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## Garbanzo Gazette

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610 E. 4th St. • Duluth, MN 55805  
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STORE HOURS:  
7 am – 9 pm Everyday

Membership Investment:  
\$100 per voting membership

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

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

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



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

# Dean's Report

by Anni Friesen, Member Services Coordinator

The beginning of our class year began slowly this year, but quickly gained ground. While some classes have been postponed or cancelled, others saw great success. Indian Cooking was sold out within the first two weeks, and Learning Soup Basics class was close to full. Students certainly had a fun and delicious time. The Kid's Cooking Class in October was a blast. Flour was spilled, chocolate was smeared, and by the end the kids were proudly presenting their parents with leftovers. As we unfortunately scheduled our second Kid's Class on the same date as the "City of the North Parade," it had to be cancelled due to low attendance. Theresa and Katie (instructors for that class) agreed to reschedule for January. Not only do kids get to make their own pretzels and dips, but they also get to make chili and some other great dishes they can make at home for their holiday-weary parents. The December kids' class was filled and the kids got to

make food gifts to give for the holiday season.

We are eagerly looking forward to the new classes scheduled in January and February. We have more on deck than ever before and a little something for everyone.

## The Kid's Cooking Class in October was a blast.

Flour was spilled, chocolate was smeared, and by the end the kids were proudly presenting their parents with leftovers.

from the master of football food, Debbie Manhart. While she is a Viking's fan, you don't even have to like football in order to enjoy these delicious snacks and appetizers that are great for any gathering. We are also continuing our "Five Ways" series with "Oranges" in January, and "Chocolate" in February. Watch a few hours of "Iron Chef" style recipes to

make your mouth water and then you even get to try a little of everything. In January, you will also see the return of the popular "Mediterranean Diet" class. This class not only gives you information and a professional to respond to questions, but you also get some great new recipes. Last, but not least, there are some "non-cooking classes" starting in January. We have two new instructors from Deep Peace Studios, Erin Dewitt and Jodi Christensen, who will be teaching classes on Reiki and Quantum Touch, respectively, and Ryan Amundson will be teaching a class on detoxification.

In February we have a fantastic menu prepared by Kate Tourni (take a look on the next page; I'm sure your mouth will water), Wheat Free Cooking taught by cookbook author and Gazette book reviewer Judy Kreag, and a Gourmet Meal in Minutes: Italian Style taught by Debbie Manhart, who worked in an Italian restaurant for years. I sincerely hope that you will join us for at least one class. Fulfill your resolution to become a better cook and experience new things! **CG**

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## 2008-2009 DSSO SEASON

### Vanessa Perez, piano Saturday, January 17, 8pm | DECC



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## 2008-2009 DSSO SEASON

### Davy Jones of the Monkees Saturday, February 7, 8pm | DECC

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Tickets start at \$24





# January & February Classes

## Aloha! In January: Making Traditional Hawaiian Food

**Wednesday, January 7th**

**6:00 – 8:00 pm**

Join chef Todd Torricer as he leads you through making some of his traditional Hawaiian recipes. In October of 2008, Torricer did a similar menu for Ledge Rock Grille and “had people lining up outside the building” to come in and eat his fabulous native food!

**Instructor: Todd Torricer**

## Oranges Five Ways

**Saturday, January 10th**

**11:00 – 1:00 pm**

From appetizer to dessert, learn five ways to use one of the season's most plentiful foods. Oranges aren't just good for your immune system, they also make a wonderful meal! Stretch your dollars by learning how to prepare this season's value crop — oranges!

**Instructor: Jahn Hibbs**

## What is Reiki?

**Tuesday, January 13th**

**6:00 – 8:00 pm**

Gain an understanding of Reiki by learning its history and how it works. Connect with your own energy and participate in a short meditation with others. Class will mainly consist of lecture, handouts, and some application.

**Instructor: Erin Dewitt**

## Party Snacks: Superbowl, & Beyond

**Monday, January 19th**

**6:00 – 8:00 pm**

Impress your friends and neighbors with some great new party recipes. Included are Breaded Artichokes, Cream Cheese Stuffed Cucumbers, Crunchy Hand-Breaded Chicken Strips, and more!

**Instructor: Debbie Manhart**

## Kid's Cooking: Warm & Spicy Night (rescheduled from November 2008)

**Saturday, January 24th**

**10:00 – 12:30 pm**

This class will teach kids about using herbs and spices — taking food to the next level of taste. We'll make some warm and spicy dishes including homemade pretzels, sauces, chili, and more! For kids ages 8–14.

**Instructors: Theresa Koenig & Katie Lisi**

## The Mediterranean Diet

**Tuesday, January 27th**

**6:00 – 8:00 pm**

In the first half of class, Dr. Sundberg will go over the tenets of the Mediterranean Diet and explain why it is one of the healthiest diets in the world. During the second half, Shannon Szymkowiak will show how to prepare dishes that follow the diet's rules such as Mediterranean Chicken and Breakfast Berry Couscous.

**Instructors: Shannon Szymkowiak & Adam Sundberg**

## Detoxing for the New Year

**Wednesday, January 28th**

**6:00 – 8:00 pm**

Learn how to detoxify and cleanse your body of some of the harsh contaminants that we absorb every day.

**Instructor: Ryan Amundson**

## What is Quantum Touch?

**Tuesday, February 3rd**

**6:00 – 8:00 pm**

Gain an understanding of Quantum Touch by learning its history and how it works. Class will consist of lecture, handouts, and some application.

**Instructor: Jodi Christensen**

## Dinner for Two

**Tuesday, February 10th**

**6:00 – 8:00 pm**

Learn how to make Fresh Salad with Almond-encrusted Goat Cheese and Vinaigrette, Prosciutto and Parmesan Risotto, Steak Medallions w/Roasted Garlic Tomato Coulis and Roasted Yellow Pepper Coulis, & Fresh Berries with Balsamic Glace and Mascarpone.

**Instructor: Kate Tourni**

## Gourmet Meal in Minutes: Italian Style

**Thursday, February 12th**

**6:00 – 8:00 pm**

Does making a gourmet meal seem extensive and tiring? Learn how to make an Italian Baguette, Homemade Free-Range Meatballs with Traditional Red Sauce served over Polenta, Hand Fried Eggplant, and more in a short amount of time!

**Instructor: Debbie Manhart**

## Chocolate Five Ways

**Friday, February 13th**

**6:00 – 8:00 pm**

Chocolate as a main dish? Chocolate in a salad? We sometimes forget that chocolate in the most basic form is not sweet. Join Shannon to learn five ways to prepare this food of love — from appetizer to main dish to dessert (of course). Bring your sweetie for an evening of chocolate!

**Instructor: Shannon Szymkowiak**

## Cooking Without Wheat: Guide to a Gluten-Free Lifestyle

**Tuesday, February 17th**

**6:00 – 8:00 pm**

Join instructor Judy Kreag to learn some new recipes made without wheat. Learn how to make Gluten-Free Lasagna, Gluten-Free Flour Mixture; Apple Crisp; Chocolate Chip Cookies and Egg Cake

**Instructors: Judy Kreag**

## Presenting Your Instructors!

**Erin Bates and Kaity Hagen — Kid's Cooking: Warm & Spicy Night (Classroom Assistants)**

Erin and Kaity, both Woodland School 7th graders, love to cook. Erin won a blue ribbon at the County Fair for her delicious 'chocolate chip wild raspberry cookies' and Kaity created and cooked so many dishes for her 6th grade cooking class, her teacher was tempted to move in and eat at Kaity's house!

**Theresa Koenig — Kid's Cooking: Warm & Spicy Night**

One of your Whole Foods Co-op Board members, Theresa loves working with children of all ages. She recently enjoyed a small victory in the kitchen when one of her children said to her, “Mom, cheese hot-dogs used to be my favorite, and now I don't think they taste very good. I can't eat it.” Yes! One small step towards a healthier lifestyle!

**Katie Lisi — Kid's Cooking:**

**Warm & Spicy Night**

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

**Debbie Manhart — Party Snacks, Superbowl, & Beyond, Gourmet Meal in Minutes: Italian Style**

More than fifteen years ago, Debbie started her career in food service by doing a 3-year apprenticeship with a chef and she has been involved with food ever since. As our former Deli Manager and current Store Manager, Debbie is most concerned with healthy eating and food safety.

