

# GARBANZO GAZETTE

Whole Foods Community Co-op, Inc.

Duluth, Minnesota Mar/Apr 2004



WFC welcomes Melanie Lynch, Buyer's Assistant, and Kathy Covill, Financial Assistant, to our staff.

• Next Member Appreciation

Day: Wed., April 7, 2004. WFC members receive a 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!

• Please remember to cash or deposit your patronage rebate check (mailed Dec. 5, 2003). The dollar value of rebate checks not cashed by June 2004 will become taxable income for WFC.

• Membership Committee meeting, Tues., March 30, 5:30-6:30 p.m., at WFC's Annex, 1522 East Superior Street (upstairs/front entrance).

• WFC will be closed on April 11, 2004, Easter Sunday.

• COMING SOON !!! WFC's Annual Earth Day Fair, Saturday, April 24, at the Farmers Market Building, 14th Ave.E. and 3rd St.



## What's your big idea?

By Tim Larson

On a cold and rainy Earth Day in Duluth a few years ago, a panel discussion took place in the tent at the Whole Foods Co-op Earth Day Fair. Nancy Nelson and Joel Sipress recalled the effort to put a man on the Moon, and wondered why our country couldn't make a similar ambitious effort in the 21st Century — here on Earth.

What if we had a common vision, an idea or image for a worthwhile goal to rally around, with the only purpose of taking better care of our home here on this planet? And how could we phrase it in a way that engages people's imaginations?

My father did work related to the space program. I remember the power in those images of the first lunar landings. Now our current administration is calling for a ramped-up space program. But wouldn't we do better to harness our resources for a better life on Earth? [cont'd on page 5]



WFC member-owners, friends and neighbors joined in the fun at the Co-op's 2003 Earth Day Fair in Duluth.

Please join us this year. Bring your big ideas and a camera. We'd love to see your photos from this year's celebration.

**M**arch 2004 will be the 11th anniversary of WFC's move to 4th Street. We will celebrate WFC's 34th anniversary of service to our community in October 2004 (National Co-op Month).

Delighting in how far we've come seems hollow without commemorating our history.

In 1985 a group of members, staff and Board produced a 15th Anniversary (1970-1985) book that included articles on:

• **How WFC started:**

"... Powerful personal experiences started the Duluth Whole Foods Community Co-op and have kept it in operation for 15 years.



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Garbanzo Gazette

Published by Whole Foods Co-op  
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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 one month prior to publication. The next deadline is Tuesday, March 30. Refer submissions and questions to Dianna von Rabenau at [dianna@wholefoods.coop](mailto:dianna@wholefoods.coop)

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Other grocery stores have come and gone, while the co-op has stayed together — sometimes through the sheer will power of its members..." —*Community Food, How the Co-op Started and Grew*, by Cheryl Jensen.

• **Cooperative history of the region:**

"Co-op Brew — The People's Brewery was a co-op venture organized by West Duluth saloon keepers in 1906. Located at 42nd Avenue West and Traverse Street, the company produced lager beer and malt liquor until 1957..." —*A Look at Duluth Co-op History*, by Susanna Frenkel.

• **The cooperative network:**

"... Whole Foods in turn supports its consumer-owned wholesale warehouse, Common Health Warehouse Co-operative Association. The Warehouse purchases food from suppliers all over the country (and world) and dis-

tributes them to its member retail co-op stores (like Whole Foods) and buying clubs in the upper Midwest..."

—*Whole Foods and the Cooperative Network*, by Joan Hunn.

• **And the co-op's future:**

"... The food, politics, lifestyles, sense of community, economics, and nutritional awareness of each passing time have been reflected in Whole Foods Community Co-op... as it progressed from its early days in the '70s to what it is now.

"The co-op has changed — we have changed — it has grown, it has made mistakes, and yet it still survives... a vital community institution in Duluth, Minnesota." —*Community Food, How the Co-op Started and Grew*, by Cheryl Jensen.

• **WFC is on the verge of** another expansion. The cooperative network has strengthened dramatically for co-op retailers that survived into the new millennium, but only two cooperative warehouses remain of the 19 that flourished in the '80s and early '90s.

It is definitely time to add some new chapters to the book on our co-op's history.

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## Bursting at the seams and looking for a better fit

A warm welcome to all the new Whole Foods Co-operative member-owners. The Board approved 42 new members at the January Board meeting — bringing our membership up to 2150.

I was shopping in the store the Saturday after Duluth closed schools for four days and the store was crazy busy. I was standing sixth in one of two lines of folks with full shopping carts. How could there possibly be anything left on the shelves, I thought. Staff was working heroically to keep the check-out line moving and restocking those shelves. We need to move!

The Board, along with the General and Assistant Managers took a weekend to retreat with a consultant to work on specifically how to make expansion of our store happen. We were reaffirmed that we were doing all the right things, but now maybe we need to rethink some of the parameters of a new site.

Saturday was a long, intense day. We realized soon into the morning that skiing was not going to happen. We came home focused, empowered and bonded on the goal of making this expansion happen now. Our realtor is working hard. Staff are working on some restructuring, and the Board is setting in motion

policy to move things quickly when a site is secured.

I give a big thanks to all our devoted member-owners and shoppers for patiently waiting in check-out lines and special ordering the items that we have no room to carry. I am

filled with gratitude for our excellent staff that cares for our store. I hope you all are warm and happy in our beautiful northern Minnesota winter.



