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The Back 40 Eating Well at Home... Even in the Bleak Midwinter

by Jahn Hibbs, Assistant Produce Manager

Ah, the holidays. All of that celebration with family and friends helps ease the transition to winter, and the rich foods that so often feature in our celebrations can be good for preparing our bodies for the coming cold as well. Still, I always welcome the lighter fare that January brings.

Judging from customer questions I am not the only one craving something fresh and new. But what is fresh & new in January? A common question we hear is “what’s in season?” Presuming you don’t mean snowballs, we look west to California where much of our nation’s produce (especially organic produce) comes from this time of year. What’s in season there are leafy greens and citrus fruits. I love eating with the changing seasons. The variety of fresh citrus comes just as we need the little boost of vitamin C for cold & flu season. Did you know that leafy greens are also an important part of our winter defense? They also provide immune system support and are great for combating symptoms of Seasonal Affective Disorder, also known as winter depression, that hit many of us during these long weeks of short daylight. Leafy greens — kale, chard, mustard, beet greens, collards, escarole & spinach, to name a few — boast an impressive nutritional profile that includes a range of B vitamins, as well as vitamins K, A, & C; minerals like calcium, folate, magnesium and iron; and antioxidants such as beta-carotene and lutein that help protect the body from disease. Surprisingly, some also contain tryptophan, an essential amino acid to which the “feel good” effect of Thanksgiving turkey is most notoriously attributed.



If you don't feel like cooking your greens, our Deli has dishes you can try and buy.

Tryptophan is a biochemical precursor to serotonin, a neurotransmitter that helps regulate mood, aggression, sleep, sexuality and other factors that contribute to and enhance our general sense of well-being.

Sounds good, you say. But what is one to do with that array of colorful kale, much less mustard greens? And wait just one minute — escarole definitely does not sound like a vegetable for the culinary faint-of-heart. No worries. Check out our new recipe station located at the back of the produce department. Many of you have told us how you like the recipes scattered throughout the store that feature lesser-known ingredients or present fresh ideas for items on sale. Now we have a number of recipe pamphlets on topics like cooking with greens. Our own crock-pot master Michael Karsh even put together two pamphlets, one with recipes for Slow-Cooker meals and one for using a pressure-cooker, to help you get a jump on virtually stress-free dinnertimes. Okay, now I know I’m getting dangerously close to using my info-mercial voice, but please do come check it out. My favorite part is that there is a bulletin board for you to post your comments, questions, favorite recipes and success stories. Did you make a kale with white bean soup that was a hit with your neighbor’s finicky eight-year old? Have we got a thumbtack for you!

My Resolution

Last year was filled with a number of challenges for me personally, and I often felt distracted. Now with a new baby due any day, one of my resolutions is to do my best to take care of myself and be emotionally

available for my partner and my seven-year-old son. I don’t want to miss a moment. I’m not part of what one of our local farmers calls the “eat your way to eternal life” set, and I like my food seasoned with salt, not sanctimony. But I also know that cooking good food brings me pleasure. When that good food is packed with nutrients to keep me healthy and I trust that it was grown with care for consumers and the land, it can only help. I feel fortunate to work in a place filled with knowledgeable people — coworkers and customers alike — who share that enthusiasm.

So if the Roast of Christmas Past is haunting you, I hope you’ll stop in at your Co-op for some new ideas. Check out some new recipes in the produce department. Browse through the greens displays. Ask questions and share your thoughts. We really do enjoy talking with you. GG



Try chard for a colorful and nutritious meal.

For more information about seasonal produce or cooking with greens:
<http://www.nutritiouslygourmet.com/html/produce.html>
www.leafy-greens.org
Prescription for Nutritional Healing, by Phyllis Balch. (Reference copy as well as copies for sale available in the HBC section)

Garlic Braised Kale with Sun-Dried Tomatoes

Try the rich blue-green Lacinato or Tuscan kale variety in this recipe. It keeps its color better than regular green kale. You can also vary the recipe using turnip, beet or collard greens and adding a little crumbled bacon or red pepper flakes.

4 T extra-virgin Olive Oil
10 cloves Garlic, smashed & peeled
4 T finely chopped oil-packed sun-dried Tomatoes, well drained
1 bunch of Kale, stems removed & cut into 1-inch ribbons
1 tsp salt
Freshly ground Black Pepper
1 c Vegetable Broth or low-sodium Chicken Broth
1 t balsamic Vinegar
1 oz crumbled Goat Cheese (optional)

Heat the oil in a Dutch oven or 4-qt soup pot over medium heat. Add the garlic and sauté until starting to brown (about 2–3 minutes.) Add the sun-dried tomatoes and stir to combine. Add the kale, tossing to coat it well with the seasoned oil. Season with salt and continue stirring until all the kale is wilted. Add the stock and bring to a boil. Reduce heat to a gentle simmer, then cover and cook until the kale has softened (about 8 minutes.) Uncover and turn the heat to high to boil away the remaining liquid, stirring often until the pan is almost dry. Remove from heat. Season with the balsamic vinegar & fresh pepper, to taste. Transfer to a serving dish and garnish with crumbled goat cheese, if desired.



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gourmet to go resolutions

by Jane Herbert, Deli Manager

As usual I vow to eat better, exercise and be happy! There are a few food groups that are crucial to my well being. For example, I know that I require protein now in middle age more than I can recall in past years. Seems like carbs were the fuel of youth. I have some quick protein fixes that I turn to satisfying the need for protein. As a carnivore, I bless each animal I consume. If I were to re-incarnate as a chicken I would be fine with that.

Cheese would be my next choice as well as nuts and seeds. Whether in the form of a nutty spread or tahini dip, I thrive well on this as sustenance. Of course, lots of beans and some tofu round out the diet for me.

Using tortilla chips from the Co-op, I make a quick meal of nachos with refried beans or black beans, chili style TSP (textured soy protein) or shredded chicken, and melted sharp cheddar with salsa, avocado and sour cream makes a splendid quick meal! Here are few more ideas.

For Portabello Tacos (can you tell I'm from California?), first sauté crimini mushrooms (mini portabellos) with onion, tamari, cumin and garlic and serve in a taco shell (I fry my own from the Co-op) with all the extras — cheese, olives, green onion, cilantro, lettuce and avocado, of course. Serve these with oven roasted sweet potato fries; wash skins on sweet potatoes, slice in fry wedges, dust with salt, pepper, chili and cumin, fry and then serve with sour cream and a squeeze of lime!

I love to oven roast in the cold months. It is so warming, and it reduces the fat in my food as well. Try this:

Scrub well approximately 2–3 lbs of any root veggie such as any type of potato, beets, parsnips and/or carrots. Coat with olive oil and roast for 1 hr, then mash together with more olive oil, salt and pepper, sage and rosemary. Add 1/4 stick butter and top with

shredded Parmesan cheese, roasted pumpkin seeds and dried cranberries. Layer in a casserole dish and bake 15–20 minutes. Serve with roasted game hen or any style chicken. I like this dish with a savory roasted pork chop. It is also beautiful stuffed in an apple or squash as an accompaniment or main dish.

Then there is chocolate for my sanity and good health. All qualities that are necessary for maintaining the Happy attitude necessary during these dark times of the year. I prefer the best you can get. Whether munching on a 70% cocoa bar or imbibing one of the Fog City Deli's delectable

chocolate desserts, I will moderately indulge, for good health of mind and body!

Then there is exercise that I must do!

I vow to walk extra long 10–20 minutes, three times a day. Take a hike in the snow and always down to the Lakewalk along the rocky shore in front of my house.

I also vow to look up at the sky and all around me and be forever grateful that I am healthy and able. Be aware and feel blessed how valuable everyone and every critter matters in my life!

Those are my Resolutions and Sustenance needs! How about You?