**Shannon Szymkowiak —**

**Mediterranean Diet,**

**Chocolate Five Ways**

As the editor of the Garbanzo Gazette, Marketing Manager Shannon is no stranger to our many Member Owners. Her informative articles and fabulous recipes often grace the pages of our newsletter, and good food is practically her middle name. She has dedicated her life to teaching people about food and the importance of knowing how to cook.

**Todd Torricer — Aloha! In January:**

**Making Traditional Hawaiian Food**

A recent transplant to Minnesota, Todd is currently employed as the sous chef at Ledge Rock Grille. Todd is a native of the Hawaiian island Oahu and started his career as a chef there.

**Jahn Hibbs — Oranges Five Ways**

Jahn is currently our Produce Assistant Manager and is very creative with her recipes. Aside from being a great cook and extremely knowledgeable about all produce, Jahn also compiles or creates all the recipes that you'll find in the WFC Produce Department.

**Erin Dewitt — What is Reiki?**

Erin is continually amazed by the limitless nature of Reiki energy and has welcomed it into all aspects of her life. Erin's desire to share this gift with others led her to England in May of 2008 for her Reiki Master Teacher Training with William Rand and the International Center for Reiki Training. She loves teaching Reiki and

encourages all ages to learn how to utilize this wonderful healing tool.

**Ryan Amundson — Detoxing for the New Year**

Ryan Amundson received his education in shiatsu and massage from CenterPoint School of Massage in Minneapolis. He works locally at the Christal Center and helps his clients heal and relax.

**Jodi Christensen — What is Quantum Touch?**

Jodi's education in the healing arts began in 1998 at the Utah College of Massage Therapy, where she earned certification as a Massage Therapist. She continues her education in Quantum-Touch, Reiki, and Yoga; practices she finds to be profoundly healing, both physically and emotionally. She loves these practices as they simplify and encompass the healing potential we all carry with in. She enjoys assisting others in creating better health, harmony, and balance in their lives.

**Kate Tourni — Dinner for Two**

Currently a cook in the Whole Foods Co-op kitchen, Kate has a flair for food and the experience to boot. As well as being a creative and innovative chef, Kate is also a fantastic baker.

**Judy Kreag — Cooking Without Wheat: Guide to a Gluten-Free Lifestyle**

Judy has written two cookbooks/guides and also worked for a local nutritionist.

THE FINE PRINT...READ ME PLEASE!

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

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# board of directors

**Alison Champeaux**  
Term expires 2011  
alison@wholefoods.coop

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

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

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

**Theresa Koenig**  
Secretary  
Chair of Board Recruitment & Orientation Committee  
Term expires 2009  
Theresa@wholefoods.coop

**Linda Magni**  
Term expires 2009  
linda@wholefoods.coop

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



**Sharon Murphy, General Manager**  
Whole Foods Co-op  
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WFC web site: [www.wholefoods.coop](http://www.wholefoods.coop)

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

## Interested In How the Board Works?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Member-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.

# board report

If You Can Dream It, You Can Achieve It

by Heather Murphy, Board Member & Food Policy Committee Chair

It's January 2009... have you done your visioning for the year yet? What are your priorities for 2009? How do you want to use your precious time, energy and resources? What do you want to create for yourself, your family and your community?

Each year, January provides us with a wonderful opportunity to take stock of our lives, to look at where we have been and where we are going, and to set the trajectory of our lives with intention. Many of us have heard the saying: "If you can dream it, you can achieve it." Yet, how many of us actually take the time to do this?

Whole Foods Co-op does. And, in my humble opinion, we do it very well! For over 38 years, Co-op Members and staff have dreamed into the future, envisioning new ways the co-op could better serve its staff, Members and the Duluth community. Most recently, because of this process, we brought to life a beautiful new store which has brought thousands of new members to our Co-op community and greatly expanded our impact in the region. Now that we are settled in our new store and on-track with our current and future financial goals, the Board has decided it is time to ask you: What's next? What are your dreams as Member-Owners of this co-op and what do you want to create with our current and future resources?

Our Board is currently in the midst of facilitating this exciting visioning process. We have hosted a series of meetings with staff, Members and former board members and soon we will meet with other groups such as local growers and potential partner organizations. Below are the questions we have been asking and just a glimpse of the ideas we have collected so far. It is my hope that you will be inspired to email, call, write or attend a future meeting to add your unique perspective to our visioning process. If we can

dream it, we can achieve it... come help us dream!

## Questions:

1) What might the future needs of our community be and what role could Whole Foods Co-op play in meeting those needs based on our unique mission, resources, and connections?

2) What might Whole Foods Co-op do to be more of a catalyst for the expansion of our local and regional food systems in the future?

As you can imagine, we have gathered pages and pages of notes from these meetings. Below are the general categories we've created and some examples of the ideas shared:

## K-12 & Community Education

- provide education in schools on healthy food & sustainable agriculture
- organize a farm to schools program & fund farmers teaching in schools during off season
- partner with Secondary Technical Center
- partner with hospitals, colleges, community organizations to educate about healthy food and sustainable agriculture

## Local Farmers/Growers

- train/sponsor new farmers to area
- help farmers get land & support mid-sized farms
- help farmers extend growing season (solar greenhouse, hoop house techniques)
- support Farm Beginnings class offered by Sustainable Farming Association



Heather Murphy, Board of Directors

## Aid to Underserved Populations & Alternative Economic Strategies

- partner with non-profits & CSA's to provide quality food to underserved folks
- create local/alternative/co-op currency
- scholarships/free classes for low income folks
- neighborhood appreciation day

## Community/Consumer Level Gardening

- urban farming — an organic farm in town as learning site for young people
- roof-top gardens in city spaces (sky gardens)
- promoting a strictly organic community garden/sponsoring a garden
- partner with Community Garden Program

## New Capital Investments for WFC

- bulk warehousing for meats, dairy, poultry
- distribution center/warehouse to route goods from our local farmers
- purchasing/management of acreage/greenhouse
- wind turbines

## Partnerships/Community Building

- farmers market — partner up
- bring a USDA processing plant to this area
- UMD med schools — get info early to next generation
- network with alternative practitioners of bodywork/food/nutrition
- partner with business schools/universities to educate people about how to make and market local food products

## 2008 Abandoned Equity Report



Sharon Murphy (right) presents Shaye Morris (left) of Second Harvest with the check from our abandoned equity.

Abandoned equity from the 96 Owners listed in the September 2008 Gazette was resolved as follows: one Owner requested transfer of her equity to a new Owner, two Owners reactivated memberships, six Owners requested refunds, and a check for the remaining abandoned equity (\$2,789.03) was delivered, pursuant to the decision of Owners who participated in the 2008 Board election and survey, to Second Harvest Northern Lakes Food Bank on November 26, 2008.

I'd like to say "thanks" to you and everyone at the Whole Foods Coop who was involved in the annual SHARE Community Food Drive on October 25.

Approximately 400 pounds of food was collected at your site, and to our delight, it consisted mainly of the foods we most needed. With the current economic situation, we're finding it more difficult to keep our shelves stocked and respond to the increased demand for services.

Your partnership in meeting the needs of our neighbors was both welcome and appreciated. We look forward to working with you again!

Meg Kearns, CHUM



## World Café Sessions at the 2008 Annual Owners Meeting

Check out the link to "What are our Members thinking?" on the home page at: [www.wholefoods.coop](http://www.wholefoods.coop).



# management report

For over 150 years the cooperative structure had six guiding principles. When the International Cooperative Association met in 1995, they added a seventh principle:

**Concern for community** — While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

While daily WFC provides the highest quality nutritious whole foods to our community, we are also an education resource offering presentations for classes and groups, store tours, seasonal farm tours, public classes and, in 2008–2009 in partnership with The College of St. Scholastica, co-sponsoring The Future of Food lecture series. There are two free lectures and two free Talk Back sessions coming up:

- "Conventional Farming and Environmental Protection" on Wednesday, January 21, at 7:30 PM in the Mitchell Auditorium at St. Scholastica, with the Talk Back session scheduled for Monday, January 26, at Peace Church, 1111 North 11th Street, at 7 PM, by John Fisher Merritt of Lake Superior Sustainable Farming Association.
- "Why the Farm Bill Matters to All of Us" on Wednesday, March 4, at 7:30 PM in the Mitchell Auditorium at St. Scholastica, with the Talk Back session scheduled for Monday, March 9, at Holy Family Catholic Church, 2430 West 3rd Street, at 7 PM, by Bob Hoffman of The College of St. Scholastica.

