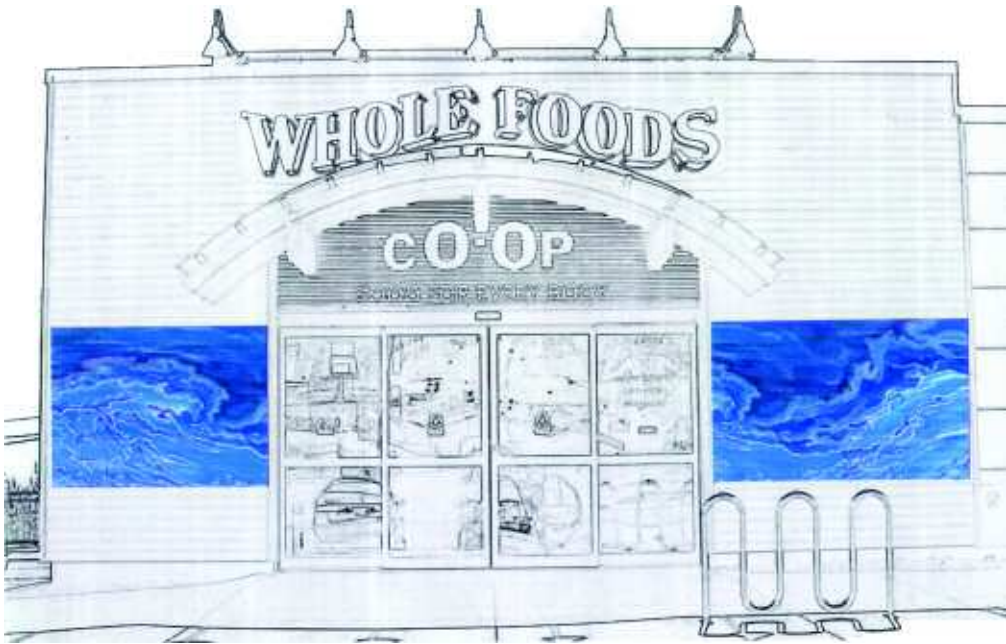


# Local art on the Co-op

In summer 2007, our Board of Directors selected the submission from Ron Benson of Benson Glass Art, Duluth, for our first exterior art project. Ron will recycle single pane window glass and other local materials to create a glass art mural that will wrap around the front and east side of our building. For more information visit our web site [www.wholefoods.coop](http://www.wholefoods.coop).

Artist rendering of the recycled glass project. Clockwise from top: Northeast corner, east side wall, north side (front) of building.



# The Back 40

local, sustainable, real food

by Michael Karsh, Produce Manager

One year does begin to look like another sometimes, and at that it can often be the weather. Yes, we did have a decent amount of snow, and some sub-zero January chill-outs. They had the same elsewhere this year, including California and Florida. Without delving into reasons for some of our extreme weather over recent years, it is enough to note that the Fruit-and-Vegetable-Basket of the nation, California, barely managed not to be washed away by 13+ inches of torrential rains in some places, blown away and burned to a crisp or frozen

retailer shelves, this in addition to the distortions in corn pricing caused by ethanol demand appearing in everything from milk to corn plastic containers. The International Food Policy Research Institute (IFPRI) predicts in cereal grains alone prices will continue to rise up to 20% over current levels by 2015, raising serious concerns about accessibility of quality foods domestically, and more importantly in developing countries. Closer to home a University of Washington study found that from 2004–2006, fresh fruit and vegetable prices rose 19.5%, while the general

rate of food price inflation during the same period was 5%.

Organics are not immune to these forces, though many of the costs associated with non-organic farming that are now appearing in consumer prices have

to embrace the virtues of local, if adorned with much filigree. In the end it is the fruit of the soil, and the work of our neighbors, that sustains us that must take a greater part of our attention, and our incomes.

The latter is a non-negotiable, only how we choose to approach it can be: it is not sustainable that better than 46% of our food dollars are spent for food consumed away from home. Where do we begin?

Availability is always amenable to support of local growers and producers. It just costs less to ship a product from Wrenshall than Washington, both in fuel and in the cost of mid-point handlers. Choosing local is a direct way to impact the development of rural infrastructure, which is to say the ability of rural communities to meet our food needs. You could choose to support local CSA or exciting new farming explorations like Grassroots Farm (watch for their products in coming months). Access or equity for all consumers is a little harder, especially the poor. Yet the support of truly sustainable agriculture will ultimately prove the most economical for all precisely because corn and fuel costs will not be the last shoes to drop for American agriculture. Economic realism, which



In the end it is the fruit of the soil, and the work of our neighbors, that sustains us that must take a greater part of our attention, and our incomes.

out with unseasonable snow and cold temperatures. This is not to mention the food supply disaster suffered in China, which will impact supplies worldwide. Nothing new, and yet...

Heavily subsidized agriculture in the U.S., where tax money supports both growers and the corporation for whom they stand proxy (see [www.EWG.org](http://www.EWG.org) for more on this, including stunning details) benefit from pricing in the market that bears little resemblance to the real costs of food, has begun to see price increases around unsubsidized input and fuel costs. From natural gas based fertilizers to harvest and shipping fuels this cost has appeared on most

always been represented in the price of organics. Pricing at WFC is competitive on organics with other outlets around Duluth according to recent price comparisons, and more interesting is the closing gap between organics and their non-organic counterparts. Whatever school of agriculture, our sourcing options, their attendant weather woes and shipping costs are much the same. Access and availability become key points for us looking ahead at agriculture in the midst of an economic downturn in the U.S. economy.

All this begins to come to a finer point even as popular culture begins

bows before efficient use of our economic resources, will ultimately embrace sustainability once limiting factors continue to mount, be it peak oil, soil exhaustion or any number of other elements.

