even throwing a party to tell the co-op story! There were discussions on how to innovate in association and enterprise, how to strengthen economic relationships with owners, increasing transparency, and engaging all of our stakeholders.

I found the most interesting conversation to be "Reimagining cooperation." Imagination matters, I liken it to "thinking outside the box." Imagination allows us to anticipate how our owners will change, how our communities will evolve, and how our cooperative will change. It allows us to keep up, and it is what will allow us, and our cooperative to create what comes next.

Imagine embracing uncertainty to plan for the future, we do not have a crystal ball but we can imagine what will come. This example dates me a little but it is an example of imagining. Back in 1975 I went to a credit union conference, my first really big conference, where all the movers and shakers were, one of the speakers talked about a future time in the 1990s' when credit and debit cards would replace cash. He even said that before the year 2000, Americans would no longer use cash. He had a great imagination, most of what he said did come to pass, but he missed on the cashless society! (It didn't matter that the cashless society didn't come about, it was the process of imagining that mattered) He really got me thinking then about innovation and what could possibly come from our imagination.

So then, I leave you with; what can you imagine for the future of your co-op, community, and region? **GG**

interested in how the board works?

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

board report the power of cooperation

by Chris Edwardson, WFC Board President

"The rain makes still pools on the sidewalk. The rain makes running pools in the gutter. The rain plays a little sleep-song on our roof at night."

— Langston Hughes (1902-1967)

The rain described by the poet Langston Hughes is the rain we welcome. The deluge of June 2012 was the opposite. It was a rain we will not soon forget. However, its aftermath will soon be forgotten. WFC will have new parking spaces, the crater will be repaired and it will be business as usual. In the meantime, please rest assured that Management and the Board are moving the process along as quickly and efficiently as possible. We appreciate the patience you have shown and the continued support you have given as owners. I can't emphasize enough, this is your business. Support it and it will be there for you in the future.

Speaking of the future, you have the opportunity to elect new Board members to guide the Co-op forward in a way that enhances your business. We have four open slots. I encourage you to vote in this election and also vote to amend our Articles of Incorporation to allow for an adequate amount of stock to help WFC grow in the future. This proposed change is covered in detail

in the Annual Report. Please read this information carefully. A yes vote to amend our Article of Incorporation will help WFC continue to grow. Also, plan to attend the Annual Meeting on October 13, 2012, so we can talk about our where we go from here.



Chris Edwardson
WFC Board President.

And while we are on the topic of voting, I want to remind you of another important issue that the Board is supporting in harmony with our Ends Policy - the Vote No campaign sponsored by Minnesotan's United for All Families.

VOTE NO
DON'T LIMIT THE
FREEDOM TO MARRY

MINNESOTANS
UNITED
FOR ALL FAMILIES
MNUNITED.ORG

In February, your Board authorized our General Manager, on behalf of WFC, to sign the Minnesotans United for All Families "Resolution Against The Constitutional Amendment To Ban Marriage For Same-Sex Couples." The resolution simply states "We oppose the amendment to the Minnesota Constitution banning same-sex marriage." Our support for this issue was described in the previous GG.

Thank-you. And as always please feel free to contact me with your questions or concerns:
chrise@wholefoods.coop. **GG**



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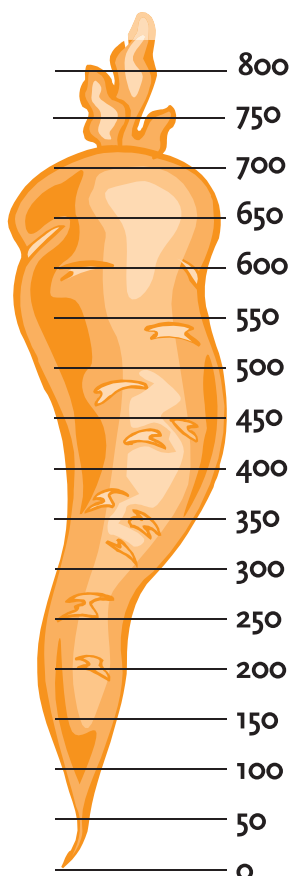




new owners!

We did it! With 829 new Co-op Owners in the past fiscal year, we exceeded our goal for new Owners. Thank you for making Whole Foods Co-op YOUR Co-op! The following folks became new Owners from May 1, 2012 – June 30, 2012. We welcome each and every one of you.

James Welinski
Robert Fraser
Baocheng Zhao
Kirsten K. Long
Dennis W Ritchie
Donya Shehan-King
Scott G. Jurek
Sandra L. Horn
Cindy J. Edwards
Jaronne L. McAfee
Suzanne M. Olson
Margaret Ciccone
Matthew Unzeitig
Lisa Marynik
Kerri Sue Edblad
Louise I. Suomi
Kaila R. Gatz
Alison L. Klawiter
Lisa C Hendrickson
Linda C. Hedin
Connie Graden
Jenny L. Reinertsen
John F. Bradshaw
Richmond L. Kinney
Kim Salowitz
Elaine Mcleod
Jason M. Nordberg
Sarah Sather
Janet K. Martens
Trudy Youngren
Scott J. Rosseel
Barbara A. Misiewicz
Elisa M. Buse
Alyssa Bjornson
Melissa F. Feierabend
Kirsten E. Hedlund
Sandra Thoennes
Angela L. Milinkovich



Elizabeth M. Johnson
Peter J. Dingels
John J. Anderson
Lisa M. Jarvela
Maureen A. Hill
Mary K. Glapa
Margaret Bell
Margret E. Monacelli
Lisa A. Hyppa
Jennifer Viergutz
Mary Catherine Raukar
Eric Rice
Alina Suzanne Granholm
Judith Rae Russell
Bruce G. Gustin
Andrea L. Pfeiffer
Nancy Mcconnell
Johnson