The chart above, an expanded version of which first appeared in WFC's 2008 Annual Report, highlights the economic impact that the expansion of our cooperative had and continues to have on our community and our regional food system.

The support of Member-Owners for a healthy and environmentally responsible building for customers and staff

resulted in our renovation of 610 East 4th Street qualifying for LEED (Leadership in Energy & Environmental Design) certification from the US Green Building Council. WFC received the first LEED certification in the City of Duluth, the first commercial LEED certification in Minnesota, and the first food co-op LEED certification in the United States.

And most recently and most spectacularly, we have followed up on the expansion recommendation of Member-Owners to support local artists who make positive changes in

our lives by sharing their skills and talents. Glass artist Ron Benson, Duluth, completed the installation of four mural panels on the outside of our building in October, and mosaic artist Laura Stone, Knife River, completed her second work for the inside of our store in November 2008. These outstanding projects are a pleasure to behold and will nourish our spirits for many years to come. Thank you, Laura and Ron. **CG**

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

SNAP SHOTS	FY 2008 at 610	FY 2007 at 610	FY 2006 mid-year move to 610	FY 2005 at 1332
Sales growth over previous year	9%	18%	48%	16%
Paid to local/regional growers/producers	\$1,103,007	\$989,390	\$650,450	\$359,964
Average new Members/month	62	55	85	43
Number of active Members	4,639	4,145	3,559	2,735
Average number of employees	96	100	118	45

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## notes from the front

by Briana Lowrie,  
Front End Manager

### Friendly IOU Reminders

Ever have one of those days where you get to the store, round up your items, and then realize you've left your wallet at home? Lucky for the members of WFC, there is an emergency store charge account at their disposal. Of the many benefits of membership, the emergency store charge account is probably the most appreciated when it's needed. Although the store charge limit can be set for a lesser amount, each member number has a \$20.00 limit (enough for the bread, milk, bananas, etc.) that can be utilized by anyone listed on the member account; balances just need to be paid off within two weeks of the purchase date.

IOU balances have always been printed on the bottom of each member receipt, but after receiving some member requests we're about to try something new. Sometime after the new year, our Point of Sale system will (silently) alert cashiers to member accounts with store charge balances so they can ask the Member if they'd like to pay it off that day. Members always have the option to pay it in partially, fully, or postpone it for a later date (keeping in mind that it must be paid within two weeks of the purchase date). This process will allow our Member-Owners the advantage of utilizing this friendly reminder so they may pay immediately at the register, thus avoiding inactivated member status, which takes a few days to be reactivated.



### Hate Crowded Aisles?

Like to do your shopping when it's a little less crowded?

There's a bevy of personal space during these times:

Monday thru Friday  
7AM–10AM & 7PM–9PM

Saturday/Sunday  
7 AM–11AM & 6PM–9PM





# new products

## BULK

- Various suppliers
  - Dried Watermelon\*
  - Fava Beans

## DAIRY

- Good Bellies Probiotic Beverage
  - Mango
  - Cranberry
  - Black Currant
- Greek Gods Yogurt
  - Pomegranate
  - Honey
  - Traditional Fig
- Holyland
  - Nan Bread
  - New Varieties of Hummus regularly!
- Purely Decadent Coconut Milk Yogurt\*
  - Blueberry
  - Raspberry
  - Vanilla
- Tofurky
  - Oven Roasted Deli Slices

## FROZEN

The freezers have moved! The freezers have moved!

Well, not literally, but just about everything inside of them has been rearranged. Late into the night on Monday, November 17th, 5 brave Staff with frosty noses and chilly fingers grooved out to some tunes and changed the product arrangement of all 17 freezer doors. In addition to moving everything around, over 150 new products were added! So next time you're in, take a stroll through the frozen section to find your old favorite products, and hopefully you will find a few new favorites too!

- Alexia
  - Waffle Fries
  - Sweet Potato Fries
  - Onion Rings
- Amy's Kitchen\*
  - Brown Rice Bowl
  - Country Cheddar Bowl
  - Mexican Casserole Bowl

- Tortilla Casserole and Black Bean Bowl
- Cheese Ravioli Bowl
- Tofu Scramble Breakfast
- Tofu Ranchero Breakfast
- American Veggie Burger
- Cheddar Veggie Burger
- Mac and Cheese Kids Meal
- Low Sodium Indian Mattar Paneer Meal
- Garden Vegetable Lasagna
- Cheese Lasagna
- Vegetable Pot Pie Pocket Sandwich
- Cheese and Pesto Pizza
- Spinach Rice Crust Pizza
- Cheese Pizza
- Indian Burrito
- Nacho Snacks
- Single Serve Low Sodium Spinach Pizza
- Single Serve Margherita Pizza
- Single Serve Mushroom and Olive Pizza
- Asian Noodle Stir Fry
- Black Bean Tamale Verde
- Cheese Tamale Verde
- Enchilada Black Bean Whole Meal
- Southern Cornbread Whole Meal

- American Flatbread Pizza
  - Tomato and 3 Cheese Pizza
- Bahama Rice Burger (soy free!)
  - Mediterranean
  - Original
- Ben and Jerry's Ice Cream
  - Cake Batter
  - Chocolate Fudge Brownie
  - Cinnamon Buns
  - Crème Brûlée
  - Vanilla 4 a Change
  - Peach Cobbler

- Blue Horizon
  - Shrimp and Rotini Scampi
- Cedarlane
  - Chicken Burrito
  - Fajita Chicken Burrito
- Ciao Bella
  - Espresso Gelato
  - Hazelnut Gelato
  - Vanilla Gelato
  - Blood Orange Sorbet
  - Coconut Sorbet
  - Mango Sorbet
  - Raspberry Sorbet
- Cascadian Farm\*
  - Green Beans 10oz
  - Sliced Peaches
- Food for Life
  - Brown Rice Bread (Wheat and Gluten Free)
  - Millet Bread (Wheat Free)
  - 7 Grain Sprouted Bread
  - Black Rice Bread (Wheat and Gluten Free)
  - White Rice Bread (Wheat and Gluten Free)
  - Ezekiel Hot Dog Buns
- French Meadow Bakery\*
  - Kamut Bread
  - Men's Bread
- Glutino (Gluten Free)
  - Premium Fiber Bread
  - Premium Flax Seed Bread
  - Chicken Pomodoro Entrée
  - Corn Bread
  - Pizza Crust
  - Duo Cheese Pizza
  - Spinach and Feta Pizza
- Helen's Kitchen\*
  - Hearty Bean Chili Entrée
- Health is Wealth
  - Chicken Nuggets
  - Chick'n Nuggets (vegetarian)
  - Chick'n Spicy Nuggets (vegetarian)
- Ian's
  - Chicken Pot Pie
  - Fish Sticks
- Julie's\*
  - Chocolate Ice Cream Sandwiches
  - Juliette (mini) Ice Cream Sandwiches
  - Chocolate Ice Cream (32oz)
  - Vanilla Ice Cream (32oz)
  - Blackberry Ice Cream Bars
  - Lemon Sorbet Bars
  - Mandarin Sorbet Bars
  - Mango Passion Sorbet Bars

- Kim and Scott's
  - Bavarian Pretzels
- Kashi
  - Lemon Rosemary Chicken Entrée
  - Lemongrass Coconut Chicken Entrée
  - Southwest Chicken Entrée
  - Pesto Primavera Pasta
  - Black Bean Mango Pilaf
  - Five Cheese Tomato Pizza
  - Mediterranean Pizza
  - Roasted Garlic Chicken Pizza
- Ling Ling
  - Chicken Potstickers
- Morningstar
  - Breakfast Patties
  - Chik'n Strip Meal Starters
  - Steak Strip Meal Starters
- Nate's
  - Mini Burritos
- Nature's Path
  - Hemp Plus Waffles
- Phil's
  - Green Chili Pork Burrito
- Purely Decadent Coconut Milk Non-dairy Dessert\*
  - Cookie Dough
- Quorn
  - Southwestern Chik'n Wings
  - Chik'n Cutlets
  - Cranberry Goat Cheese Cutlets
  - Ground Quorn
- Rice Dream Non-Dairy Desserts
  - Carob Vanilla Bar
  - Carob Vanilla Dream Pie
  - Cocoa Marble Rice Dream (32oz)
  - Strawberry Rice Dream
  - Vanilla Rice Dream
- Rising Moon\*
  - Four Cheese Pizza
  - Margherita Pizza
  - Pesto and Buffalo Cheese Pizza
  - Butternut Squash Ravioli
  - Spinach Florentine Ravioli
  - Four Cheese Tortellini
- Sno Pac\*
  - Spinach
- So Delicious Non-dairy Dessert
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- Squash
- Strawberries

### • Van's Waffles

- Mini
- Cinnamon Apple
- Flax
- Blueberry
- Original

### • Wholly Wholesome

- Vegan Pumpkin Pie

### GROCERIES

#### • Simply Organic\*

- Mulling Spices

#### • LaCroix Sparkling Water 12-Packs

- Grapefruit
- Lemon
- Lime
- Original

#### • San Peligrino

- Sparkling Orange Water 6-packs and singles (Just like Orangina, without the corn syrup!)