Even if our love-affair with bananas will never be met in our region, we can begin to reverse our dietary decline by doing what the farmer does: getting our hands dirty in the production of our food. Pull out the cutting board and the knife, and consider a carrot or bunch of kale — even as we do, the seeds of a sustainable future are sown as we ourselves become acquainted with real value over convenience; as we consider what makes for sustenance for ourselves, others, and the future.

GG

**Michael Karsh** is the Produce Manager at Whole Foods Co-op, where he has worked for the past 17 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 developed markets for local growers, with an emphasis on Organics.





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In this issue 🌱

Grassroots Farm 2

Savor the Season 5

Gourmet to Go 3

Snowflakes & Cattle 6

Membership Matters 4

Dean's Report 8

New Classes 9

Board Report 10

New Members 11

Wind Energy 12

Fresh Perspectives 13

Management Report 14

Book Review 15

Back 40 16



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## Garbanzo Gazette

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[www.wholefoods.coop](http://www.wholefoods.coop)

### STORE HOURS:

7 am – 9 pm Everyday

Membership Investment:  
\$100 per voting membership

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

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



**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.



**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.

# growing organic farmers

– a new CSA takes root

by Jeff Greensmith, Front End Assistant

This summer, start looking for organic produce with the flavor of grassroots. Thanks to the generosity and openness of Linda Ward, a growing group of young people will have an opportunity to experience real hands-on work on an organic farm. The farm will be organized and run by young people with the help of Linda, the mentorship of John Fisher-Merritt, and the extended advice of many other local farmers. *Grassroots Farm* is located in Twig, a rural boreal community in Northern Minnesota's Cloquet watershed 16 miles from Duluth, MN. It will practice the typical world saving ideas: to be chemical free, planting un-altered and genetically original seed, sustainability, democratic control, cooperative effort, and making every attempt to leave the natural world, within which people, animals, and plants live, better than we found. In the future we would also like to add renewable energies, like wind turbines and solar powered energy systems to our farm co-operative to help offset the cost, dependence, and risks of

inappropriately used energies.

We will supply *Whole Foods Co-op* in Duluth, *Lake Superior Sustainable Farming Association* farmer's market at the University of Minnesota Duluth campus and a *member owned and worked CSA* with high-quality organic produce. Various organic crops include root crops, garden vegetables, flowers, and medicinal and culinary herbs.

What is most exciting about *Grassroots Farm* is that it intends to provide people with a hands-on educational opportunity in organic growing and marketing. By doing so people will gain confidence in their abilities to grow organically and receive encouragement to branch out and

begin their own operations. With an ever-increasing demand for local organic produce *Grassroots Farm* will be part of the solution to fulfill that demand for today and for future generations.

Thanks especially to the Whole Foods Co-op for offering to match our start up fundraising efforts up to \$500! Keep looking for posters for future fundraising events to help this farm grow.

CG



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Breakfast is served beginning at 7:30 am each day.  
Saturday and Sunday menus are Chef's Choice.

All menus include meat, vegetarian and vegan options.

### MARCH 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 3-7	THAI STYLE GRILLED CHICKEN	CARRIBEAN BLACK BEANS	ITALIAN HERB CHICKEN	MUSHROOM STROGANOFF	BRAISED FENNEL & TOMATOES
MARCH 10-14	TEMPEH CACCIATORE	COWBOY BEANS	ENCHILADA DAY	SAUERBRATEN STYLE MEATLOAF w/ SAUERKRAUT	MANGO CHUTNEY FISH
MARCH 17-21	ST. PATRICK'S DAY DUBLIN CODDLE	LEMON ROASTED TOFU	JERK CHICKEN	TURKEY SLOPPY JOES	BLUE CORN CRUSTED LAKE SUPERIOR LAKE TROUT
MARCH 24-28	CHICKEN TIKKA	MONGOLIAN BBQ TOFU	SWEET & SOUR CHICKEN	ASIAN BURGERS	CARMOULA TOFU

### APRIL 2008

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAR 31- APRIL 4	HONEY CURRY CHICKEN	TURKEY TACOS	JAVANESE TOFU	SWEDISH MEATBALLS	LAKE SUPERIOR LAKE TROUT ALMONDINE
APRIL 7-11	PAPRIKASH CHICKEN	BRATWURST	TORTELLINI W/SAGE BUTTER	TURKEY MEATLOAF	SWEET GINGER TOFU
APRIL 14-18	MUSHROOM STROGANOFF	ROASTED CHICKEN WITH LEMON	JERK SEITAN	ENCHILADA DAY	CHIMICHURRI
APRIL 21-25	TWO BEAN CURRY	CHEDDAR BEEF MEATLOAF	SEASAME RICE	SWEET POTATO FRIES	TUNA CASSEROLE
APR 28- MAY 2	THAI GREEN CURRY CHICKEN	TACOS	GREEK CHICKEN	LEEK ROASTED CARROTS W/TEMPEH	KUNG PAO TOFU



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Status on proposed changes to articles of incorporation and bylaws

The December 4th Owner Forum happened to be the same night as a snow storm so the Bylaw sections scheduled for review at that meeting were carried over to the February 11th Owner Forum. The ballot will be mailed by May 1st inside the May/June Gazette. The ballot needs to be completed and returned to WFC by noon on Monday, May 19, 2008. There will be a Special Membership Meeting on MONDAY, MAY 19, 2008, from 5 PM to 5:15 PM, to announce the ballot results. No other agenda items will be considered at that Special Membership Meeting. The quorum requirement for this Special Membership Meeting is 50 Members and includes valid ballots received by the submission deadline. The ballot results will also be announced on the website and in the June/July Gazette.

Do I dare to eat a peach?

