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**WHOLE FOODS CO-OP**  
**GARBANZO GAZETTE**  
MAR/APR 2006

"My study of science has led me to realize that in the evolution of the natural world, cooperation has been more important than competition."

—John Fisher-Merritt



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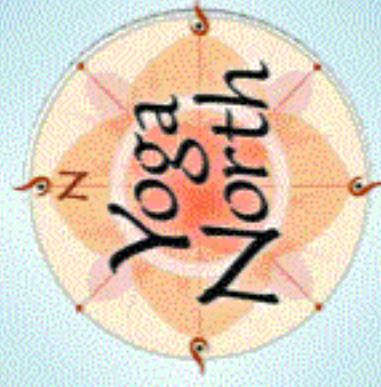


## Earth Day has a new twist this year!

WFC's Earth Day Celebration will be held **BEHIND THE CO-OP** in the **BIG TENT** on Saturday, April 22 from 11am – 4pm.

Join us for education, LEED tours of the Co-op & workshops on all things sustainable. The Whole Foods Co-op Grill Team will also be on hand with goodies only to be imagined.

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# new products

Editor's Note: Once again, I have asked the Buyers to list new & interesting items with their comments. Try a few out!

## Health & Body Care (HBC)

— Jill Hall

Introducing a new line of products from Natural Factors, founded by Michael Lyons, M.D. and Michael Murray, N.D.

- **WellBetX Meal Replacement**, in both Chocolate and Vanilla. This is a well-researched blend of nutrients, with PGX\*, that can balance blood sugar between meals.
- **SlimStyles with PGX\***, in Chocolate, Strawberry and Vanilla.
- **Crave Relax** chewable tablets with L-Theanine.
- **Learning Factors Smoothie Mix**, designed by Dr. Michael Lyon, world-renowned ADD researcher.
- **Learning Factors oil blend**, ideal for children and adults who want to enhance their mental focus naturally and safely.
- **7-Day Total Nutritional Cleanse**, formulated to provide healing and nutritional support during detoxification.



A heads up about Nature's Gate and Nature's Gate Organics — same product, new packaging ... keep on the look out!

\*PGX is a unique blend of natural, water-soluble, dietary fibers, clinically proven through years of research at the University of Toronto and the Canadian Center for Functional Medicine to help regulate appetite, raise metabolism, decrease insulin resistance, stabilize blood-sugar levels, and reduce cholesterol.

ALSO...

- **North American Herb & Spice Oregamax & Oreganol**
- **Aubrey Relax® Bath** — ginger, peppermint, eucalyptus bath soak!
- **Aura Cacia Kid's Foam Bath** packets — safe for adults, too!
- **Earth Solutions** essential oil Inhalers
- **Similasan Pink Eye Relief**, homeopathic eye drops

Meat Dept. — Jesse Hoheisel

- **Northstar Bison** jerky and frozen bison ham
- **Whole Farm** lamb chops & steaks

- **Han's** all natural chicken sausages, including Chorizo!

Cool Dept. — Brad Rozman

- The first new item I would like to highlight is the **Total Greek Yogurt** called Fage. As the brand suggests, this is a Greek style yogurt that is actually imported from Greece. I have brought in three varieties: The traditional plain that comes with a separate portion of honey. The other two varieties are the plain nonfat and the plain two percent. It has a thick, creamy texture similar to sour cream.
- The second new product is the **Liberté brand yogurt**. This is a Mediterranean style yogurt that comes from Canada. The milk used in the yogurt comes from Vermont. This is a very rich and creamy yogurt, containing eight percent milk fat. I have four different flavors: Peach & Passionfruit, Blackberry, Plum & Walnut, and Strawberry.
- The final two new items are the **Farmer's Hen House** organic large eggs, and new in the freezer are **Applegate Farms** chicken pot pies.

General Merchandise, Bulk Herbs & Spices

— Susan Stone

- Some new things to keep an eye out for while shopping at the co-op: Chia, or Salba seeds, have made their way to the spice section. Known as a very plant stable source of your omega fatty acids, this ancient Aztec food is good for more than growing pets.
- Also, check out the new card selection. Most are blank note cards, easily used for a variety of occasions. Feel good, knowing we have two local card suppliers represented. If you have not noticed the display of cutting boards located by the cheese case, don't hesitate. This is a great product, won't dull your knives, dries quickly, wood yet very lightweight. All this

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## Dean's Report

by Gina LaBrosse, Member Services Coordinator

### new classroom success story!

Our first ever 'open to the public' session in our new classroom space was a big hit with all who participated! Whole Foods Community Co-op was proud to host Dr. Gary G. Kohls for his first of three lectures on "Nourishing the Brain".

Dr. Kohls is an independent family physician, with a special interest in helping people recognize the connections between psychological trauma and neurotransmitter (brain chemical) disorders.

I came away with a greater understanding of the body/mind/spirit connection and how eating fresh, organic foods prepared with simplicity can reverse damage and enhance the

body's own healing powers. Dr. Kohls says a diet chosen with awareness and rich in nutrients can substantially enhance our brain's performance. I, for one, could use a little enhanced brain performance!

My personal thanks to Dr. Kohls for doing such a excellent and informative lecture and for going home to get his own overhead projector when ours

could not be found!

His third lecture will be on "Food and Mood, Depression and the Brain and Non-Pharmaceutical Approaches to Depression" on Saturday, March 18th from 10am to Noon.

On Saturday, January 21st, our fine friend and longtime member Dan Shapiro gave our new oven its first baking duties with "Whole Grain Batter Baking". We've added his delicious and extremely wholesome recipe in this issue. Mr. Shapiro

encourages everyone to experiment and try your own tasty renditions of this ancient method of eating whole grains. Thank you, Dan, for making our classroom fragrant with home-made goodies!

You can sign up for these and all the other great class offerings at the Customer Service Counter at the entrance of your lovely new co-op!

Stay tuned and bye for now! GG

Gina LaBrosse came home to Duluth to raise a family, share a community of good peeps and live where she can see the Lake every day. Her favorite hobbies are motorcycling with her bad-a\*\* friends and eating whole, nutritious, fair-traded chocolate. She wishes you peace and good juju.



### soaked grain batter

While flour products are more convenient, a better choice is making baked goods from soaked whole grains because they are more vital and have a wealth of B-vitamins and fiber in them.