#### • Season's Baked Potato Chips

- Original
- Cheddar

### • Maranatha\*

- Salted Creamy Peanut Butter

### • Dakota Growers Pasta

- Thin Spaghetti
- Fettucine
- Angel Hair
- Linguine

### • Napa Valley Naturals\*

- Extra Virgin Olive Oil 750ml

### • Seeds of Change Salad Dressing\*

- Italian Herb
- Greek Feta

### • Annie's Naturals

- Pomegranate Vinaigrette

### • Muir Glen\*

- 4-cheese Pasta Sauce
- Chicken Noodle Soup
- Chicken Wild Rice Soup

### • Grandma Ferdon's

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### • G'Day Gourmet

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#### • Frontier

- Whole Nutmeg\*

#### • Dancing Star

- Mega Green Mix\*

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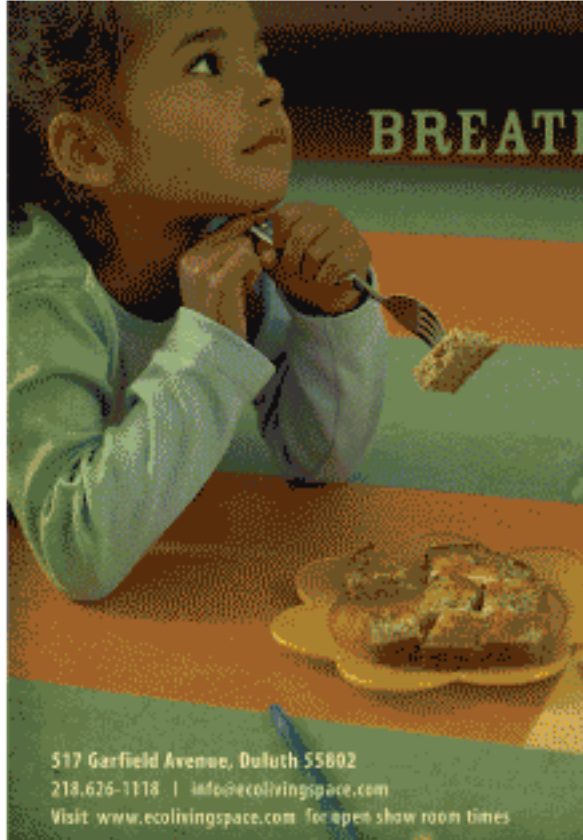
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## Hooray for Paperless Voting

Hi Sharon,

Attached is a certificate honoring Whole Foods Cooperative for purchasing eBallot. We thank you for saving trees by moving your elections online. Further, we've donated money for the planting of a new grove of 30 trees. We encourage you to forward a copy of the certificate to colleagues, board and committee members who took part in the decision making to purchase eBallot.

Kind regards,

Libah

Vote for Trees Campaign

## Book Review by Judy Kreag, member

One of the things that I know is that no matter what happens to the economy... we still have to eat! However,

as our resources are affected, we need to find ways to cut corners and some people may have to start looking at the price difference between conventional and organic food. So this book is extremely timely and important for those of us who are watching our pennies!

Steve Meyerowitz, in his book *The Organic Food Guide*, tells us that price isn't everything. Quality counts too and quality doesn't automatically have to cost more! I was really glad to hear that and ready to learn more.

Meyerowitz encourages you to become a savvy shopper by educating yourself and your family. As I look at the way I fed my family decades ago I sometimes cringe. I thought I was feeding them healthy meals but I was just plain unaware of many nutritional facts. It was only when I got really sick that I was forced to arm myself with nutritional "ammunition" and it paid off.

In this book, the author offers to take you on a "shoppers guided tour". If you struggle understanding the difference between organic, locally

grown, all natural, internationally certified, Biodynamic, conventional, etc., this might be just the tour you need to help you make better decisions as you shop for your family.

### The Organic Food Guide

By Steve Meyerowitz

Steve Meyerowitz begins your tour with a trip through the many choices you face as you enter a grocery store. After defining terms he helps you read

labels, learn a little history and background on organics and then talks about quality. Finally, he gets into priorities and devotes a chapter each to health, nutrition, taste and cost. He closes with a chapter on resources so you can continue on your journey as you strive for nutritional and economic excellence.

Steve Meyerowitz has written many books on nutrition and health, a few of which I have reviewed here. He does his homework! His books are informative, well written, well researched, and inexpensive. It isn't often that you can get such value for under \$10. If you are ready for the tour, it is well worth the cost.

Judy Kreag has written two guidebook/cookbooks, taught cooking classes and has worked for a local nutritionist. She presently teaches at The College of St. Scholastica.

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Dr. Greg Mongeon

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### Chiropractic:

I had headaches and a bad shoulder for years. Dr. Mongeon was able to diagnose and treat my condition, and in 2 visits I was pain free!  
M.E. - Duluth, MN

My child was very fussy and it sure made being a good Mommy a tough job. We brought her into Dr. Mongeon and he found that she had sensitivity to a particular food and it has changed our child. Thanks Dr. Greg!  
R.S. - Proctor, MN

I came to Dr. Mongeon with a very sore low back and a numb right leg. After a very detailed exam, Dr. Mongeon sent me to see a neuro surgeon and the next week I had surgery on my low back. Thank you for your great care.  
B.A. - Moose Lake, MN

### Physical Therapy

I love how the team at IWH uses Chiropractic and Physical Therapy, not only was I able to get out of pain, they taught me how to strengthen and stabilize the area. Thanks.  
C.N. - Duluth, MN

### Hyperbaric Oxygen Therapy

We rented Dr. Mongeon's Hyperbaric Oxygen chamber for 1 month and we are amazed at how much more focused and peaceful our child is. Many Thanks!  
S.P. - Lake Linden, MI

### Autism

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R.B. - Minot, ND

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# Recipe for Philosophy

by Anni Friesen, Member Services Coordinator

If we, as individuals, were exactly the people we wanted to be, life would be a pretty boring. It is the desire to continuously learn and grow that makes us human; that makes us interesting, unique and thoughtful beings. When I graduated from college a few years ago, I experienced a fear that has become quite common amongst people of my age group: the fear of too many choices. I was worried to make a choice because it might be the wrong choice. This is something that I have been thinking about a lot in the past few weeks. Why are we so worried about making the wrong choices? Surely in this world there are no guarantees that even the "right" choice will turn out for the best.

As an English major, I like to draw on similes and metaphors whenever possible; as someone who lives, sleeps and (of course) eats food, these allegories are often spotted with tomato

sauce and dusted in semolina flour. Choice is like making dinner for someone you want to impress; scary and exciting. Dusting off old cook-



Anni Friesen blooms with creative energy in the kitchen. And at Halloween.

books, you try to find something that you can manage with your skill level. Finally, after hours of contemplation, you decide on a dish. You tie your rarely used apron around your waist and begin, proud and excited. "There's no way I can mess this up," you think. Measuring cups fill with flour and the once clean counters become cluttered and crowded. Even though the initial joy over picking the "perfect recipe" is wearing off, everything is going as planned... until you flip the page and see that your recipe calls for an ingredient that you don't have. Your glorious plan has gone to pieces and your guest will be at the door in 10 minutes. As your panic level rises, you try to keep your head clear; there must be something you can do. The thing is: if you stay flexible, there are always alternatives. You can substitute yogurt for buttermilk or crushed corn flakes for breadcrumbs, and, if you're creative,

you can make your own dish destiny. And no, it won't be exactly what Julia Child had in mind, but you may just discover that your version was better than hers. Necessity is, after all, the mother of invention and even a "bad" choice can turn your life around unexpectedly and for the positive.