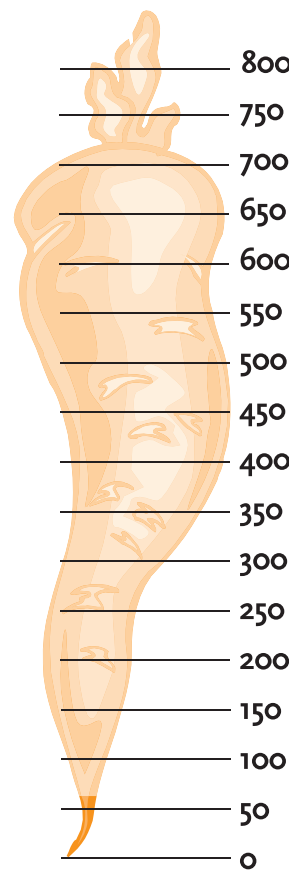
Isaiah Miller
Tammy Stenman
Anthony C. Leone Iii
Helen Lamber-
son-Makela
James Rack
Hannah R. Kelleher
Sally Smith
Katya Goodenough
Gordon
Willa I. Vanselow
Steven B. Bjelland
Patricia B. Soderholm
Karen Plass
Renee Swennes
Mary M. Malone
Tyler B. Nelson
Maxine Peterson
Brian M. Barber
Leah Catherine Biezuns
Edward J. Milszeski
Brittany N. Robb
Christine G. Heady
Thomas J. Collins
Linda S. Schubert
Thomas P. Shannon
Keely R. Gelineau
Joe Tauchen
Eun K. Suh
Rebecca J. Krause
Beverly E. Martinson
Pamela Silverness
Sara M. Ringold
Craig A. Wills
Robert D. Larson
Lenore Lampi
Patricia L. Foley
Elise Ames
Benjamin D. Hustedt
Doreen R. Johnson
Natalie M. Welle
Steven W. Krouse
Daniel L. Nelson
Jacob A. Romberg
Erin Mcdonnell
Connie Haugen
Patricia Pirnie
Andrea E. Dwyer
Gayle L. Zakrajsek
Marie Jannetta

Scott A. Hill
Lawerence Louis
Schneider
Jennifer G. Brantley
Alissa M. Weiberg
Wagas Bin Khalid
Rachel Michelle Skildum
Kenneth Allyn
McLaughlin
Johnathon N. Hjelle
Karen L'heureux
Kristine Skalicky
Terri L. Decaire
Caitlin E. Enright
Jonathan Reznick
Patrick Warren
Tara Austin
Robert W. Jones
Jacob Luhmann
Stacy Lubbesmeyer
Amanda Kaye Crosby
Roxanne Rae Frederick
Karajeon G. Keel
Jeri L. Schwerin
Ann Crawford Brooks
Dorothy Sandness
Sarah Jean Neenan
Harley Blake
Holly Skubic
Jaimi Nelson
Claudia French
Terrence Stroozas
Kathleen A. Axtell
Lindsey R. Okstad
Teri L. Eicher
Jennifer Jubenville
Craig Berdie
Marlene C. Hogue

more owners!

And to kick off this fiscal year, this bunch of fine people became WFC Owners in the month of July. How will the next year shape up for WFC?

Tamilselvan (TS)
Manivasagen
Jack (JW) Arzooyan
Tamara Marie Bauers
Sylvia Jean Korby
Sandra M. Jones
Adam M. Kruchoski
Patricia (Janie) Goettl
Benjamin Koch
Dennis L. Montgomery
Robyn Deshayes
Nora T. Fie
Michael B. Novitzki
Greta K. Ireland-Klumb
Brittany R. Zime
Reed Gusek
Susanna C. Gaunt
Mary E. Lee-Nichols
Jeremy Goodell
Krista Twu
Patricia J. Batdorf
Olivia Harmer
Gretchen Jacobson
Katrina Goehring
Lynn M. Anderson
Lace E. Davis
Darlene S. Watson
Nicole Paulson
Carrie Kopischke
Daniel W. Linder
Amanda Carol Buck
Kayla K. Horan
Jill L. Saumer
Mary E. Chang
Erin ODaniel
Holly Grace Mirau
Theresa B. Glapa
Steven D. George
M. Kathleen
Cory-Whitmyer
Caroline G. Lavertu
Amy C. White



Susan K. Oleson
Andrew J. Kadlec
Pamela G. Clark
Kathleen A. Sylvester
David J. Difrancesco
John A. Berton
Matthew A. Tester
Michele L. Hendrickson
Jill R. Burkes
Mona Delly
Patricia Dennis
Todd Tikka
Matthew Faris
Amanda E. Struxness
David L. Quammen
Anne Lewis
Brian J. Mart
Suzanne L.B. Baer
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3026 Minnesota Ave.

thur **Nov 8**
GET GREAT
STUFF

4 - 8pm
Duluth Cong.
Church
3803 E. Superior St.

sat **Dec 1**
GET IT
LOCAL

10am - 3pm
Peace Church
1111 N. 11th
Ave. E.

parking tip #5...

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Contest starts Sept 1. Submission deadline is October 31 and voting extends through November 30.

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3rd \$250

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NAHC
NATIONAL ASSOCIATION OF HOUSING COOPERATIVES

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www.MyCoopRocks.coop

parking tip #6...

COMBINE ERRANDS WITH
A FRIEND.

WFC-U fall class listings September – December

SEPTEMBER

Home Brewing Part I Dale Kleinschmidt

Wednesday, September 12th
6:00 pm – 8:00 pm

Class limit 10

Beer. It has been a thirst quenching dietary staple in many cultures. It comes in different flavors, colors, consistency, and aromas. It is brewed in large facilities and small facilities, but now you can learn how to brew it at home. If you have been entertaining the idea of learning how to home brew your own beer, now is your chance. Come get hands on experience that will make you a home brew Brew Master. Please sign up for Home Brewing Part II Separately if you want to join us for a tour.

Shandong Province Classics Weigo Han

Tuesday, September 18th
6:00 pm – 8:00 pm

Come enjoy the start of a series of Chinese cooking classes. We will learn about the culture and authentic Chinese dishes like Colorful Topping Tofu and Hongshao Salmon.

