

GARBANZO GAZETTE

Whole Foods Community Co-op, Inc.

Duluth, Minnesota Jan/Feb 2004



news bites

WFC welcomes new Clerk **Jennifer McEwen** and offers congratulations to **Nathan Coombes** on his promotion to Manager of the

Operations Department. WFC also welcomes new Board members, **Lynn Fena** and **Dennis Kaleta**, and re-elected Board members, **Katie Neff Dawson** and **Jean Sramek**.

•There were a record number of ballots (385) received in this election. We appreciate this strong showing of member participation and also appreciate that we had an excellent slate of candidates!

•Next **Member Appreciation Day: Wednesday, January 14, 2004**. WFC members receive an additional 5% discount on eligible purchases on that date.

Member Appreciation Days are scheduled on Wednesdays to avoid conflict with major deliveries and to ensure we have enough product and staff on hand to make the best possible shopping experience on that day AND on the next day!

We realize that members who can come in on Member Appreciation Days really appreciate this benefit, but we also want to make this benefit available to all our members so there will be changes in how this benefit is provided later in 2004.

•WFC policies require a **receipt for a cash refund**. Please take your receipt. Thank you! [continued on page 2]



Stay active this winter— even if snow is a no-show

By Tim Larson

Will it snow this year? As I write, we have patchy snow on Duluth's hillside, more than we've seen in most recent holiday seasons.

Wimpy winters may be here to stay if some climate experts are correct — bad news for us snow lovers.

Alternative activity #1: ice sports

Winters that are crummy for skiing can be great for ice skating. Used skates can be found for cheap at some area sporting goods stores.

In recent years, the bay by Park Point has had excellent ice for skating. Two years ago I even had the chance to do some skate touring in the Chippewa National Forest, traveling on skates along a wilderness chain of lakes. Some city ice rinks, such as the speed-skating oval at Chester Bowl, can be pleasant places, too, especially on moonlit nights.

One of my favorite activities is skate sailing. With a hand-held sail, it's possible to travel at speeds up to 50

[continued on page 2]

miles per hour on smooth ice.

I bought my sail several years ago as a kit. Many different designs exist. Mine is Hopatcong style, named for a lake in New Jersey. Newer, faster designs are more elaborate, enclosing the skater in a wrap-around wind foil. But other skate sails are neither expensive nor especially hard to make.

These websites have plans and other information:

- www.inquiry.net/outdoor/winter/gear/skatesail_plans
- www.windskate.com



www.wholefoods.coop

Garbanzo Gazette

Published by Whole Foods Co-op
1332 E. 4th St. Duluth, MN 55805
218-728-0884 218-728-0490 (fax)

The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of the Co-op. 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 by the 1st Tuesday of the month prior to publication. Refer submissions and questions to Dianna von Rabenau at dianna@wholefoods.coop

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Contributions: members & staff
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Printer: Insty Prints

• www.skatewing.com

I also have a 1957 booklet on the topic, including plans for building a skate sail, that I would be happy to copy and send to you for a nominal fee. For more information, contact me at tslarson@duluth.com.

Remember that ice, too, isn't as reliable as it used to be. Last year several Minnesota lakes developed "black holes" in the ice in mid-winter. Several vehicles dropped through the ice, and fatalities occurred. Remember that four inches of new ice is needed to support people. Carefully scout the ice before venturing forth.

Alternative activity #2: walking

"Two or three hours' walking will carry me to as strange a country as I expect ever to see . . . No wealth can buy the requisite leisure, freedom, and independence, which are the capital in this profession." — Henry David Thoreau, "Walking"

In recent wimpy winters of poor cross-country skiing, I've found consolation in walking, running, skating, and winter bicycling.

Duluth can be a great winter walking town, whether it's

exploring frozen streams, ice floes along the beach, or the local neighborhood.

Like bookends, both ends of Skyline Parkway are closed to automobiles in winter and make excellent hiking routes in times of scarce snow.

The easternmost stretch, from Hawk Ridge to Seven Bridges Road and down the hill to Lester Park, can provide miles of hiking through a landscape offering a remote feeling and views of Lake Superior. A side trip up Amity Creek can be rewarding, too.

The southwestern segment of Skyline Parkway, south of I-35 — running from Stewart Creek, through Magney-Snively Park, and past Bardons Peak — can be a fine route for winter walking. The cross-country ski trails through the forests of the western hillside can also be good hiking when snow is sparse.

Options closer to home

My next-door neighbors, who are older than I am, walk the Lakewalk virtually every morning at sunrise: rain, snow, or shine.

Other neighbors practice

News Bites, from page one

Links and resources for information on food irradiation, labeling genetically engineered foods and the latest developments on organic standards and other food safety issues:

www.foodactivist.org, www.foodsafety.now.org, www.amberwaves.org and www.centerforfoodsafety.org.

walking meditation, combining exercise with mindfulness along the way.

Duluth's hillside neighborhoods enjoy some of the most spectacular sunrises in the world. In my neighborhood many people go walking along Skyline at dawn.

Women walk in Duluth

Many women in Duluth go walking with each other at sunrise. I imagine some of them are best friends. I suppose many are neighbors.

Sometimes they converse audibly; sometimes they murmur among themselves. Usually they don't talk.

They maintain a brisk pace, whatever the weather, a good approach in a brisk climate where summer mornings are sweatshirt weather and winter can be brutally damn cold. They share astonishing experiences.

Sometimes it rains or snows. Frequently enough it's foggy. Other mornings the sky and big lake are an immense expressionist canvas as big as the world but composed of living light, and constantly changing.