Whole Foods Co-op Board and Managers. Back row from left — Board member Gailger Yount, General Manager Sharon Murphy, Board members Katie Neff Dawson, Lynn Fena, and Jean Sramok. Front row from left — Board members Chad Coffey and Dennis Kalata, Assistant Manager Chris von Rabenau.

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**A few things I'd like to see:**

For starters, newspapers ought to have Earth sections that are bigger, more interesting, and more popular than today's Business and Sports sections. Americans would talk as intelligently at the water cooler about Earth as they do about sports.

Personally, I'd like to see an

Earth Bowl that's bigger than the Super Bowl, with hippies in tie-dyed semi-uniforms playing frisbee golf...but that may be my own rather idiosyncratic preference. And we could really use more cheerleaders for Earth.

I'd like to see Environmental Hero trading cards featuring people like Rachel Carson, Sigurd Olson, and Lois Gibbs. And I'd like to see such heroes make even a tiny fraction of the money that top corporate executives and professional athletes make. (You know they'd just go and give most of it away to their favorite good causes, anyway.)

**Why not an Earth Program?**

We need an Earth program rather than a space program. On the North American continent 200 years ago, Lewis and Clark began a job that has never really been completed. There's still a lot we don't know about our planet and how we can

be at home here. We've barely scratched the surface with our knowledge of the oceans (although we do know they're in deep trouble).

It would also be kind of cool to see millions of buffalo roaming the Great Plains again.

But maybe an Earth program would be just too ambitious and unrealistic for the current administration. Maybe we

need to set our sights on a more limited, attainable goal.

**How about a new Energy Program...**

We really, really need an ambitious new energy program that would re-vamp the world economy.

Imagine the average American home equipped to rely on renewable energy. Why couldn't we adapt our homes and offices to the places where we live, with sustainable sources of heating and cooling?

If I had one dream or vision above all, it might be to keep and protect the greatest of the Great Lakes. People in the know say the greatest threats to Lake Superior probably have to do with climate change and mercury — both of which have to do with burning fossil fuels. One plausible computer model shows the lake dropping over 30 feet and becoming saltwater in 200 years if global warming occurs at the more severe end of the possible

scenarios.

I had a nightmare not long ago, in which I turned the tap in my kitchen sink here in Duluth and the water tasted like the water in Eagle Butte, South Dakota. I don't know if you've ever tasted the water in that part of South Dakota, but I believe it may be possible to ignite it with a match. If Lake Superior became a saltwater sea, my nightmare could come true.

So my image for a desirable future would be to have a thriving city beside a big, clean, freshwater lake. But it might require an ambitious program to wean our society from fossil fuels.

I look forward to the day when talk radio hosts rant about wacko fossil fuel addicts.

*Carbanzo Gazette* invites you to submit your ideas or vision of an attainable goal here on Earth. What ambitious but attainable program would you wish to see — for Earth?



Earth Day Fair 2003: Here's to the Earth!

**J**ust over a year ago our family moved off the grid, meaning we are no longer connected to the public utility lines. We didn't set out to find a place like this, but rather this place turned out to be where we wanted to live. The previous owner's designed the generator system and set it all to working. It is a quirky yet efficient system and the longer we're here the more respect we have for them. Although acquainting ourselves with this system posed quite a challenge.

We do have plans to upgrade to wind generation, but for now our electricity is provided by diesel generators, or "the three magi" as we have come to call them. We have a growing affection for them, as they are solid and reliable, but they also noisy and dirty, so we are very conscious of how long they must run to replace the power we drain from the batteries.

The energy stored in these batteries is inverted from DC to AC and sent on its way to its many uses. The biggest draw during the winter comes from our outdoor wood-burning stove. Monitored efficiently by a thermostat, when the fire grows too cold, oxygen is released to fan the coals into flames until the water it heats reaches a desired temperature. This hot water is then pumped via electricity underground, emerging through radiators in the buildings we

## The quiet house

heat. When it is very cold, this pump runs constantly.

Our second largest draw is from the water pump. Electricity is used here to pump water from our well to the third story of our water tower, where gravity creates the necessary water pressure.

We know when we pump water, and we know whether the heater is on or off, but in the beginning, much of our time was spent trying to identify the "leak in the bucket." All those small innocuous things that constantly draw power, such as anything with a clock or a memory chip.

The television is a fine example — apparently we consumers can't wait for a TV to warm up, so it keeps itself ready for use at all times — even when turned off — remembering the last channel it was on and the volume setting. Granted this alone doesn't require very much power, but then consider every appliance with a clock on it. Or the computers in stand by mode. And it all adds up fast. Try to get that little wheel on your electric meter to stop turning. It's not so easy.

But eventually, we got them all. Every last invisible draw now stays put on a power strip or a switch that we get to turn on — when we need it — and off, all the way off, when we don't. On bright summer days or cold winter nights when the last bulb goes dark, we have a quiet house. No draw whatsoever.

Our three magi's can sleep peacefully, and so can we. Oh silent night.

Our days are more peaceful, too. During our first winter here our daughter learned to speak, and one of her first words was "broken" in reference to the television. We used to draw so much power from the batteries that by the end of a day we didn't have energy left to play her videos.