Beet Basics Scott Graden

Wednesday, September 11th
6:00 pm – 8:00 pm

From the hanging gardens of Babylon to the Greeks presenting beets to the sun god Apollo, to Duluth's 2012 Vegetable of the Year; there might be a reason beets are so great!

Do not hesitate to understand why this reputable root has survived the elements to make its way into your palate.

Savory Soup for You! Anni Friesen

Tuesday, September 25th
6:00 pm – 8:00 pm

Soup is a gourmet hodgepodge that satisfies the taste buds of every culture. It is good served hot, cold, or with a sandwich. In this class you will learn the craft of creating a variety of delicious soups in your home kitchen.

Home Brewing Part II Dale Kleinschmidt

Thursday, September 27th
5:00 pm – 7:00 pm

This class will be held at the Lake Superior Brewery. Here you will get to try the beer you made in class, and enjoy a tour of the brewery.

Offered only to participants of Home Brewing Part I.

OCTOBER

Jiangsu Province Delights Geng Gai

Tuesday, October 2nd
6:00 pm – 8:00 pm

This is the second installment of authentic Chinese cooking. Gai will be showing us how to cook 'Coughing Pork' (translation) and Curry Chicken. A class suitable for the culture enthusiast and a must for the meat eating enthusiast.

Water Bath Canning Jaime Zak

Saturday, October 6th
10:00 am – 12:00 pm

Class Limit 15

Canning is a traditional skill used for preserving the harvest. Maintaining purity in

your family's food supply, controlling ingredients for health reasons, and enjoying the ease of plucking canned goods from a stocked pantry - are all reasons folks in the 21st century can. Learn the importance of following up-to-date methods and tested recipes along with basic food safety measures.

This class will have demonstration of food processing techniques for tomatoes, jams, and sauces. The step-by-step boiling water bath canning method will be shown, with opportunities for hands-on learning. Participants will receive many certified tested canning recipes and resources.

Intro to a Whole Foods & Plant-Based Diet Claire Musech

Wednesday, October 10th
6:00 pm – 8:00 pm

Take charge of your personal health and wellness! Join Claire from our Produce department, for an introductory course that will equip you with the knowledge to begin a journey towards better health through a plant-based diet. We will explore the basic of this lifestyle from how to shop whole foods, distinguish different greens, make fresh juice, and prepare delicious meals. Come curious and leave inspired.

Schiacciata Bread Making Alberta Marana

Tuesday, October 16th
6:00 pm – 8:00 pm

Try saying schiacciata with a mouth full of bread! The task might deem its self impossible, but the art of making this Italian flat bread is not. Schiacciata mean 'smash' in Italian, and is often referred to as Tuscan flatbread. Learn how to make this delicious dough that can also be used to make ciabatta as well. A class that won't leave you tongue tied, but full of knowledge, and a yearning for a different style bread at home.

Natural Nutrition for Children Dr. Shannon May

Wednesday, October 17th
6:00 pm – 8:00 pm

Chronic disease and obesity in our children are on the rise more than ever before. Come participate and enjoy an evening with Dr Shannon May while she discusses the "what and why" of healthy food options for children from infancy to puberty. This will include a healthy approach to solid food introduction as well as a discussion of food allergies vs. sensitivities and the signs to look for in your children.

The last half of the class will involve creating quick, easy, delicious and healthy snacks and lunch ideas with recipes included. As the father of medicine, Hippocrates, once said, "Let food be thy medicine and medicine be thy food," and provide the most important foundation for a thriving, healthy child that can change their life forever.

South of the Border Debbie Manhart

Wednesday, October 24th
6:00 pm – 8:00 pm

This class will explore the cuisine of several South American regions that will get your mouth watering and wanting to learn more about the cuisine south of the U.S. border.

NOVEMBER

Turkish Street Food Byron Johnson

Thursday, November 1st
6:00 pm – 8:00 pm

Class limit 12

Street food in Turkey is a vibrant culture, varying from region to region. In this hands-on class students will get a chance to learn about, make, and try a variety of savory dishes from throughout the country. Learn the secrets of rolling out ultra-thin crust for lahmacun (literally "meat with dough"), simits (a cross between a soft pretzel and a bagel), gozleme (a filled pastry), spinach borek (a spinach pie), and doner kebab (grilled meat wrapped in a flat bread). We will wash it all down with a hearty glass of ayran (a yogurt drink).

Hidden Sugar & Label Reading Esther Piszczek

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

Sugar, a substance that the average American consumes 2-3 pounds a week. It is hidden in your drinks, food, and everything you consume! It is SAD (Standard American Diet), but it doesn't have to be.

This class will explore how to identify various forms of sugar on food labels and ways to decrease the amount of sugar in your diet. All natural sugar-free recipes will be provided.

Turkish Mezes Byron Johnson

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

Class limit 12 students

The Turkish meze tradition consists of a series of small plates of food, eaten with a group of friends or family. It is similar to the Spanish tapas tradition. Come join some new friends for a hands-on class in which we will prepare and share a meal of mezes. Recipes we will make include roasted eggplant with white cheese, sigara borek (fried filo dough filled with cheese), seasonal vegetables in thick yogurt, muhammara (a spicy pepper dip), cacik (yogurt with cucumbers and spices), ezme (tomatoes and peppers), freshly baked flat bread, and possibly a couple other dishes. All recipes are vegetarian.

Animal Cookies for Kids Barbara Akre

Saturday, November 10th
10:00 am – 12:00 pm

Class limit 12

Lovers of animals and cookies, unite! Kids, animals, and cookies combine for baking fun, good eating, and tasty, handmade gifts. Learn to fashion edible stained glass butterflies, chocolate or meringue mice, hoot owls, turtles, and whole wheat animal cracker cookies. Some are refrigerator (ice-box) style, some molded, and some cutout, but all are "made from scratch." Children ages 9-13; children ages 6-8 welcome with an adult.

That's a Wrap Debbie Manhart

Wednesday, November 14th
6:00 pm – 8:00 pm

Ever wonder what to do with those excess wonton skins or eggroll wraps? Would you like other ideas for wrapping food? This class gets creative with a variety of uses for wraps and making different appetizers.