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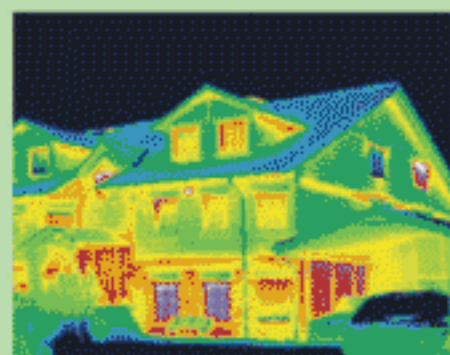


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# the buzz

wfc staff news

— Jill Holmen, HR Coordinator

**Deli Counter Assistant Angela Branson** graduated Dec 13th with a BA in Theology and Religious Studies and a minor in Spanish.

"Finally!" and "Whew," says Angela. "Congratulations," we say.

**Financial Admin. Assistant Amanda Borgren** has begun training for crystal healing and laying-on-of-stones work. She intends to eventually become certified. Just more proof that Amanda does, indeed, rock!

If you haven't yet realized, the co-op exhibits wonderful local art each month in the BCO/seating area. This February brings another WFC Staff art show. Come enjoy the creative whims of our employees over a cup of coffee and plateful of German apple pan-cakes.

In November, **Front Ender Jenny Graupmann** was involved in a singing competition called NATS (National Association of Teachers of Singing) and, in the statewide graduate division, took 2nd place. Congratulations, Jenny. If you are lucky, perhaps Jenny will sing your items through the check-out some day.

**Cool/Meat/Fish Buyer Jesse** and his wife Sarah have recently purchased a house! We're happy they've decided to stay for a while. Cash donations can be dropped off at the co-op, c/o Jesse.

**Assistant Front End Manager Michael Olker** says, "Finally, camping season is here!" Michael and his trusty dog Bear, along with a few other traveling companions, have plans for a winter trip through the BWCA and hope to ski right into Canada for a night or two. We all just hope for a cold start to the winter to freeze up the lakes, and then as much snow as can come our way!

From **Deli Baker Kristen's** mama

cat come three sweet new co-op kittens:

- **Store Keeper Matt** adopted Terence. He is grey with yellow/blue eyes, and to the dismay of his human roommate, likes to sleep on Matt's neck at night with frequent nose and chin licking.

- **Financial Admin. Assistant Pauline** & family welcome Princess Phoebe to their home. Phoebe loves to take baths, swim around the tub, and is partial to Alba's Hawaiian blend shampoo.

- **Deli Counter Angela** brought home Mitzvah, which means "a good deed for God." Angela reports that Mitzvah has six toes, chases his tail, and likes to sleep on her face. After having Mitzvah for awhile, Angela and her husband took another kitty which they named Rags due to her "perfur."



Matt Wenger, Store Keeper, and another December Gumby Award recipient.



Duane Timo, Deli Dishwasher, our Gumby Award winner for November.



Charlotte Van Vactor, Merchandising Stocker, our Customer Service award winner for November.

## JANUARY ANNIVERSARIES:

Karen Johnson, Finance	3 years
Debbie Manhart, Store Ops	9 years
Alex Mohrbacher, Produce	2 years
Eriq Reed, Merchandising	4 years
Pauline Russel, Finance	2 years
Jennifer Zoretich, Front End	3 years

## FEBRUARY ANNIVERSARIES:

Amanda Borgren, Finance	1 year
Kala Edwards, Deli	3 years
Justin Hemming, Deli	9 years
Sharon Murphy, GM	29 years
Rianna Reiter, Deli	3 years
Tawnya Skinner, Front End	1 year
Shannon Szymkowiak, MMS	6 years



Anni Friesen, Marketing & Member Services Coordinator, one of December's Gumby Award winners.



Suzanne Erdmann, Deli Counter Assistant, is our Customer Service Award winner for December.

## mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

## 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

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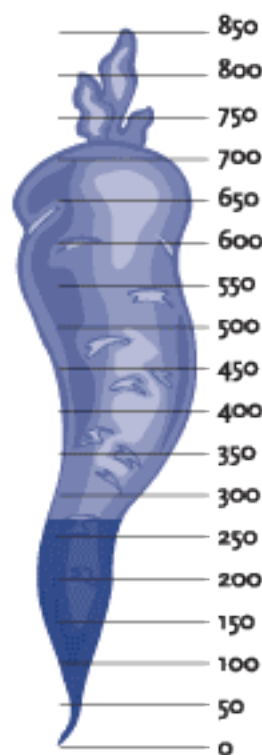




# Welcome, New Member Owners!

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Paula M. Moore  
Mary Ledoux  
Mindy Zimmerman  
Evan Kelly  
Brandi Mansfield  
Linda M. Gustafson  
Celeste Pennington  
Sarah Mershart  
Amanda Borgren  
Anna Kuennen  
Joyce Yamamoto  
Blair Doyle  
Nathan Waech  
Jonathan Ward  
Lylan Park  
Jill Gunderson  
William Weckman  
Kathy Hinders  
Darin Agenter  
Alanna Dougherty  
Beth Bernhardt  
Gina Labounty  
Matthew Gottwald  
Carmen Lesavage  
Vicki Thrasher  
Cronin  
Ginger Laporte  
Samantha Jo Hough  
Jennifer Then-  
Fernandez  
Elizabeth Shannon  
Lacy Holcomb  
Kimberly Hedegaard  
Nancy Hoffman  
Karen S. Johnson  
Carissa Hakanson  
Jim Ouray  
Kathie Boniface  
Brian Gilchrist  
Scott Larson  
Zach Brown  
Paul Munson  
Claudia Nielsen  
Alison Anderson  
Theresa L Reiter  
Don Stille

Ian Hassenstab  
Melinda Cooper  
Carol Ruth Gunder  
Michael Mechenich  
Patricia Lier  
Victoria Lee Johnson  
Paul Peterson  
Kristine Jensch  
James Yungstrom  
Cassandra Glover  
Williams  
Louise Slatten  
Jorey Olson  
Daniel Krmpotich  
Darlene Lou  
Ranthum  
Eric Garfield Nied  
Ashley Maart  
Sun Pun Yim  
Gilderman  
Beverly Mcnamee  
Perry Jay Oates  
Lynnae Fischbach  
Erin Odaniel  
Cheryl Fisher  
Lorna Wilson  
Anne E Scherer  
Katie Beeman-  
Erickson  
Ruth Juntunen  
Maria Wood  
Erika Osterman  
Libby (Elizabeth)  
Fena  
Kevin Krause  
Sarah Ellen Jaeger  
Michelle Nilsson  
Thomas Pfothner  
Eric Robinson  
Tom Gustafson  
Robyn Schoechert  
Robert Osterberg  
Pamela Sarvela  
Wendy Macmillan  
Mary Reichert  
Tod Swenson  
Debbie Landon



From October 1 – November 30, WFC gained 87 new Member Owners for a total of 269 since July 1. We are just under our goal for the year so far, so if you've been considering a membership, stop by Customer Service. They will be happy to get you signed up so you too can get member benefits!

# Membership Matters

## Beginning of the Ends

by David Helf, WFC Board VP & Chair of the Membership Committee

Our Annual Membership Meeting is now history. Thanks to those who attended and stayed to answer our "big questions." We focused on what the future needs of our community might be, what role we might play, and how can we further the goal of expanding our local/regional food systems.

These questions aren't just random ones. Our Mission Statement says:

*The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.*

This is clearly aimed at the wider community. I would suggest there is far more to WFC than shopping. In acting on our mission, the Board needs to know:

- What positive changes are needed?
- How to define "community?"
- How to be more specific about pursuing this wonderful goal?
- How do we pay for what we decide to do?
- Do we save the planet all at once, or will it take a few years?

Fortunately, we do not have to invent this from scratch. The benefit of our experience is, we've been contributing to the greater good for decades. We will build on this.