Sometimes the orange sun emerges from the horizon in a clear, cloudless sky. On cold mornings streamers of mist rise from the lake below, condense into clouds like a rolling blanket of cotton candy, and drop snow on Wisconsin.

Walking indoors when necessary

In "Walking," Thoreau claims, "When we walk, we naturally go to the fields and woods: what would become of us, if we walked only in a garden or a mall?"

Sometimes in January, however, it just gets brutally cold; some people resort to mall walking. A better alternative might be the downtown skyway system, where there is more variety of people and places, or the UMD campus, where retiree would-be mall walkers can mingle with young people instead.

With regard to walking, Thoreau concludes, "No wealth can buy the requisite leisure, freedom, and independence, which are the capital in this profession."

Thoreau's essay "Walking" can make a good evening's reading on a winter's night. Ask for help finding it in a library or bookstore, as it isn't reprinted as often as some of Thoreau's other works.

Easy winter breakfast treat

Recently I sent my sister in the Twin Cities some North Shore maple syrup for her birthday. A few days later I received this message:

"I made my favorite breakfast with your maple syrup on Sunday: apples sauteed in butter w/cinnamon and raisins and toasted pecans, then cooked a while longer, till caramelly, in maple syrup, served over flax seed frozen waffles!"

Best version: waffles get a layer of cream cheese under the apple mixture."



Remember to drink plenty of liquids

Whether you're keeping active outside or inside in winter, staying hydrated is important for good health.

Health care professionals recommend drinking adequate amounts of water throughout the day, rather than waiting until you feel thirsty.

When we want a beverage to warm us up, we have many choices such as tea, cocoa,

coffee, soup, broth, or cider. Another delicious option is hot juice blends.

One blend that's soothing on the throat is Santa Cruz Organics' lemon-ginger-echinacea (bottled). Heat it up in a cup in the micro-wave for a quick warm-up.

Try this blend and check out the many other brands and juice varieties on the shelf at the Co-op.

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Poor indoor air quality can directly affect our family's health as well as the health and durability of our homes. Today's homes incorporate energy efficient doors and windows, have higher levels of insulation and reduced air leakage. However, this energy savings strategy alone can cause excessive window condensation, increased mold growth and poor indoor air quality.

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ENERGY TIP OF THE MONTH

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A consistent theme of the comments from customer surveys, staff surveys and even the Board's performance survey is "Tell us what is going on with expansion — even if you can't tell us!" Well, keeping in mind that the properties we consider are often not publicly for sale, here is what I can tell you.

In 2003, we did full work-ups including market analysis, site design options, financial projections and meetings with realtors, property owners, expansion consultants, city planners, community developers and financial consultants on five sites, one of which is still available. We also began research on a sixth site in December.

We struggled to figure out what to give up to fit into sites that were great locations but too small and with no hope for future expansion. We withdrew from those negotiations.

We stretched our imaginations about a site that was a full half of a block with plenty of room for parking, deliveries and outdoor events, along with some prior use issues, but the owner withdrew from negotiations.

We even revisited the option of expanding at the current site and came up with the same answer — not feasible.

We haven't given up. We continue to learn a lot about our community and

Expansion update

educate our community about this Co-op and what we've accomplished in a corner store setting. Our customers, members and staff continue to support this Co-op in spite of the limitations of the time-space continuum and in spite of increasing competition for natural foods shoppers.

Stay tuned. This could be the year WFC moves to a new site.

Meanwhile, back at the ranch . . .

Now that we've completed our first ever patronage rebate distribution (whew!), our focus becomes implementing the management structure and physical plant changes we need to meet the demands of this rapidly growing business. Those changes are outlined for the Board in our 2004-2005 "if we have to stay here" Business Plan.

Remodeling of leased space (the Annex) for administrative

staff, meetings and staff training was completed in December. At the Annex, we will offer a cycle of classes for new and continuing employees on cooperatives, natural foods (nutrition and cooking), wellness, store departments and customer service. The Annex will provide an important new resource for us to provide you with great service and a knowledgeable staff.

Happy New Year. See you at the Co-op!

Newsletter ad rates

- 1/8 page \$45
- 1/6 page \$55
- 1/4 page \$75
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Animal Parade calcium
Animal Parade vitamin C
Lovite vitamin C chewable, 250 and 500mg
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Spiruteen single serving protein shakes,
chocolate, vanilla, and strawberry
Tropical Oasis liquid supplements
Liquid multi-vitamin
Liquid calcium magnesium
Liquid glucosamine
Zand herbal lozenges, 4 varieties

Frozen

Linda McCartney pizza
Northstar Bison breakfast links
Northstar Bison stew meat
Julia's organic ice cream*
La Tortilla Factory whole wheat tortillas
Fleisher's organic bagels*
Farmer's Hen House organic whole chicken*
Deep Foods dal masala curry
Ethnic Gourmet shrimp fried rice
Organic Foods healthy wraps*
Amy's Texas veggie burger
Gardenburger meatless riblets
Ian's onion rings
Ian's quick fries
French Meadow Texas toast*

Cool

Redwood Hills goat milk yogurt
Welshire Farms sliced deli meats,
(formally Yorkshire Farms)
Steep green tea soda

*denotes organic product

Grocery

Meditalia,
basil pesto sauce, roasted red pepper pesto
Thai Kitchen pad Thai sauce
Govinda's Bliss Bars,
alternating varieties*
College Farms hard candy, 3 varieties*
Santini sweetened condensed milk*

Santini evaporated milk
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From weeds come riches

By Charlotte Klesman

When it comes to gardening, I am a sad set of contradictions trapped in one personality. I begin with good resolutions, but then summer arrives and reality interferes with my resolve. You see, I love to garden but only when it suits me.