DECEMBER

Basic Holiday Bread Baking 101 Kathleen Busche

Saturday, December 1st
9:00 am – 12:00 pm

Hands-on class
Class limit 15

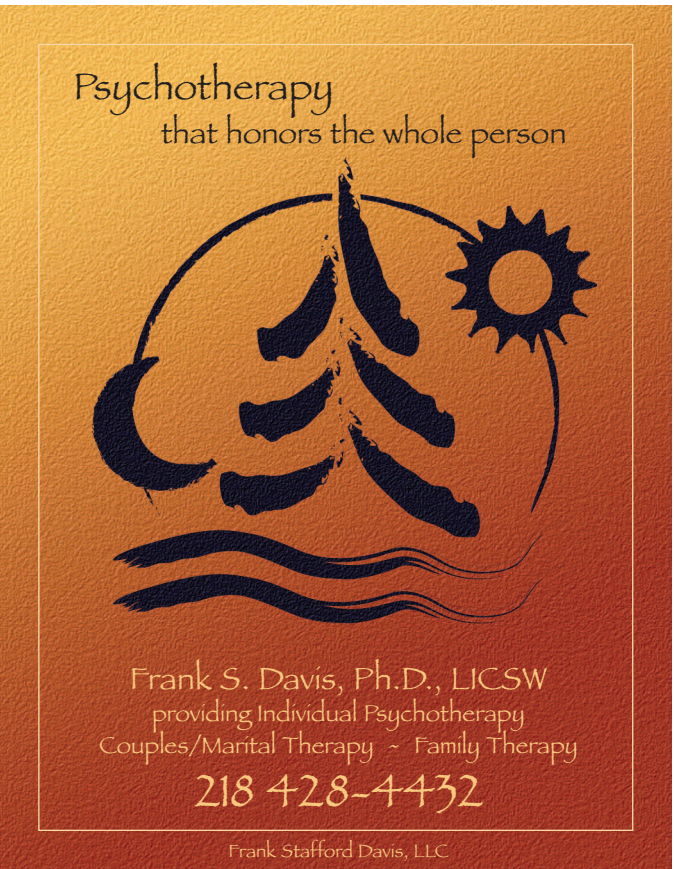
If you have been longing for the smell of fresh baked bread cooling in your kitchen... this is the class for you. Designed for beginners (or those that have tried, but



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never been successful), in this class you'll learn the basics of baking bread using recipes for a few favorite holiday breads (cinnamon rolls, challah and cardamom coffee bread). Class will cover: the basic ingredients used in bread, the importance of temperature, how to work with yeast, the tricks to getting your dough to rise, kneading and shaping bread. At the end of class participants will have the skills to enjoy the pleasures of freshly baked bread.

Please bring an apron and loaf bread pan to this hands on class. You will be going home with a loaf of bread ready to be baked.

Gluten Free Cookie Baking
Ellen Turner

Saturday, December 8th
10:00 am – 12:00 pm

Whether you suffer from gluten allergies and have long been forced to be a jaded consumer of sub-par baked goods, or if you simply love a challenge, this class is right for you. We will focus on cookies, including a few holiday-themed varieties, and chocolate will be featured prominently in many of the recipes. Tips and tricks for making successful gluten-free cookies will be shared, so come ready to eat, learn, and explore the many challenges and rewards of gluten-free baking!

YOUR INSTRUCTORS

Barbara Akre

Barbara Akre has worked in the Co-op's kitchen and at our deli counter for the past four years. Before that, she taught about animals (and plants!) in the Duluth schools. She has been baking all kinds of cookies since she was 6, and now enjoys sharing the task with her children and grandchildren. Professional experience includes supplying granddaughter Lily's "owl cookie and hot cider" stand several Octobers ago.

Kathleen Busche

Kathleen Busche is truly obsessed with baking artisan bread in her home oven. Kathleen Busche learned how to bake bread as a child in her mother's kitchen and has been baking bread ever since. Since 2009 she has been seriously engaged in the science of bread baking and enjoys sharing her "experiments" with friends and neighbors. Though she specializes in Artisan sour dough bread baking, the techniques used in basic breads are fundamental to all bread baking. Kathleen is a member of the Bread Bakers Guild of America.

Dale Klienschmidt

Dale is the Brewmaster and part owner of the Lake Superior Brewery. Lake Superior Brewery is the only commercial micro brewery in the Northland.

Anni Friesen

After working as a cook in the Whole Foods Fog City Deli for nearly a year, Anni found a place in the P&E Department, left for a just-as-green pasture, and is back again! 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.

Geng Gai

Geng Gai is from Suqian City in Jiangsu Province, China. He is a graduate student in the Computer Science Department. He enjoys sharing his cooking style with American friends.

Scott Graden

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

Weigo Han

Weigo Han is from Weifong, Shandong Province in China. He is married to a UMD Graduate student who is working on her PhD. He learned his cooking skills and recipes from his parents.

Byron Johnson

Byron is an anthropologist and self-taught cook. He and his family spent a year living in Turkey where he learned how to cook from Turkish home cooks since Byron believes a good way to understand a culture is through the food. As a naturalist, Byron has taught at environmental learning centers and National Parks for seven years; as well as being an adjunct anthropology and geography instructor in Southern Minnesota. To Byron, every dish is an historical and cultural exploration.

Debbie Manhart

Over 20 years ago, Debbie started her career in the food service industry by completing a three-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 the WFC Deli Manager, Debbie brings a broad level of expertise to our table.

Alberta Marana

Alberta Marana grew up with the ethnic artisan bread that her nonna (who was from Sicily) made. Although nonna died before Alberta got the recipe from her, she can still remember the taste of the crusty bread. Alberta has been making a variety of artisan breads for over ten years. She is an intuitive baker, never exactly following a recipe. She came across schiacciata when she was staying in Firenze (Florence) a few years ago. She adapted a recipe for ciabatta she had to make schiacciata, which is a Tuscan flatbread. Her recipe requires no kneading but a biga made the night before. Everyone who has had this loves it, including her Chinese friends!