Sometimes I would bite the bullet, bundle us both up, and troop up the hill to the generator shed. She gets to see the energy being created that it takes to watch her videos, and when the television finally does come on she cheers, "Yeah!" followed by a "thank you mommy."

As a child I never learned what it took to turn and keep a television on. As an adult I never used to consider this either. But now I visit the houses of friends and in one glance I know we wouldn't be able to do it. Our three generators couldn't keep up with the power demands of the average household in America.

I think about all the TVs continuously on, all the digital clocks on all the stoves, VCRs, and micro-waves. All the computers left on in offices — not because they are being used, but because they might be used.

And I wonder, in just one day, how many barrels of oil or tons of coal is burned, just to keep up with all the energy we are not even aware of wasting.



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## Yeast for your feast By Brenda Brock and Jim Richardson

In this article we will discuss different kinds of yeasts.

### Baker's yeast

Baker's yeast is the kind of yeast most people are familiar with and needs little introduction. It is a live, one-celled fungus that eats sugar and starch and turns them into carbon dioxide bubbles and alcohol. This is the fermenting and leavening power that makes baker's yeast so valuable in the production of bread (but not all bread), beer, and wine. Apparently some alcohol is produced during the bread leavening process, but it burns off as the bread bakes.

It is a bad idea to eat baker's yeast because it will just grow in your gut and rob you of nutrients like B vitamins, and may contribute to chronic yeast infections. Many health professionals in fact advise that live yeast products be avoided if a chronic yeast problem like candidiasis or yeast allergy, is suspected.

We carry baker's yeast in bulk and in packets.

### Nutritional yeast

Nutritional yeast is a variety of yeast that is cultivated specifically as a nutritional supplement. It is grown on molasses (sometimes on whey), then harvested and exposed to high temperatures to kill and deactivate

it. This means that nutritional yeast has no fermenting or leavening power, nor does it have the power to contribute to or to cause chronic yeast infections (although some health professionals may advise avoiding all yeasts while fighting candidiasis or yeast allergies).

Nutritional yeast, which comes in flakes and powdered form, is a good source of protein and B vitamins. Its yellow color comes from its high riboflavin content. It is nutty/cheesy tasting and can be used to make a tasty non-dairy cheesy sauce, gravy, or popcorn topping.

We carry nutritional yeast flakes and powder in the bulk aisle (both molasses grown and therefore vegan).

### Brewer's yeast

Frequently confused with nutritional yeast, brewer's yeast has some significant differences. Its color is brownish, not yellow. It is not grown specifically as a food crop like nutritional yeast, but instead is recovered after the beer-making process. It is killed and deactivated by heat in the same way as nutritional yeast is, removing its fermenting and leavening power and its ability to contribute to yeast infections.

Brewer's yeast retains the bitter flavor of hops from the beer-making process. Its ace in the hole, in comparison to nutritional yeast, is its high

chromium content, which nutritional yeast is low in.

Brewer's yeast contains a lot of tyramine, a substance that should be avoided if one is taking antidepressant medications known as monoamine oxidase inhibitors (MAOIs), or the narcotic medication meperidine.

We carry Twinlab brand Brewer's Yeast in jars in the supplement section.

### Torula yeast

Mostly used in the food industry, torula yeast is cheaply produced by growing yeast on wood pulp (which contains natural wood sugars). This wood pulp is actually a by-product of waste streams from paper mills. After growing, torula yeast is separated from the wood pulp, carefully washed to eliminate any residues, and then rendered inactive by heat. It is then largely used in imitation meat products and processed foods such as dessert toppings and pastries.

### Yeast extract

This is primarily found in Australia, New Zealand, and Great Britain under the brand names of Vegemite or Marmite. It comes in the form of a pungent, salty paste (basically a concentrated slurry of dead yeast cells) and is spread on bread like peanut butter. The paste is rich in vita-



mins, minerals, and nitrogen. What will they think of next?

We leave you with an excellent nutritional yeast recipe from *The New Farm Cookbook*!

### Melty Nutritional Yeast "Cheese"

1/2 cup nutritional yeast flakes

1/2 cup flour

1 tsp. salt

1/2 tsp. garlic powder

2 cups water

1/4 cup margarine or butter

1 tsp. wet mustard

- Mix dry ingredients in a saucepan. Whisk in water.
- Cook over medium heat, whisking, until it thickens and bubbles.
- Cook 30 seconds, then remove from heat.
- Whip in margarine/butter and mustard. It will thicken as it cools but will thin when heated, or add water to thin it.

Great for nachos, pasta or anywhere a cheesy sauce or dip is needed.

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CUSTOMER COMMENT: Could you please

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CUSTOMER COMMENT: Please start

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CUSTOMER COMMENT: r i m k.

## We like to hear from you!

Customer comment:

Jim, can we carry to prepacked dry milk again; it was a great thing. Thanx xoxox

The Co-op responds:

I am phasing that back in! Thanks for your patience. —Jim

Customer comment:

Organic Valley chocolate milk in 1/2 gallons!! (They have it at Cub Foods.)

The Co-op responds:

I will find room for it. Thanks for your suggestion! — Rhonda

Customer comment:

There is a product called Camilia produced by Bolron Homeopathics, useful for teething, colic, and distress in infants. I would recommend it.

The Co-op responds:

Thank you for the suggestion. I will look into ordering this soon. For the time being, feel free to special order this. —Brenda

Customer comment:

Produce, can you make just plain carrot juice (w/out the ginger)?