If it's too hot or too cold outside, if I'm too tired, too busy or just don't feel like it, the garden, (like the housework), can wait. I garden because I enjoy it, and I don't want to ruin that pleasure by turning it into a chore. However, success is enjoyable too, so I try to strike a balance between reasonable effort and complete slothfulness.

The results of my efforts have been mixed. When the children were home I was home too, so I spent more time gardening. Now that

they're grown I've focused my attention on other things, so while my husband still tills the garden each year I don't always hold up my end of the bargain. In fact, this year I've established a new low in garden care.

While I dutifully ordered seeds and bought plants, they didn't all get in the ground as quickly as they should have. By the time summer was in full bloom I'd only planted a third of my garden, and the parts I had planted were struggling to survive the onslaughts of weeds, slugs, bugs and root maggots.

In contrast, the seedlings I started in the new greenhouse did well. In fact, they did a little too well. After years of killing off seedlings started in my basement in previous springs, I was caught by surprise when this new generation thrived in the

warm, bright environment. My subconscious attempts to kill them by

Larger-than-life zucchini.

We all know what happens when we turn our backs on this squash!

forgetting to water them were foiled by my husband, who reminded me daily, carried buckets of water to the greenhouse to make the chore easier for me, and watered them for me when I couldn't do it myself.

The results were predictable. Healthy plants quickly outgrew their tiny peat pots and struggled to send up lush foliage from restricted roots. Jostling against each other for growing room, some plants died but most pushed stems and leaves into any space they could find.

It's a jungle in there

My little greenhouse quickly became a jungle, with leafy dill and tomatoes towering to the ceiling, pink, blue, purple, white and yellow flowers poking up their heads, petunias and herbs filling the air with their scent, and leaves of every shape and color growing so thickly I had to search for the pots to water them. It was a heady experience and I resolved to remember and plan accordingly next year.

"Watch out for bugs," Tom, my next-door neighbor and an experienced gardener, warned. "Once they get in a greenhouse they're next to impossible to get rid of." He was right. I made another mental note for next year, but this year . . . Soon I was so overwhelmed by the gar-



"As summer grew into fall, my garden filled with tall, spiky grass and weed seed heads."

den and the greenhouse I didn't know where to start, so like a good procrastinator I did nothing. Which turned out to be the best thing I could have done, under the circumstances. The bugs munched some plants down to bare stems, but they also pollinated the flowers. Soon little green tomatoes began to appear.

When summer progressed and the weeds grew higher, I gathered my courage and waded into the garden to have a look. To my great surprise, I found ripe tomatoes and cherry tomatoes buried among the tall grass flanking the row of tomato plants.

Searching further, I found four kinds of beans on the bush bean plants, baby beets and young carrots ready to pull, two kinds of squash and two kinds of zucchini ripe for picking, and bands of marigolds bordering the garden fence, most of them covered by grass and flowering weeds.

Last year's dill had self-seeded, leaving dill plants scattered about. The kale had self-seeded too, leaving me with plenty of pot greens to eat and to freeze, provided I could beat the slugs to them.

The established asparagus bed and the new herb garden I'd started in fall hadn't survived the winter, but

lemon balm and sage did come back in the old bed. The horseradish, garlic and onion chives were also thriving. If I'd been a proper gardener, I told myself proudly, I'd have tilled and weeded this garden so thoroughly I'd have killed all my volunteers.

I even found ripe cherry tomatoes on the convoluted vines in the greenhouse. Maybe, I told myself, this wasn't such a bad garden after all.

As summer grew into fall, my garden filled with tall, spiky grass and weed seed heads. Birds flocked to the bounty, and it wasn't unusual to see five or ten of them take off every time I opened the back door. What the heck, I thought. This year I just grew extra stuff for my feathered neighbors instead of eating it all myself.

All good things, (and otherwise), must come to an end. Once the first frost killed the tomatoes and squash vines I decided to rethink my attitude about gardening. Sure, I'd managed to suppress reason and enjoy my garden this summer, but deep in my little green thumb I knew it wasn't enough. I wanted a really nice garden, one with more vegetables than weeds.

Once again, I resolved next year would be different. I would compost more, I'd get my hubby to till the garden twice before I planted, and I'd



Smiley face volunteers.

Left to bloom where they're planted by birds and chipmunks, sunflowers add unpredictable color, structure and fun to the garden.

get everything planted on time. And to prove it, I would start right now. After all, fall preparation is the best way to get your garden off to a good start in the spring.

Normally I am as tender with my garden as a collector with a rare and valuable coin, but this year I decided to throw caution to the winds. I wanted to start fresh, wiping this year's disaster away so I could begin next spring with a clean slate. "Remember, a weed is anything growing where it doesn't belong," I muttered, quoting my mother's instructions when she sent me out to weed her flowerbed.

Grabbing the weed whip, I resolutely walked into the garden and cut down every-

[continued on page 10]



Lunch meat and a world of cheese

Starting in January the Deli will offer meat sandwiches in the grab & go.

The lunch meat will be free-range and possibly organic. They will be made once or twice per day, wrapped, and placed in the grab & go sandwich area.

We know that many of our vegetarian customers are concerned about having meat in the Deli. The Deli staff will take great care in the handling of the sliced lunch meat and ensure that it does not come into contact with any of our vegetarian items.

Due to cross-contamination concerns, we will not be able to make these sandwiches on a made to order basis. The area that they are made in will be thoroughly cleaned and sanitized before being used for preparation for any other Deli item.

In January the Deli is featuring different bleu cheeses. Bleu cheese is a general classification of cow's milk and/or goat's milk cheeses with a blue or blue-green mold.