Claire Musech

Claire Musech is a young and enthusiastic Owner of the Whole Foods Co-op and a Buyer/Receiver of the Produce Department.

When she is not in the kitchen experimenting with different vegan and raw recipes, she can be found socializing, running, and enjoying the afternoon on the beach. After being gifted the ability to change her life through plant-based foods, she is excited to share that gift with other people.

Dr. Shannon May

Dr. May served for 2 ½ years with the U.S. Peace Corps in Africa where she worked with sustainable organic agriculture and educated families about disease prevention. Dr. May earned her Naturopathic Doctor degree and Master's of Acupuncture at the National College of Natural Medicine in Portland, Oregon. She also received in-depth training in adjunctive cancer care, chronic disease, women's health, pediatrics, and much more. She has been practicing in this field since 2007.

Esther Piszczek

Esther has been eating a whole foods diet since 2005 when she began experimenting with different eating styles to help her heal from chronic respiratory illness. She has personal experience with the following styles of eating: macrobiotics, gluten free, vegan, vegetarian, blood type diet, and sugar free. She loves introducing others to a simpler, more holistic and natural way of eating.

Ellen Turner

Ellen is an avid baker with a special focus on cupcakes and all things chocolate. Her love of baking started early in the family kitchen, where she was the official sampler. She continued to enjoy baking all through high school, at which point she began to explore the challenge of vegan and gluten-free baking due to the dietary choices and restrictions of friends and family. Now she will bake anything, for anyone at any time and is currently considering going to school in France to become a pastry chef (If she can ever learn French, that is)!

Jamie Zak

Jamie Zak is a certified UW-Extension, Douglas County Volunteer Master Food Preserver. She is currently elbow-deep in her 5th canning season. Jamie is an avid community gardener and an activist for regional food systems initiatives. She is a formally trained educator and shows love through food.

REGISTRATION

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.

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

Online: Please visit www.wholefoods.coop

FEES AND CANCELLATIONS

Class prices are \$25 (\$20 for Whole Foods Co-op Owners) unless otherwise noted.

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

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

QUESTIONS?

Contact: Adam Hakkila Wisocki or Shannon Szymkowiak

By phone: 218-728-0884

By email: pe@wholefoods.coop



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2012 International Year of Cooperatives

The theme of the International Year of Cooperatives, as declared by United Nations General Assembly Resolution 64/136, is “Cooperative Enterprises Build a Better World.”

To learn more about co-ops, watch:
www.youtube.com/user/ChooseACoop?feature=mhsn

To learn more about what other food co-ops are doing to sustain their communities, visit:

www.StrongerTogether.coop/voices-from-the-field

For more information about the International Year of Cooperatives, visit:
www.2012.coop

it's time to vote!

co-op principle #2: democratic member control

- Voting is a connection between our Owners and the strategic direction of our Co-op. By participating, you are helping to ensure our Board is made up of people who share your perspective and that resources are allocated and policies approved that meet your approval.
- Candidate profiles and more information on the proposed amendment of the Articles of Incorporation are posted at WFC and at www.wholefoods.coop. On-line voting and paper ballots will be available by September 1, 2012; votes must be submitted by 9 PM on Wednesday, September 19, 2012. Owners will receive a postcard on or about September 1st with login and password information for on-line voting. A designated computer will be available at WFC to cast your on-line ballot.
- Candidate profiles and packets for paper ballots will be available at the Customer Service Counter or can be mailed to you with advance notice (218-728-0884).



save the date!

annual owner meeting

saturday, october 13th

attention co-op owners

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. Previous recipients are:

- Second Harvest Northern Lakes Food Bank—2008 and 2010,
- Lake Superior Sustainable Farming Association (LSSFA)—2009,
- Duluth Community Garden Program —2011.

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

- 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 16, 2012, AND
- Please participate in the decision on which local, ENDS-related, non-profit agency will receive a donation of unclaimed abandoned equity after November 16, 2012. This decision will be based on responses to the survey included on the Board election ballot that will be available on-line in the first week of September 2012. The link to that ballot will be posted in the store and on WFC's web site (www.wholefoods.coop). There will be a dedicated computer at the Co-op available for Owner voting. Results of the Board election and the survey to determine the recipient of unclaimed abandoned equity will be announced at the Annual Owners Meeting on Friday, October 13, 2012, at the DECC/Harbor Side Room.

Ellen Abare
Jane Ackerman
Jody Balko
Lisa Belmonte
Monica Belzer
Jason Bradley
Luke Brekke
Brenda Brock
Leah Bujold
Mike Burbul
Nicole Byrne
Shawn Callahan
Kristen Campbell
Kenneth Cayo
Tory Christensen
Claudia Cottrell
Vea Crawford
Lee Cummings
Justin Davis
Kevin Davis
Courtenay Del Moral
Valerie Dixon
Carol Dobak
Heather Driscoll
Ellen Dunlap
Theresa Eastman
Dave Emerson
Matt Enderle
Joan Erickson
Jason Fait
Tera Freese
Andrew Frick
Lori Gallagher
Margarete Gallivan
Kathy Gerard
Jan Green
Jorja Gunderson

Marne Guthrie
Jacqueline
Harvey-Whiteman
Brooke Hatlestad
Abigail Head
Karen Hede
Santee Hepburn
Rock Hetcher
Erna Hoche
Charles Horton
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Elizabeth S. Johnson
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Philip Just
Anne Karakatsoulis
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Duane Luoma
Marilyn Marsh
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Sue McPhail
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Joe Nelle
Brigitte Nichols
Lenore Norrgard
Karen Olson
Aaron Olson
Eric Owens
Todd Peaceheart

Janet Pearson
Alisa Persons
Judy Peterson
Marie Pfeffer
Nancy Piersel
Teresa Piskoty
Jeffery Puerner
Stephanie Puffer
Jeff Reinke
David Rikala
Kristin Riker-Coleman
Deborah Roach
Scott Roberts
Krisanne Roen
Michelle Rowley
Sarah Sage
Scott Schanke
Alan Scherer
Cynthia Sebring
Douglas Sill
Haven Skys
Ernest Smith
Kristina Smith
Catherine Smith
Kayt Sunwood
Cameron Tario
Jan Terwey
Shirley Thomas
Sandy Thompson
Jeanine Totzke
Rachel Turner
Susan Turner
Tracy Vallie
Jason Wichlacz
Annie Wilson
Roxanne Wyatt



Look at all of the love! WFC thanks all of our co-op brothers and sisters for the words of encouragement after the flood.”