GG

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|-------------------|-----------|
| Jennifer Zoretich | 1/4/2006 |
| Karen Johnson | 1/6/2006 |
| Alex Mohrbacher | 1/12/2007 |
| Debra Manhart | 1/23/2000 |
| Eric J Reed | 1/26/2005 |
| Pauline Russell | 1/30/2007 |

FEBRUARY:

| | |
|--------------------|-----------|
| Kala Edwards | 2/10/2006 |
| Rianna Reiter | 2/10/2006 |
| David Kemp | 2/14/2007 |
| Shannon Szymkowiak | 2/17/2003 |
| Justin Hemming | 2/23/2000 |

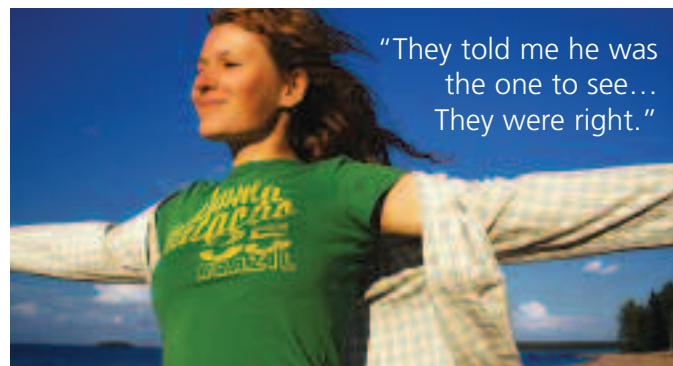
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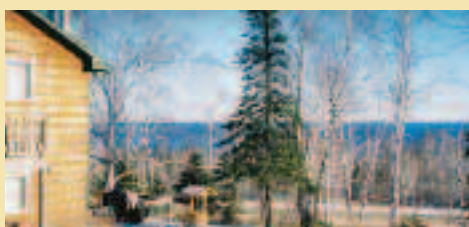
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Sowing Seeds of Justice:

Lydia Lopez Visits Area to Talk about Working Conditions on the Flower Farms in Colombia

By Lyn Clark Pegg, Member

L Lydia Lopez has worked on flower farms outside of Bogota, Colombia for 24 years and, more recently, she was elected president of her local Untraflores union. Witness for Peace, Upper Midwest, brought her here in early November to talk to area schools and community groups about the impact of globalization and free trade agreements on the cut flower industry in Colombia. On November 6th she was interviewed by Mike Sorensen on KUWS, and this translated transcript offers a compelling testimony to the working conditions for the cut flower workers there.

Mike Simonson: Tell me what your typical workday is like.

Lydia Lopez: I get up at 3:30 in the morning, make breakfast for my daughter before I take her to day care, and make my lunch to take to work. Then at about 5:00 AM we leave to take the bus to her day care, and at about 6:10 I arrive at the place where I work. At 6:30 my workday starts. It's usually 8 to 10 hours; when it's 10 hours, that's something called "flexible time" and I'm supposed to be able to use the extra 2 hours later on, but something happens so that I never get to use those hours and I never get paid for them. Generally we have to do a very, very high work load; each individual worker has to make 35 to 50 bouquets per hour, and if you don't meet the basic requirement, they can use this as an excuse to fire you. So we're standing for 8 to 10 hours and don't have a right to rest. The only break we have during the workday is 30 minutes for lunch; we're allowed no other breaks.

MS: You mentioned your struggle for justice. Is the struggle for justice economic or for working conditions?

LL: It's really for both, but the most important thing is economic justice because our salaries are so low. President Uribe has enacted a number of reforms that have taken away benefits that we received before, so it's just getting worse for us. It's called "labor reform," but really it's against the workers. They're saying that things will be better, but really we're just receiving a higher work load; now one person is required to do what three people used to do. So there's more work for us and unemployment. Basically the minimum wage is not enough to live on. And the situation is even worse for people with temporary labor contracts, because they have even less rights than we have with full-time employment.

MS: How can you improve things?

LL: Because of these difficult conditions within the flower industry, we've created an independent union called Untraflores. Union organizing is so difficult and dangerous in Colombia. There have been a lot of crimes against union organizers, but there's such a high level of impunity that we don't know who did it. There's no way to know, and because of that, the general population is very scared to organize. We assume these big companies and monopolies are doing this so we

can't express our basic rights, but we don't know for sure.

A lot of multinational companies have come in and if someone starts union organizing they might close the plantation. This is what happened when Dole closed the Splendor plantation, and there was a loss of 2,500 jobs. It affects not just the workers, but also all their family members as well. For a company like Dole, who owns 25 different plantations, closing down one of them is not a big deal, but for the workers, it is a huge deal. This is one way that they go about creating more fear for union organizing.

It's really difficult to organize because the multinationals are working in collaboration with the government. In order to put a petition on the table to negotiate, the unions need to be "officially" registered by the government.

The Ministry of Social Protection takes a long time in actually granting unions this recognition. While the ministry is taking so long to respond, the companies can create their own union called a "yellow union," which actually has the interests of the company at heart. Then, while the company is negotiating with the union they created, they're not allowed to negotiate with any other union, so the workers can't fight independently for their own basic rights.

MS: Are there pesticides and related health issues for the workers?

LL: Yes, generally we use chemicals in the flower cultivation industry in Colombia that are probably illegal here in the United States. They take advantage of the situation in Latin America, since we can't read any English language warnings about the levels of toxicity of these chemicals. There are a

lot of cases of cancer and blood infections as a result of working with these chemicals, and any medical coverage that we might have won't cover it. It is very difficult to get them to help cover our medical needs.

Asocolflores, a flower growers association in Colombia, has created a certification system which is called the "green stamp," which says that they are going to be environmentally and socially responsible. But, because they've created the stamp themselves and there is insufficient enforcement, they don't have to comply with the standards. If they are treating the workers so badly at the social level, we can only imagine how they are treating the environment.

MS: Is there something that consumers from the United States can do?

LL: About 60% of all the flowers grown in Colombia are exported to the United States and the rest goes to Europe. Those of us who are from the producing countries can be working together with you from the consuming countries, and we can

demand that these companies provide their workers with a fair working environment.

You can send letters to Dole. Dole is one of the biggest multinational companies in my country, and they have a huge exporting business to the United States.

You also could send letters to Asocolflores demanding that they enforce good working conditions.

You could send letters to the Ministry

of Social Protection in Colombia demanding that they complete our union's registrations within a fair amount of time.

And people can ask their florists about their flowers; I believe that consumers could put pressure on the importers who are buying from these big companies in Colombia. My message is not that you should stop buying flowers. We want you to keep buying them because there are more than 90,000 cut flower workers in Colombia. But we also want you to put pressure on these companies and the Colombian government to provide a better standard of living for workers, to care for the environment, and to allow us the right to freely organize our own unions so that we can claim our rights and provide our children with a better education.

MS: Is there anything else you would like to add?

LL: I really want to thank Witness for Peace who has been working with us and has been very helpful in bringing me here to spread the message; without them I wouldn't be able to be here, to spread the message and to educate people about what is happening. Thank you all so much for your solidarity with us. **GG**

Lyn Clark Pegg has been a member of Whole Foods Co-op since moving to Duluth in 1986. Since retiring, she dedicates her volunteer time advocating for human rights and economic justice issues both locally and globally. Lyn has organized and led Witness for Peace delegations to Nicaragua, Colombia and Venezuela.

• Did you know that more than 50% of the flowers sold in the U.S. are grown in Colombia?

• Is Free Trade really free? What does Fair Trade mean?

• What has been the impact of the production of monocrops on the food security and environmental sustainability? Who benefits the most?

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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 when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

herb lore herbs for winter care *by Kay Chiara, Herbalist*

Generally speaking, we have a tendency to view coughs and colds mostly as being that of an upper respiratory nature. Few of us can withstand a northern Minnesota winter without some respiratory infiltration. This can be from cold, dampness, viral irritation, bacterial infection, and/or chemical/mold/allergens from our reliance on internal heating systems.

How we react to the onslaught depends on our own physical constitution. Ayurvedic medicine describes three types of characteristics called doshas in our constitution; Vata, Pitta and Kapha. Knowing what your type is. It will assist you in determining which herbs to use to assist your body in its healing process. To find out your dosha type check out <http://www.whatsyourdosha.com>. Vatas are going to get dry, Kaphas are going to be wet, and Pitta types will have a tendency to get inflamed.

Characteristic symptoms of upper respiratory illness include: having the mucosa turn irritable, red hot and swollen. Mucus is secreted to coat and soothe the mucosal linings. In milder cases the body will respond by raising the temperature a few degrees. In more severe cases there maybe

headache, soreness, pain in the back or limbs, and mild chills followed by fever. Digestion may stall with degrees of indigestion or constipation. Yeah, drink plenty of fluids!

With a Cold (Rhinits), the nasal passages can become irritated by smoke, other allergens, or by a virus. The best early intervention is *Sambucus*, or Elder. For Vatas, *Echinacea* works extremely well, and for Pittas the use of *Rosas* highly recommended. As for Kaphas I've found the best bet is *Astragalus*, although it's not a local plant. Locally Sumac may work well, and little else is as tasty as a good sumac tincture.

Allium(s) can be especially useful when the secretions are thin, copious, and there maybe an involvement of grief. In Chinese Traditional Medicine often any lung (upper respiratory) ailments were connected with the ele-

ment of grief. As inspiration becomes impaired, breathing maybe shallower, and raspy, much like when one is sobbing.