The Co-op responds:

We do make plain carrot juice and sell it frozen in the right-most freezer door. —Michael

Customer comment:

Please bring back the orange dark Chocolive. They are yummy!

The Co-op responds:

Chocolate flavors rotate and will return. It has also been out of stock for a few months, but it looks like it will be available now.

—Lisa



## Triple dairy delight Triple dairy delight Triple dairy delight

Our March featured cheeses are **fontina, gouda and havarti**.

Minnesota Farms Gouda Cheese is an excellent cheese that is locally made in Carlton County by Green

Pastures Dairy. Their cows are fed on grass, not grain, and you can taste the difference.

Minnesota Farms gouda cheese is made from raw milk (not pasteurized) and aged for at least 60 days. Raw milk cheese contains enzymes, acids and beneficial bacteria that help digestion. The cheese is made without using hormones, antibiotics, or artificial color or preservatives.

April's cheese feature is goat, sheep and bucheron cheese. WFC carries *queso manchego* sheep's milk

cheese from Spain and a selection of distinctive goat cheese.

The world's first cheeses were probably made from goat milk. Cow milk cheese has only become dominant worldwide in the past 200 years. Even today many of the local markets in France, Spain and Greece will have a wide selection of locally made goat and ewe milk cheese, often sealed in a coating of wood ash.

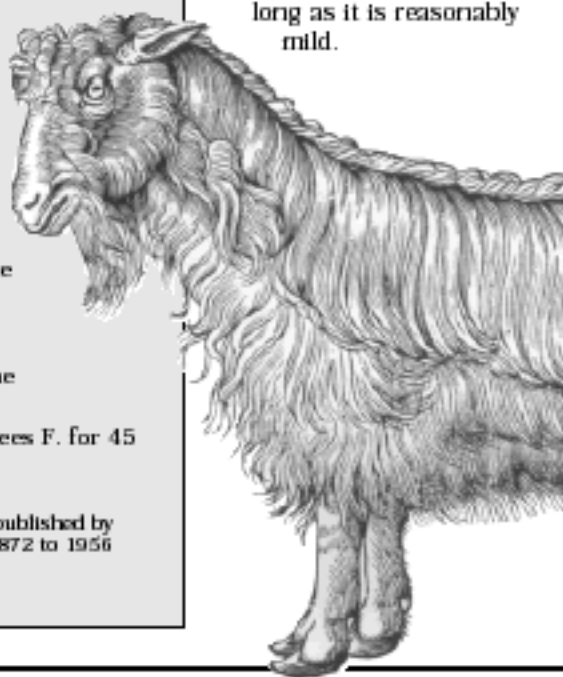
Stop by the cheese case to see new cheeses under these categories throughout the month. We will feature a few at a 10% discount.

Our featured cheese recipe uses Norwegian "imperial" chevre goat cheese that has a mild but distinctive flavor. Any soft goat cheese can be used as long as it is reasonably mild.

### Goat's Cheese Pie (a lot like cheesecake, but with a tang!)

- Line a 10-inch flan or pie dish with piecrust pastry.
- Prick all over with a fork and bake blind (you can weigh down the center of the dish with baking parchment and dried beans) at 350 degrees for six minutes.
- Mix **8 ounces** well-drained fresh **goat's cheese** with:
  - 10 Tbsp. (4 1/2 oz) sugar,**
  - pinch of salt**
  - 5 egg yolks**
  - 6 Tbsp. (2 oz) potato flour.** (Cornstarch may be substituted for potato flour.)
  - dash of brandy**
- Beat the 5 egg whites until stiff and fold into the cheese mixture.
- Pour into the pastry case and bake at 350 degrees F. for 45 minutes.

Taken from *Traditional French Cookery* by Curnowsky, published by the Ebury Press, London 1989. Curnowsky lived from 1872 to 1956 and was a renowned food writer for nearly 60 years.



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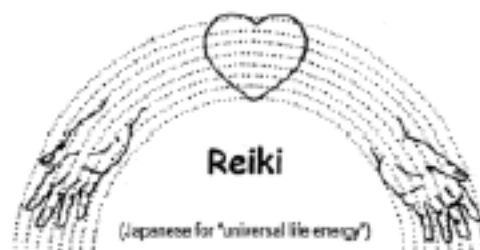


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## FRESH PERSPECTIVES

March 2004

### SPRING INTO BALANCE WITH FRESH PRODUCE!

Just look outside this time of year and you'll see why spring is known as a time of rebirth and transformation. As life bursts from the earth, we are reminded that we, too, can start anew with a commitment to a healthier lifestyle. Spring is a great time for clearing away the clutter in our lives, including the build-up of toxins in our bodies from a diet of rich, heavy foods consumed over the winter.

Throughout history, traditional peoples have seen spring as a time to cleanse and detoxify the body by fasting, using herbal tonics and participating in sweat lodges, steam

baths or saunas. After a long winter of eating preserved, heavy foods and being wrapped in cloth and fur, they would celebrate the new season by eating fresh greens and emerging herbs to stimulate the digestive system, and scrub and steam the body to open up the pores, encouraging better elimination and circulation.