Roquefort cheese is a particular bleu cheese that is made in the south of France. Some other bleu cheeses are Stilton (England), Gorgonzola (Italy), Danablu (Denmark), and America's entry, Maytag Blue Cheese. These are just a few. There are many more bleu cheeses.

February's feature cheese will be brie. Brie is characterized by an edible, downy white rind and a cream-colored, buttery-soft interior that should "ooze" when at the peak of ripeness.

Though several countries (including the United States) make this popular cheese, brie from France is considered the best, and French brie de Meaux dates back to the 8th Century.

Brie can be made from raw or pasteurized, whole or skim milk.

Brie phyllo pockets

Preheat oven to 300 degrees.

1 wheel of brie

2 sheets of phyllo dough

Olive oil

Seasoning

(Optional pesto, or sun-dried tomatoes)

Brush one sheet of phyllo dough with olive oil, place the second sheet on top, brush with oil, fold in half.

Place brie in center, sprinkle with your favorite seasoning (salt, pepper, thyme, basil, etc.) brush edges of phyllo with oil and fold over brie.

Place fold-side down on a greased sheet pan and bake at 300 degrees for 10 minutes.

Spread brie with pesto, top with diced sun-dried tomatoes and fresh herbs, if desired.

from weeds come riches, from page 9

thing in sight . . . or at least, I started to. But as I cut I found the kale plants I'd given up for dead had recovered once cold weather killed the slugs and cabbage moths. There were a few Brussels sprout plants too; one loaded with fat green buds just right for cutting.

I decided to spare them until a hard freeze finished them off. I even found a few hard rind squashes and some carrots I'd missed, waiting to be transformed into dinner guests. Best of all, the birds I'd enjoyed watching seemed

to appreciate the change. They returned to scratch through the grass and plant stalks lying thick on the ground. Another bonus.

The greenhouse offered more unexpected treasures. I'd steeled myself to go in and toss every pot into the garden, but relented once I started working. There were tomatoes in odd corners, more healthy herb plants than I'd expected, and a pair of \$4 tea rose bushes lush with shiny foliage and flowers. I moved the herbs into the [continued on page 19]

Member Volunteer Opportunities

Increase your member discount to 5% just by volunteering at WFC for 90 minutes per adult in the household per month! There are a lot of fun volunteering opportunities coming up, including the following:

- Staff a food demo table in the store on a Demo Wed.
- Help out with inventory
- Write an article for the *Garbanzo Gazette*
- Help with special events

For more info contact Dianna at the Co-op.

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FRESH PERSPECTIVES

January 2004

A Fresh New Year

"The news isn't that fruits and vegetables are good for you. It's that they are so good for you they could save your life." David Bjerklie

If you're like many people you've decided to start the New Year off with a commitment to better health. So you're going to exercise more and start eating better. If you are like many Americans your diet most likely contains too many carbohydrates, fat and processed foods and not enough fruits and vegetables. This make could make starting your goal of eating better a bit of a challenge. But have no fear, your salvation may be as close as the produce department. With a selection of great tasting produce to get you started, you can have a diet that is rich in fresh fruits and vegetables and all of the many proven health benefits that go along with it. Did you know one mango provides 40% of your Recommended Daily Allowance (RDA) of vitamin



A and 15% RDA of vitamin C? Did you know beet greens contain high levels of folic acid, which help ward off certain birth defects? Well, that's just the tip of the iceberg. Fruits and vegetables are also rich in nutrients that fight cancer, build immunity and lower cholesterol. And then there are the simple pleasures that come when you slow down enough to enjoy a ripe Bosc pear or a meal of seasonal roasted root vegetables and potatoes. Changing your relationship with food from just filling a void when you are hungry to one where you find joy in eating fresh and healthy will pay dividends far beyond a New Year's resolution.

So where do you begin? Try before you buy. Ask for samples in the produce department. This will connect you to what you like and to what's in season. Get to know your produce person and ask lots of questions. Then take steps to change your shopping



patterns to make sure you are getting enough produce to keep you satisfied and healthy. A good guide is the USDA's 5-A-Day program model—5 servings of fresh fruits and vegetables each day.

One simple way to make the 5-A-Day program a reality is to understand how to incorporate it into your normal shopping routine. Eileen Faughey, a registered dietitian in Boulder, Colo., and Amanda Archibald of Arch Consulting in New Market, Md., have come up with program called "Maximizing Your Market Basket" which can help you accomplish this goal.

Here's how to calculate the servings needed for your four-person family to be on the 5-A-Day plan: Suppose you want everyone in your family to eat 2 fruit servings and 3 vegetable servings each day. First the fruits: 2 fruits a day times 4 people times 5 days equals 40 fruit servings. Now vegetables: 3 veggies a day times 4 people times

THIS MONTH'S TIDBIT

Fruits and vegetables are a rich source of dietary fiber, which is important for proper digestion and heart health. To get the most fiber, choose whole, organic fruit and vegetables more often than processed produce such as applesauce or juices.



5 days equals 60 vegetable servings. By using the serving sizes from the USDA's 5-A-Day chart, your produce shopping list is actually quite manageable and might look something like this:

Fruit	Vegetables
4 bananas	1 head of lettuce
4 oranges	1 head of broccoli
4 apples	8 carrots
2 grapefruit	4 tomatoes
4 tangerines	4 bell peppers
1 melon	1lb green beans
1 cup of dried fruit	2 onions
2 qts of juice	4 zucchini

When you break it down this way it's easier to plan and reach your goal. Pretty soon you will rely less on charts and numbers and look forward to shopping for and preparing nutritious produce for your family.

PRODUCE IN THE MEDICINE CHEST?