For the batter, use:

- 1 c Buckwheat,
- 1 c Quinoa, and
- 1 c Millet

Rinse the whole grains in a colander or sieve, then transfer them into a large bowl or pot. Add enough water to cover the grains — with an additional two to three inches — and soak them for at least eight hours. Use a colander or sieve to drain the water so that the mixture is moist, but not dripping wet. Use a food processor (or blender) to grind the mixture for at least two minutes, or until it is relatively smooth. (If you use a blender, grind small amounts of grain at a time).

Note: Your home appliance will not turn the grains into flour, so grind them as long as you choose. You will still have the benefit of their fiber and nutrients.

To the grain mixture, add:

- Eggs:
  - 1 Egg for scones;
  - 2 Eggs for muffins;
  - 2-4 Eggs for pancakes or waffles
- 1 1/2 c of raw Sunflower Seeds, raw Pecans, or raw Walnuts
- 1 tsp Baking Soda
- 1 tsp Baking Powder
- 1 tsp Sea Salt
- 1/2 c Maple Syrup

Blend this mixture very well, especially the sunflower seeds.

You may also stir in, by hand, chopped pecans or walnuts, berries, or small pieces of fruit.

For scones, use a soup spoon to drop the mixture onto a greased baking sheet. Bake for 35-40 minutes at 350 degrees. Turn the baking sheets after the first 20 minutes to ensure even browning, then continue baking for 15-20 minutes. Yield: 24 small scones.

For muffins, fill each cup about half way and bake at 350 degrees for 20-25 minutes. Yield: 12-16 muffins.

For pancakes and waffles, pour a small amount of batter onto a greased skillet or griddle. These may take a little longer to cook than a typical flour-based batter.

For cookies, do not use any eggs; grind in 1 1/2 cups of raw pecans; use 1/4 to 1 cup of maple syrup plus 2 to 4 Tbsp. molasses; and 1 tsp. cinnamon, 1 tsp. ginger, and 1/2 tsp. cloves.

Bake at 350 degrees for approximately 30 minutes. Check them frequently and turn the baking sheets after 20 minutes, so they don't burn. Yield: 24-30 cookies.

Note: If you are using raw sunflower seeds, do not allow the batter to sit for a long time before you bake it. Otherwise, the seeds will turn the batter bright green. The baked goods will be fine to eat, but most people will ask about their unusual color! GG

plus they are made by Duluth's own True Ride guys!

- Lastly, keep an eye out for new magazines. Four new titles coming soon: "Home Power" "Surf" "Lip" and "Organic Style" Enjoy!

#### Grocery — Karl Becker

- **Real Foods Corn Thins** — Original and Sesame Flavors. Both flavors are organic, and a tasty alternative to rice cakes.
- **Annie's Dressings' Woodstock** variety. Not just for hippies any more.
- **Kettle Chips' Spicy Thai** flavor.

Since the last Gazette didn't leave enough room for me to cheer some of my favorite items brought in with the move, I'd like to share some more with you in this issue.

- **Clipper Teas** — Organic tea with wonderful flavors such as white tea with orange, green tea with lemon, and green tea with ginkgo.
- **Newman's Own Organic Pet Food** — Several varieties, and Organic!
- **Eddie's Organic Pasta** — Corkscrews and trumpets. Fun shapes!
- **Que Pasa Tortilla Chips** — Red and yellow. Great taste and large size, perfect for entertaining.

#### Bulk — Jim Richardson

- **Carob raisins:** This is not for those who could starve to death in a warehouse full of carob. This is only for those intelligent folks who realize that carob is not properly appreciated as a mere substitute for chocolate. This

product is for those who know that carob is actually good for you, containing many minerals. This product is for people who are trying to cut down on refined sugar, because the only sweeteners are whole grain malted barley and corn, and the natural sweetness of the carob and the raisins. Did you know that before the "discovery" of the sugar cane resources of the "New World," carob was THE sweetener of the West? This product is only for people who love delicious candy.

- **Orange-Almond Granola:** Fruit-juice sweetened!
- **Organic Flame Raisins:** Highly prized by some for a unique flavor profile, these large, dark raisins have a sweet flavor that is a little deeper and richer than Thompson raisins.
- **Organic Raw Unfiltered Apple Cider Vinegar:** Widely regarded as a health tonic when mixed with juice and honey. Alternatively, sprinkle on veggies or salad for a zesty flavor.

*A special note from your Merchandising Manager, Lisa Anderson:*

We are happy to announce that we will be bringing in a selection **Grandma Ferdon's** gluten-free products. Although these items are not organic and some contain refined sugar, they are locally made and a favorite of our gluten-free customers. Enjoy! GG

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## Garbanzo Gazette

Published by Whole Foods Co-op

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### Membership Costs:

\$100 per voting membership

Further membership information is available at the Co-op

The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Friday, March 31. Refer submissions and questions to [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop).

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The information in the Garbanzo Gazette is also available on our website at [www.wholefoods.coop](http://www.wholefoods.coop)

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

**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.

# Savor the Season

**E**arth Day will soon be upon us. As stewards of our environment and people who feel strongly about walking their talk, the Co-op will once again be celebrating Earth Day in grand style.

There will be a few changes this year, with moving from the Farmer's Market to our own back yard in the Big Tent. We're also taking a stand for education this year by offering workshops in our classroom & green building tours on the half hour of our fabulous store. This will give the folks who didn't tour at the Birthday Party an opportunity to see just what makes our building so special and how it reflects our mission.

We will also hope that at least a few of you will opt to attend the Slow Food Wild Rice dinner that evening (information on this event is on page 10). Although we usually associate wild rice with the fall season, attention is

being brought to the fore with this native food as legislation is being introduced to our state legislature this year regarding the production of genetically modified wild rice. Whole Foods Co-op will be offering a class on Wednesday, April 5 by Chef Jerry Swanson and Arlene Coco who will be illustrating how to make some of the recipes that will be featured at the dinner.

Why the big deal about wild rice? This is a native Great Lakes food. It is a sacred food of our local First Nation people. It is one of the few grains (OK, technically a grass, but...) that those with gluten sensitivities can eat. It is also one of the grains currently untainted by genetic engineering, at least in Minnesota. We need to protect this high protein, low fat gift of nature. Did I mention it's delicious, too?

At this moment, concerned citizens are working to put together a seminar about GMOs and wild rice with the Co-op. As details become available, this information will be posted in the store and on our website at [www.wholefoods.coop](http://www.wholefoods.coop). I encourage you to get informed and take action. Once the genie is out of the bottle, you can't put him back. Pollen drift is real. Contamination of our wetlands is real. Let's keep our food real, too.