Over the next few months, our Membership Committee will outline and introduce the parameters of WFC's 2008 Locavore (eat local) Challenge. Co-ops around the country will be participating in events to support our local growers, suppliers and communities. For Member-Owners interested in participating on the Membership Committee, notice of upcoming meetings is included on the calendar of WFC events on the in-store flyer available in the entry vestibule and at the Customer Service Counter or on our website ([www.wholefoods.coop](http://www.wholefoods.coop)).

Details on the Locavore Challenge will be highlighted in the July-August Gazette with the official kick-off scheduled for our annual Midsummer Organic Food Fest (MOFF) on Saturday, August 2nd, in front of the co-op.

Food policies

Each year the Food Policy Committee reviews a report prepared by department managers and buyers detailing our efforts to comply with WFC's Food Policies. The Food Policy Committee recommends Board action on this report and recommends amendments, deletions, and/or additions to the Food Policies. For Member-Owners interested in participating on the Food Policy Committee, notice of upcoming meetings is included on the calendar of WFC events on the in-store flyer available in the entry vestibule and at the Customer Service Counter or on our website ([www.wholefoods.coop](http://www.wholefoods.coop)). The full text of our current Food Policies (updated 4/23/07) is posted on the website, is included in the New Owner's Manual and is available to Member-Owners by mail.

Membership Matters

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

174 years ago, an organization called the Rochdale Equitable Pioneers Society opened a small storefront in England's industrial north. Little did these folks know that the self-help model they started when pooling their resources to be able to offer better quality food at affordable prices would become the model for grocery co-ops like ours. Annual sales among American grocery co-ops are about a billion dollars.

The Third Principle of the International Cooperative Alliance is Member Economic Participation. Just as those weavers in England realized so many years ago, if we share our

economic power, we are much stronger. Today, WFC is on the verge of becoming a "large" co-op, according to the National Cooperative Grocers

Association, which will happen when our annual sales exceed \$10,000,000. It wasn't long ago that we were considered small!

Far from being a pie-in-the-sky idea, the Third Principle, along with the rest, is quite practical. By spending your hard-earned \$100 for equity in your Co-op, you provide working capital. By lending the Co-op money, you helped to build a new

store and to draw thousands of new Member-Owners (who shop at the store

and make it successful). What a nice cycle, eh? Through your economic participation, you are affirming our Cooperative Principles. Thank you.

As members of your Board of Directors, our goal is to help us all become successful, within the framework of our principles. We are always looking for Member-Owner input, as our recent survey shows, and we never take it for granted. We remember our humble roots, like the Rochdale Pioneers, and despite our larger membership, our ideals remain the same. Tell your friends they should consider joining. It can only make us more successful.

This spring, we will announce our "Locavore's Challenge," wherein we will challenge ourselves to see how many local products we can consume over perhaps a week-long period. Look for an announcement in the Gazette.

Good Shopping! GG

David Helf is WFC Board VP and Chair of the Membership Committee. Next month, he becomes a Grampa for the first time. Think Old/Gray. Please send comments about the Board, Co-op Membership, or the Co-operative Principles to [davidh@wholefoods.coop](mailto:davidh@wholefoods.coop).



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3	\$40,100	6	\$51,700
		7	\$55,250
		8	\$58,800





# savor the season

by Shannon Szymkowiak, Marketing and Members Services Manager

"I can afford your items, I have a seven-figure net worth, but the reason I can not continue to support the Whole Foods Co-op is that your prices and atmosphere have over the years changed from catering to grass roots organic folks to yuppie crowds. Just about everything you sell can be purchased, including organic items, at Cub Foods at 25-50% less than what you sell the exact same items for. There is no reason for people on limited incomes to continue to pay such large price mark-ups. Enough said. Do what you will, supply and demand will dictate the future of the Co-op, and who the clientele demographics become."

— Name withheld

Yes, folks, this is a direct quote from a Member-Owner of our Co-op. And yes, you are about to get yet another rant from yours truly about pricing at the Co-op, so hold onto your hats.

I am holding in my hand right now a sales flyer from Cub Foods. I will say at the onset that this article is not written to slander Cub. After all, they are a large, successful chain that has obviously done a few things right over the years or they wouldn't be as successful as they are. However...

I'll also say that we have done a few things right over the years as well. This is how we have gone from being a buying club in the basement of a house with a honor-system coffee-can payment system (that was sometimes short-changed as the story goes) to a 7,500-square-foot store, open to anyone who chooses to walk through our doors, seven days a week.

The Member above was upset about a few things in the original email sent (this was part of a reply). To protect the identity of this individual, I will not divulge these specifics. But the main complaint was that our prices are out of control and out of reach for most people. I must respectfully disagree. More on that later.

Back to the sales flyer. The flyer I hold in my hand is for sales during

one week in January. As I look through the flyer, I see several items that we also have on sale at this time — for the full month of January, not just one week. To understand how significant this is you need to understand the purchasing side of this equation.

We are offered monthly deals through the National Co-op Grocers Association (NCGA). We pass these on directly to all of our customers in the form of what we call "CAP Specials". We get this pricing all month long so we can offer the great deals to our customers. I do not know how long special pricing is offered to Cub, but if special pricing is afforded to them for one month, yet their sales run for one week, then we can surmise the excess dollars between the deal and the regular price paid by the customer for the remaining three weeks of the month are pure profit for them. But this I do not know. They do not get their pricing through the NCGA, so their terms may very well be different than ours.