A cough occurs most often as the irritants drop lower into the bronchial passages and toward the lungs. In a healthy body these are kept in the upper respiratory areas. Chronic or profuse inflammation/irritants lead to

a deeper infiltration, responded by cough. For dust, mold, particles, *Propolis*. Smoke from fire, homeopathic *Carbo vegetabilis*. For cigarette smoke, fresh or old, *Lobelia*. For clear, runny mucus use *Allium cepa*. Coughing at night with terrible pain in the throat, like broken glass, keeping one awake use *Tussilago* (Colts foot). Inflammation, irritation and congestion of the trachea, *Calamus*. Infiltration at the bifurcation of the tubes with a scraping cough or to remove hardened mucus, *Allium sativa*. With a cough that has acute pain and one cannot bring up mucus (may swallow instead), use *Inula*. For spasms in the chest, use *Lobelia* or *Latuca*. When tortured to catch the breath use *Agrimony*, for Whooping cough, *Thymus*. Asthma with poor oxidation of the blood (dark or blue complexion), use *Carbo veg. Sambucus & Angelica*.

Pneumonia, ineffective cough reflexes, deep congestion; in these cases one needs the deep stimulation of mustard, onion or ginger poultices, or at least warmed cabbage leaf laid on the chest.

Contributed by Kay Chiara an herbalist with over 20 years of experience and education, teacher, mom, friend, massage therapist, a member of the Lake Superior Herbalist Guild (not necessarily all in that order).

For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: <http://www.diamon-naturals.us/Guild.htm>

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savor the season

by Shannon Szymkowiak, Marketing and Members Services Manager

When I'm tired, I get cranky and a bit impatient. Sometimes this happens without me even realizing it until a very wise young woman who sits next to me at the Co-op smiles her gracious smile and says, "Are you doing alright?" (Thanks, Anni!) That's when I know I've got to take a breath, look in the mirror and get right with the world.

Getting right with the world. Doing a little extra something for someone else, feeding my spirit as well as my body and mind, aligning my ethics with my actions. Taking a closer look at, well, everything, and making some changes if I'm able.

Something I've realized this year in particular is our habit as humans to assume the worst. We see something happen and we take it personally, as though someone sat back and said, "How can I really mess up your life today?" But this is so rarely the case, thank goodness. Most of the time misinterpretations and misunderstandings happen because someone didn't think about how it would affect you specifically.

This happens sometimes, even at the Co-op. I read most of the comment cards that come through here and some of them are hostile and angry. "Why did you stop carrying Brand X? Now I can't eat!" or "I think the Co-op should do a better job of (fill in the blank here). You should know better!" These comments happen, and they are welcomed (honest!), even if the communication skills of the writer could be improved. They help us do a better job. How do we know where to improve if nobody tells us? I just feel badly that the person felt so upset and unable to discuss it on the spot with the person who could best help them so the problem could be solved right away.

What doesn't help us do a better job is when someone doesn't say something to us, but to their neighbor, or the community at large without asking us first. We rarely do something without putting some thought into it. We may need to discontinue an item because we can no longer get it. We may write a policy that took months to

develop only to have a whole new set of circumstances come up and destroy our best-laid plans, so we have to start over. We aren't perfect, but we try. Just like me. Just like you.

I also have the privilege of being at many off-site events each year. It astounds me when I get comments and questions based on rumor and hearsay. "No, for the thousandth time, you do NOT have to be a Member to shop at the Co-op!" is what goes on in my head before I use a more gentle tone to correct the misinformed. But have to wonder - how much damage has been done before they talked to me? What if they hadn't trusted me (or themselves) enough to ask at all?

If you shop at the Co-op, or more importantly, if you are a Member-Owner, why in the world would you want to perpetuate a rumor that would damage the business you own and value? Why would you assume the worst of a place that hopefully gives you a moment's peace in our hectic world?

In our ever-increasing electronic world, the art of conversation is deteriorating into rants, blogs and anonymous commentary. In 2008, take a moment to talk to your neighbor, even if it's hard to do. Take a breath and ask the hard questions and really listen to the answers. You may be surprised at how little it has to do with you. Who knows? You may even have a creative solution to a problem that's been vexing someone. And if the answer you get isn't what you wanted to hear, understand that most of us are just doing the best we can and grant some forgiveness. This is my resolution this year. Won't you join me?

GG

Shannon hates shoveling even if the snow is pretty.

the gonzo gourmand

adventures in flavored coffee

by Jim Richardson, Bulk Buyer

When I am told it can't be done, sometimes I just give up. It's true. I'm a quitter. But when it comes to things like the Co-op Food Policy, I try to find a way to make it happen. Like when I realized some of our packaged drip-grind coffees contained artificial flavors. I started making phone calls to see what my options were for all-natural replacements, and one of the first coffee experts I spoke to told me that it couldn't be done. That's when I knew I would succeed.

I encountered two arguments about why all-natural flavored coffee was impossible. The first was that it was prohibitively expensive. This sounded familiar to me after a decade in the natural-foods industry, where some manufacturers claim they can't go all-natural or organic because it's too expensive. I remember one time this happened, a few years ago, I was trying to source some new granola for the bulk aisle, and I called an all-natural granola company. I wanted an assurance that the canola oil in the granola was free of genetic modification, an assurance the owner was reluctant to give. She claimed it would be too expensive to source GMO-free and organic ingredients. I thereby declined to purchase their product, showing that it may be more expen-

sive in the long run to ignore the demand for all-natural/organic ingredients.

The other argument I encountered in my search for all-natural flavored coffee was that it was "impossible." I forget what vendor told me this, but that was the assertion — it was just flatly impossible to flavor coffee with natural ingredients. I just knew this had to be wrong. Sure enough, after Googling the topic enough, I found several coffee companies who only use all-natural flavors. From there it was easy to narrow it down to the most local one I could find: the company name is "Coffee n' Caffeine" and they are located in scenic Pine City, Minnesota (just past Hinckley on 35). This is the closest source for all-naturally flavored drip-grind coffees I could find. All the beans used to make the coffee we order from them are organic and fair-trade. The flavors, while all-natural, are not organic. So once they're added to the coffee, the coffee is not considered to be organic anymore either. The "fair-trade" claim is also not allowed to be made once the flavors are added. That's why you won't see "organic" or "fair trade" on these items, even though the provenance of the beans is environmentally clean and socially responsible. These coffees are a buck or two more expensive than the artificially-flavored items they have replaced, but it's worth it. To my mind, consuming cheap artificially-flavored coffee is a rip-off. Now the price accurately reflects the quality, and none of your coffee money is going to support the corporate chemical giants who churn out cheap artificial flavors. Happy to help. GG

Jim Richardson, Bulk Buyer, is a ten-year veteran of the natural foods industry, including eight years at Whole Foods Co-op.

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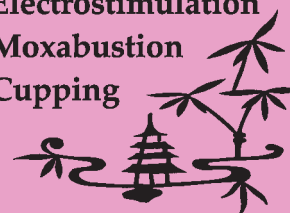
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Cheese Man's Resolution '08

by Eric Bong, Counter Manager

Friends, I am called "Cheese Man" for a reason, and the holiday season always offers the best reasons to get together and devour that goodness known as cheese. About this time last year, I started on my half-pound-a-day cheese binge. I swear that a few of those days I was gathering with friends, but mostly I was just celebrating with my taste buds, and to some degree, with my newly enhanced waste line. No. I will not tell you how enhanced. I would love to meet with each of you to enjoy a favorite cheese, but a few problems exist with this prospect: 1) I likely have too many favorite cheeses to share with the mere thousands of you in this town; 2) I have made it my resolution to learn more about pairing wines with cheese. Frankly, with the magnitude of my cheese consumption, if I were to have a glass of wine every time I ate cheese, I would likely not sober up until June. Once I fulfill my apparent destiny to

be an independently wealthy beach bum in the South of France, that will not be a problem. Until then, I hope you all understand.

I'm not about to tell you what kind of wine will go well with the cheeses we sell here at WFC. I'd like to be able



to, but as I said, that is my goal for the year. Instead, I would like to share a few of the non-alcoholic beverage options I've had that may be a fair substitute for those of us that choose not to imbibe. They may also help me from becoming a wino as I come into full swing of this year's all-cheese, all-

the-time holiday spectacular.

Two brands offer non-alcoholic beverage options for sale here at the Co-op. R. W. Knudsen flaunts a line of natural sparkling fruit juices at sparkling prices, ranging from \$2.99 to \$3.75. You can find Knudsen's apple, grape, cranberry, blueberry, and pear sparkling juices in aisle 3. In a traditional 750mL Champagne bottle, they make a wonderful substitute for your non-alcoholic New Year's Eve. Vignette brings a natural sparkling soda made with wine grapes. With two classic wine grapes, Chardonnay and

Pinot Noir, Vignette offers a pair of versatile wine sodas. They both stand well as a refreshing beverage or as accompaniment to a good cheese, with a meal, or on a picnic... though you may want to wait for warmer weather or move to the South of France for the picnic. Vignette non-alcoholic sparkling wines are \$2.89 for 12 oz bottles, and can usually be found in or near the cheese case.