A cleansing diet often results in a clearer head, a healthier digestive tract with less bloating, gas and constipation, and less dependency on sugar, refined carbohy-

drates, coffee and alcohol. After the heavy fare of the cold, winter months, the digestive system could use a jumpstart from a cleansing diet of the fresh, organic produce now in season.



The best place to start planning your detox is...surprise!...in the produce department. Fruits and vegetables contain important nutrients called phytochemicals, which help the body cleanse naturally. Be sure to buy organic produce to ensure growth hormones or pesticides do not jeopardize your detoxification. Avoid dried fruit and eat fresh fruits such as berries, kiwi

fruit and citrus fruits instead. Great vegetables for detoxing include broccoli, Brussels sprouts, spinach, artichokes and peppers. Bananas, avocados and potatoes should only be eaten in small quantities. Steam, rather than boil, your vegetables—they'll retain more vital nutrients. Even better, eat as many raw vegetables as you can. Fresh fruits and vegetables are also high in fiber, which works to clear the colon of accumulated wastes and toxins. Fresh-squeezed fruit and vegetable juices, such as carrot, apple and cucumber, help to flush toxins from the body. In fact, a 24-hour liquid diet that includes broths, pureed vegetables, water and juices will give the digestive system a much needed break and quicken the cleanse process.

Before you get started, it's important to seek

### Ask Dr. Patty Produce

**Q:** Dear Dr. Patty: Are the dandelion greens sold at the store the same as dandelions that grow on my lawn? Rob Mello

**A:** Dear Rob: They are both *Taraxacum officinale*, a native of Europe and Asia that came to the states via European settlers. A member of the sunflower family, dandelion gets its name from the French *dent de lion* (lion's tooth) referring to the serrated leaves. While wild or lawn-grown dandelions are pungent and need to be eaten young and before flowering, the cultivated varieties are bred for larger leaves and a less bitter flavor. Also, before you eat wild dandelion, make sure it hasn't been treated with herbicides or pesticides.



guidance from your health care practitioner. There are a number of detoxification diet books; and some vary drastically in their approach. Take time to find the method that is best for your body and lifestyle to ensure a safe and healthy experience. Start when you're ready, but a good date to consider is the Spring Equinox on March 21st. This is a day of balance, when light and dark are equal, so it makes sense to take this cue from Mother Nature and bring our bodies back into balance, too.

## Spring Green Salad

- 1 head fresh lettuce
- 1 cup or more chopped dandelion greens or beet tops
- 1 red or gold beet
- 1-2 carrots
- 1 cup sprouts, any kind

Optional: sprigs of fresh herbs, such as parsley, chervil or basil. Or maybe fresh green garlic or green onions

Wash and spin dry lettuce and greens, then tear or chop for desired size. Scrub or peel beet and carrot, then grate. Rinse sprouts and spin or drain dry. Wash and de-stem herbs, chop lightly. Wash, and trim green garlic or green onions, chop finely. Toss all ingredients together. Unless you prefer strong flavors, add herbs, onions, garlic, and dandelion judiciously. Dress with a light olive oil and vinegar dressing. Or substitute vinegar with fresh squeezed lemon or lime juice.

## Roasted Asparagus

- 2 bunches asparagus (about 2 pounds)
- 4 tablespoons extra-virgin olive oil
- 4 garlic cloves, finely chopped
- 1 teaspoon salt

Freshly milled black pepper

2 lemons and/or freshly shaved Parmesan cheese

Preheat oven to 450 F. Trim ends from asparagus stalks, and arrange stalks on a baking sheet in a single layer. Sprinkle with oil, garlic, salt, and pepper and roll them to coat. Roast 8-10 minutes until crisp-tender. Serve with lemon wedges and/or freshly shaved Parmesan cheese.

**References for this issue:** *The Modern Vegetarian Kitchen*, Peter Berley; *The Holistic Herbal*, David Hoffman; *The Penguin Companion to Food*, Alan Davidson; *Healing with Whole Foods*, Paul Pitchford; *Vegetarian Times*, March 1999; [www.thelivingcentre.com](http://www.thelivingcentre.com); [www.wholisticresearch.com](http://www.wholisticresearch.com)

## Greens that Clean

Spring heralds the return of green. Everywhere you look, plants are shooting up, unfurling leaves and gearing up to produce lots of chlorophyll—the green pigment known for its blood-cleansing properties. Their intent: to produce flowers and seed, and for perennials—to store energy in their roots for winter dormancy. Just like plants, our bodies respond to spring with the desire to be fed and nourished by the light. It's a time to get exercise, sun light, and to eat lots of spring greens.

Greens don't have to be eaten raw to be effective for cleansing. It may be more appealing to eat many of the greens listed below at least partially cooked. Bitter greens, such as dandelion, endive, nettles, asparagus and lettuce can be made more palatable with the use of sweet and/or salty flavors. Mustard greens sautéed with caramelized onions is an example of a sweet-bitter combination. Other sweet flavors to combine with bitter greens include fresh berries, beet root, carrots, new potatoes, and natural sweeteners. Salty flavors that work well with bitter greens include sea salt, soy sauce, miso, pickles, salted fish, cheese, and naturally cured meats.