So why bring it up if I don't know the facts? Transparency. Your Co-op is doing everything it can, every day, to bring you the best prices possible, from using the Co-op Advantage Program (CAP), to buying directly from local and regional organic farmers, to reducing loss and improving labor efficiencies. When we do these things, the savings are passed on to Members in the form of Member Specials, and also to non-Member shoppers as CAP Specials or Buyer's Specials. We hope these folks will, in time, become Members when they see the value of Membership and community. We hope that our price reductions (like the many, many items we lowered prices on this summer) are noticed as much as the few price increases we also need to make when our cost of goods increases.

The quote above was from a disgruntled Member. It distresses me greatly that this person chose to make assumptions and accuse us of unethical business practices rather than having a respectful, two-sided dialogue. As an obviously passionate Owner of this business, it is this person's right and responsibility to ask the tough

questions. As a human being who spends my days trying to do what's right, it is my right to ask for respect and generosity of heart when discussing these issues. Sadly, I did not have this opportunity as this person had already made up their mind.

But there is clearly a larger issue here for this person. They not only feel our prices are too high, but that our philosophy has changed. Again, I must disagree. Have we increased the size of our store to accommodate the growing number of people who are choosing a better way to eat and the variety of items we offer? Yes. Have we improved the look, feel and cleanliness of our store to appeal to a new generation of shoppers and encourage new people into the fold? Yes. Have we changed our basic philosophy about the way we do business? No. We are still held to the standards of the Food Policy — written by the Membership and the Co-op Principles used by co-ops worldwide.

The statement about "yuppies" says more to me about this person's prejudices than their philosophies. Who are we to judge who and why someone comes through our doors? Wasn't the point of the natural foods movement to get others to join a new way of thinking? Now that some of these folks have, there are complaints about it. You can't have it both ways. Not everyone was born and/or raised in a natural foods household. Some of us come to a new way of thinking later in life. And if that time of life brings us to the door on a bicycle or in an SUV, the time for education has presented itself. And it's our job to welcome them and help them to realize how interconnected we all are and how our food system may be broken, but we are, in our own little way, trying to fix it.

I do not write to cause strife, but to help us all to realize that elitism occurs on both sides of the Membership line. Not all Members have 2 or 3 digit Membership

numbers, but we all appreciate what those folks had to do to bring us to where we are now. New and non-Members are not purposely trying to undermine what has been built. Some are simply at the beginning of a learning curve that we hope will continue for a lifetime. Our Membership is currently pushing 4400. By rough estimates, this represents about only 10% of the adult population of the Twin Ports. This leaves a huge opportunity for growth. This causes change. And change can be hard.

This week, another Manager did another price comparison with Cub Food's organic produce selection. Again, our prices were less overall with more variety and less packaging. I can belabor the point with yet another spreadsheet, but instead, I leave you with this:

"I can afford your items because I know the real price of food and I'm willing to budget for it. I have six-figure net debt, but I choose to purchase natural and organic, made-from-scratch foods rather than spend that money on yet another trinket I really don't need or food that was poured out of a can without love. My Co-op is a sustainable business — by being owned by my neighbors and me, by supporting local organic farmers and by saving me the time and gas to drive up the hill for a couple of cents and less variety. I see how much I save on the bottom of every receipt and I hope the Co-op is here for years to come. Thank you!"

— Shannon Szymkowiak,  
Member 6757

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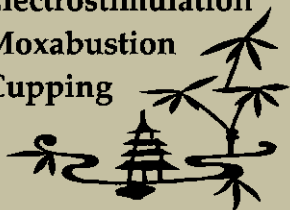
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# snowflakes and cattle

by Anni Friesen, Member Services Coordinator

When I was young, I wanted a twin. I wanted to have someone around who looked just like me, thought just as I did and therefore understood me completely. My parents told me that, just like no two snowflakes were the same, neither were any two people; even identical twins were different. After I got over the disappointment, I realized the beauty in this: no two things were ever exactly the same. No matter how or why I was created, there would never be anyone just like me.

It was partly my dedication to diversity, partly my commitment to the natural foods world, and partly the "yuck" factor that made me so disturbed when the FDA came out on January 15th in support of cloning for consumption. More disturbing than the idea that people might soon be eating cloned animals is the fact that there is no law that states consumers must be told if their food is cloned or the progeny of a clone.

Though disturbed, I couldn't say that I'm all that surprised: just look at

the sordid past of the FDA. Many things that we thought were better, easier, and less expensive have recently been connected to obesity, diabetes, ADHD, cancer, and heart disease to name a few. Not only that, but many of the countries that we export to are now placing bans on any products containing things that could be genetically modified.

Not only has the FDA approved the consumption of clones, it has also done so in defiance of the vast majority of American consumers, who are more than a little worried about this new technology. In fact, according to a Consumers Union national poll, 89% of consumers would like cloned food to be labeled, and 69% were concerned about consuming meat or milk from cloned cows.

While the FDA found that meat and milk from bovines, sheep, swine, and goat were not biologically different from those of their non-cloned counterparts, there were various things in the study that were disturbing. For one, Cyagra and ViaGen, two of the largest companies

that deal in genetics and cloning, did the two major studies the report was based on. It should be a little scary that the FDA was so willing to use studies that could very well be biased and self-promoting. Additionally, the studies seemed to find that, while there were no biological differences, the cloned animals had a much higher mortality rate in their first year. This means that there were many more physical illnesses resulting in the animals' deaths at an early age. Of course, all animals with deformities or illnesses were killed immediately.

Another frightening idea is that cloning was only achieved eleven and a half years ago with the sheep Dolly, and studies on clones for consumption has only been going on for six years. Though meat and milk from clones have been studied scientifically on mice, the longest the studies have been carried on is twenty-eight days. This is worrisome because it brings to mind some other food items that were once thought to be better for us, but in the long run ended up causing more problems.