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your co-op in the community



Jill of Promotions and Alyssa of the Deli making our Hamburger Caprese look just right



This is your Co-op's Professional Grill Wars Grill Team. We earned 3rd place this year. Always a bridesmaid, not yet a bride. We'll get 'em next summer!



Roger of the Deli. Still smiling after flipping 320 burgers. Nice work!



Sonja, Miles and Evan were our Rhubarb Fest "Best Rhubarb Face" winners for the first year of this contest. The proceeds from the contest entrants were donated to CHUM. Thank you all and we'll see you again next year!



news bites

SUCCESSFUL ROUND-UP FOR FRAN SKINNER MATCHING FUND

From July 1 to July 24, 2012, Owners and customers contributed \$3,019.56 to the Fran Skinner Matching Fund by rounding-up purchases at the checkouts (6,076 contributions averaged \$0.50/each). We had a goal of \$3,000 for the Fund in honor of one of our founding members, Fran Skinner. The Fund is a program to keep co-op ownership accessible regardless of income. Thank you for your support.



IN A RECENT US

GOVERNMENT STUDY, 99% of Americans tested positive for a breakdown product of DDT, even though DDT hasn't been used in the U.S. since 1972. 40 years later DDT is still a topic of conversation. And, women who were exposed to DDT as girls are 5 times more likely to develop breast cancer even though it was not supposed to be harmful to humans.



WHEELCHAIR AVAILABLE

WFC has a wheelchair for customer use while shopping at the Co-op. To access the wheelchair, please ask a Customer Service Clerk for assistance.



LOAN FROM THE CARLTON COUNTY HISTORICAL SOCIETY

Many thanks to the Carlton County Historical Society for the loan of three display boxes of photographs of area cooperators and their cooperatively-owned businesses from the early Twentieth Century. Look UP when you are shopping to find these displays.



NOTARY SERVICES AVAILABLE

WFC's Finance Manager Dale Maiers is now a licensed notary. Dale's notary services are available free of charge to WFC Owners during week-day hours. Please call ahead (218) 728-0884, ext. 152, to be sure he is available.



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grocery gab

by Lisa Anderson, Merchandising Manager and WFC Owner, plus the Rockin' Stockin' Merch Crew

In the interest of sharing and caring (because sharing IS caring, as I've been telling my four year old nephew all summer, but that's another story), a handful of us in the Merch Department would like to share with you a few of our favorite things from WFC.

Favorite product:
Greek Gods Strawberry Greek Yogurt.

Why: It is thick and creamy, with a great strawberry flavor. Perfect in the morning, afternoon, evening... or whenever you need something sweet and delicious! – Per, Merch Clerk

Favorite product:
Chocolove Almonds and Sea Salt in Dark Chocolate.

Why: The perfect combination of salty and sweet and it makes a delicious and simple gift anytime of the year. Yum! – Ellen, Merch Lead Clerk

Favorite product:
Sunshine Burgers, any flavor!

Why: They are made of simple, nutritious ingredients, vegan, gluten-free, soy-free, delicious cooked in the kitchen or on the grill, made in Wisconsin, and go great on a sprouted grain bun with some bay produce tomato slices, sprouts, onions, and Vegenaïse.....with Cascadian farm spud puppies! Yum! – Erin, Merch Clerk

Favorite product: Peace Coffee.

Why: They roast so many wondrous varieties that get me moving, and because they are just a great company all around. – Eriq, Merch Receiver

Favorite product: Deli hot and cold bar.

Why: This is the best place in town to grab a nutritious, variety filled meal. The great meat and meat free options vary continuously and the soup is so good I eat it no matter what the temperature is outside. Add a side salad and you're set! (Did I mention the sandwiches are superb?) – Lisa, Merch Manager

Favorite product: GT'S Kombucha

Why: probiotic, fizzy, and scours you clean! – Jeremy, Merch Clerk

Favorite product: Endangered Species Bug Bite chocolates.

Why: I love them! Whether it's one, two (three, or four), they make a perfect dessert any time, any place. YOMMMMY! – Marit, Merch Clerk

It's not easy to pick just one or two items, and I find my favorite thing will change with great frequency. But right now, these items are certainly worth checking out to see if you too should add them to your favorite list. **GG**

new products

BULK

Hickory Salt
Tex-Mex Salsa Mix

GROCERY

Jovial
Einkorn Checkerboard Cookies

San Peligrino
Grapefruit and Blood Orange Sparkling Juices

New England Cheesemakers*
Vegetarian Rennet

Alo
Original Aloe Honey Drink
Pom Cranberry Aloe Drink

Hubert's
Lemonade
Limeade
Raspberry Lemonade

Orgain Protein Drinks*
Mocha Flavor

Torie & Howard*
Blood Orange Hard Candy
Pomegranate Hard Candy

Spectrum*
Asian Stir Fry Oil

Olivia's Croutons*
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Parmesan Pepper
Almond Breeze
Unsweetened Almond Coconut Milk
Unsweetened Vanilla Almond Coconut Milk

Crapola!
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Reed's
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Omega Swirl Key Lime Flavor 16oz
Chia Seed 12oz pouch

Renew Life
Kid's Probiotic

Eclectic
Black Raspberry

Alternavites
Multivitamin Crystals, Kids & Adults

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Lotion Bar
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fresh perspectives sweet as pie

by Organic Option

Who doesn't like apple pie? Even if it's not your favorite dessert you have to agree that the aroma of a freshly baked pie sure makes you feel good.