I hope all of you have a year as decadent as the one I resolve to have. Be responsible, and enjoy your cheese.

GG

Erik, your cheese man in his domain.

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Notes from the front

RRR Progress Report

The Reduce, Reuse, Redeem (RRR) program that we've been running since June 2006 is still going strong. Our reports indicate that participation in the program has risen 11% over the last year. As of October WFC has donated \$936.00 to the Second Harvest Northern Lakes Food Bank, \$449.00 has been redeemed by WFC customers, and a minimum of 27,700 paper grocery bags have been saved.

As a recap for those who don't know about the RRR program, customers who use at least one bag brought from home may receive a punch on their own punch card to be redeemed for \$1.00 after 20 punches, or donate their punch to a communal punch card at the register to go towards the food bank. If you'd like to know more, just ask your cashier next time you're in.

Every bag saved and reused counts. Thank you all for your participation!

More Ways to Reduce and Reuse at the Co-op

In addition to the RRR program there are some other simple things you can do to reduce your consumption while shopping at WFC. Some of those ways are:

- Save and reuse your plastic bags or other containers for your fresh produce and bulk items. Bulk items consist of "regular" bulk aisle items, coffee, herbs and spices, bulk shampoo, nut butters, etc. Each bag/container reused during your shop will be redeemed for \$0.03 and taken off your bill. Just let your cashier know if you have any that are your own.
- Return non-organic egg cartons to WFC. Any non-organic egg cartons that are in good condition are returned to the local egg farmers who supply to WFC. If a farmer were to buy new egg cartons to package their product, each carton would cost them approximately \$0.30 new. Having them be able to reuse cartons ensures they can offer a better value to WFC and ultimately the customer, too. All local egg suppliers for WFC can only reuse cartons from non-organic eggs.
- Use your own coffee mug when getting coffee at the deli. Any mug (except super-size jumbo mugs) will be given the refill price of \$0.99 at the register.

Thanks again for shopping "green". Every little bit counts and is appreciated.

Briana Lowrie is the Front End Manager for Whole Foods Co-op. She has been employed with WFC since September 2003 and has worked in the co-op grocery industry for more than eight years. She is passionate about improving the systems and services of the Front End and looks forward to suggestions and comments. She can be reached by email (briana@wholefoods.coop), postal mail, phone, or in person at the store.

Dean's Report

by Anni Friesen, Member Services Coordinator

With the New Year comes a barrage of resolutions. Our resolutions tend to usually fall into two categories: I resolve to stop this or start that. My past resolutions have included vows to start exercising, start eating healthy, and start writing thank you cards for EVERY gift I receive. They have also involved stern promises to stop smoking, stop overreacting, and stop procrastinating.

I have to admit that while I have the best of intentions, my New Year's resolutions rarely tend to pan out; the procrastinating starts almost immediately and before I know it, I've procrastinated into the next year. This isn't my objective when the New Year rolls around. I always get very gung-ho about my potential transformation into the best me that I can be, but something always comes up. I vow to stop watching T.V, but after a sixteen-hour workday I just want to numb my brain. I vow to start volunteering, but with two jobs, a cat and various

relationships to tend to, when would I have the time? I eventually rationalize myself to the point where my New Year's resolutions seem silly. Do I really need to exercise when I'm running around so much?

This year, I have a new plan: I resolve to not make any resolutions. I will set out to do the things that I want to do and that interest me, and I will do them deliberately. This will not become a resolution or a creed, but rather a way of self-expression. "Stopping" and "starting" will no longer exist in the form of a burden. Paying attention to my world and self will help me to do what all of us are meant to do: grow older and hopefully wiser.

Though the thought of not making a resolution might be scary, nothing really changes except for the expectations. Want to get more exercise? Don't sign up for a gym membership. Instead, find an outdoor activity you like, and delve into that. If you love watching the birds in your backyard, start to learn their names and

go for walks where your objective is identifying as many as possible. Want to become a better cook? Don't sit in your kitchen for hours trying to decipher The Joy of Cooking. Call up a friend and make a night of it at a WFC – U cooking class, where not only do you get to learn, but you also get to eat!

The point is, even if you do make a resolution, you can make it fun. Do couples' massage or learn how to juice. Brighten your wheat allergic neighbor's day with some gluten-free desserts. Really understand a diet before you jump into it. You don't need to stress out about the New Year; just tailor your resolution to suit you. If you make it fun, maybe you can become the best you possible. **GG**

Anni Friesen is your Marketing and Membership Coordinator, classroom wizard, brochure wrangler and all around woman Friday. She is an avid reader and soup maker.



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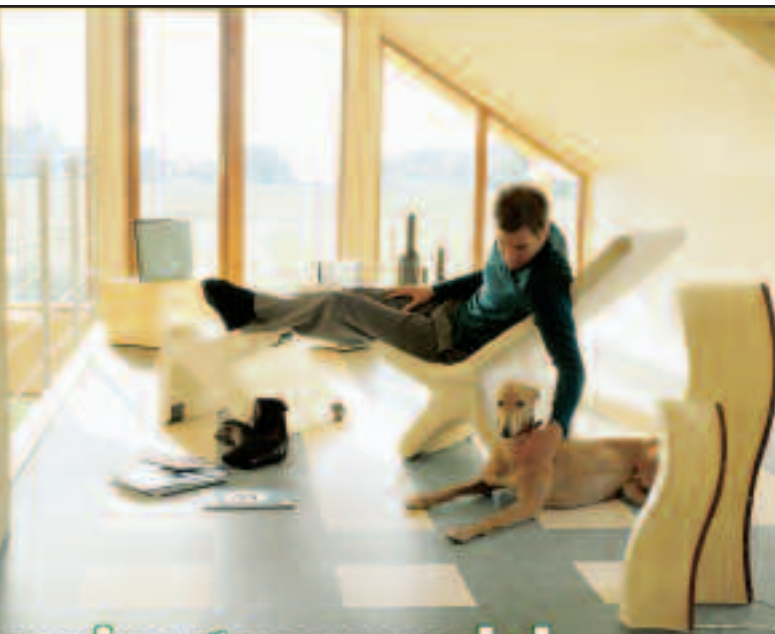
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WFC-U Class Schedule for January & February

Tuesday, January 8th
6:00 – 8:00 pm

Self-Shiatsu for Wellness

Shiatsu is a form of bodywork that employs fingers, thumbs, and palms to stimulate acu-points throughout the body. Pressure to these points can ease various common ailments. During this class students will learn simple yet effective protocols for such ailments as headaches, digestion issues, insomnia, and general aches and pains. Participants will need to wear loose clothes and bring either a yoga mat or blanket.

Instructor Bio: Ryan Amundson works locally at the Christal Center where he does Shiatsu to help heal and relax.

Tuesday, January 15th
6:00 – 8:00 pm

Mediterranean Diet

In the first half of our class, Dr. Sundberg will go over the tenets of the Mediterranean Diet and explain why this is one of the healthiest diets in the world. Shannon Szymkowiak will spend the second half of the class showing you how to prepare some exciting dishes that follow the diet's rules.

Instructor Bio: Dr. Adam Sundberg is a chiropractor practicing at the Duluth Chiropractic Clinic. Shannon Szymkowiak is our Marketing and Member Services Manager and a wonderful cook with years of experience in the natural foods industry.

Wednesday, January 23rd
6:00 – 8:00 pm

Cooking 101: Dips

Having a big Superbowl get-together? Learn how to make a variety of dips to spice up any party. If your tired of the same old ranch dip everywhere you go, try something new! You never know, one of the dips you learn in this class may become your new signature party dish.

Instructor Bio: Debbie Manhart is a long-time employee at WFC and is currently our Store Manager. 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, Debbie is most concerned with healthy eating and food safety (in fact, she teaches employee classes on food safety!)

Thursday, January 31st
6:00 – 8:00 pm

Caribbean Cooking

We all love the stuff we grew up with, but every once in a while it's nice to have a change. Insert some Caribbean soul into your cooking and experience the island feel. Included are: Butternut Squash Bread, Caribbean Corn Chowder, and Caribbean Bison Stew. Come hungry and ready to hear stories of life on the island.

Instructor Bio: Lyndon Ramrattan, originally from Trinidad and Tobago, is

one of WFC's most popular instructors. Lyndon learned how to cook by watching his relatives, and his stories, methods, and delicious food make this class one that you shouldn't miss.