Though it is not likely that consumers will be feasting on cloned meat anytime soon (a clone costs upwards of \$16,000), some claim that the progeny of clones are being fed to American consumers even as you're reading this. Since the controversial FDA approval, several farmers have stepped forward and proclaimed that they have sold the semen from their clones to countless meat producers in the past few years. This has been done in disregard to a voluntary moratorium. The FDA claims that it is unlikely that any offspring have entered the food supply, however, several cloning companies have stated that it is impossible to know how many descendants of clones have already entered the food supply. This shows how little regard both the FDA and these biotech companies have for American consumers.


Regardless, the sanctioning of cloning for food is bound to hurt the market more than it could benefit it. There have already been several major meat and milk companies that have stepped forward and insisted that they will not source meat from clones. This has been done partly to counteract the retaliation from consumers.

So how can you be sure that the food you're eating isn't cloned? Eat organic. According to Caren Wilcox, Executive Director and CEO of the Organic Trade Association, "Organic animal products will not come from cloned animals. Consumers who seek to avoid cloned meat, dairy or other animal products should look for the organic label on products." In fact, products from cloned animals CANNOT be labeled as organic according to the National Organic Program's regulations.

As for the progeny of clones? It has been recommended by the Nation Organic Standards Board that "all generations of progeny of cloned animals" be excluded from being labeled organic.

With the stuff of science fiction so close to our dinner tables, it's time to once again evaluate what the true cost of food is. Sure, organic meat can be more expensive than non-organic meat, but isn't it worth the price to know without a doubt that what you're eating is safe? Not only that, but by buying organic meat and milk, you are helping to sustain a diverse food supply. Don't you hope that one day you can let your descendants know that, at least on your table, no two "snowflakes" are alike? **GG**

Anni Friesen is an avid reader, writer, and a lover of kittens. Other than that she's not so typically girly (except for loving chocolates and romantic comedies too).



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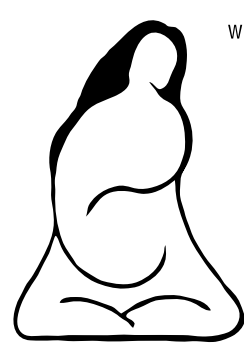
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## News Bites

### Make mine tap water

Visit [www.thinkoutsidethebottle.org](http://www.thinkoutsidethebottle.org) for information on a national effort to encourage consumers to choose tap water over bottled water.

### We are what we eat

Check out the website ([www.msawg.org](http://www.msawg.org)) of the Midwest Sustainable Agriculture Working Group for current information on the Farm Bill, USDA actions on meat labeling, etc. The MSAWG is a network of organizations working for a system of agriculture that is economically profitable, environmentally sound, family-farm based, and socially just.

### Grassroots Farm benefit

WFC is matching donations to Grassroots Farm for seeds, an SFA membership, tools, etc., up to \$500. Several co-op staff members are organizing this effort to offer more local produce. Check our entry vestibule for posters advertising benefit events for Grassroots Farm.

### WFC & Alakef, a winning combination for the community

The quarterly donation from Alakef Coffee to Second Harvest Northern Lakes Food Bank from October – December 2007 was \$232.00 as a result of WFC's purchases of Alakef coffee. Thank you all for supporting our local coffee roaster.

### Are you a Whole Foods Co-op Member Owner?

Do you care about the needs of our community, our Co-op Members and our Co-op Staff?

Would you like to become a Co-op Board Member?

There will be 5 openings for the 2008 WFC Board of Directors election this fall. Good people are needed, so put your passion for food and health issues to work. If you are interested in learning more, contact Theresa Koenig at [Theresa@wholefoods.coop](mailto:Theresa@wholefoods.coop) or pick up a Board application at Customer Service.

# Dean's Report

by Anni Friesen, Member Services Coordinator

In the middle of February, I usually get hit with a full blast of the winter blues. It feels as though I'll never be warm and winter will never be over. I might be a little dramatic here, but I've heard the same from others; living in Duluth definitely has its perks, but the 10 months of winter isn't one of them. I have to admit, when I get in the midwinter funk I stop trying to be pleasant, and instead become a bit surly. I start losing sight of how great my life really is, and commence with the complaining of all the things that aren't exactly perfect.

As we round that corner to spring though, my outlook starts to change. I start to evaluate my life and what makes me happy, and part of this is knowing that spring will soon be here. I've always loved spring, and living in Duluth makes me love it just a little bit more. The way you can smell the earth (instead of the gravel and salt used to de-ice the streets) and see green

things begin to stubbornly poke their heads out from the ground is enough to make me cry with joy. I've always been a big believer in the idea that experiencing the low points make the high points all that much better, and seeing the light of spring is such a strong example of that to me.

When this time of epiphanies came around this year, I started to think about what makes me happy; I have

I've always loved spring, and living in Duluth makes me love it just a little bit more.

the most affectionate pet in the five state region, I have intelligent friends and kind co-workers, and my job is a lot better than I tend to think it is mid-winter. Part of what makes my job so great is that I get to meet the most interesting people in

Duluth. At Monthly Member Mixers, I meet people who inspire me to travel, continue my education (whether it be in a institutional setting or on my own), become more aware of the things I do and how they effect the environment, and to create change.

They give me hope that all is not lost, and that someday my great-grandchildren may be able to still go for a walk through the woods. In classes, I get to see adults who are interested in learning; who aren't content to just stick to what they know. I see instructors who might not be changing the world, but who are definitely making it a better place.