## Stuffed Squash

- 2 Delicata Squash
- 1 c Wild Rice (organic hand parched is best)
- 2 c Broth or Stock (Vegetable or Chicken is fine)
- 1/4 c Onion, diced
- 1/2 Apple (use a tart variety such as Granny Smith), cored & diced
- 1 Garlic clove
- Olive Oil
- Salt
- Pepper

Preheat oven to 350F. Slice both squash lengthwise, scoop out the seeds, brush lightly with olive oil and place flat side down on a foil lined

cookie sheet. Pierce the skin several times with a fork and bake for 45 minutes. The squash should be almost, but not quite done when you take it out of the oven. While the squash bakes, rinse and drain the wild rice in a strainer. Place the rinsed rice and broth in a saucepan and bring to a boil. When the rice comes to a boil, bring it down to a simmer and cover the pan. Simmer until the rice has just burst and the liquid is absorbed, about 45 minutes. Keep an eye on it as you may have to add more liquid if the rice absorbs all of the liquid but is not yet done.

While the rice cooks, heat approximately 2 T olive oil in a pan and add the onion, apple and garlic. Sauté until the onions are soft. Set aside. When the rice and squash are ready, mix the rice with the onion mixture, season with salt & pepper and evenly divide this mixture among the squash, filling the hole where the seeds were removed. Place the stuffed squash back into the oven and bake until the squash is soft.

Enjoy as a side dish or meal centerpiece. It is also good with Swiss or Gruyere cheese melted on top.

## Other uses for cooked wild rice:

Add to meatloaf with mushrooms for a new surprise

Use as a filling for omelettes with your vegetables

Sprinkle into canned tomato soup to dress it up

Mix with spinach, Parmesan cheese and walnuts as a stuffing for chicken breasts or thighs

Using bits of several cooked grains and rice, you can make an awesome Pilaf! GG

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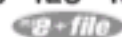
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# board report

## the greater good

by Jean Sramek, Board President

Lynn Fena, Board, Membership Committee, Chair

**A**In 35 years, the Whole Foods Co-op has changed — a lot. When changes to a co-op are made with the greater good of the member-owners in mind, change is good. We're lucky. Our changes have indeed been good and have benefited the co-op as a whole and its member-owners. While one of the wonderful things about cooperative groceries is their uniqueness, in another sense we're not unique; our evolution and growth has paralleled that of other co-ops. In the area of member benefits, we've moved from an up-front "point of sale" member discount to a patronage rebate system. Many co-ops have done this because they've found, as we have, that it is a more common-sense and financially healthier way to reward our members and grow our business — which in turn is a way to reward our members and the community in which we live.

Another area in which we've changed is our working member program. These programs vary from co-op to co-op, but many were similar to our system. Working members were what made our fledgling co-op function. When our co-op started out, every member was required to be a working member (i.e. if the member did not show up, the store did not open) evolving to the option of an adult in a member household working for a specific time or on a specific project. As more and more paid staff were added to the co-op, as we moved to our new location at 1332 East 4th Street (can you believe it — in 1993 that was the big store!) and as our business grew from a small co-op to a medium-sized co-op, two things gradually happened. There were fewer tasks reserved for working members,

and there were fewer members participating in the working member program.

It is 2006. We've gone from a base-member buying club to a cooperative grocery that does over \$7,000,000 in annual sales. We have 125 employees and we offer health insurance and other benefits. We have 3,300 member-owners. We just went through a much-needed store expansion and are housed in a sustainable, energy-efficient building. We have a complex and elegant set of governance policies that emphasize not just the way we sell organic and natural foods, but our role in shaping

our community and our collective future. We are a strong cooperative. We know when to make changes for the greater good.

For nearly two years, the Membership Committee, which includes WFC Board, staff, and members, examined the working member program in meetings, surveys, retreats, focus groups, and by examination of financial data. All signs pointed to change. At present, about 30 members participate in working member programs (that includes the seven WFC Board members). That's less than 1% of our membership. There are legal and liability issues — WFC is a corporation, not a nonprofit. Working member discount might be construed as compensation, so working member opportunities are limited to activities not performed by employees. It takes staff time to schedule, super-

wise, and track working member activity, time that is at a premium. We are beholden to all our members to make sound financial decisions and minimize risks for our co-op. It may be time to jettison the working member program and accompanying discount so that we can continue to be a sustainable business, a healthy workplace, and an expert purveyor of organic and natural foods.

What our members have told us repeatedly is that the working member program is important, not because it affords a discount to those who participate, but because of the spirit of the program. A handful of members have chosen to be working members because of the camaraderie, the solidarity, the feeling of belonging to WFC. That's something that we will work hard to preserve — indeed, to enhance.

There will be a Membership Committee Meeting on Wednesday, March 22, from 6:00–7:00 PM in the classroom at WFC, open to WFC members who wish to weigh in on this important topic. Please join us, or submit your comments by mail (Board of Directors, Whole Foods Co-op, 610 East 4th Street, Duluth MN 55805) or email [wfcboard@wholefoods.coop](mailto:wfcboard@wholefoods.coop) by March 21st.

Change is difficult, but change is good. Especially when it's for the greater good. *cc*



Jean Sramek, your Board President

## the seasonal table

by Bonnie Williams Ambrosi, member

It's Kapha time. Kapha is the wet, earthy aspect of Nature, and late winter/early spring is when it is most abundant. In our constitutions, Kapha provides moisture and bulk and helps us to feel grounded and compassionate. But too much Kapha makes us feel heavy, congested and stuck.

As always in Ayurveda, the way to regain balance is to increase the opposite qualities. Stay active and include foods that are warm, light and dry — like corn grits! Corn grits are a great choice for Kapha and can be eaten in many different ways. If you're not already a grits fan, let me tell you.

Grits were part of my southern Indiana heritage, served as a hot mush with butter or milk for breakfast or supper. Southerners prefer white, or hominy, grits.

My husband's ancestors came from northern Italy, and from his family I learned about polenta, the Italian version of corn mush. They liked to serve it fairly soft, with tomato sauce or sauteed onions, peppers and sausage. It was also sometimes a thick soup with bits of cheese added. Old Aunt Sally gave me a steaming bowl of this when we visited her at the family home in New Jersey. I was pregnant at the time and that polenta seemed to me the most delicious, nourishing, soul-warming food I'd ever eaten! Polenta (they always pronounced the e like a short a) is as essential to northern Italian cuisine as pasta is to southern Italy. It's usually made with yellow corn grits.