Tuesday, February 5th
6:00 – 8:00 pm

Partner Shiatsu

Looking for a creative early Valentine's gift? Learn how to use many of the tenets of Ryan's January 8th class on your partner. Remember to bring a mat and wear loose clothing. You are not required to bring a partner!

Instructor: Ryan Amundson



Emily Montgomery juices with style.

Saturday, February 9th
10:00 – 12:30 pm

Juicing for Life

This workshop will cover the benefits of juicing raw organic fruits and veggies, the restorative aspects of a juice fast and some delicious new recipes.

Instructor Bio: Emily Montgomery was diagnosed with Stage 3 colon cancer at the age of 39. Instead of "conventional" therapies, she pursued a more holistic path of healing. Juicing and macrobiotics became the foundation of her protocol. Emily has been cancer-free for 6 years.

Thursday, February 21st
6:00 – 8:00 pm

Grains and Greens

Who knew healthy could be so easy, delicious, and inexpensive? In this class you will learn how to make Green Gazpacho, Escarole Soup

(Italian Rag Soup), Millet and Bean Salad with Cilantro Lime Dressing, Whole Wheat Spaghetti Salad, Simple French Bread, and a Wild Rice, Yellow Pepper, and Black-Eyed Pea Salad. Come hungry.

Instructor Bio: Kay Turk, a favorite local cooking instructor, returns for another Co-op class. Kay started her cooking career working as a private chef. Her style of cooking mainly focuses on dishes that include the good-for-you grains and produce.

Thursday, February 28th
6:00 – 8:00 pm

Cooking 101: Breakfasts

So we all know that most people like scrambled eggs and pancakes, but don't you every get sick of the same old breakfast foods? In this class, Debbie will teach you how to put a twist on your breakfasts. Learn how to make simple dishes that are perfect for starting your day.

Instructor: Debbie Manhart

THE FINE PRINT... READ ME PLEASE!

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

If you have any questions, please contact Anni Friesen at 218-728-0884 ext. 182 or anni@wholefoods.coop

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Term expires 2008

Lynn Fena

lynn@wholefoods.coop
President
GME Committee (Chair)
Member-Owner Committee
Term expires 2009

Mark Friederichs

mark@wholefoods.coop
Finance Committee
Appointed 10/07
Term expires 2008

David Helf

davidh@wholefoods.coop
Vice President
Food Policy Committee
Member-Owner Committee (Chair)
Term expires 2008

Theresa Koenig

theresa@wholefoods.coop
Secretary
Board Recruitment Committee (Chair)
Food Policy Committee
Term expires 2009

Heather Murphy

heather@wholefoods.coop
Food Policy Committee (Chair)
Member-Owner Committee
Term expires 2008



Sharon Murphy, General Manager

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

WFC web site: www.wholefoods.coop

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

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

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

Interested In How the Board Works?

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

board report

true confessions and true resolutions *by Lynn Fena, Board President*

Before making new resolutions, I think looking back on last year's resolutions is in order. Did they stick? Is anything better now? Last December, when it was revealed that elements of my holiday celebration came from Sam's Club, my 29 year old son said, "Mom, I can't believe you buy anything at Sam's Club — your picture is hanging in the food co-op, for heaven's sake!" "But, Joe," I said, "the Co-op doesn't sell wine and Christmas décor." "Mom, it's not about what Sam's sells — don't you understand that?" (Yikes, who raised this zealot?) Well, I took his challenge, and, in 2007, I resolved to buy nothing from Sam's Club.

It stuck. It was really about putting my money where my values are.

I feel pretty good about that resolution. I also resolved to go to the Co-op first, and stop at my neighborhood grocery store second. By putting my money where my values are, I learned more about what WFC has to offer. For instance, I finally checked out the Community Cooperation Program and found Last Chance Liquor carries a great selection of organic and no-sulfites-added wine, plus WFC Member Owners get 10% off micro-brewed beer. And Member-Owners always get \$.03/gallon off at Hillside Spur. Plus, there are 20 more partners I can take advantage of in the year to come. Another value — the Co-op has no annual fee!

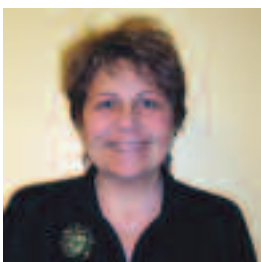
I discovered that WFC sells an

incredible ham around Easter and Christmas — truly the most delicious I have ever eaten. Quite a few varieties of produce, baked goods, and meats available are locally grown, organic foods, free of toxins. This past year, I realized more fully what a great value locally grown and produced foods

actually are, so I've been searching out new items. That kind of thinking has lead to the Eat Local Challenge being sponsored this year by the Membership Committee. Co-op values really come together in a concept like this — by supporting local producers, shoppers are choosing to help make our

local food supply more sustainable. (Think about lower gasoline consumption, less pollution, building local economies, fair trade issues...)

It's not just that I value the products we carry at the co-op, but it is our



Lynn Fena, Board President.

Attention Members!
This is the first of many
Extreme Coupons to come.
Watch your Gazette for this
new Member Benefit.

Membership Matters

by David Helf, Board of Directors

Dear Member/Owners:

In November, we marked 2 years in our new building, and as of October 31, WFC had 4,296 active Member-Owners. Our goal for this fiscal year is to recruit 61 new Members a month. There is much to be thankful for. We are a vital and growing part of the Duluth-Superior community.

If everything were perfect, though, we would NOT need a Board of Directors. So, a discussion at one Board meeting included "How do we (your Board) know when we've been successful in giving service to our members?" After all, if we don't have a clear idea of success, we won't know when we have achieved it!

Comments from those present included:

- the quality of our products
- our dedication to selling local and sustainable products
- feedback, such as our recent survey that I'm sure you ALL filled out

- participation of Members in special events, like classes, annual meetings or celebrations like May Day Mayhem or Midsummer Organic Food Fest, etc.

To this list I would add: The day you each filled out a membership form and pledged \$100 of your hard-earned money to become Members was the beginning. You liked shopping at WFC so much you decided to buy it! Those of you who lent money to the Co-op to build our new store also showed satisfaction. And the next logical step is when we shop at WFC and find more and more products that fill our needs.

Please continue to make WFC your primary source of sustainable foods and other products. Shop your ideals, and encourage your non-member friends to join. Tell us when we are doing well, and tell us when we can improve. Take advantage of classes, special events, and anything else our astute management can cook up. I've heard talk of a film series in the

purpose as an organization and our cooperative business principles that I value. Whole Foods Co-op is a values-based organization — that is, we are an organization rooted in the Member Owners' values. When WFC Member Owners spend money in our store, we are serving our own interests with that patronage. You could say we are harvesting our values. And, with 4,300+ members, all local owners, our enterprise represents a lot of local value.

Why would I run anywhere else for a latté? "Big values are translated into small decisions at the co-op everyday." Michael Healy, CDS Board Trainer, said recently in an industry newsletter. He was talking about the relationship between values, cooperative practices and consumer spending habits. Why not invest in our local economy, promote a healthy environment, nourish our bodies and help change the world by resolving to do more spending in the store you own? Happy New Year! **GG**

Member Extreme Coupon

Buy more than
one pound of bananas and
the first pound is free
with coupon.

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499999000014

future, a Member-Owner made quilt, and new topics for classes.

Join a committee (most are open to any Member) or at least read the Board meeting minutes, found online at www.wholefoods.coop

When you hear your friends or relatives say about us, "Yes, it's a nice store, but aren't things WAY expensive there?" tell them to shop around and compare prices. They might be surprised by how competitive WFC is. It IS a competitive world, but if we pull together, we'll succeed wonderfully.

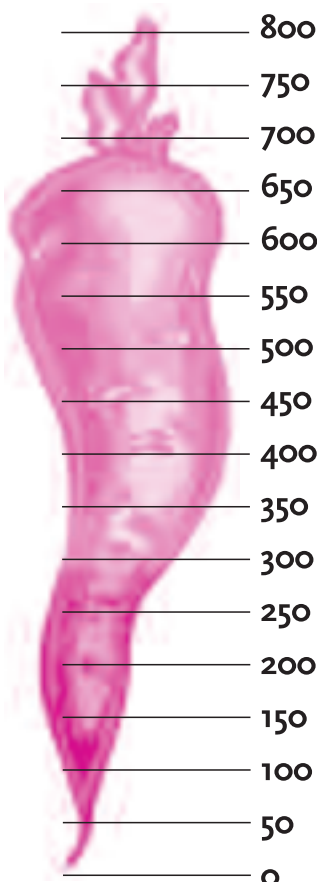
Good shopping! **GG**

David Helf was elected to the Whole Foods Co-op Board in September 2006. He has been shopping at co-ops and cooking like Adele Davis since 1982 (young people, ask your parents who she was), and growing his own food for most of his 53 years. He thinks it would be nice to have a conversation with each Member about the Co-op, so he welcomes your emails. Tell him how we can strengthen the link between the Board of Directors and our Member-Owners: davidh@wholefoods.coop

Welcome, New Members!