Each year, the Board monitors itself and checks if it has done its job. Although overseeing store operations and management is important, we primarily focus on long term impacts, what we call "Ends." "Ends" can be

neatly summarized by the phrase

## What benefits for which needs at what cost?

Seems simple, but think about it too long, and it becomes puzzling. It's reminiscent of a Zen koan, like "What is the sound of one hand clapping?" It would be easier if our policy said, DELIVER THE GOODS, provide excellent products and service, treat

our employees fairly, and leave it at that. No one said life was that simple!

In September, I mentioned long-term planning, as in planning for our future success. Asking the "Big Question" is the beginning of our effort to get input from Member-Owners and community members.

As our membership grows, so does our influence (think "strength in numbers"). This allows us to bring other groups along with us. Although we are not sure exactly where our plans will lead, we are determined to do it right.

But — we can't figure this out alone. We're realistic — we don't expect all of you to contribute. We're also idealistic, though, and since idealistic and realistic are only two letters apart, we would like as many of you as possible to be a part of this process.

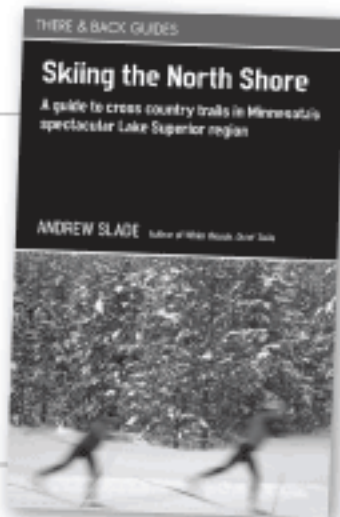
Your assignment is: think about the puzzle, What benefits for which needs at what cost? and attend the next Member/Owner Meeting, on April 20th, at 5:30, in our downstairs classroom. If you cannot attend, please address any and all comments to your Board at [wfcod@wholefoods.coop](mailto:wfcod@wholefoods.coop). Check our website, [www.wholefoods.coop](http://www.wholefoods.coop), for some of the answers given so far to the "Big Questions."



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Editor's note: we are pleased to welcome back former Gazette Contributor and Member Owner, Bonnie Ambrosi. She will be gracing the pages of the Gazette with a short article each issue discussing the types of foods suited for that season as it pertains to Ayurveda. Please enjoy learning yet another way to eat seasonally!

## In Balance with Ayurveda

— Bonnie Ambrosi, Member

Ayurveda is sometimes called the Language of Nature. It is essentially the practice of becoming aware of the elements around us and in us and learning how to maintain a healthy balance of those elements.

Experience the heart of Winter with all your senses! Cold, dry, hard, contracted, light (i.e. not heavy) — these are some of the qualities of winter. Create balance by bringing opposite qualities into your life: stay warm — especially your ears; moisturize your skin; eat cooked local root vegetables and spicy stews; drink warming liquids. My favorite winter drink is molasses tea: stir a spoonful of black molasses into a cup of hot water. Sweet, warming and expanding!

Winter can be a time of scarcity — in Nature and for many of our fellow humans. Support the work of feeding the hungry and sheltering the homeless. Such service will warm you too — from the inside.

Finally, feel the season's quiet, inward focus, a dark time of waiting, of secret, unseen gestation. Allow time for mysterious growing and knowing within you — who knows what wonders may emerge in the spring?

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

# Fresh Perspective Fine Fall Food

Is there any other season than autumn that makes you feel more like cooking?

The change in temperature, light and color all seem to beckon us into the kitchen with thoughts of turning on the oven and preparing warm comfort foods for ourselves and our families. We want foods that offer a real taste of down-home goodness like meat or nut loaf, hearty vegetable soup, roasted root veggies, baked winter squash, homemade bread, and of course, the always popular pot pie.

Here is a healthful vegetarian version of the comfort food classic: a potpie enriched with tofu, bursting with tender vegetables and creamy sauce, and topped with a flaky golden crust. Serves six.

## Flaky Vegetable Pot Pie

### Filling:

- 1 Potato, diced
- 2 t Olive Oil
- 1/2 C Onions, chopped
- 1/2 C Carrots, chopped
- 2 C Extra-firm Tofu, cut into 1/4-inch dice
- 1/2 C frozen Peas, thawed
- 1 T fresh Parsley leaves, minced
- 1 1/2 C Good Gravy (see below)

### Crust:

- 1 C All-purpose Flour
- 1/4 t Salt
- 1/4 C Corn Oil, chilled
- 1 to 2 T Iced Water

1. Preheat the oven to 350F. Lightly oil a 1 1/2-quart casserole dish.
2. Make the filling: Cook the potato in boiling salted water until tender. Drain, rinse and set aside.
3. Heat the oil in a medium-size skillet over medium heat. Add the onions and carrots, cover and cook, stirring occasionally, until tender. Transfer the onions and carrots to the prepared casserole

dish, add the tofu, peas, parsley and potato, and stir to mix. Add the gravy, stirring to combine, and set aside.

4. Make the crust: In a food processor, combine the flour and salt, pulsing to blend. Add the oil and process until the mixture is crumbly. With the machine running, slowly add the water and process until the mixture forms a ball.

5. On a lightly floured work surface, roll out the dough to a 1 1/4-inch-thick round, a little larger than the casserole dish. Place the crust over the filled casserole and crimp the edges to seal.

6. Bake until heated through and the crust is browned, 40 to 45 minutes. Let rest for 10 minutes before serving.

## Good Gravy

- 2 C Vegetable Stock or Water
- 2 1/2 T Tamari or other soy sauce
- 1 t Fresh Thyme, minced or
- 1/2 t Salt and freshly ground Black Pepper
- 2 T Cornstarch, dissolved in 3 T Water
- 1/4 C Milk or Soy Milk.

In a small saucepan, combine the stock, tamari, thyme, and salt and pepper to taste. Bring to a boil over high heat. Reduce the heat to low, whisk in the cornstarch mixture, and boil, whisking, until the sauce thickens, about one minute. Slowly whisk in the milk; do not allow to boil. Taste to adjust the seasonings. Makes 2 1/2 cups.

While this recipe calls for frozen peas, you may still be able to find some fresh ones lingering in the produce department. If not, broccoli would be a great substitute that could be added when you add the onions and carrots. Another nice thing about broccoli is it's available year-round. Whatever you decide to add to this delicious part of autumn eating, you can count on it that it will be as comforting as that old sweater that always

seems to find its way back into your wardrobe this time of year.

## Cabbage: The Wonder Vegetable

We all grab carrots, broccoli or some romaine lettuce when we want to eat a healthy vegetable for dinner. While these are very good choices to make, what about grabbing a head of cabbage next time? It can be eaten raw or cooked.

According to researchers from the USDA, the pigment that gives red cabbage its distinctive color can also help fight cancer in humans. USDA scientists have identified 36 anthocyanins in red cabbage, including eight that have never before been detected in the cabbage. And you thought grapes were loaded! But that's not all cabbage can do. Have you ever heard of vitamin U? Cabbage has lots of this lesser-known vitamin, which is an effective ulcer remedy. Higher in vitamin C than oranges, a good source of vitamin E, calcium and fiber, cabbage is also very rich in sulfur. Sulfur compounds in cabbage, as well as its relatives broccoli, kale and Brussels sprouts, are proven powerful cancer fighters, especially against intestinal cancer. Alternative health practitioners also say the sulfur in cabbage purifies the blood and helps fend off parasites. How's that for a resume?

## Does your cabbage need to be organic?

Consider this. It takes two to three months to grow a head of cabbage. That's about what it takes for tomatoes and peppers too, but more than what lettuce or beans need. Longer growing time means that extra nitrogen, the top nutrient for all plants, is needed. Organic farmers meet these needs by building the soil up so it can supply nitrogen at a slow and steady pace. They don't use the highly soluble, synthetic fertilizers conventional farmers do. Why not? Because synthetic fertilizers are like white sugar — they provide short-term energy, but don't feed the soil, a living entity of billions of micro-organisms, over the long haul. Organic farmers feed the soil to feed the plant. And by taking care of the soil, it will continue to produce nourishing food for many years to come.

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# Savor the Season

Do you know how to cook?  
Really?

— Shannon Szymkowiak, MMS Manager

I had an epiphany this week. I was doing a presentation about food issues at one of our local businesses (that, by the way, offers monthly informational workshops to their employees during lunch — a great idea) — and one of the usual questions came up. “How can I save money and eat better? Organic food is more expensive.” Before you put down the Gazette and roll your eyes and say “Not again! Shannon’s going to give another lecture on the value of organic food!” read on, dear friends. This is not going where you think it is.