Another common presentation of corn grits — both in the American south and in Italy — is to let the cooked mush cool and set up, then slice it and fry it. This method creates a drier, firmer, crusty polenta. I like it with butter and maple syrup. It is also delicious under almost any sauteed vegetables, mushrooms, pasta sauce, or stew. You can make a version of lasagna with it, or even a polenta sandwich by putting cheese between two slices and heating it up as you would a conventional grilled cheese sandwich.

Here is a basic recipe for polenta. For a richer mush, substitute part milk for water. For a souper polenta, use more liquid or less grits. For a closer-textured mush, substitute part corn meal. Look for Bob's Red Mill yellow corn grits at the Co-op.

### Basic Polenta 4 servings

3 cups water  
1/2 tsp. salt  
1 cup corn grits

To avoid lumps, combine just 1 cup water and the grits, stir well, and then add the remaining water and salt. Bring to a boil, then reduce heat and simmer, stirring very frequently with a long-handled wooden spoon, until the mush is really thick — about 20 minutes. (It might be wise to wear an oven mitt on your stirring hand, as the hot mush pops like boiling mud and can burn you.) Once it is thick, it's ready to serve with any of the toppings mentioned above. OR spread the hot mush into a glass or ceramic dish or dishes: pie plates, loaf pans, cake pans, casseroles. Let it cool completely. It can be refrigerated for a day or two if you wish. Turn the now-solid polenta out onto a cutting board and slice it. (Plain dental floss works great for slicing a loaf of polenta.) Fry the slices in melted butter or olive oil in a skillet or on a griddle. Top as you like. Mangia bene, y'all! *cc*

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## staff news

### STAFF ANNIVERSARIES:

#### March:

Steve Perry 2 years  
Janet Ramel 2 years

#### April:

Jill Holmen 6 years  
Andrew Sparrow 1 year

### Welcome to all the new folks:

Karen Johnson, Admin. Asst.  
Nikole "Nikki" Eskola, Store Keeper  
Melissa Snow, Front End Asst.  
Jennifer Zoretich, Front End Asst.  
Rose Anderson, Produce Asst.  
Andrea Foro, Produce Asst.

Love blooms at the Co-op with two staffers, **Stephanie Blohm**, Front End Assistant and **John Freedline**, Deli Assistant announcing their engagement in December!

Fame for our Finance Manager, **Christina Cotruvo**. She will be featured in Issue #17 of HarpLight about her music reading method and teaching for blind musicians.

More of your Co-op Staff have completed the full course of training. Yes, this is why our folks are the cream of the crop. Drum roll, please...

Andy Theuninck, IT Coord.  
Gina LaBrosse, Member Services Coord.  
Maria Hickey, Shift Leader  
Chris LaGraves, Shift Leader  
Jay Newkirk, Shift Leader  
Jackie Bradley, Deli Asst.  
Dolores Meidl, Deli Asst.  
Vicky Carper, Deli Asst.  
Bambi Cerys, Deli Asst.  
Briana Lowrie, Front End Mgr.  
Michael Olker, Front End Asst. Mgr.  
Jeremy Francisco, Front End Asst.  
Jill Hall, HBC Buyer

Congratulations to Shift Leader **Chris LaGraves**, proud father of Samantha, born February 7.

What's in the water around the Co-op, anyway?

Congratulations to IT Coordinator **Andy Theuninck** on graduating from UM-D.

### THANK YOU SO MUCH

To All WFC Employees!

### WHAT'S UP, DOC?

If your carrots become limp, re crisp them in a bowl of ice water.

### WHAT'S UP, DOC?

Carrots are a member of the parsley family.

# better in bulk

## triumphant return of bulk honey and maple syrup

I wish I could take credit for it, but I can't — bulk honey and maple syrup are back because YOU — the membership (and other devoted customers) — demanded them. You requested them and requested them. Finally a critical mass developed that overcame all bureaucratic intransigence and buyer reluctance like a dam breaking. It says a lot about the power of membership, as if there was any doubt about who is really running this store!

I hope that, by the time this sees print, your patience has paid off in other ways, as the new bulk department continues to improve after what I consider to be a rocky start. I hope the bulk foods aisle has reached certain benchmarks of shoppability by now, and if it hasn't, please know that the pace of progress is glacial and we're seriously working on it. The move was fairly traumatic for the poor little bulk aisle, but it should be well on its way to a more or less full recovery. The reintroduction of bulk honey and bulk

maple syrup is emblematic of those positive changes since those first opening weeks. I sure love how disproportionately happy those two products make all of y'all. Now if I could just find a source for whole green peas!

Some products that everyone would love — like whole green peas for instance — are simply not available in

bulk in the current marketplace, for inscrutable, mystic reasons that even learned men like me cannot understand.

But for every one of those, there are some success stories, i.e. more previously discontinued products available again since the new store opening. So

don't miss out on the reintroduced sesame sticks, now available in Plain and Garlic as well as Cajun. Also making a well-received return is the Olde World Pila! So you CAN go back.

And look for bulk amaranth to become organic soon, a welcome development and a great opportunity to try out this tasty and nutritional super-grain. (And it's not just for gluten-free,

folks — amaranth sustained the entire Aztec civilization after all.)

I would like to mention a few things about our "Old Tyme" nut butter grinders, new to this site. There is one machine dedicated to grinding organic peanuts only, and one machine dedicated solely to almonds. The price is hard to beat on the nut butter from these machines, and the quality and freshness are something you can immediately taste, so I am very enthusiastic about them.

The "Old Tyme" company recommends storing your nut butter at room temperature; refrigeration tends to dry it out and make it less spreadable. At room temperature the oil will begin to settle out after a couple days and must be stirred back in, like any all-natural nut butter without chemical stabilizers or hydrogenation. It may be kept at room temperature for at least four months, but of course you are likely to have ravenously consumed it all by then because it is so scrumptious.

One thing that has people a little confused is whether the peanut butter coming out of the grinder is "crunchy" or "smooth." Turns out the machine is pre-set to grind somewhere in between the two, a grind called "gritty," so it's sure to make everyone/no one happy. If you are sorely missing either smooth or crunchy, we are carrying 5# buckets of both, right across from the grinders in the cool bulk unit. The brand on these buckets is East Wind, the brand we prepacked at the old store. So if you're missing the peanut butter from the old store, the 5# buckets are your ticket, available in organic smooth no salt, organic crunchy no salt, commercial smooth salted, and commercial crunchy salted.