Due to the recipe issue, New Members have not been listed since the September/October issue of the Gazette. These are all of our new Member Owners from July 30 until November 30. We are almost halfway through our fiscal year, but with only 288 Members so far, we are not yet halfway to our goal of 730 new Member Owners by July. We hope your experience as a new Member Owner encourages you to encourage others to shop Co-op, too.

| | | | | | |
|-----------------------|-----------------------|---------------------|-----------------------|-----------------------|----------------------|
| Peter W. Davis | Stephanie Guildford | Laurie Kuba-Wilson | Debra Leavitt | Tina Heitala | 800 |
| Regis Hadiaris | Lee Kerfoot | Catherine Lukanich | Carol R. Ouellette | Jay P. Kulstad | 750 |
| Lisa Krisak Martin | Elizabeth Sundin | Robin E. McIntyre | Michael Lentz | Paul L. Franklin | 700 |
| Nicole Crabtree | Charlene Matheson | Janet Lynn Eystad | Diane Berube | Wendy Buczynski | 650 |
| Madonna Marie Lewis | Tina Bacon | Jennifer Sauter | Andrea L. Johnson | Anthony Ferguson | 600 |
| Robert Marlowe | Sarah Charvat | Sargent | Shelley Fairbrother | Renee Turcotte | 550 |
| Brian Lowe | Katie Borg | Nancy Voss Mount | Marsha Mourin | Elizabeth Maki | 500 |
| Sandra Leblanc Boland | Christie Culliton | Beverly C. Skogen | Lori Mac-Erickson | Coleen Wellington | 450 |
| Johnathan Rambo | Wendy Sjoblom | Buehler Bongey | Torgersen | Mark H. Zmudy | 400 |
| Averill Loney | Amy Keller | Ann Pappas | Benjamin Dahlstrom | Katherine Ann | 350 |
| Melanie Bremberg | Jillian Mary Godfrey | Stacy Crawford | Nathan Kesti | Niemiec | 300 |
| Leah R. Dunn | Elise Kay Barnick- | Nancy Long | Ellen Hufschmidt | Maryann Sundell | 250 |
| Denise Johnson | Snyder | Margaret Oman | Rachel Christy | Michael Duane | 200 |
| Samantha Follis | Seth W. Slettedahl | Heather Winesett | Beth T. Gallegos | Goldsmith | 150 |
| Casie Sherwood | Cathy Jo Smith | Mona Royseth | Debbie Ann Esselstrom | Carol Draper | 100 |
| Michael Karstens | John Hatcher | Maude Dornfeld | Holly Anderson | Karen Peterson | 50 |
| Crystal N. Holden | Jeffery L. Monaghan | Heidi Frison | Catherine Cirilli | Lethe Hoxtell | 0 |
| Amy Carlson | Jessica Welch | Lindsey Bachman | Julie Brackett | Pamela Kay | |
| Larry Dalton | Barbara Candice | Blen Girmay Fitwi | Renee Gibbs | Skramstad | |
| Michael Durand | Eberhart | Martha Kay Leisch | Natura Richardson | Courtney E. Stasney | Athel Clifton Tanner |
| Deborah J. Devaney | John Horrigan | Tatyana Small | Greg Dubla | Brian Landstrom | Lucille Dryke |
| Melissa Jones | Amy E. Johnson | John Martin Carden | Theresa Angus | Robert Wilke | Francis P. Doering |
| Michael Jacques | Wendy Vraa | Pamela Juaire | Allan Woodward | Jack Sweeney | Julie Banks |
| Karen Flynn | Sarah Warner | Gail M. Johnson | Heather Burbul | Janice Erickson | Jason A. Griffiths- |
| Nicole D. Wilde | Ann Lacrosse | Cyndy Klinksiek | Daniel Rowell | Paul Quiram | Johnson |
| Marty Witrak | Cindy Kay Stolberg | Ruth Adaline Madson | Susan Jordan | Ellen L. Behning | Erica Lemoine |
| Anita L. Larson | Michelle Howard | Wilma Rahn | Nancy Hoglund | Rebecca Nelson | Anne Hinderliter |
| Thad Dziuk | Cheryl Lemien | Robin Dagger | Virginia T. Katz | James T. Nephew | Aleasha Hladilek |
| Deborah J. Fjetland | Barb Kaneski | Ruth Erin Carda | Matt Bauer | Jeff Greensmith | Camille Blair |
| Bruce Hemmila | Elizabeth Jeanne | Wayne D. Twilight | James R. Zagar | Kristin Riker-Coleman | Linda C. Thatcher |
| Helen Koski | Helmer | Douglas Stewart | Amy Therese Johnson | Nancy Rova | Meghan Kutz |
| Donald Zachow | Janice M. Kilgore | Brian Wade Rinker | Judith R. Ekstrom | Melinda Kay Madden | Katherine M. Bloom |
| Marlene Miller | Lois Hellerstedt | Cathy Wright | Kathryn J. Schaefer | Judith Sikkink | Lauralyn Kliewer |
| Ann Galbraith Miller | Sara Weik | Zachary Seth Stofer | Patricia A. Emberg | Marty Mccabe | David H. Hozza |
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| Courtney O Connell | Christine Stocke | Jeffrey J. Bertani | Melanie Mesojedec | Shayna Anita Sellars | Scott Maki |
| Carlson | Kathleen Evans | Alberta Marana | Jaime Wade Delange | Lisa Mitchell-Krocak | Levi Hansen |
| Diane L. Bergum | Aletha Nebelsick | Brendan Mccolgan | Mariah Jeske | | |
| Rheanna Marie Bebbler | Violet Woods | James Cadotte | Phoebe C. Smith- | | |
| Stephanie Fechner | Christina J. Swenson | Brian Bluhm | Ellis | | |
| Amy E. Rusch Mack | Norma M. Toman | Carol Cannon | Darius Jones | | |
| Sharon Olsen | Mark Gottwald | Casandra Olson | Anna Pessenda | | |
| Liesl Settgas | James Crane | Diane Loraine | Damian Dodge | | |
| Heidi Seeland | Gwen Cressman | Lichtenberg | Sarah Vallie | | |
| Mary Thomas | Donna L. Brostrom | Laura Kenig | Mark Drake | | |
| Sheila Packa | Candice Lee Macrostie | Janis R. Andler | Derek Zunker | | |
| Jack Renick | Elizabeth Wivinus | Mary Hermes | Shelley Thygesan | | |
| Rebecca A. Domagala | Clyde Ritchie | Catherine Conover | Maureen E. | | |
| Erik Schimek | Scott Thomas Gaber | Patrick Malley | Larson | | |
| Kathleen Chmielewski | Shelly Marquardt | Margaret Mattila | | | |



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New Year's Resolution of an HBC Buyer

by Jill Hall, HBC Buyer

I resolve to practice my ABCs more methodically.

Years ago an Herbalist I worked with, named Dixie, taught me about the ABCs of preventative health. She was a 45-year-old woman who had been diagnosed with lymphoma at the age of 18. She had been told she had three years, tops, to live. She decided to put her focus into natural approaches, and had the support and love of her family, friends, and experienced practitioners to aid her journey. She found success through her efforts.

She explained a simple way to approach the subject of healing, called the ABCs:

A = Activate your body

Activate your respiration, your circulation, your elimination! How? Exercise and movement are key, of course. Try swimming, skiing, sliding, snowshoeing, ice-skating, hiking, walking, running, aerobics, weight lifting, etc. Incorporate a regular mind/body technique such as yoga, tai chi, or qi gong. Don't forget to sing, dance, garden, play and/or listen to music, you get the idea!

I was discussing this topic with my massage therapist recently and he tipped me off to a book entitled *Egoscue Method of Health Through Motion* by Pete Egoscue. It sounded familiar, so low and behold I found it in my library at home, and re-read it. I highly recommend it as a paradigm on the subject of the benefits of Activating your body.

B = Build your body

We build and strengthen our regenerative healing abilities by giving our bodies the raw materials it desires to function wholly. A good all around supplemental program for making sure the body has the foundations it needs to properly regenerate include complete daily multi-vitamin and mineral supplements, anti-oxidants, essential fatty acids, and probiotics.