I think that this class cycle really exhibits this. Dr. Gary Kohls, a holistic doctor in town, is teaching two classes (one in March and one in April) about various holistic ways to treat common mental health issues in adults and children. Lyndon Ramrattan, who most often teaches a Caribbean Cooking class, is teaching Cooking for Good Karma. We are introducing a cooking class specifically geared to people with Gluten Intolerance and Celiac Disease, taught by former New Scenic Café owner Rita Bergstedt. To me it's amazing that there can be a place where people can learn about things that may not always be mainstream: there is an option for alternative learning, and it just happens to be at your co-op. GG

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# WFC-U Class Schedule for March & April

## A Gluten Free Primer, Discussion and Baking Class

**Monday, March 10th**  
**6:00 – 8:00 pm**

Whether you are concerned about yourself or a family member, need to bake and eat entirely gluten free (or only occasionally), come join us for this Cooking Class. Learn how to adapt almost ALL your recipes; learn new ones and sample a carrot cake, an orange almond torte, banana bread, and a chocolate truffle tart with pecan shortbread crust. Gluten Free Cookbooks, as well as many gluten free products will be displayed to provide you with all the resources you'll need.

**Instructor Bio:** Rita Bergstedt, former co-owner of the New Scenic Café, educator and avid baker, started learning about gluten free cooking and baking when several friends were diagnosed as Gluten Intolerant.

## Nutritional Healing for Depression and Insomnia: Alternatives to Pharmaceuticals for Common Mental Health Concerns

**Thursday, March 13th**  
**6:00 – 8:00 pm**

This is the first of two classes offered by Dr. Kohls in March/April. In both classes he will focus on how to nourish the brain for optimal mental health. What are the effects of common toxins in our food and medications, and how can we avoid them and find healthy alternatives?

**Instructor Bio:** Dr. Gary G. Kohls is a medical doctor with an independent clinic in downtown Duluth. Concerned with the declining health of the population, the standard American diet and the over-prescribing of pharmaceuticals, he desires to educate and inform the public about these and other critical issues. In his practice, he embraces the holistic philosophy of treating the whole person rather than just the symptoms of the problem.

## Gourmet Meals in Minutes

**Thursday, March 20th**  
**6:00 – 8:00 pm**

Want a little more flair on your table? Sick of the same old thing? In this class, you will learn how to make a gourmet meal (hors d'ouerves, entrée, side, and dessert) in a reasonable amount of time. You will also learn how to present your food in a way a subtly whispers, "I took hours to make this." Bring your appetite.

**Instructor Bio:** Debbie Manhart has been a long-time employee at WFC and is currently our Store Manager. Fifteen years ago, Debbie started her career in food service by doing a 3-year apprenticeship with a chef and she has been involved with food ever since. As our former Deli Manager, Debbie is most concerned with healthy eating and food safety (in fact, she teaches a few employee classes on this!)

## Cooking for Good Karma

**Monday, March 31st**  
**6:00 – 8:00 pm**

This class is a cooking class designed especially for the beginning yoga student (though others are welcome as well). You will learn some ancient rules of cooking that will help you center yourself and, of course, help you with your karma! This is a cooking class, so come hungry.



Anni, your classroom coordinator in the kitchen.

**Instructor Bio:** Lyndon Ramrattan is a frequent instructor at WFC, but he usually teaches our Caribbean Cooking classes. A former employee of WFC, Lyndon

hails from Trinidad/ Tobago, and learned to cook by watching his relatives.

## Nourishing the Child's Brain: Alternatives to Medicating our Kids

**Thursday, April 10th**  
**6:00 – 8:00 pm**

This is the second class in this series by Dr. Kohls. Again, he is looking at non-pharmaceutical approaches to optimal mental health, this time focusing on children. Are we over-medicating our children? What risks do medications pose to the developing brain, and what are effective, safe alternatives to such drugs as Ritalin and anti-depressants?

**Instructor:** Dr. Gary G. Kohls

## Whole Foods in Your Kitchen: An Introduction

**Tuesday, April 15th**  
**6:00 – 8:00 pm**

What is "natural"? What is "organic"? How do I prepare and use more whole foods in my kitchen? Answers to these burning questions will be presented in

a lively cooking/discussion class. Bring your curiosity and expect delicious results!

### Instructor Bio:

Shannon Szymkowiak has been experimenting in the kitchen since age 9. She looks forward to sharing her cooking philosophy and knowledge of whole foods with you

## Summer Side Dishes

**Thursday, April 24th**  
**6:00 – 8:00 pm**

Now that the end of winter is finally drawing near, most of us are eagerly awaiting the summer season, with its delicious fruits and vegetables. In this class you will learn to make a variety of side dishes that perfectly complement a day at the grill or a night under the summer stars.

**Instructor:** Debbie Manhart

### THE FINE PRINT... READ ME PLEASE!

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

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



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

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

## Interested In How the Board Works?

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

# board report

by Lynn Fena, Board President

2007 Oxford

## Word Of The Year: Locavore

A movement (or individual) that encourages consumers to buy from farmers' markets or even to grow or pick their own food, arguing that fresh, local products in season are more nutritious and taste better. Locavores avoid buying foods shipped over long distances to reduce the fuel expended in transporting food to consumers.

During recent dark and frigid evenings, I have finally started reading my holiday gift to myself this year — a copy of *Animal, Vegetable, Miracle* by Barbara Kingsolver (of course, purchased in WFC book department). The author is a wonderful writer, but even better than her artistic style are the fundamental ideas she details. The book is a locavore's delight, from rationale to recipes, and good family reading too!

Perhaps I should use this column to tell

you about the recent CBLD training your Board of Directors attended in St. Paul, or about upcoming opportunities to learn everything you might want to know about changes to our by-laws — you will be asked to approve them and they are important. But there are even more exciting initiatives coming this spring at the WFC and I'm opting to elaborate instead on these emerging energies in the food cooperative movement.

Here's an idea from *Animal, Vegetable, Miracle* that I love: "Becoming a less energy-dependent nation may just need to start with a good breakfast."



*Animal, Vegetable, Miracle* is available at your Co-op.