As always, please feel free to contact me directly with any and all bulk foods questions and comments, be it a special order for an obscure product, or a question about gluten-free baking, nutritional info, or recipes. I remain your humble servant. I may be reached weekdays from 7am-2pm at 218-728-0884, ext. 454, or you may email me at jim@wholefoods.coop. Thank you! GG  
Jim Richardson, Bulk Buyer, is an eight year veteran of the natural foods industry, including six years at Whole Foods Co-op.



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# management report

**W**hile researching the history of our new location, we discovered that the diverted stream that splashes to the surface below our building is Brewery Creek. Brewery Creek is one of 42 identified creeks in Duluth. It is also visible high above the Co-op along the newest section of the Marshall School's Nordic Ski Trail ([www.skinnyski.com/trails/](http://www.skinnyski.com/trails/)) and empties into Lake Superior about a block and a half from Fitzer's Inn & Brewery Complex ([www.fitzers.com/history/](http://www.fitzers.com/history/)). And that's why, although Lake Superior sometimes glowers and sometimes glows in the distance, our customer seating area is named the Brewery Creek Overlook (BCO).

The BCO has counter and table seating as well as furniture, books, and toys for kids. The windows offer amazing views but a bit more direct sunshine than is comfortable. We're working on plans

for the BCO to reduce the glare, enhance the recycling opportunities, offer wireless Internet, and establish a revolving gallery for local artists.

From the BCO windows you can see the patio that rests on the roof of our loading dock (an extension of our seating area when we can add

parking lot. Soon, there will be a monitor where you can watch the power flow from our solar panels to MN Power and note the comparable weight of coal by-products not released to the atmosphere.

While the 4th Street parking lot will host garden transplant sales this spring and the return of the Annual Halloween Party in October, our alley parking lot will be the location for the Co-op's Earth Day Fair, Midsummer Organic Food Fest, and Annual Membership Meeting.

Attendance at our public classes is increasing. Sales are above expectations. The ATM is installed; no transaction fees if you are a member of Members Cooperative Credit Union. We are just scratching the surface of the potential for this site, but it sure feels good to have all these opportunities to develop. See you

at the Co-op! ☺

Employed at WFC since 1980, **Sharon Murphy** has been the General Manager since 1988.

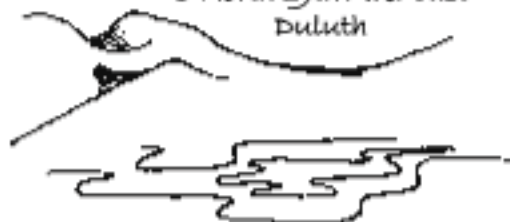


Sharon enjoys her spacious new office.

furniture), the outside stairway connecting our 4th Street and alley parking areas, and our new 5 KV solar panel display in the center of the alley

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Thursday, March 16th 7:00PM  
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Monica Liddle, ND, is a Naturopathic Midwife in private practice.  
Jana Studelska is a certified doula and midwife's assistant.

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## Transplant News

Is the snow melting in your garden plot? Are you planning out the rows and rows of fabulous produce to grow that will end up on your table? Well, WFC will have Barb's Gardens certified organic, locally grown transplants available again this year! We've changed the system of how we're selling transplants, so if you've purchased them in the past, here is some new info for you.

### NO PREORDERS REQUIRED

Barb will be selling transplants twice a week at WFC beginning Saturday, May 13th. Transplants for purchase will be available every Wednesday from 1-7pm and every Saturday from 8am-2pm, with the final day of Saturday, June 10th. Your favorite varieties will be available, but now you don't have to place your order three months ahead of time. Just stop by, browse the selection, and pick out your favorites!

WFC and Barb's Gardens look forward to playing a part in your garden success for the summer.



Barb gets transplants ready for a new home.

### WHAT'S UP, DOC?

**A**void storing carrots next to apples as the ethylene gas given off by the apples gives carrots a bitter taste.

### WHAT'S UP, DOC?

**B**efore storing green top carrots, cut off the green fronds. They rob the carrot of moisture and nutrients.

### WHAT'S UP, DOC?

**T**hree and a half ounces of carrots contain a whopping 15,000 units of vitamin A.

## board of directors

### Jeri Brysch

jeri@wholefoods.coop  
Treasurer

Finance Committee (Chair)  
GME Committee  
Membership Committee  
Term expires 2006

### Chad Coffey

chad@wholefoods.coop  
Secretary

Food Policy Committee (Chair)  
GME Committee  
Membership Committee  
Term expires 2006

### Chris Edwardson

chrise@wholefoods.coop  
Vice President

Board Recruitment Committee  
Finance Committee  
Membership Committee  
Term expires 2006

### Lynn Fena

lynn@wholefoods.coop

Board Recruitment Committee  
Food Policy Committee  
Membership Committee (Chair)  
Term expires 2007

### Erik Hahn

erik@wholefoods.coop

Food Policy Committee  
Membership Committee  
Term expires 2007

### Theresa Koenig

theresa@wholefoods.coop

Board Recruitment Committee  
Term expires 2007

### Jean Sramek

jean@wholefoods.coop

President  
Food Policy Committee  
GME Committee (Chair)  
Term expires 2007

### Sharon Murphy, General Manager

Whole Foods Co-op

610 E. 4th St/

Duluth, MN 55805

728-0884/w

728-0490/fax

724-7998/h

smurphy@wholefoods.coop

WFC web site: www.wholefoods.coop

Address to communicate with  
entire Board and General Manager:  
wfcbod@wholefoods.coop

To speak to a Board Member or the  
General Manager, call the store  
at 218/728-0884

## 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.

## cooperative 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

# "Natural Light"

by Ron Deters, member

"Natural light." You may have heard this term as the darkest days of the year are upon us. People may mention their longing for the Sun as we scurry to work in the dark and come home in the dark. Here on earth our eyes are designed for natural sunlight and the spectrum of color that it produces. Indoor lighting that does not closely resemble natural light can produce glare, eyestrain, headaches, and the absence of natural light can result in Seasonal Affective Disorder (S.A.D.) for some who can't get outdoors enough.