I began to discuss ways you can save money at the Co-op with my favorite first tip. “The fastest way to save money in the kitchen is to learn how to cook.” This typically draws some questions about how to prepare a particular item, but overall, the response I usually get is one of, “Oh, yeah, I know how to cook. I just eat out too much.” But I know that cooking skills are lacking in our society, and fading fast, so I had a moment of inspiration and asked how many people in this group took Home Ec in school. All hands went up. Then I asked how many were required to take it. About three hands went down. Then I asked how many learned how to cook in Home Ec. At this point, maybe seven hands were still in the air. Then I asked the \$64,000 question, “What did you learn how to cook?”

This was the most eye-opening moment I’ve had in a long time. The majority of people said they learned how to make muffins and pancakes. A couple of people clearly had teachers with a specialty since a few said things about how that particular teacher made them learn how to make a pie crust or a cake from scratch. These were obviously pleasant memories and skills they never forgot. I asked if anyone had learned how to prepare meat (usually the biggest dollar investment in any meal) or if anyone had learned what flavors went with what or how to use spices. I asked if anyone had been taught how to extend a meal into creative leftovers. Nobody had been taught these valuable life skills. Nobody, it seemed, had learned how to cook. I didn’t even bother to ask about meat alternatives or cooking for special diets because the answer was clearly “no”.

I had another presentation a couple of days later for a group of young mothers. In this group, the average age was about 25 and the results of my new survey were even more dismal. Very few had even taken Home Ec (or Life Sciences or whatever it’s called now). After that talk, one young mother who gets her cheese and milk from the WIC program told me that when she moved out on her own, the only two things she had ever made on her own were boxed macaroni and cheese and ramen noodles because her mother did all of the cooking and now she didn’t even know where to begin. I suggested getting a copy of the *Joy of Cooking* as the one cookbook that would give her the most bang for her buck, information-wise. I went over the pamphlets I had brought to give out that showed how to cook

beans, rice and grains (available at Customer Service in case you need some). We had a very nice chat and I assured her that she could do this with just a little time and practice. Since she had indicated a desire to begin to use organics on her family’s limited budget, I said that if she purchased some organic noodles in bulk and used them with her WIC milk and cheese, she could easily make homemade macaroni and cheese as a starting point working with the resources she had on hand. I gave her a list of the “dirty dozen” produce items as another place she could begin to introduce organic produce into her pantry and garden as she was able. Since her family did eat meat, I told her that learning how to roast a whole chicken is a valuable skill to learn since that a whole chicken is less expensive than cut up chicken. It could then be extended to other dishes throughout the week, thereby saving her time as well as money. I told her she could call me any time if she had a question and I emailed her a couple of my favorite economical recipes when I got back to the store.

My mind has been working overtime on these events ever since. I wanted to go into that young woman’s kitchen and teach her the skills she lacked. That was when I really started to question what someone meant when they said they know how to cook. Can you make rice? Do you make extra to stir into items later in the week to save time when you’re busy and tend to buy prepared foods? Can you assemble a hearty soup into the crock pot in just a few minutes more than it would take to warm up a can in order to have a larger quantity later with better quality? Do you invite your children into the kitchen so they can learn age appropriate skills to take them through life? Do YOU know how to cook?

I was blessed/cursed to be the oldest child in a family where my mother worked nights. My father, being — um — “old school”, did not cook, so it was left to me. At first, my mother left “recipes” that looked like this:

Brown hamburger with onions  
One can soup (for the curious:  
Campbell’s Chicken Gumbo)  
One can water  
Ketchup  
Salt & pepper

This was her recipe for sloppy joes. Further interpretation had to come from me. Over time, I learned the hard way that you don’t cook everything on high heat and that if you take your time and read instructions, most recipes will get you through the basics. Fortunately, my father’s love of well-done (sometimes extremely well-done) meat and the ease of mashed potatoes got us through. And although it’s true that I could live without pork chops and mashed potatoes with gravy for the rest of my life, the skills I learned in my trial by fire (once, literally fire) serve me well now. It also laid the groundwork for knowing that if you don’t have Bisquick, you can assemble the same ingredients and make pancakes anyway. And they’re better. Way better. I also learned that skills are transferable. Because of a great idea I got from a waffle recipe in my first well-worn copy of the *Joy of Cooking*, I now separate my eggs, beat the whites then add them separately to those pancakes for a really fluffy result.

Right now I’m testing recipes for the Cranberries Five Ways class. The Five Ways series was designed to show five ways a particular ingredient that is abundant and inexpensive at that particular time of year can be prepared. We began with apples in September, pumpkin in October and will continue in December with wild rice and oranges in January. Attendance for these classes has been so slim we had to cancel the pumpkin class and at the moment, I’m wondering if the cranberry class will fly (it did). This mystified me in an econ-

omy where we all could use tips and tricks to save money until I had this realization that most people think they know how to cook. And they think the classes are just about making pumpkin pie or cranberry sauce or whatever. But they aren’t just that. They are about utilizing what’s in season (see previous Savor the Season articles), about learning skills that can be used with other ingredients, about how you can get your kids involved in the preparation of food and how these ingredients can be used in pretty much every course of a meal. They are about learning how to cook.

So do I know how to cook? You betcha! Do I know everything there is to know about cooking? No way! I have learned some of the finer points from fantastic cooks I have known throughout my life and I expect to continue until the day I leave this dimension. I’ve learned pasta sauce from my sister, chocolate chip cookies from Grandma Ruth, spices from a myriad of chefs I have known and how to efficiently slice an apple from Jill right here at the Co-op. This is a lifelong, joyful process because food is the one thing we all have in common. Think about skills you could learn. Think about what you’d like to accomplish in the kitchen then let me know how our Co-op classroom and how the Gazette can help you reach those goals. We are ready to help you learn how to, so let’s cook!

Shannon has been baking, cooking and knitting like crazy this holiday season.

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### JANUARY 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 5-9	JAVANESE TOFU	TURKEY SLOPPY JOES	FLORENTINE STUFFED SHELLS W/ BLUSH SAUCE	MEATBALLS	ROASTED POTATO TRIO
JANUARY 12-16	LEMON ROASTED TOFU	PIZZA BURGERS	ENCHILADAS	TURKEY MEATLOAF	CREAMY DILL TROUT
JANUARY 19-23	CARRIBEAN BLACK BEANS	DUBLIN CODDLE W/ IRISH SODA BREAD	SWEET & SOUR CHICKEN	WILD RICE SUCCOTASH	TROUT ALMONDINE
JANUARY 26-30	TWO BEAN CURRY	APPLE ROASTED TOFU W/ROASTED VEGGIES	TEMPEH CACCIATORE	PULLED PORK SANDWICH	ZUCCHINI AU GRATINS

### FEBRUARY 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 2-6	SAGE BUTTER CHEESE TORTELLINI	TACOS	BAKED GARLIC TOFU	ZUCCHINI CHEESE TRIANGLES	MONGOLIAN BBQ TOFU
FEBRUARY 9-13	THAI TOFU QUINOA	CUBAN BARBACAO PORK	TOFU PECAN PATTIES	LEEK ROASTED CARROT W/ SAUTED TEMPEH	MARINATED VEGETABLES & TOFU
FEBRUARY 16-20	CHICKEN DIJONAISE	ROASTED GARLIC TORTELLINI	COWBOY BEANS	TURKEY BURGERS	MANGO CHUTNEY FISH
FEBRUARY 23-27	QUINOA W/ SWEET POTATOES AND MUSHROOMS	ENCHILADAS	SWEET & SOUR CHICKEN	RAVIOLI W/BLUSH SAUCE	ORANGE SESAME SEITAN

## Cheese Man's Choice: Fondue

— Eric Bong, Deli Counter Manager

I like to have a little fondue at a post-holiday gathering. Being the Cheese Man, I have a tendency to get fussy over my cheese. I expect only the best cheese at my table. Frankly, though, I seldom turn down anything of the Swiss persuasion, but, of course, not all Swiss is created equal.