Further consider if you have a system of your body you'd like to build. Do you get bladder or yeast infections frequently? Do you seem to get every cold or flu that goes around? Consider building your body when you don't have an infection or feel under the weather. Research and select just one or two additional supplements targeted for strengthening your urinary system, your immune system, or for aiding the body in controlling yeast overgrowth.

Often if we build a body system when we are already feeling strong, we can eliminate a recurring problem altogether, or at least lessen the severity of a future onset.

Did you over indulge in food and drink over the holiday? Consider some milk thistle to buffer the extra stress you've been putting on your liver. Do you get really burned out by all the craziness of the season? Consider adding extra B vitamins or GABA to support your nervous system. Do you get depressed by all the over consumption and commercialism? Try Bach Rescue Remedy or a single flower remedy to help re-balance your emotional self.

Consider various stages of building that you'd like to accomplish in the New Year. Remember, we can't do everything all at once, so be patient with yourself and your choices. Certain building phases require our endurance and may take a few months. Make a plan for what you hope to accomplish throughout the year and be realistic about the time you will commit to your various Building goals.

C = Cleanse your body

There are many facets of our living that we can 'clean up', and thereby promote all around wellness.

Do you still have a few non-natural cleaning products you can live without, replacing them with natural enzyme or citrus-based cleaners? Have you made the commitment and purchased good

drinking and shower filters? Is it time for them to be changed?

As far as body system cleansing goes, I am a wholehearted proponent of setting an annual personal cleansing goal. Some people cleanse when they feel like it, perhaps initiated by feelings of fatigue or sluggishness. Some people cleanse twice a year, religiously... spring and fall are the suggested seasons. The New Year is a good time as well. Some people read Kevin Trudeau's book and then race to the natural health store and want to cleanse everything, instantly! Kevin's book is great, he sure gets people motivated.

Know that cleansing takes some effort, mostly it takes focus. Always begin any cleanse regimen by beginning with the colon, or large intestine. Don't go after a liver or kidney cleanse you've read about before activating your number one eliminatory organ, ok?

If you want reasons why to colon cleanse, try a google search on "Amazing Images of Colon Problems and Results of Cleansing" and let Dr. Bernard Jensen, D.C., Ph. D, Nutritionist explain it to you [not for the weak of heart]. Remember that our digestive tract is 30 feet long and is responsible for converting our food into nutrition we can reuse for a myriad of functions. The digestive tract also functions as a protective barrier to ingested toxins, allergens, and pathogens (bacteria, parasites, viruses,

and fungi) that could potentially cause disease. Cleansing is a powerful and effective way to do some internal housekeeping.

As always, do your research, and be sure to select a time frame for your cleanse that makes it easiest on you. Stop by Aisle #4 and check out the variety of cleanses and cleansing products we have available.

Some easy daily dietary habits that can gently support your body's cleansing processes:

*Add 1-2 Tbls. of powdered green superfood or wheatgrass to your diet daily. Stir it in your favorite juice, smoothie, or water. Savor the potent phyto-nutrition; know that this is a gentle aid for blood detoxification.

*Resolve to eat 2 or 3 more pieces of Raw Food daily; raw food offers and increases production of enzymes, thereby initiating a number of gentle cleansing responses.

*Add additional fiber to your diet, daily. 1/4 of Oat Bran, 2-4 Tbsp. of ground Flax seed, or one of the fine fiber supplements (available in tablets, capsules, and powders) on the HBC shelves. Fiber is an important part of binding to and moving the toxins all the way out of the canal... if you know what I mean.

Well, Happy New Year to you. If you care to join me in this resolution, please do.

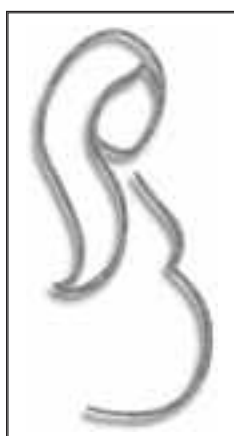
A*B*C, easy as 1*2*3... Here's to Dixie! Be Well. **CG**

Jill Hall, HBC Buyer loves Moon Dogs.

These statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease.



HBC Buyer Jill is ready for her ABCs.



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Fresh Perspectives

a new look at some old favorites

The holidays have come and gone and it's time to begin the New Year with a renewed commitment to eat more fruits and vegetables.

When the weather turns cold, it becomes harder to get excited about veggies in the same way as in the summer when the produce department is brimming with corn, tomatoes and local green beans.

Don't let yourself fall into a winter rut. Your produce department's many choices can be so delightful when you look at it through a different set of eyes that are open to what is being offered. Take parsnips, for example. Parsnips have a mild celery-like aroma and a delightful, sweet nutty flavor that can be enjoyed alone or in many different recipes. They're great roasted with a little olive oil for dinner and then for lunch with some steamed greens wrapped in a sprouted grain tortilla. The best flavor comes out when they are allowed to stay in the ground until after the first frost, which causes the root's starch to covert to sugar — that makes them an ideal choice right now. Did you know that fresh parsnips have a soft texture when they are cooked? (Cooking tip: don't over cook them, as they will become mushy.) Surprisingly, parsnips range in color from tan to white, with the white ones being the most tender. Similar to carrots, they will keep for weeks if properly stored in a cool place, should be firm in texture, and scrubbed, not peeled. Stay away from old roots, as they will be tough and bitter.

Parsnips are roots that provide more than just good taste — they are packed with nutrition and are low in calories too. A typical 9-inch parsnip is high in fiber, and a good source of calcium, magnesium, potassium, vitamins C and E, B6, iron, thiamin, riboflavin, niacin and zinc. These are all good for maintaining a healthy immune system.

What about cabbage or fennel? Do you just walk by these tasty winter veggies? Perhaps you should give them another look. They are wonder-

ful together as a fennel cabbage slaw.

You can find a good recipe for Fennel Slaw in the July 2005, Gourmet Magazine.

Have you ever had spaghetti squash? The bright yellow oval-shaped squash is different from other squashes you may have had before. It has many of the same nutritional benefits of other winter squash, but when cooked, the flesh of this squash comes away in long strands like spaghetti, thus the name. It is as good with a nice marinara sauce as it is with some sautéed leeks, garlic and a drizzle of olive oil. Top with some fresh grated Parmesan and Monday night pasta dinners with never be the same.

It's simple to cook. Just cut the squash in half lengthwise, and then scoop out the seeds.

Place it in a shallow baking pan cut-side down with about a 1/4 to 1/2 inch of water.

Put into preheated 400° F. oven and bake for 45 minutes to an hour. Your squash is done when you can easily pierce the outer skin with a fork.

Carefully remove squash from the pan and handle with hot pads or oven gloves. Scrape a fork across the hot squash flesh and watch your spaghetti tumble into a serving bowl.

When dinner is done, why not choose some easy-to-peel Satsumas, or sweet tart tangelos paired with a nice goat cheese or a small piece of dark chocolate for dessert? This will not only take care of that sweet tooth, but also will give you plenty of vitamin C and keep you on track for starting the year off with a good, healthy eating plan.

Even though it may seem dreary outside, your produce department always has something to brighten your day.

global warming — an organic solution

It's now common to read about causes and solutions to global warming and energy dependence. Could our goals of creating more biofuels from corn actually be doing more harm than good?

It is, according to research by the Agronomy Society, Soil Science Society and the Crop Sciences Society.

The report states that high synthetic nitrogen conventional corn-soybean monocropping systems are NOT leading to soil carbon sequestration (a binding of nitrogen in the soil), as is now assumed by most scientists and climate

change models. Why not? Because the extra nitrogen is stimulating additional microbial activity in the soil, and in the process, microbes quickly consume and break down the organic matter in crop residues. This releases the carbon in crop residues into the

atmosphere, rather than sequestering it in the soil, as was previously assumed.

The report concluded that 1) Crop residue-based biofuel production could **dramatically worsen soil quality** because of loss of carbon from decomposing crop residues, and 2) Climate change models that are based on the old assumption that crop residues in high yield systems lead to increases in soil carbon sequestration now have to be revised, and the consequences will be **a much larger and negative contribution** to global warming from high-input conventional cropping systems.

Organic production systems solve this — with their much tighter control of nutrient cycles and more natural and far lower total nitrogen inputs. Organic farming has also been shown to improve water quality and farm profitability as well.

While you may not be able to afford a hybrid car or drive a biodiesel vehicle, you can walk, ride a bike, manage your trips to the store more efficiently and continue to support organic farmers with your shopping dollars each week.

References this issue: www.botanical.com; Fennel Slaw, Gourmet Magazine, www.epicurious.com; The Organic Center-www.organic-center.org; "The Myth of Nitrogen Fertilization for Soil Carbon Sequestration," Journal of Environmental Quality, 11/12 2007

Parsnips

were introduced into North America by early settlers. They were grown in Virginia by 1609, and were soon accepted by Native Americans. Parsnips were used as a sweetener until the development of the sugar beet in the 19th century. The juices were evaporated, and the brown residue was used as honey.