While fluorescent lighting is a very energy efficient technology, the spectrum of light that standard fluorescents produce is greatly lacking in blue light and quite excessive in yellow compared with outside light. The general lack of blue in standard fluorescent light confuses the "rods" in our eyes into sensing darkness or absence of light even though the lights are on. This information causes our pupils to dilate too far allowing the

excess yellow light to result in glare and eyestrain for many. While we may have become accustomed to it the excess yellow in the standard fluorescent spectrum produces a yellow or even pinkish tint which diminishes print contrast on written material and can add to the eye strain for those doing paperwork.

For most people the above problems are generally exacerbated as we age. Imperfections from protein deposits in the lens scatter the light entering the eye. Injury or illness can further this. Our lenses also become denser and yellowed with age which blocks more blue from reaching the retina and the rods. Sensitivity to glare increases and adjusting to changes in light levels takes longer. Additionally, because of these changes our pupils tend to stay open too far which decreases depth of field making images too near or too far blurry. Balanced spectrum light can help to ease most of these problems by including a more natural amount of blue and eliminating excess yellow.

This is not to say that fluorescent

lighting is necessarily bad. Balanced spectrum fluorescents do exist. They can produce light that renders color better and produces significantly more seeable light while reducing glare and eyestrain. They can also help with S.A.D. Light from a full spectrum light looks very white like the light from a window or skylight. Standard fluorescents will stand out as pinkish yellow when compared to this whiter light.

In our homes many of us want to relax and avoid paperwork etc. We may generally prefer a "warmer" light from incandescent lamps as opposed to the "light of day". I like having balanced spectrum bulbs over my computer to ward off winter/basement blues and ease eye strain. We also have them in the kitchen for food prep but turn them off when its time to eat. Whatever you prefer, I hope this information will help you be more comfortable, productive and ultimately healthy. GG

### Malcolm B. Davy Attorney at Law

\*\*\*\*\*

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# Book Review *by Judy Kreag, member*

**"A**nother cookbook?" I can almost hear it ... "Who needs another cookbook?" Well, if the Head Chef at The Dwelling in the Woods is any gauge, you do want to consider this one. I borrowed this book from the Co-op to write a review and asked her to test some of the recipes on our guests. That is all it took. She wanted to keep the book because she was so impressed with what she found. Jesse Ziff Cool has really outdone herself.

The cookbook, *Your Organic Kitchen*, is beautifully compiled with elegant, mouthwatering color photos of many of the prepared recipes. She has friendly comments on the sides of each page with timely kitchen tips interspersed throughout the whole book. To Jesse, cooking and eating good foods create the heart and soul of one's existence. That is not an easy task in today's world. In fact, it is almost impossible unless you grow your own food or at least patronize a good Co-op. The author equates long

life and a young attitude with wholesome, fresh foods, like those used in the recipes in this book.

Ms. Cool feels that the spirit in which a dish is prepared is often as nurturing as the food itself. When you take time to buy good organic ingredients it is nurturing to both body and soul. However, we do live in a fast paced society where we don't always

information on why organic makes sense and how to let the labels guide you. Labels can and often are deceiving so knowing what to look for and how to read them really makes good sense. The recipes are arranged by seasons: First of spring, late spring, early summer, midsummer, Indian summer, autumn harvest, early winter and deep winter. She has a balance of

entrees, vegetable dishes, salads and desserts in each section using seasonally appropriate ingredients. My favorite recipe is the Mexican Chocolate Pudding from the midsummer section. It can be served by itself or with

fresh berries. I liked it best drizzled over fresh cut strawberries. The hint of cinnamon was unique and delicious.

The book ends with a guide to organic products, markets and resources, complete with websites and summaries.

This is a classic among cookbooks and you can find it in the book section of the Co-op. Browse through the tasteful pages and decide if you, too,

would like to experience some of these delicious and healthy recipes in the pleasure of your own kitchen. cc

**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.

## *Your Organic Kitchen*

Author: Jesse Ziff Cool

have (or take) time to choose carefully, so Jesse talks about walking the walk and also being flexible enough to not be ashamed of occasionally wandering off the good path.

*Your Organic Kitchen* is beautifully organized. The author tells you how she came to love good food and how important it was in her family to learn to nurture people through their palates. She then gives you pertinent

### WHAT'S UP, DOC?

**C**arrots are said to relieve menstrual pain and PMS irritability.

### WHAT'S UP, DOC?

**T**he slimmer a carrot is, the sweeter it will be.

### WHAT'S UP, DOC?

**C**ooked carrots are more nutritious than raw ones. Because the cellulose-stiffened cell walls are partially dissolved, the nutrients are more readily available.

Whole Foods  
Co-op  
congratulates  
Kathy LeRoy,  
winner of the  
Seventh  
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product  
giveaway.

Kathy entered at the Co-op and won four deliveries of all the cleaning products she'll need for a year. Just goes to show — you can't win if you don't enter!



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## Dear Friends of Slow Food,

We have 2 programs planned for the spring. Please mark your calendars for Earth Day, April 22, (6:00 p.m.) when we will host a educational program and dinner featuring hand-parched wild rice. Jim Postance is working on a wonderful speaker for us.

This event will be held at the Duluth Athletic Club, and Chef Jerry Swanson will prepare a multi-course meal. As you know, our hand-parched wild rice is on the endangered foods list that Slow Food International sponsors. Cost of the dinner will be \$55.00 per person and a cash bar will be available. There will also be the gallery hop that day, along with the Earth Day Festival at Whole Foods, so plan to come and make a day of it.

We will also have a cooking class at the Whole Foods Co-op on April 5th at 6:00 p.m. to feature dishes that will be prepared at the meal. Look for details on the class schedule found in this Gazette. If you have not seen the new classroom space, here is your chance. Sign up for this class at the Co-op.

Best,  
*Arlene Coco, Slow Food Lake Superior & Co-op member*

## news bites

For more information on the recent debate on the integrity of organics:

- Organic Farming Research Foundation:  
[www.ofrf.org/policy/Policy%20Positions/HarveyPositionStatement2.html](http://www.ofrf.org/policy/Policy%20Positions/HarveyPositionStatement2.html)
- Arthur Harvey's new website:  
[www.restoreorganiclaw.org](http://www.restoreorganiclaw.org)
- National Campaign for Sustainable Agriculture:  
[www.sustainableagriculture.net/ltr\\_to\\_community.php](http://www.sustainableagriculture.net/ltr_to_community.php)

## welcome, new members!

### Spread the good word!



We have set a goal of 750 new members before July 1, 2006. The graph shows where we are so far as of January 2006. We have a long way to go, but with the encouragement of current members, new members are adding up!