Fruits and vegetables are rich in an array of nutrients to help your body defend itself during cold and flu season. Here are some quick tips for adding immune-boosting fruits and veggies to your diet this winter season.

COUNT ON CABBAGE: Kale, collards and turnips are great cabbage choices high in immune-boosting phytonutrients and vitamin C, making a perfect food for fending off colds and flu. Eat cabbage raw in slaws, or add it to soups, simmered, sautéed or baked dishes.

SPICE IT UP: Onions, garlic and leeks add depth and zest to soups, sautéed dishes, pilafs and casseroles. They also pack important anti-inflammatory, antibiotic and antiviral benefits.

CELEBRATE CITRUS: You probably know citrus fruits are high in cold-fighting vitamin C. Grapefruit, oranges, lemons and limes are fine choices, but why not branch out and try something new this winter like a kumquat or a Satsuma mandarin? Research shows that the juice of 2-4 Satsuma mandarins has the same effect on a cold as taking an over-the-counter antihistamine, but with a lot more taste and no drowsiness!

WHAT COUNTS AS A SERVING?

<i>Fruits</i>	<i>Vegetables</i>
1/2 cup fruit	1/2 cup chopped vegetables
1 med. piece of fruit	1 cup raw leafy vegetables (a small salad)
1/2 grapefruit	6-8 carrot sticks (3" long)
1/4 small cantaloupe	1 medium potato
1/4 cup dried fruit	1/2 cup cooked or canned dry beans or peas
1/2 cup berries	3/4 cup vegetable juice
a dozen grapes	
3/4 cup fruit juice (100% juice)	

Ask Dr. Patty Produce

Q: I've heard that to get the most nutrients out of produce, it's best to buy locally grown products if possible. But I live in Montana, and our "local" season lasts about two months out of the year. What should I be eating now? Cravin' Moore

A: Dear Cravin' Moore, The great news is that a wide variety of produce from around the globe is available year-round in most markets, thanks to the availability of modern transportation and shipping. To make sure you get the most nutrients though, ask your produce manager how often they receive orders and how fast they sell their stock. The longer a fruit or vegetable sits after harvest before consumption, the more nutrients are lost. So it's best to buy produce that travels quickly from the farm to the store; and then your job is easy: Prepare it and consume it as soon as possible!

References for this issue: www.naturalfoodsmarchandiser.com/nfm_backs/Sep_99/vitamin_vegs.cfm; [The New Whole Foods Encyclopedia](#) by R. Wood; "What You Need To Know About Fruits & Vegetables" by David Bjerklie, Time Magazine, 10/23/03



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Root, root, root for rutabagas and rötårs

In the 17th century, Swiss botanist Gaspard Bauhin crossed a turnip with a cabbage and created a vegetable that quickly became a standby in northern gardens — the rutabaga!

Colloquially called “swedes” and “bagies,” rutabagas are a good source of vitamins A and C, and potassium. They have a pleasantly earthy quality — somewhat moist and heavy, warming, combining sweetness with astringency. They are delicious simply steamed or mashed or added to stews, but our favorite way to have them is with potatoes in a Scandinavian dish called “rötårs.”

The potato, in Ayurvedic terms, is relatively cool, light and dry, and complements the rutabaga beautifully. Both are dependable storage crops, traditional winter fare in cold climates.

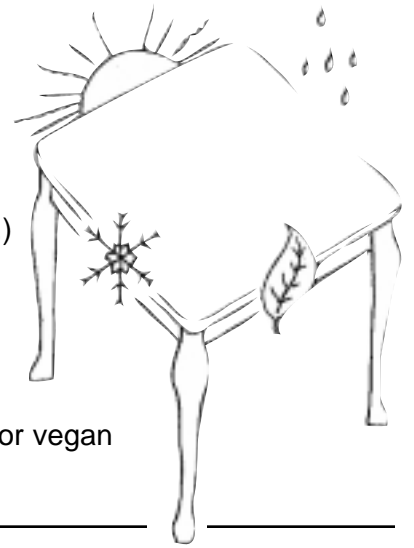
Rutabagas take a bit longer to cook than potatoes, so start them first.

We like to serve rötårs with vegetarian sausage and a cole crop, such as cabbage, kale or broccoli. Dark bread is a natural accompaniment.

Rötårs

(röt rhymes with foot, å is a long “o” with your cheeks sucked in)

- Peel and cube approximately equal parts rutabaga and potato. (Proportions can vary to suit the cook.)
- Add rutabaga to boiling water. Cook 10-15 minutes, then add potato and cook about 20 minutes longer.
- Drain and mash with milk and butter (or vegan alternatives), salt and pepper.





It is my mission in life to seek out the highest quality nuts I can find and to bring them to you. Many of these are nuts you will have trouble finding outside of the co-op, so I take pride in being able to offer them to you. You will not find most of these in Duluth or even in the Cities, so come on down and taste the modest evidence that I am the best bulk buyer in the world. To wit:

•**Organic Italian almonds**

These come in both raw and tamari roasted. These almonds are different from their common American brethren, the so-called California almond. Italian almonds have a softer texture, a less uniform appearance, and a more complex, more satisfying taste. Whereas a California almond is merely sweet, Italian almonds are like eating butter, in a good way.

•**Organic raw cashews** First let me say that as of this writing I am still trying to get ahold of some organic raw cashew pieces for the people who prefer those. But they won't be this large, sublime variety of Sri Lankan cashews. You have not tasted cashews until you have tasted these, and I mean that without hyperbole. These cashews are an education in what cashews can be. For someone who has eaten normal cashews all their life, these come as a revelation. Roast and salt



Nuts over nuts

them yourself if desired (or any of our raw nuts). This same variety of cashew is also offered dry roasted with a mellow dusting of curry powder. Ask someone who has tried them what all the fuss is about.