Now is the time of year when the apples that make the best pie are available. When thinking of pie apples it is best to consider three things: taste (fresh and cooked - tart, sweet, mild, or fragrant), texture (fresh and cooked), and seasonality. For example, a Pippin in the fall will have a good cooked texture and a nice flavor of sweet and tart in the pie. But that same Pippin three to four months later will not give you the same experience.

Surprisingly, it is not the crispest apple that makes the best pie. Consider the Honeycrisp; while the flavor is very good when cooked, the texture can be a bit mushy.

While some of your favorites may be good for eating or even sauce they may not make the best pie. And while you will find lots of differing advice on the

best pie apple, ultimately it will come down to the taste, texture and seasonality.

THIS MONTH'S TIDBIT

15 nations in the European Union, Japan, Australia, Brazil, Russia and even China label genetically engineered foods. Here in the U.S. we have no such law, even though polls show that over 90% of Americans believe there should be.

Here are a few to look for the next time a home cooked pie is calling your name.

Russet: "Russet" apples are not actually a single variety, but "russetting" happens to some older varieties, such as Pippin or Michigan when the skin becomes somewhat tough and the apple top has a distinctive brown or russeted look. Because of this coloration they are not as available, but many pie connois-

seurs consider them to be superior in flavor, texture and aroma.

These apples have an excellent flavor when eaten fresh with a perfect balance of sweet and tart. When baked the flavor really comes alive becoming a bit more tart than sweet, but very well balanced. Though the flavor is worth noting the texture is what really stands out - firm enough but gently yielding with each bite.

Orin: Another uncommon but excellent eating apple is crisp and sweeter than it is tart with a very refreshing flavor. In a pie the flavor is well-balanced and quite apple-y. The texture is firm with the perfect amount of softness.

Gala: This is the most common and well known of the bunch. If you've had one of these you'll know it's not the crispest of apples, but it's not mushy either.

What many people like is its richly sweet flavor. In a pie it makes sense

that this apple is on the sweeter side. The surprise comes in the first bite when you feel the marvelous texture while still being firm enough to keep you coming back. When baking leave the skin on according to www.superfoodsrx.com

"An apple a day is perhaps one of the most delicious prescriptions ever made. Apples are a powerful source of antioxidants, including polyphenols, flavonoids, and vitamin C, as well as good source of fiber and potassium.

The secret behind the super antioxidant capacity of the apple is its skin. The apple skin alone provides two to six times the antioxidant activity of the apple flesh alone. So it is important to eat the skin to obtain the full health benefits of apples."

Enjoy the pie, I know I will.

©Organic Options 2012

recipes

by Organic Option

Apples can be used for many things during the fall, sliced with peanut butter as a snack or cooked with ginger in a cake, toffee or caramel apples for Halloween.

A couple of new favorites may be these two recipes from Vegetarian Times that combine other fall favorites like pomegranates and cranberries with our beloved autumn fruit.

AUTUMN APPLE SALAD

Adapted from Vegetarian Times

2 T olive oil
1 large shallot, finely chopped (¼ C)
¼ C balsamic vinegar
2 T honey
1 head organic red leaf lettuce, chopped
1 large organic Fuji apple, thinly sliced
3 oz goat cheese, crumbled
1C pomegranate seeds

Heat oil in a small skillet over medium heat. Add shallot and sauté until soft and clear or for approximately four minutes. Remove from heat and add vinegar and honey. Taste and season with salt and freshly ground pepper.

Toss lettuce and apples. Drizzle half of the dressing and toss again. Divide salad among plates, top with goat cheese, pomegranate seeds, and remainder of dressing. Pair this salad with a nice slice of hearty whole grain bread, a glass of pinot noir, and baked potato and you'll have a healthy dinner that will satisfy even the hungriest of dinner guests. And if you are looking for something that will handle the sweet tooth without being too filling, try this cranberry applesauce. It is so easy to make you'll wonder why you ate store-bought all of these years.

CRANBERRY APPLESAUCE

Adapted from Vegetarian Times

2 C fresh cranberries
6 sweet-tart (unpeeled) apples, such as Braeburn, Fuji, or McIntosh, cored and cut into chunks
2/3 C granulated sugar
½ C sweet cider
½ t cinnamon, ground
¼ t allspice, ground

Combine all ingredients in large saucepan, and bring to a simmer over medium heat. Partially cover, and simmer 25 to 30 minutes, or until fruit is soft, stirring occasionally. Turn off heat, and cool. Transfer to food processor, and pulse until smooth. Chill 3 hours before serving. Makes 3 cups.

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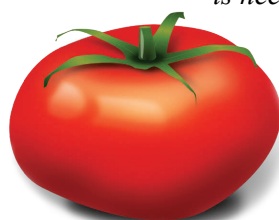
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birds of a feather a visit to Ferndale Farms

by Jesse Hoheisel, Cool Buyer & WFC Owner

Ferndale Farms began exclusively as a turkey hatchery. They now use their 120 acres to raise turkeys for food service and retail markets. It was only three years ago that they made this change, and the results have been dramatic. They have become Whole Foods Co-op's most popular turkey provider,



Turkeys. Lots of room to roam.

so much so that it looks like they will match Larry Schultz's Organic turkey numbers for this upcoming Thanksgiving.

I paid a visit to their bucolic Cannon Falls farm this past July. A rain shower had just passed making the grass perk up to a healthy green hue and the white-yellow limestone gravel driveway around the farm was a nice contrast to the vegetation surrounding it. I took a tour with Dick Peterson, the second generation of turkey growers on the farm. He explained to me how their operation is run and some basics about how turkeys are raised. They also run a small store on the property that sells all kinds of local produce, meats and groceries.

Speaking of Thanksgiving, turkeys are being hatched for this year's holiday season as I type. Ferndale turkeys grow to size in about three months. They are hatched in their own barn which is kept heated to 95 degrees. Afterwards, they move to a fenced-in pen, complete with feeding stations and a large shelter for protection from the elements. They

are never kept in cages and antibiotics are never used. The hens and the toms are separated from each other, though both groups have ample space to move about. The turkeys move to different pasture areas weekly. They are processed at a USDA facility and then sold as natural, additive-free turkeys and turkey products.