Looking for ideas? Here's a sampling of produce greens in season this spring:

|          |             |                |               |
|----------|-------------|----------------|---------------|
| escarole | dandelion   | lettuce        | sorrel        |
| chards   | endive      | mint           | spinach       |
| chervil  | fiddle head | mustard greens | turnip greens |
| collards | kale        | nettles        | watercress    |
|          |             | parsley        |               |

## THIS MONTH'S TIDBIT

Bitter greens and herbs are good for cleansing because their flavor stimulates a series of reactions that aid digestion and the elimination of fats and toxins stored in the liver. For this reason, eating bitter plants may be more effective than taking a bitters supplement.



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## Birthday biscotti

As I write this column, the due date approaches for the birth of our second child. My preparations include having food on hand for us and the midwife and her helper. Before Anna was born, I baked several dozen biscotti, and will do so again for this baby.

"Bis-cotti" means "twice-cooked." These popular Italian cookies are baked once in a long log, then sliced into individual pieces and baked again until they

are hard and dry. They keep for weeks in an airtight container, and the flavor actually improves with a couple days' storage. Not for fastidious eaters, the preferred way to eat biscotti is dunked — in wine, strong coffee, or milk.

You don't have to go to a coffee shop to have biscotti. They're easy to make and you can create a more healthful version at home using whole, organic ingredients. Traditional Italian biscotti are not super-sweet, and can be flavored in a number of ways.

Here is my recipe, adapted from Mary Ann Esposito's wonderful cookbook *Ciao Italia*. Not my usual "Seasonal Table" offering . . . but I hope you'll enjoy this birthday treat!



### Biscotti di Noce (Biscotti with Nuts)

Combine:

3 eggs • 3/4 C. sugar • 3-4 Tbsp. melted butter • 1 Tbsp. vanilla

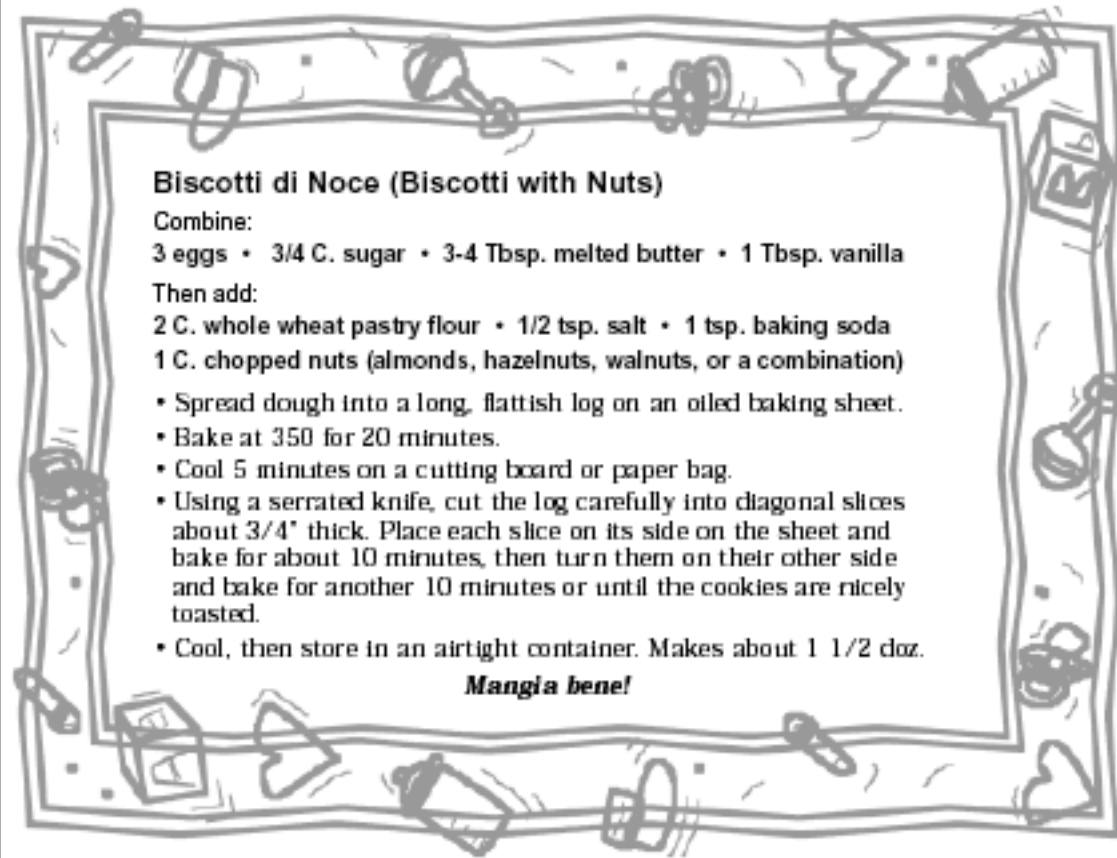
Then add:

2 C. whole wheat pastry flour • 1/2 tsp. salt • 1 tsp. baking soda

1 C. chopped nuts (almonds, hazelnuts, walnuts, or a combination)

- Spread dough into a long, flattish log on an oiled baking sheet.
- Bake at 350 for 20 minutes.
- Cool 5 minutes on a cutting board or paper bag.
- Using a serrated knife, cut the log carefully into diagonal slices about 3/4" thick. Place each slice on its side on the sheet and bake for about 10 minutes, then turn them on their other side and bake for another 10 minutes or until the cookies are nicely toasted.
- Cool, then store in an airtight container. Makes about 1 1/2 doz.