•**Organic shelled pistachios**

The supply on this uncommon find may be slightly inconsistent but hopefully I can keep up with demand. These organic raw pistachios are without peer; crisp and flavorful. Taste what you've been missing: pure pistachio unhindered by salt. And being out-of-shell means you can seriously snack without interruption, or bake with them with ease. I want someone to make pesto out of these and then have me over to show me how it went. I'll bring the baguette.

•**Organic Pecan Halves**

Shipped direct from the most charming Mom-and-Pop organic operation in Georgia. These always crispy, truly flavorful pecans speak slowly with a sultry drawl, and taste like languid afternoons on a wrap-around porch. There are

sliced peaches in a silver bowl; perhaps there is a mint julep within reach. If you need an infusion of resonance with the Georgia sun, this is your ticket out of here.

•**Organic flax seeds**

Some of you may recall my article on the storage of flax seeds a couple of issues back. There I detailed my discovery that whole flax seeds are extremely hardy and will keep for a year or more at room temperature.

Well, I noticed that on our Health Notes Kiosk (the computer at the front of the store with a natural foods and supplements database), the flax information was incorrect. Health Notes was maintaining that flax seeds go rancid in days. I sent them my article, and upon review by their chief science editor, they agreed to change their information to comply with the research I turned up. Look for the change in July.

In the meantime, we have plenty of flax seeds, which the ancient Romans are supposed to have snacked on like popcorn. Try them like that, raw right out of the bag. Be sure to chew them well to maximize the health benefits; otherwise you're just eating fiber. But you may be surprised by how satisfying a flax snack can be.

Be sure to try our other bulk nuts and seeds, which I also endorse without reservation. Thank you.

Malcolm B. Davy

Attorney at Law

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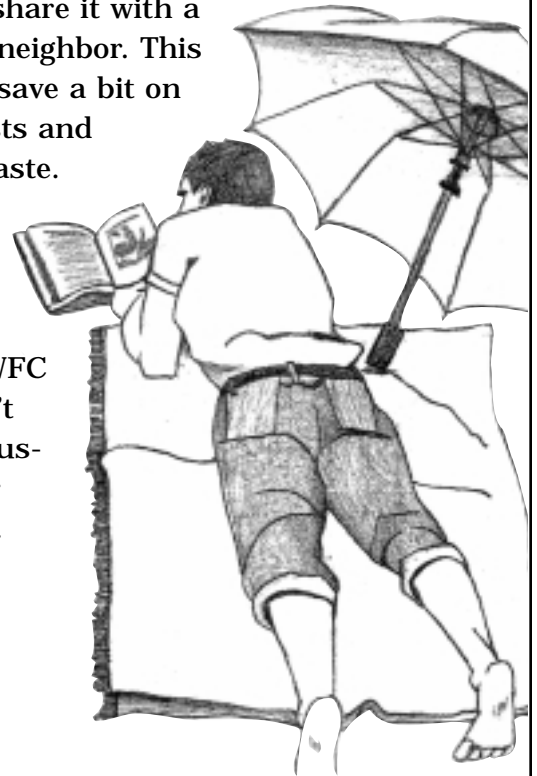
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Before recycling this copy of the *Garbanzo Gazette*, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or members.



Tamarack Dance Association
jigs * reels * big circles * contra

Saturday dances



January 3rd
Wild Thyme
with Cathy Mosher

January 17th
Clover Valley Hoedown
Robi & Terrence calling

February 7th
Scandilous

February 23rd
Kettle Creek Band
with Terrence

All dances taught – no partner needed

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\$6 adults, \$5 members, \$4 students, \$1 kids
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This activity made possible in part by a grant from the Annuhead Regional Arts Council through an appropriation from the Minnesota legislature.

Gary G. Kohls M.D.

Special interest in the
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- Migraine Headaches
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Welcome, new members!

Gladys Salmela	Sabine Bartholdt
Valerie Davidson	Maria Young
James Jorgenson	Greg Dickenson
Patricia Mullins	Thomas Walchuk
Rachel Norton	Steven Houghton
Caroline Shallman	Charles Rochman
Tina Alcala Sales	Joie Acheson
Lynn Surla	
Robert Campbell	
Mimi Stender	
Andrew Ensign	
Thomas Eling	
Christopher Harth	
Arthur Kropp	
Nancy Day	
Douglas Stevenson	
Audrey Skinner	
Michael L. Johnson	
Barbara Russ	
Laughlin Dalzen	
Michael Boerner	
Thilagavathi Murugesan	
Wendy Aro	
Regent Matero	
Denis Greenwalt	
Dawn Theelke Thomas	
Jody Christensen	
Heidi Johnson	
Pamela Swartz	
Lisa Nelson	
Judy Hurtig	
Keller Paap	
BeVan Presley	
Sherry Sutton Zanardo	
Paula K. Larson	
Roger Parson	
Paul Ranelli	
Jennifer Hansen	
Karolina Faber	
Alison Champeaux	
Barbara Mattson	
Scott Maksin	
Anthony Bush	
Paula Tsufis	
Michele DeNoble	
Mary Lee Lulich	
David Andrew Miller	
Katherine Klimmek	
Nikki Kohlmeier	
Penny Juel	
Andrew Cohen	
James Allen Abbott	
Angela Paquette	
Carol Boughner	
Lori Williams	
Rebecca Pittner	
Kirk Jansen	
Lynn Mullins	
Mary Johnson	
Terry Jean Carlson	
Andrea Sande-Harju	

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from weeds come riches, from page 10

kitchen to be repotted later.