Steven Hopp, Kingsolver's partner and co-writer, claims small changes in buying habits can make big differences. "If everyone in the US ate just one meal a week composed of locally and organically raised meats and produce, we could reduce our country's oil consumption by over 1.1 million barrels of oil every week. That's not gallons, but barrels," he writes.

Kingsolver herself says that the average food item




Lynn Fena, Board President.

on a U.S. grocery shelf has traveled farther than most families go on their annual vacations. Moreover, these foods are garnished along every step with more fossil fuels, starting with machines that plow, seed and fertilize, irrigate and cut, then moving on to machinery that dries and mills, sorts and bakes, finishing with packaging, transportation, and refrigeration. I like the authors' ideas of "wringing most of the petroleum out of our family's food chain," and their shopping goal to get "food from so close to home, we'd know the person who grew it," and, their "decision to step off the unsustainable food grid."

In August, WFC will sponsor a Locavore Challenge. More details are coming. In the meantime, I encourage everyone to take a look at the petroleum factor in your diet. As WFC Owners, we surely have a vital role to play in solving one inevitable dilemma before us: What will we do when we can't afford to fill our refrigerators with produce transported from halfway around the world? Who will know how to grow food? To preserve it?

Even though I have finished only a third of the book, I find myself deciding to grow more food in my backyard this year. **GG**

**References:**  
<http://www.locavores.com/>  
<http://en.wikipedia.org/wiki/Locavore>  
<http://www.eatlocalchallenge.com/>  
<http://blog.oup.com/2007/11/locavore/>



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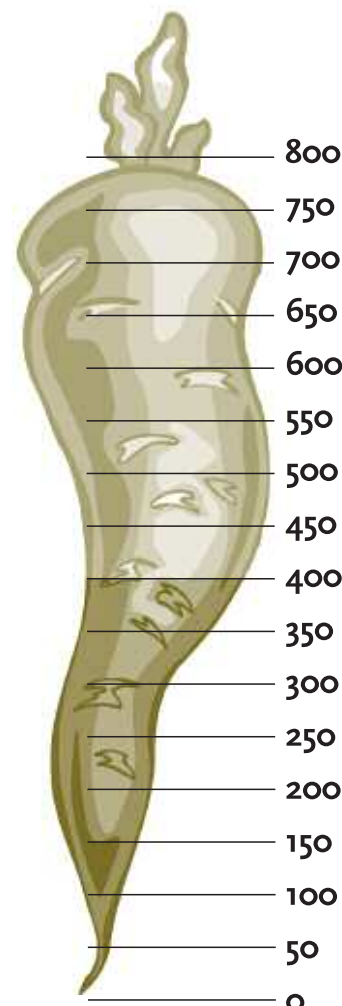
Organize  
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# Welcome, New Members!

From December 1 to January 31, the Co-op has gained 111 new Member-Owners for a total of 399 since July. We hope your experience as a new Member Owner encourages you to encourage others to shop Co-op, too.

Jerome Miner	Ellen Whelihan	Maggie Kubarek	Peter Krause	Janilyn Murtha
Roger Connaughty	Jennifer Twiest	Bridget Schrier	Tad Johnson	Myrna J. Wells-
Lee Vun Baker	Pamela Christman	Rose Whelihan	Adam Sippola	Ullaud
Matthew Kraska	Jess Mccullough	Jodi Carlson	Angela Rose M.	Barbara Joann
David Schuneman	George Wright	Madge May Erickson	Branson	Moore
Melissa Jackson	Marion Millington	Stephanie Johnson	Beth Skoglund	Alyssa Daniels
Gwen Plumb	Julie Deulen	Mark Mcphail	Theresa Smith	Roger Gale
Matthew Wenger	Karen Johnson	Dominick Ahlstrand	Trudy Ujdur Erlemeier	Josh Horky
Sterling Harris	Kimberly Ann	Robin Heine	Kenneth Hall Jr.	Troy Zakariasen
Jennifer R. Vil	Nylander	Lisa Imgrund	Mary Lucile Larsen	Justin Allen Roode
Patser Lynch	Barbara Schweda	Amy Mccoy	Rita Devine	Barb Boline
George Malone	Roland Gigliotti	Phyllis Stott	Ryan Jordan	Joyce Kronenberg
William O Leary	Robert Brasel	Kristin Doucette	Christiane Erspamer	Rita S. Hanle
Darlene Fedler	Bette J. Stieglitz	Amy Elaine Davis	Colleen Carrie Bezek	Wade Newton
Philomeria Dock	Kim Paul Borst	Karen Zeisler	Jannifer David	Melissa Modec
Anna E. Johnson	Laura Berdahl	Samantha Dykema	Charles Hanson	Murphy
Jaime Elizabeth Jost	Jason Stoiber	Jeremy John High	Andrea Asleson	Nicholas Kaneski
Molly Mcmanus	Jackie Bradley	Bobbie Allen-Beal	Patricia Dwyer	Peter Grundt
Carolyn Eleanor	Sean Patrick Walsh	Joan Oswald	Leann M. Hakes	Jean Gornick
Dillman	Kathy Orourke	Joan Oswald	Nicholas Faust	Matthew Fultz
Leigh Gilburn	Kimberly Pipitone	Kathleen Desanto	Tim Peterson	Samantha M.
Robert Peterson	Patrick Millington	Megan Pierce	Scott Wentz	Connolly
Lisa A. Mesedahl	Kristie Griffin	Melissa Jokela	Sharon Salo	Christy Clay
Kurt Albert Wahle	Ruth Ann Jorgenson	Kenneth F. Ahlberg	Jason Rovig	



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

## Member Extreme Coupon

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# Your Co-op Is A Star!