***Mangia bene!***



**F**or this column I wanted to share some of my personal favorite recipes using co-op ingredients.

I make cheese toast in my oven (250 degrees) using fake cheese on Diamond City Sundried tomato-Parmesan bread (I am not a strict vegan obviously). Just as the cheese starts to look soft, I throw a couple slices of Lightlife fake turkey slices on there for a couple minutes. Once out of the oven, I apply two slices of organic tomato and a liberal dose (say one heaping tablespoon) of Mediterranean Organics organic capers. Add cracked pepper to taste. Then I cut the toast in half, and dip it in a little bowl filled with Spectrum olive oil. Then you eat. Alternatively to dipping in olive oil, I may just drizzle some on the bread.

For breakfast try pink lady apple slices drizzled with organic honey and sprinkled with a dash of cinnamon. This is a great morning treat to share with that special someone as you watch steam rise off the lake.

Another breakfast treat — which would also make a great dessert for lovers or others — is organic medjool



## My secret co-op favorite recipes

dates stuffed with buttermilk blue cheese and organic raw cashews.

For the cold cereal lover I will share my special super secret nutritious cold cereal recipe. First pour yourself a bowl of cold cereal; my favorite is Nature's Path Heritage Flakes but Corn Flakes or any bulk granola will do.

Then I add all or some of the following toppings: sliced organic banana, handful of organic or biodynamic raisins, a handful of organic dried cranberries, a copious dusting of Bob's Red Mill Flax Meal, a tablespoon or two of bulk organic shredded coconut, and lastly — the most controversial ingredient — a teaspoon of nutritional yeast

flakes. Then you pour on my favorite non-dairy beverage, EdenBlend Rice & Soy Beverage, enough to float all that stuff.

Let's move on to a more savory item, Granny's cornbread pancakes version 2.0. For these you need 2 cups bulk organic cornmeal, 2 cups water, and a pinch of salt. Mix it all up, let stand for five minutes, and fry 'em up like pancakes. I use olive oil and low heat but canola will do fine (my Granny used bacon grease once upon a time).

This will net you a handful of cornmeal pancakes; serve with a pat of butter. It may take some trial and error to get these to cook up right; it helps to make a little hole in the middle of the batter while it's frying up, either that or just be sure to ladle them into the pan extra thin like.

The 2.0 part of this recipe is to add my secret weapon, bulk salsa mix, to the cornmeal before you add water. This really spices things up. I got no specific quantities for you, just wing it. They'll turn pink like a TexMex sunset, darlin', and don't be afraid to top these off with a jar of Muir Glen organic salsa and eat 'em with a fork.



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Louise Curnow, co-owner of The Green Mercantile, Duluth, MN

## Think green, buy green

*"I've wanted to visit the Green Mercantile, so when Gazette editor Dianna suggested I interview co-owner Louise Curnow I jumped at the chance. We discussed the impact of indoor pollution on families and ways to improve it. We also talked about the environment and her hopes for the future."*

—Charlotte Klesman

### Garbanzo Gazette:

Why is commerce important?

**Louise Curnow:** It's easy to be overwhelmed by what's happening to the environment. So just think about, "What can I do?" And take one step at a time. People have to realize they have to vote with their dollar.

**GG:** Tell me about indoor pollution.

**LC:** The EPA says that our indoor air quality is worse than our outdoor air quality. Several factors contribute to that. People are building

tighter homes, and people are putting a lot of toxic things into their homes. The cleaning products most people use contain a lot of fairly toxic chemicals. Carpets, varnishes and paints, and all that kind of stuff are very toxic.

They off-gas and create significant indoor pollution. So when you're using earth-friendly products and household goods, you're significantly reducing the air pollution in your home.

**GG:** How does this affect families?

**LC:** It affects infants and children the most. They eat more and they breathe more in relation to their body size when compared to adults, so they take in more toxins. They are also more susceptible because they are growing and changing. Children are closer to the floor, where the toxins tend to be. And they do a lot of hand-to-mouth behavior, both children and babies. So they're introducing toxins that way as well.

**GG:** How would these toxins impact an elderly person or invalid?

**LC:** Any time your immune system is compromised,

which is not uncommon in an elderly person or invalid, you're more affected because your immune system is not able to fight off what a healthy adult could handle.

**GG:** Are these chemicals cumulative?

**LC:** Of the 80,000 chemicals in use today, very few have had toxicity testing. Of the 3,000 high production volume chemicals, (high production volume means they're producing at least one million pounds or greater per year), only 12 have had adequate testing for effects on the developing brain. More than 2.5 billion pounds of toxic chemicals, nearly half of which are either known or suspected neurotoxins, were released into the environment by large industry in 1997 alone. Are they cumulative? We don't know. The basic data on the chemicals is not there.

**GG:** How about pets?

**LC:** Pets are highly affected, because they are much like children. They're closer to the ground. And they're always licking themselves so they're taking in toxins directly.

**GG:** What kind of agents are in the cleaners you sell? Are they safe?

**LC:** Most of the cleaning products we carry are made in Minnesota, they're plant based, and we know the ingredients in them. The

harshest ingredient is a plant-based cleaner.

**GG:** What cleaning products would you suggest?

**LC:** We recommend an all-purpose cleaner from Restore Products, a Minnesota company, that works on every surface. You just dilute it accordingly. Out of the 26 companies offered on the Minnesota state bid list, Restore Products ranked number one. The criteria for the list states they have to be effective cleaners, and now they now have to be worker and earth friendly too.