When I finished, only the rose bushes and two plastic garden chairs were left, giving me a nice outdoor retreat for reading and relaxing. Eventually the roses were heeled into the garden for forced dormancy and the rest of the greenhouse packed away in the garage to wait for spring.

As I write this I am drinking herbal tea spiked with lemon balm grown in my greenhouse. The greenhouse refugees I raised this summer were transferred to flower pots where they have a slim chance at survival until spring comes to set them free.

For now they are sitting on a counter with a distant view of a window already crowded with houseplants. Their spindly new shoots struggle to reach the light, but I feel no shame. I'm enjoying the last of the summer treasures and making plans.

Snow is on the ground and I'm dreaming of another spring. The catalogs will be out soon and the Whole Foods Co-op will have specialty seeds and organic plants [veggies and flowers]



(Use salted water if your diet and tastes allow. I've also added dill stems too tough to eat, and other herbs and seasonings. Remove the tough, inedible stuff before you add the shredded greens.

Finely shred cabbage, kale, beet greens, and any other kind of pot green you have. Toss them together in a large bowl; then when the water is boiling,

carefully add them in and

push them down under the surface with a large spoon. Keep them submerged until the water comes back to a full boil.

Quickly shut off the heat and drain the greens, then put them back in the bowl and cover them with ice water. When they are cool, drain the water and squeeze the greens dry.

Stir in any kind of dressing; oil and vinegar, an organic dressing from Whole Foods Co-op, or your special blend of herbs and spices.

Cover and refrigerate overnight and enjoy the next day. You may also serve the greens while they are hot.

Season with salt, pepper, butter, olive oil, or any combination you prefer. Yum!

ready to set in the ground. It's time to think about what I want to include in my garden next year. I also resolve to keep up with the weeding, debugging and spraying this time. I'll ask Tom for more pointers on greenhouse maintenance, I'll keep up with my gardening projects, and I won't be discouraged by apparent setbacks. "Next year will be better," I assure myself. "It will be easy because it will be fun.

Next year will be different. I just know it."

The following recipe is a great way to use up the end pieces from the garden.

Mixed Greens and Cabbage Salad

Boil large pot of water, leaving a few inches at the top.

WFC Board of Directors**Chad Coffey, Secretary**

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834-6035 ferdly2001@yahoo.com
Term expires in 2004

Lynn Fena

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728-1394 lynn.fena@duluth.k12.mn.us
Term expires in 2005

Dennis Kaleta

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Jean Sramek, Vice President

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724-0237 sramek2@yahoo.com
Term expires 2005

Geiger Yount, Treasurer

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Duluth, MN 55804
724-0652 geigman@aol.com
Term expires in 2004

e-group address for entire Board
including General Manager
Sharon Murphy:
wfcbod@wholefoods.coop

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 & information.
6. Cooperation among co-ops.
7. Concern for community.

MOVING? Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive (by placing an "i" before the member's number) when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

CO-OP TOURS & PRESENTATIONS. WFC staff are available to provide store tours or out-of-store presentations on co-ops, natural foods, herbs, organic gardening, etc., to your group, club or class. Please give us at least a week's notice for tours; two weeks for presentations. For more info contact Dianna at 728-0884.

NEWSLETTER ADVERTISING INFO. Call Dianna at the Co-op for current rates and schedules.

REMINDER. If you let someone else in your household use your account, he/she will need a WFC member card. Contact Penny Nemec, 728-0884, if you need another card. Limit is two cards per membership.

UNATTENDED CHILDREN. On Sept. 23, 1996, the Board approved a policy requested by staff limiting to two (2) the number of unattended children allowed in the store at any one time. This policy is posted on the door and in the store.

REFUNDS & CHECK ACCEPTANCE POLICIES. These policies are posted on the bulletin board and at the checkouts in the store.

BOARD OF DIRECTORS MEETINGS:

Board of Directors meetings, except for agenda items relating to personnel or real estate negotiations, are open to the membership. If you have an item for discussion at the Board meeting, it must be submitted in writing by the first Friday of the month in which you request the Board's consideration. The agenda for each meeting is mailed in advance. Items not on the written agenda will be carried over for consideration. Dates of Board and committee meetings are posted at the Co-op or you can call WFC at 728-0884.



Attention Members: Rebate Checks!

Please cash
your rebate checks and
submit address changes
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Thank you!

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heartly winter welcome to all the new members of Whole Foods Co-

op! We also welcome two new Board members: **Lynn Fena** and **Dennis Kaleta**. And congratulations to **Jean Sramek** and **me** for being re-elected to the Board.

At the last Board meeting someone mentioned it felt like Lynn and Dennis have been on for years! What a fine group of folks to work with.

The Board got right down to business at the last meeting and again reviewed the possibilities of expansion, which is heavy on our plate. The Board survey that was included with the first ballot told us that while folks believe the Board is doing a fine job, the membership remains puzzled as to why we haven't accomplished a move.

We have published here as much information as we can due to real estate confidentiality issues. General Manager **Sharon Murphy** does a fine job in this newsletter's Management Report (page 5) of re-capping what has happened so far.

The time I have spent on the Board has been filled with ups and downs of potential sites. So many times I was sure we had found a new site and then put so much work and resources into the process, only to be disappointed.

Our place in the community

Seeking sites and connections

Twice, property owners withdrew. It was such a let down. We have looked at sites where, well maybe, we could squeeze in there, access would be tough, it's on two one-way streets going the wrong way? would people drive there? parking is limited, how many variances would we need? and, oh, the process of moving is a huge endeavor and we don't want to have to be thinking about it in another couple years.

We have looked east, west, over the hill, by the mall . . . and now we are extending resources to two possible sites and remain open for new developments. I am here to tell you it will be a happy day when the Board can tell the membership that we have finalized negotiations and are moving!