Roth Kase Creamery, located in Monroe, Wisc. has created a regular award winner and a personal favorite in its Grand Cru Gruyère Surchoix. (Surchoix comes from the French for "top choice"). It is aged at least 9 months, bringing a level of sweet pungency not often acquired by Swiss style cheeses. Nutty, buttery, sweet, salty, bold, and just a little stinky, it can certainly stand alone as a dessert cheese. It also pairs nicely with dried fig, apricot, melon, grapes, cashews, almonds, deli meats, smoked meats, and white wines. It's extremely versatile, but I suggest trying it in this recipe:

### GRUYERE GRAND CRU FONDUE

1 Clove Garlic  
1 C Gruyere Grand Cru, shredded  
2 C Dry White Wine or Sparkling Grape Juice  
1 T Lemon Juice  
2 T Flour  
Nutmeg and/or Paprika to taste

Rub the inside of the fondue pot with a clove of garlic. Toss in the clove if desired or throw it out. Heat wine or grape juice and lemon juice, but do not boil. Stir in flour. Slowly stir in Gruyere Grand Cru. Stir in nutmeg and/or paprika to taste.

\*For a dessert fondue, slowly stir in 1/3 C shredded white chocolate along with Gruyere Grand Cru and exclude garlic and paprika.

### Lengthy But Definitely Worth Your Time

For a positive and comprehensive plan to resolve the problems of our food system, read Author/Journalist Michael Pollan's article for the Sunday, October 12, 2008, *New York Times Food Issue*, "Farmer in Chief." [www.nytimes.com](http://www.nytimes.com)



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# Organic Dairy Products Rating Scorecard Updated

— Will Fantel, Cornucopia Institute

The Cornucopia Institute has released an update to its popular organic scorecard helping consumers make informed choices in the marketplace in selecting dairy brands that represent the highest level of organic practices. The update rates 107 organic brands across the country and covering fluid milk, yogurt, cheese, butter, and ice cream and can be viewed at [www.cornucopia.org](http://www.cornucopia.org).

"Consumers who pay premium prices for organic products do so believing that they are produced with a different kind of environmental ethic, a different kind of animal husbandry ethic, and social justice for family farmers," said Mark Kastel, Senior Farm Policy Analyst for the Wisconsin-based Institute and the report's primary author. "But not all organic dairy products are alike. Using Cornucopia's scorecard, consumers in any part of the country will be able to select foods in the marketplace that best represent their values," Kastel added.

The recent rise of factory farms in

organic dairying has sparked controversy in the organic community. The factory farms confine thousands of animals in feedlots and provide little, if any, pasture and grazing for their dairy herds — as federal organic standards require. Some of the factory farms have been the subject of federal enforcement actions for organic livestock violations, but for the most part the federal Department of Agriculture has been looking the other way.

"Our updated scorecard helps consumers and wholesale buyers see through the fog and invest their food dollars in brands that protect the hard-working family farmers that built the industry and who are now in danger of being washed off the land by a tidal wave of suspect organic milk from these factory mega-farms," explained Kastel.

The update involved in-depth research and surveys of dairy product manufacturers located in every region of the country. Company owners and senior management had to approve and personally verify their responses to the Institute's 19 survey questions. Brands received scores ranging from

"five cows" (ranking as the best) to "one cow" (substandard) based upon an analysis of the responses and other outside research.

A growing body of scientific literature clearly indicates that legitimately produced organic milk, from pasture-based animals, offers distinct nutritional advantages. Most recently and earlier this year Newcastle University, based in the United Kingdom, reported that milk from grazing cows on organic farms contains significantly higher amounts of beneficial fatty acids, antioxidants, and vitamins.

According to Gillian Butler, livestock project manager for the Newcastle study, their research "clearly shows that on organic farms, letting cows graze naturally, using forage-based diet, is the most important reason for the differences in the composition between organic and conventional milk."

"Not only do the confinement operations create an unfair competitive playing field, discriminating against all the family farmers who work hard to fulfill both the letter and intent of

the national organic standards, they also are denying the consumer the extra healthful nutrients present in the milk of cows that graze fresh green grass," observed Kathie Arnold, president of the Northeast Organic Dairy Producers Alliance.

"We have encouraged our 900,000 members and collaborators to use Cornucopia's research when making their purchasing decisions for organic dairy products," said Ronnie Cummins, director of the Organic Consumers Association (OCA). In the past, OCA has called on its membership to boycott the Horizon brand and milk produced by Aurora Dairy, the nation's largest manufacturer of private-label organic milk.

The good news for consumers, according to the Cornucopia dairy study, is that 85% of all name-brand marketers are respecting both the letter and spirit of the federal organic law. The dairy segment, second only behind fresh fruits and vegetables, represents nearly \$4 billion worth of annual revenue or about 15 to 20% of the total organic industry.



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## Trust in the Land

*A celebration of local fine food and beverages  
benefiting Northern Communities Land Trust*

**Saturday, January 31, 2009 6-9p.m.**  
**Marshall School**

Featuring: Amazing Grace, Alotti Biscotti by the Exchange, Chester Creek Café, Fitger's Brew-house, Fitger's Wine Cellars, Lake Superior Brewing, New Scenic Café, Nokomis Restaurant & Bar, Northern Ale Stars, Northern Waters Smokehaus, South Shore Brewery, Thirsty Pagan Brewery, White Winter Winery, Whole Foods Co-op, and the Zen House.



Tickets: \$30 in advance, \$35 at the door, \$20 student/low income. Available at the Whole Foods Co-op, Green Mercantile, Northern Waters Smokehaus or online at [www.landtrustduluth.org](http://www.landtrustduluth.org)





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## Healing Arts Open House

The Hunter Building  
31 West Superior Street  
Wednesday, January 14th, 4-6 pm

Community Healing Meditation  
6:15-7:15 pm

*Come and meet practitioners, enjoy music by Kathy McTavish,  
pamper yourself and start the new year off right...*

Acupuncture, Craniosacral Therapy, Chiropractic Care,  
Electrolysis, Essential Oils, Massage, Midwifery, Naturopathic  
Medicine, Nutrition, Quantum-Touch, Reiki, Tarot,  
Thai Yoga Bodywork and more...

visit [www.deepeaceaduluth.com/calendar](http://www.deepeaceaduluth.com/calendar) for more information



# Halloween Party 2008



Only two of hundreds of great costumes.

Co-op staffers ready to party.



Terrence Smith and Kelly Smith making merry (top).

Tim Malkovich, FE Asst., helping with the popular dart game.

Jill Holmen, HR Coord., aka Zoltar. We predict this is the best costume of the year.



Briana Lowrie, FE Manager, was the "Fright Elevator" operator and creator of the magnificent pumpkins.



A fine fall day was at hand for this year's Annual Meeting. The view (background) from Marshall School was spectacular. We thank everyone who attended.



Willow Olker shows off her WFC tattoo. Yes, it's temporary.



Board Member Mark Friederichs working with Member Owners at the World Cafe session.

Co-op employees staff the registration table. Welcome to this year's meeting!



Produce Assistants Sarah Lamb and J.P. (top) cut up the giant pumpkin.



Several families (left) make the Co-op party part of their Halloween rounds.

## Art at Your Co-op

Two art projects were completed in November. The second mosaic "The Sprout" by artist Laura Stone inside and the exterior project by artist Ron Benson. The pieces will be dedicated on Saturday, April 18th.



The work in progress.

GM Sharon Murphy and artist Ron Benson admiring the installation.

If you missed the segment on Venture North (PBS) about how local artist Ron Benson created the four glass murals on the outside of our building, visit [www.wdse.org/vn28.html](http://www.wdse.org/vn28.html) for a link to the video of Program #2805 (aired October 30, 2008).



Find out more about the artist who created the "The Seedling" and "The Sprout" glass tile mosaics for our Co-op at [www.laurastonemosaics.com](http://www.laurastonemosaics.com)



### Hey Members!

Ron Benson wants you to name his mural. Fill out the entry form below and turn it into Customer Service by January 15th. Ron will decide the winner who will be announced in the next Gazette. The winner will receive a glass art piece by Ron Benson. Good luck!

### Mural Contest Entry

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Member Number \_\_\_\_\_ (must be member in good standing to win)

I think the mural should be named \_\_\_\_\_

☐ If you would like to be included on Ron Benson's mailing list for studio tours and art events, please check this box. WFC and Ron Benson do not sell or share customer information.

Turn into Customer Service by January 15th at 9 p.m.