**GG:** And you can buy them in bulk.

**LC:** Yes, it's much cheaper to buy in bulk and obviously you're reducing the packaging. Packaging is terribly expensive. A

good example is this 8-ounce bottle of hemp shampoo for \$7.99. When you buy in bulk, this same amount of shampoo is almost half the price.

**GG:** What environmental message would you like to give readers?

**LC:** Just recently we celebrated Martin Luther King Day. At the end of King's career, his life, he was interested in social justice through economics, and how important that is. People need to realize they control so much power through their purchases.

We are consumers. But we can be responsible consumers. It's unrealistic to try to do it all at once, but if you take it a day at a time, a step at a time, you have tremendous impact. Decide where to spend your money.

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[wfcad@wholefoods.coop](mailto:wfcad@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 Nemecek, 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.

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Also, it's a good way to introduce folks to WFC who aren't current customers or members.

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## Welcome, new members!

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|--------------------|----------------------|
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| Carol Butler       | Peter Howard         |
| Brian Keller       | Anna Leino           |
| Beth Lindberg      | Nicola Kurtz         |
| Doris Sjoberg      | Arlene Smith         |
| Joan Jennrich      | Stacy Holden         |
| Margaret Hayes     | Vonda Powell         |
| Diane Miller       | Deanna Torfin        |
| Key Strand         | Bobbie Carlson       |
| Joshua Wiese       | Terry Trogdon        |
| Doug Berg          | Tori Sackmeister     |
| David Hanson       | Yvonne Rutford       |
| Susan Carlness     | Kathryn Fuller       |
| Maria Combs        | Sarah Warwick        |
| Beth Wiemken       | Cheryl Storm         |
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| Lois Wheatley      | Colleen Basney       |
| Sharri Carlson     | Nancy Christensen    |
| Melanie Lynch      | Sienna Effinger      |
| Robert Kaspasak    | Judy Christensen     |
| Colleen Anderson   | Martha Oswald        |
| Mary Laumayer      | Axel Hanson          |
| Petra Allmang      | Jennie Bonicetto     |
| Shobha Ramesh      | Nancy Gangness       |
| Douglas Peterson   | Soren Kaspelson      |
| Sara Hollingsworth | Judith Penhiter      |
| Pamela Stangland   | Timothy Belcastro    |
| Margarita Despain  |                      |
| Courtney Whitmore  |                      |
| Matthew Nesshengal |                      |
| Lara Rose Nygaard  |                      |
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## Grocery

\*denotes organic product

Dagoba Chocolate Bars\* • 5 varieties  
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## Cooler

Enjoy Life Bagels (gluten free, wheat free)  
 Ethnic Gourmet — new entrees  
 Organic Foods Wraps  
 Ian's Fish Fillets  
 Ian's Chicken Patties  
 Heath is Wealth Chicken Tenders  
 Worthington Foods Prossage Links (vegetarian sausage)  
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## Supplements

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## Organic plants to order!

Enjoy winter and think spring.  
 See Order-Form Insert!

**T**here is little denying that the benefits and popularity of organic produce have been on the rise over the past two years. Here at the Co-op we see more new faces, and demand for truly healthful vegetables and fruits for new, committed lifestyles. As a gardener myself, it is heartening to see such nutritional powerhouses as greens, broccoli and other cruciferous (cancer-fighting) vegetables flying out the door month after month.

At the same time conventional growers have been entering the market to further their businesses, hence Dole Organics and the like. This is very evident in crops such as bananas. The average American consumes 30 pounds of bananas in a year. The Co-op sold roughly 40,000 pounds in 2003. A number like this would be enough for us to take seriously what the conditions for the workers who grow and harvest these crops is like.

In the past year attention has been increasingly turned on chocolate and coffee, and, to a lesser degree, tea as regards labor practices. To focus in on bananas, in Ecuador (where many of the Co-op's bananas come from) a worker can earn as little as \$56 a month, less than 20% of what is needed to support a family of four. This has con-

tributed to widespread child labor in order to increase the family income. This is a clear example of where the globalization of the food market has and continues to hurt developing nations.

However there is a good side to this globalization. We can be proud that the dollars we spend to buy produce during the off-season, or some tropicals which never grow here, support sustainable farming methods and ecological responsibility around the world. Many of our suppliers already support small growers. This is a positive impact of our undentably global economy.

Now the Co-op, and you the consumer, have an additional choice. TransFair, an international organization based largely out of Germany, has been developing markets and suppliers for Fair traded products since 1992. This past year their organization facilitated the sale of 500 million Euro worth of commodi-



### The Back Forty by Michael Karsh

ties. Now they are branching out in the U.S., and offering a growing range of fruits.

Just like WFC's coffee, chocolate and tea that bears the label in the inset on this page, look for bananas, grapes and mangos that have been fair traded. They will not always be available, as this is a new program, but the Co-op is committed to your good health, and the larger community that makes that possible. When we can carry these products, we will, and proudly..

#### What does buying a Fair Trade banana mean?

"Fair trade certification ensures that workers can and do organize, that no child labor abuses occur, and that premiums are paid to support a decent standard of living, education, health care, and other community development projects."

—source: TransFair USA



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# Garbanzo Gazette

## March/April 2004

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