Ferndale Turkey has been a great addition to our poultry options and they've been good people to work with. I really enjoyed the simplicity of how they raised turkeys, and the farm itself was a pleasant place to walk through. It was very different from what is seen at other farms, where turkeys are kept in close quarters or caged for their entire time on the farm. We are planning for a larger quantity of Ferndale turkey sales this year. The first frozen whole turkeys arrive in early November, so keep us in mind when planning your holiday meal.

GG



interested in regional food issues?

Check out the information and opportunities at:

www.duluthcommunityfarm.org
(Growing Farms)

www.superiorfoodweb.org/LAFS/compact.pdf
(Superior Compact)

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

www.goodfoodnetwork.org
(Good Food Network)



meat our farmer

by Jesse Hoheisel, Cool Buyer & WFC Owner

Todd Churchill, founder of Thousand Hills Cattle Company, began his path toward beef production as an accountant. Raised on a conventional farm in Illinois, he decided to get off the farm and move into a completely different field, so to speak. He went to school in Northfield, Minnesota and fell in love with the land in that area, "it looks like Switzerland" he says. Being an accountant wasn't much to his liking, but he knew how to draw up business plans and other financial dealings for businesses, so he set up a consultant business which introduced him to



Thousand Hills Cattle

Mike Lorentz of Lorentz Meat Packing in Cannon Falls. Mike talked him into checking out an article in the New York Times by Michael Pollan, an article that formed the basis of his best-selling book *The Omnivore's Dilemma*. Todd decided to look into grass-fed beef himself. He purchased two sets of steak from two different grass-fed farmers in Minnesota. One was terrible, and ended up as an expensive dinner for the family dog. The other was amazing.



Todd Churchill of Thousand Hills Cattle and many interested visitors

He had never had beef taste so good in his life. Todd believes that eating food is very much an emotional experience.

Eating is not simply about getting calories for our energy needs, it's much deeper than that. He concluded that he needed to replicate this experience for others, and thus Thousand Hills was born.

Todd traded consulting for cattle ranching and proselytizing the good news of grass-fed beef. He is a trove of knowledge, ranging from how soil and grasses flourish to the biology of cattle and cattle's relationship to humans, to food policies and greater economic impacts of farming and ranching. His talks freely run the gamut of all these topics, and it can be nearly overwhelming to keep up. It is thought provoking stuff, but it's good to have more and more people like him and Michael Pollan to disseminate the information needed to make better choices both as farmers and as consumers.

I had the opportunity to visit Thousand Hills' warehouse as well as Todd's ranch and Lorentz Meats processing facility in July. We got to see all three major areas of how their beef gets to our store. While Thousand Hills' warehouse is simply that, a warehouse with a loading/unloading dock, office, and multiple coolers and freezers, the real story began with the visit to Lorentz Meats. There, we were able to see the whole operation: from the slaughter of the cattle to the cutting of the meat. This is a rare practice for slaughterhouses to employ, but Lorentz has their break room situated right over the work area, and they are happy to allow people to see their practices. We did meet Mike Lorentz, and he had a remarkable way of explaining what they do. Both Todd and Mike told us how they process much less cattle than the standard for big slaughterhouses, mainly for the reason that they want to make sure that animals are not sick before being killed, that the USDA inspectors have ample amount of time to inspect the operations as they move from one stage to another, and that proper procedures take place without the hurry of conventional processors. The less room for error, the less likely it is that they will run into a major problem. Mike talked

about cleaning practices, packaging, cutting, and much more. While slightly disconcerting, I found the visit to Lorentz invaluable, as that part of food production is all too easily ignored or forgotten in the chain of how food gets to our plate.



Todd on his beautiful ranch

The Churchill Ranch was the last stop, and we spent all of the time in a pasture next to his driveway. One side had cattle grazing under trees trying to stay out of the midday sun, while the other side was recovering from cattle depleting the edible grass earlier in the season. Todd bragged about how a simple tool- the electric fence- was the prime element in his operation; he only has to move the fence around with plastic fence posts in order to open up or close off areas of pasture. This allows grasses to recover normally. One person in our group asked about why her eyes weren't starting to get irritated when standing right next to a cow pie. Todd said that there is little ammonia in the waste due to the cattle not being fed grain. This was something I noticed right away- the farm did not smell like the cattle farms that I've known, it was actually very pleasant smelling. Todd expanded on the biology of cattle, with the all important "why they are fed corn on conventional farms" and "why that is a terrible idea". He compared it to us eating donuts: if someone put us up in a house where all we were fed was donuts and a few vitamin supplements, we would really enjoy eating the donuts for a day or two, but then get tired of eating them, and eventually very sick. We would fatten up much quicker than usual, however. This fact, as well as the abundance of corn

in American agriculture, is why conventional feedlots are set up like this. The cattle fatten up quickly, adding to the value of the carcass, and corn can be obtained easily and cheaply. Todd also explained how cattle, as ruminants, effectively convert nutrients in grasses like the ever important Omega 3 fats and Conjugated Linoleic Acid (CLA) into foods that we can consume as meat, milk and butter. Fats, once relegated to evil food status, are now seen as a vital part of our diet, so much so that when we eat excess carbohydrates from other foods, our bodies are very much trying to make up for the healthy Omega 3 fats not being consumed from fat rich foods such as olives, wild caught salmon and grass-fed meat and milk. Cattle fed primarily with grains cannot offer the same benefits as grass-fed can. The price of foods that are rich in Omega 3's might be slightly higher, but you just might find yourself not craving carbohydrate-heavy foods like chips, candy, or bread as often.



Todd Churchill of Thousand Hills Cattle Company speaking about forage

Thousand Hills hosts an open house once per month during the warmer months of the year. I highly encourage a visit if you're interested in grass-fed beef production or if you would like to hear more of what Todd has to say about doing things the natural, old-fashioned way when it comes to raising beef cattle. For more info, check out their website:

<http://www.thousandhillscattleco.com>.

GG