John Rosenthal  
Pauletta Porras  
Laura Amendola  
Rudolph Blakeman  
Martha Han  
Amy Rosenholm  
Emmy Libal  
Tammi Beier  
Robert Schierman  
Betsy Snow  
Kim Holak  
Wallace Matson  
Bruce Peterson  
Charles Branch  
Shannon Godsey  
Tom Kucinski  
Debbie Bolen  
Bruce Marshall  
Daniel Sondgerotch  
Lesli Eikanger  
Cathie Trachsel  
Vicki Westrick  
Robert Golla  
Carol Person  
Roy Marlow  
Jennifer Murphy  
Deborah Jackson  
Kay Krause  
Nancy Cerkenik  
David Whittaker  
Duane Madison  
Monica Highmark  
William Abraham  
Eric Stromgren  
Carl Becker  
Marcia Johnson  
Sherri Monroe  
Mike Overend

Tim Ridolfi  
David Grapentine  
Allan Fralich  
Kathleen Beavers  
Carla Gordon  
Tiffany Rossmann  
Kara Gunderson  
Dea Rauvoia  
Carol Elaine Yeates  
Kathy Doyle  
Charles Gessert  
Carol Spielman  
Catherine Nicholson  
Mary Roling  
Mary Azmitia  
Judy Avis Granmo  
Rosanne Perala  
Ben Moog  
Leila Gilley  
Janice Patterson  
Mathew Winbigler  
Justin Krych  
Mary Chavez  
Joan Wheeler  
Elizabeth Colalillo  
Kurt Hannula  
Katherine Field  
Stacey Rautio  
Beth Schield  
Lorna Sjodin  
Ronald Miller  
Elizabeth Horner  
Brandi Kilbourn  
Carla Herman  
Paula Rannikko  
Rose Marie Rich  
Florentine Kelly  
Kristin Garey  
Lucinda Peterson  
Linda Buchfinck  
Tina Shaddox  
Shannon Ostazeski  
George Apostolou  
Heidi Anderson  
Amanda Schmidt

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Roger Reeves  
Sharon Olson  
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Robert Stodola  
Shelly Faust  
Barbara Kriske  
Janet Keough  
Kristine Smith  
Jim Mclean  
Leah Gruhn  
Tammy Brandt

Don Bacigalupo  
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Deborah Martin  
Christopher Rubesch  
Patricia Burns  
Leslie Kebschull  
Michael Olsen  
Christopher Gardner  
Lawrence Cuffe  
Andrea Diamond  
John Peck  
Frances Green  
Sara Aturalija

### You're half way there!

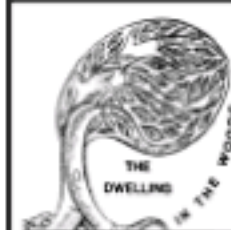


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# Spring Cleansing!

by Kay Smith, Lake Superior Herbalist Guild

What a winter we've had; the warmest I can remember. We're saving tons on our fuel bill. One might question is this a blessing in disguise? One thing I know is a blessing is the dandelion greens I saw in the produce cooler at the Co-op. My adult children quickly put a damper on my enthusiasm or I would have been dancing in the aisles.

Dandelion, the simplest weed, is a great herbal ally. The mere sight of these greens inspires spring cleaning! My grandma and I would go about this easily and gently, taking the treasures from the shelves, cleaning around and behind, washing all the curtains, scrubbing the walls and replacing the treasured knickknacks all in their turn. She knew I wouldn't have the patience or the stamina to do the whole house in a day or in a weekend, so perhaps I will approach my inner house cleaning the same way. I can use those dandelion greens and a few drops of tincture as well. I make my tincture from dandelion roots I collect in the spring. It's important to note where to gather your roots from. If you are using herbs from within the city, be sure they are at least 15 ft. from a roadside edge, but 30 ft. is even better. I prefer the young ones but older roots can still be used for roasting (over low heat in the oven). I rinse the roots off, chop them up, place them into a jar and cover the roots with brandy. Shake the jar several times over the next 3 weeks. After 3 weeks strain the liquid out through a non-metal strainer and voila — homemade dandelion tincture!

I've started my spring cleaning early this year, taking a page from my grandma's book. To use dandelion tincture I take 1-3 drops under my tongue, a couple of times a day. If you didn't make your own tincture last spring, Herb Pharm makes excellent tinctures. The next step, maybe when I get to cleaning those curtains, I'll add a cleansing tea. Yogi Tea and Traditional Medicinals both make excellent detox

teas. I will drink pots of tea sipped with a little honey over the next few days. A blend I especially like is:

- 2 parts alfalfa
- 1 part red clover
- 1 part peppermint
- 1 part sage
- 1 part nettles
- 1 part crushed rose hips

Mix the dried ingredients in a jar. Shake or stir to combine, and use between 2 tsp and a 1 T depending on how strong you like to make your teas.

As I cleanse my body I find I can think clearer. Dandelion flower essence, or tincture made from the flower of the dandelion, is good for those thoughts blown this way and that like the dandelion seeds in the wind. I get the clarity to cultivate and grow those seeds. I may choose to deepen my cleanse by adding a fruit juice fast for a day or two followed by

more tea, dropping my dose to a cup or two daily.

While I am at it I'll care for my whole spirit with nourishing time in a hot bath to which I've added a few drops of lavender, peppermint or

the treasures back onto the shelves, and approach summer fun (paddling & barbecues!) with a cleaner house, and a lighter spirit.

Wishing you sparkling radiant health! CC



It won't be long before you're pulling these out of your yard. Until then, the Co-op has all the dandelions your need!

Kay Smith, herbalist with over 20 years experience and education, teacher, mom, wife, friend, massage therapist, a member of the Lake Superior Herbalist Guild.

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>.