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Another Record Sales Day

It is official! Thanksgiving Eve 2007 sales at nearly \$34,000 pushed Thanksgiving Eve 2006 off the list of the top four sales days at 610 East Fourth Street. THANK YOU to Staff, Owners and Customers.



Certificate of Appreciation from Second Harvest Food Bank

On October 11, 2007, Shaye Morris, Director of Second Harvest Food Bank, presented WFC with a Certificate of Appreciation for food and cash donations to Second Harvest. Shaye expressed her personal appreciation for the Co-op's creative support for the Food Bank including our donations from the Tofu Toss event at May Day Mayhem and from our Reduce, Reuse, Redeem (RRR) program as well as a percentage of our purchases from our local coffee roaster, Alakef Coffee.



From left: Jahn Hibbs, Assistant Produce Manager; Sharon Murphy, General Manager; Michael Karsh, Produce Manager; and Shaye Morris from Second Harvest.



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

management report

Individuals make resolutions. Sometimes I wonder if I would be more diligent about following through on my personal resolutions if I spent more than a few minutes coming up with them...

Management Teams make plans. At WFC we've adjusted our planning cycle from the fiscal year to the calendar year. We reviewed our progress on the 2007 Business Plan in depth at a retreat in August, have been steadily gathering new data (e.g., the fall 2007 Board and Staff surveys) and industry trend information, and conducted a strengths/weaknesses/opportunities/threats (SWOT) analysis in November.

As I write this, my in-box is filling up with first drafts of 2008 business plans from our department managers. A storewide plan will go to the Board for review in January 2008 and, before the first quarter of 2008 is over, the Management Team will return to the planning cycle to incorporate data from the 2007 Owner and Non-Owner Surveys as well as the Board's goals for 2008. Listen, study, learn, plan, implement, review and keep the cycle going



Your General Manager, Sharon Murphy.

and continuously overlapping. You can't improve or even improvise if you don't know what doesn't work. Many thanks, in advance, to all of you who took the time to fill out the 2007 survey to let us know how we can improve our service to you. Happy New Year and may 2008 be a year of positive progress on resolutions, large and small, yours and ours. GG

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



Andy, Mr. Information, working hard to keep us up and running.

Since this issue is all about resolutions, I'm going to ask you to add another small one to your list. It won't be hard, and I'll try to do some of the work for you. I'm asking you to become more familiar with your co-op. This could mean anything from reading labels on products, talking about membership to non-members, or getting to know your WFC staff.

Last year we started our Day in the Life series. In that time, we have focused on Shift Leaders, (now MODs), Produce Assistants, Customer Service Counter employees and Deli Cooks. All of these positions are ones that are directly visible to the public eye. Now it's time to look at the underbelly of your co-op. Whole Foods Co-op, while dedicated to customer service like no other place I've ever worked, also needs a few "behind the scenes" employees in order to keep running. The next few articles of Day in the Life will focus on introducing you to the people that you might not see up on the sales floor quite as frequently.

To begin our stretch on out-of-sight employees, we are going to focus on the IT department. Our IT department consists of Andy Theuninick, our Information Technologies Coordinator. Andy started at the Co-op about two years ago while he was still a student at UMD. At the time, he worked under then IT Manager Christof Von Rabenau. When Christof left to work on IT issues for the National Cooperative Grocers Association, Andy became the only person in the IT department, and his responsibilities changed a little bit. He now gets to make sure that the Point of Sale, computers, internet, phones, and alarm systems are running on a daily basis and deals with any technical problems that may occur. "If anything happens where we can't check-out customers, I have to drop what I'm doing and deal with that," Andy

A Day in the Life... IT

by Anni Friesen, Marketing & Member Services Coordinator

says. As the only person in the IT department, this means that Andy is always on-call if anything goes wrong with the tech side of the store.

Mainly though, things are running pretty smoothly, and Andy's happy about that. When asked about his favorite part of his job, Andy answered, "It's fun to see [the system] succeed." And succeed it does. There have not been any major issues with the system for quite a while now. Andy recalls the only near catastrophe that the tech department has encountered. One day everything in the store was ringing up as \$3.99. Andy says he can't take credit for resolving it though, because it was while Christof was still here and he was the one who fixed it.

Andy's job varies because he never knows what will happen on a day-to-day basis. While he does meet with General Manager Sharon Murphy to set goals and get new ideas, everything can change within a few minutes. Right now, when Andy isn't busy trying to rescue an ailing computer or fix the terminally ill printer, he's working on some special projects. He describes these as "not very interesting reading material," but they are important to

the growth and survival of the store. Some of these projects consist of figuring out a system to track all purchasing history and transactions, and another entails finishing a cost analysis program for the Deli.

With the advent of our new website (check it out at www.wholefoods.coop), Andy will also continue his part of its upkeep, which means keeping the pages easy to edit, and updating CAP flyers and Gazettes. The Co-op is steadily keeping up with the electronic age, and this leads to happier employees. In the two years of his employment, Andy has seen a lot of changes from paper to electronic. While WFC still keeps a hard copy of all important documents, the electronic databases make it much easier to find information.

Though most positions at WFC call for great customer service, Andy does not interact with customers all that often, "I have far more interaction with staff than with customers. I guess you could say that the staff are my customers." And we thank him for fixing our computer problems and making our lives easier. But also, we know that without our IT department, we might still be writing out receipts at the tills. GG

Gary G. Kohls, M.D.

Dr. Kohls is an independent family physician practicing holistic, compassionate, unhurried health care.

With a special interest in the evaluation and treatment of depression, insomnia, obesity, fibromyalgia, migraine headaches and post-traumatic stress disorder, Dr. Kohls' philosophy of medicine embraces an innovative approach to healthcare that links the body, brain and spirit. He offers healthy, effective alternatives to prescription anti-depressants. Most insurance plans accepted. For questions, or to schedule an appointment, call 218-628-2130



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Book Review

The title alone is what grabbed my attention. Many of us today, are plagued with fatigue, sleep problems, brain fog and reoccurring infections. In our fast-paced society some of us actually take better care of our cars than we do of ourselves! So, Dr. Teitelbaum had my full attention in this book.

Dr. Teitelbaum focused on symptoms and treatments for chronic fatigue (CFS), Chronic Fatigue & Immune Dysfunction (CFIDS) and Fibromyalgia Syndrome (FMS). Since he has fully recovered from these symptoms he has the determination and compassion necessary to reach out and help many of the estimated 50 million people worldwide suffering from many or all of these symptoms.

As a practicing physician, Dr. Teitelbaum used to believe that if he hadn't learned about a disorder and its cure in medical school then it must not exist. Since it costs approximately

\$400,000,000 to find a cure and get it approved by the FDA he was certain all cures would be addressed in his training and/or daily readings.

However, after suffering from CFS & FMS, listening to his patients, and finding many effective, natural cures for this and many

other illnesses, he definitely changed his way of thinking. In this book, *From Fatigued to Fantastic*, he lists symptoms (devoting a chapter to each major symptom), discusses alternative and new treatments, gives you questionnaires, recommended readings and many resources to help you in your quest for improved health.

Because many symptoms often mimic other illnesses, many physicians begin by treating one symptom at a time. Often, with CFS & FMS this is not successful because one symptom tends to lead to another so you are soon dealing with many complications. Dr. Teitelbaum recommends

treating all symptoms at the same time. Then, after you have improved, he will study individual test results to see what symptoms remain and go from there.

The major symptoms he lists are fatigue, sleep disorders, flu-like symptoms, sore throat, muscle pain, bowel and yeast problems, nutritional malabsorption and immune dysfunction. He then goes to general treatment plans which involve elimination of white sugar and flour, caffeine and alcohol, adds vitamin and mineral supplements, and follows up with individual treatments recommended after studying the results of medical and nutritional tests.

If you suffer from any of these symptoms, this book might be an

excellent resource for you. Because of how it is laid out you can find your particular symptoms and read the chapter plus the resource section to see if you are getting all the information you need to relieve your symptoms. Good luck to all who suffer from CFS, CFIDS and FMS.

P.S. As you look through the resources

you will notice that Dr. Teitelbaum has patented many of his own healing formulas. However, all that money would normally go to the inventor of a formula. In Dr. Teitelbaum's case, it goes directly to charity! **GG**

Judy Kreag has written two guidebook/cookbooks and has worked for a local nutritionist. She is presently the Executive Director of *The Dwelling in the Woods*, a spiritual retreat 75 miles south of Duluth.



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