The Board does other things besides discussing real estate. Although much of a January retreat will be spent on expansion, the Board will continue its work on the long term future of the Co-op in the world of cooperatives.

Cooperatives are working together regionally and nationally to gain a stronger place in today's market. I just

conferred with presidents from three other food co-ops to create a web forum for Board members across the country to discuss effectiveness in Board leadership and other issues that Boards face.

It is exciting to be a part of the cooperative movement in a time when there seems to be little cooperation in the world. The Board also continues work on Whole Foods Co-op's ongoing commitment to our community.

Speaking of community, the Board would like to recognize the outstanding job that is done daily in our store by our staff. They continue to work hard in such tight and constricted conditions with an outstanding good attitude and cordiality, making Whole Foods a great store and good place to be.

Please remember that we, the Board, represent you in this business called Whole Foods Co-op. It is important that we hear from you. We hope to establish more member forums like last year's dinners, but do not hesitate to call me or any of the other Board members with any concerns, questions or praise. Our phone numbers and e-mail addresses are listed on the facing page (20) of this newsletter.

Thanks for your commitment to Whole Foods and cooperation.



Please consider getting more kinds of Pamela's cookies. They are great for us allergy-prone folks. Plus they taste good. I tried a kind at another co-op. I think it was pecan shortbread. They were great.

I will consider. Thanks for the suggestion! — Lisa

I was shocked to learn that a co-op would have a policy of using plastic gloves for every food item prepared. What an incredible waste!! Seems the opposite of what counter- culture efforts we all need to support!!

The recommendation to wear gloves when handling ready-to-eat foods came directly from the Health Department as another measure to ensure food safety. As we are committed to serve safe food, we put this measure in place for the time being. We will consider cost, waste and food safety. Thank you for your comments regarding this matter.

—Debbie Manhart, Deli Manager

Apple Butter.

We carried it before and it didn't sell well, but I'll try it again. Thanks, Lisa

I suggest having employees bring in their personal CDs for your PA system. Both employees and customers' morale would improve. —L. Bohorff

Thank you for the great suggestions. Unfortunately we cannot do this. Copyright laws make it against the law to play unapproved music in the store (without paying very high royalty fees.) By using Charter's cable music stations, we are assured of remaining law abiding citizens. We have heard reports of "music police" in the area. Thank you —Dianna

Customer comment:

Bring back Amy's caramelized onion and artichoke heart pizza. Thanks!

WFC responds:

Yes, I will bring it back. Thanks!

Customer comment:

Could you please start to carry Tofutti Better than Cream Cheese and Tofutti Better than Sour Cream?

WFC responds:

I'm sorry but I am not able to get Better than Sour Cream through our distributor. Thanks, Rhonda (We would be more than happy to special order some for you. There is a plain one and seven flavors too. They come in 8-ounce tubs. Thanks. —Justin

Customer comment:

Please start carrying Atkins products. There is a whole new line of products.

WFC responds:

Many Atkins products do not meet food guidelines set by the food policy. We can, however, order many of them for you. I am looking for low-carb products, which we could carry in our store.

Customer comment:

Please stock fat-free Westsoy milk.

WFC responds:

We used to stock this item, but it often expired on the shelf before it sold. I'd be happy to special order a case (12 qts) for you. Thanks. —Lisa

Customer comment:

I'm very [underlined twice] sad to see the old malt balls by Granola Kitchen not here anymore. The new ones aren't nearly as good [sad face]. And I so love the old.

WFC responds:

I'm sorry, I know they're not the same. But once I realized that the old ones had artificial flavoring, I was obligated by our food policy to discontinue them. I regret that you are unhappy with the switch. —Jim

Customer comment:

What happened to the Muir Glen roasted garlic salsa? It was my favorite!

WFC responds:

Roasted garlic salsa was discontinued by the manufacturer, Muir Glen. (I agree. It was tasty!) —Lisa

Customer comment:

Customer suggests that we carry goat's milk yogurt.

WFC responds:

Great suggestion. I will look into carrying this. Thanks. —Rhonda

Customer comment:

LOVE, LOVE, LOVE the addition of big bags of arugula!! Hooray!

WFC responds:

Thank you, thank you, thank you. Glad you enjoy the arugula! —Michael

The Back Forty by Michael Karsh

will reappear in the
March/April 2004 Gazette

Customer comment:

Some food items requested by Co-op customers don't meet the guidelines of the "food policy." Just what is the food policy?

WFC responds:

Our Food Policy was last amended and approved in 2001. It is a model supporting WFC's mission statement of what we endeavor to carry on a daily basis. The complete Food Policy is in a binder at the front of the store and on the web at www.wholefoods.coop under 'store' and then a side bar marked 'food policy.'

WFC's Food Policy committee is made up of one Board member and any interested active members. They meet at least annually to review compliance results from store departments and also any time a subject needs review or assistance relating to Food Policy. (Currently they are making recommendations for a future cooking school.)

This committee then sends its findings or recommendations to the Board for review and possible change. The Board decides what, if any, action is needed and takes the necessary steps.

If you are an interested member, you could become part of the Food Policy committee. Meetings are posted on the member flyer and on the web. You may also contact me at dianna@wholefoods.coop to be put on an e-mail list for future meetings. Current members serving on a committee receive working member credit. —Thank you, Dianna

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Garbanzo Gazette

Jan/Feb 2004

In this issue:

Staying active in a “wimpy” winter

Welcome to new members

Gardening resolutions

Your comments and questions

Expansion update

Member Appreciation Day

Deli featuring new cheeses

Better in bulk — nuts over nuts

Recipes