*Herbs are medicine and their use must be taken with care and respect. Each individual is different and may react differently to certain herbs such as allergic reactions. Self-treat at your own risk. Consult a physician should symptoms persist.*

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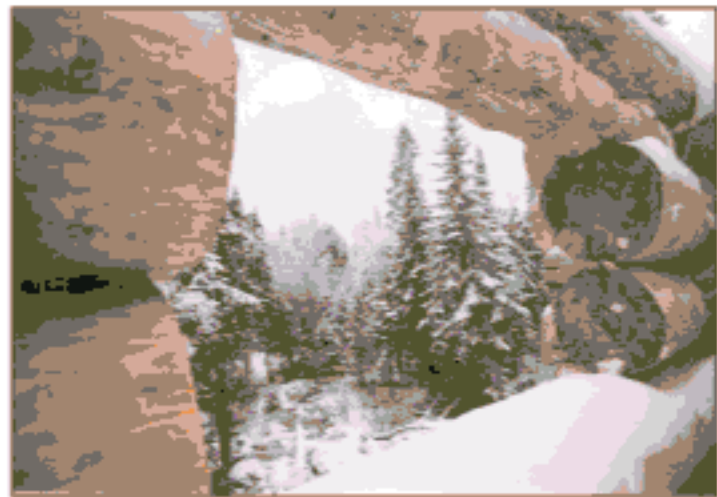
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# gourmet to go

## English Cheese, Please

by Wolfgang Littlewolf, Cheese Buyer

From the beginning of written history, England has been producing cheese. Although cheese has been produced in England for centuries, the first cheese factory was established just over a hundred years ago. From this long history of making cheese, an innumerable variety of cheeses are

now produced in England. In the past, goat's milk was favored for the production of cheese. Now the times have changed and cow's milk has taken over as the favorite in English cheese making. Today the most popular cheeses made in England fall into categories based on where they were originally made. To name a few there are Cheddar, Cheshire, Stilton, and Wensleydale. Cheddar, the best known of all

English cheese, was made in the shadow of Mendip Hills, near the Cheddar Gorge since the 16th century. These days it is also made in Wiltshire, Dorset and around the world. Cheddar originally was white in color but now the color ranges from white to pale yellow to orange. William Camden wrote that it was a "prodigious cheese of delicate taste." Its flavor is described as mellow but ranges from mild to extra sharp. It can be served in numerous ways; by itself with a cracker or in a dish like Mac & Cheese or pizza.

Some of England's specialty cheeses are Cheshire, Stilton, and Wensleydale. These cheeses are manufactured in the counties that carry their names or where they were first sold. Cheshire, which has been produced in the county of Cheshire since the Middle Ages, has a loose and crumbly texture and a flavor that ranges from mellow to rich and creamy. Stilton, which was named after the town it was first sold out of, has two types, white Stilton and blue Stilton. All Stiltons start as white, then some are aged an extra few months and blue Stilton is produced.

Stiltons are versatile cheeses that go well in soups or with a good Port. French Cistercian monks that settled in Wensleydale in Yorkshire, England brought with them the recipe for what is now known as Wensleydale cheese. As the monasteries broke down, the local farmers continued to produce the monk's recipe of delicious cheese. Wensleydale has been described as rich, sweet and creamy. It has a slight hue of honey and makes for a great dessert cheese.

England has some of the best-known cheeses in the world. With all the different varieties coming out of England it is hard to choose which one to try today. We carry a few different English farm Cheddars, an English Huntsman (Cheshire), Blue Stilton and a Cranberry Wensleydale. So take a look! We have something for everyone. GG

Wolfgang Littlewolf has been trying to bring smiles to peoples faces since he arrived from the Iron Range. With respect for everyone he meets, he hopes he can bring a smile to yours as well.



Windsor Red and Cotswold are just two of the delicious English cheeses we regularly carry at the Co-op.

# the back 40 "early mornings"

"So thou, sweet Rose-bud, young and gay,

Shalt beauteous blaze upon the day,  
And bless the parent's evening ray  
That watch'd thy early morning."

— Robert Burns, from  
"A Rose-Bud By My Early Walk"

So far the night of winter has been less than dark, and more like a midnight sun. What happened to our weeks of -20 degrees F in January? Where is the piling of snows in the woods and trails, and that brisk clarity of morning and night with a sprinkling of flakes drifting down in pools of light? Coming again into spring we have hardly been chastened and cleansed by the brute blows of wind and ice; have hardly earned a springtime with ruddy cheeks and stiffened hands.

But then, all of these changing parameters and realities are a huge part of what make produce work so satisfying. Certainly it is seasonality, like the gardener who counts the days until last frost, that drives the bright spots through our department: grapes will come again, and Honeycrisps will have their day (But only after the Colorado peaches knocked your socks off!) It is also the profoundly

conservative realities of agriculture which, unlike constructed work materials like money or data, require a constellation of known and unknown inputs being saved toward future growth. Will the season produce good apples? Will the potatoes have enough water to grow at an acceptable rate? And what about the myriad cues that temperature and light give to plants that can mean the difference between a lot of foliage, and a lot of fruit set?

Organic agriculture delivers some of the best tasting, best quality product within the world of these limits, in part because endemic to its practices is a respect for and building up the land's capacity. This is the rose in the early morning, the respect for fundamental value of something, as well as its fecund potential. If it is true that language defines our limits in the world, we can be doubly glad that a system of agriculture that has a better vocabulary is growing at the rate it is on an ever-increasing scale. The potential for good, however, is represented not only in volume, but every flawless apple, kumquat that pops like the sun in your mouth, or

tender spring mix that dresses up a matronly head of leaf lettuce. This is the vocabulary of the palate.

Quite some time ago I had an epiphany while watching a movie,



"This is the vocabulary of the palate."

*James and the Giant Peach.* In an early scene from the movie, James is pressed into a seemingly unending load of work in very grimy and dire circumstances. Whether it was the visuals, it is hard to say, but for some reason it conveyed to me the truth that everything there was or is, is the product of some work by some party, and there are no shortcuts that are real or sustainable. Whether it is the

unknowable work of natural forces, the bloodied fingers pushing starts into hundreds of yards of tilled soil, or the lines on the invoice pad — it is work done either as a violence to outstrip natural limits, or with ingenuity to excel within them. We've made our choice, as have our growers, and we are gearing up for a fantastic local grower season in which we'll all taste the results of a mild winter in the savor of what our ground produces. We get the pleasure of being a part of the seasonal circle, and the challenge of living within the limitations it sets. Like Burns, we'll appreciate in the slant light of Autumn coming what we already see today.

"A little linnet fondly prest/  
The dew sat chilly on her breast/  
Sae early in the morning." GG

Michael Karsh is the Produce Manager at Whole Foods Coop, where he has worked for the past 14 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he has worked to develop markets for local growers, with an emphasis on Organics.