Whole Foods Co-op has been designated as an Energy Star building by the EPA for superior energy efficiency. WFC is one of only 1,400 buildings to earn this designation nationwide in 2007. Give it up for your sustainable Co-op!



## Earth Day at the Co-op

On Saturday, April 19, stop by the Co-op for samples, drawings, education and a look at Art Junction's Origami Tree. Celebrate Earth Day the Co-op way.

# The future is blowin' in the wind

by Matt Wenger, Storekeeper

Ah yes, it is nearing that time of year again, Earth Day! One single, lonely day out of an entire year, devoted to our Mother Earth. It seems she is getting a bit irritated by this neglect, though, a little hot and bothered if you will. Must be why it's getting so hot around here these days. The Sun is totally laughing at her too. It's got a day every week named after it. So how about that Sun? Did you know that the sunlight that bathes Earth's surface in 60 seconds has around 10,000 times the energy that the whole world uses in an entire day! Now if only there were ways to capture it...

Fortunately, there are ways to capture that energy. Photovoltaic solar panels are the most direct way, but are expensive and not all that efficient yet. I believe the most readily available solar power source is the wind. As the Sun heats the Earth's dayside, it warms the air, and warms it unevenly, creating pressure differences. These pockets of high and low pressures are constantly trying to balance out between each other causing the wind

to blow. This is always happening somewhere, everyday, all over the world.

You can personally take part in harnessing this energy. Most local energy

in rooftop or tower mounted structures. If you live in an area where the wind blows relatively strong, this might be your cup of tea. Also, any surplus power generated can be sold back to the utility company.

They must do it as it is required by law. As with any new green home energy system, it is wise to do an efficiency overhaul of your household first, such as installing fluorescent bulbs, sealing drafty windows and doors, and replacing those old appliances that are on their last breath of life.

Both of these wind-powered options are opportunities for an everyday person to take initiative in supporting the future of energy. The more of us that can support these technologies now, the more will be built, and the cheaper the cost will become. For more information on MN Power wind credits, go to [www.mnpower.com/wind/wind-sense/](http://www.mnpower.com/wind/wind-sense/). For information on home wind turbines search "home wind turbines", and do your research. Have a happy Earth Day, every day! GG


**Matt Wenger** has been a Co-op family member as Storekeeper for over a year now and loves working here! He is pursuing an Environmental Studies/Geology degree from UMD. He has a passion for doing the right thing, and believes it is everyone's duty to each other, and our planet, to share/accept knowledge of better, cleaner ways to do things in our everyday lives.



Your Co-op purchases enough wind credits to fulfill 12% of its yearly energy use.

providers give the option for anyone to purchase wind credits. Minnesota Power recently purchased one half of the wind output from three new turbines at the Chandler Hills Wind Farm owned by Great River Energy in southern Minnesota, and is building 10 new turbines of their own on the Iron Range. It offers the option of purchasing wind power credits to offset household/business energy demands for a few extra bucks a month.

The other option is to install a personal home wind turbine. These come



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Paul Goossens MA, LP  
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# Fresh Perspectives

## the rhythm of biodynamic farming

**W**hen shopping for produce you may notice a sign or box labeled “biodynamically grown” and wonder what that means. Is it the same as organic? While some farmers use both methods, they are different. Here is a glimpse of what it is, how it works, and where it came from.

Biodynamic growing is a system or philosophy developed from eight lectures given in 1924 by Austrian scientist, educator and philosopher Rudolf Steiner (1861–1925).

It can be defined as a farming system that works with the natural energies that create and maintain life.

**How does that relate to growing crops?** Similar to the organic principle that healthy soil is essential to healthy plants, biodynamic practices treat the soil as a living organism and are focused on bringing the plant and the earth into balance.

**How does it work?** Biodynamic farming uses nine different biodynamically natural mineral and animal-derived preparations, each with distinct properties to work with the plants or soil. All of these preparations are diluted and then activated by a special stirring process known as *dynamization*, where a vortex is created in the liquid to draw in ambient energy and even-ly integrate the preparation.

Both biodynamic and organic practices improve soil health by adding compost, but while organic farming uses compost for fertilization, biodynamic farming uses much smaller quantities to enliven the soil. You might think of biodynamic as similar to homeopathic medicine, where the aim is to have the body heal itself rather than treat the symptoms.

Minute amounts of natural prepa-

rations introduce microbial life and nutrients into the soil and that life multiplies and reproduces throughout the earth.

Studies have shown that both biodynamic and organic fields have the same level of beneficial microbial life in the soil — both — much greater than conventionally farmed land.

**How do biodynamic farmers control pests and diseases?**

They believe that it is vital to understand and accept that pests and diseases are a natural and inevitable part of the agricultural growth cycle. Like organic farmers, they know they can never hope to eradicate them

may get a cold occasionally, but with a strong immune system, you will be able to easily handle it. But a person

whose immune system is weak could more easily get a serious disease like pneumonia, which could be fatal. Similarly, the strong, healthy plants can better withstand any attacks from pests or disease. With the plant and soil in balance, and with beneficial microbial life in the soil, the ecosystem of the

farm can thrive in harmony.

Another component of biodynamic farming is the monitoring of lunar and circadian rhythms when planting or tending plants. Biodynamic farmers recognize the powerful impact the moon has on the oceans’ tides and how a person’s biological clock is attuned to the earth’s rotation even in the absence of environmental or external time cues. By understanding these, they are able to determine the best times to plant, prune, water and harvest to ensure the optimum health of the plant and the highest-quality fruit and vegetables.

Like organic, there is a **biodynamic certification process**, the Demeter association (the U.S. arm of the 19-country Demeter International organization) is the only recognized biodynamic certification organization in the United States. To be certified, a farm must demonstrate that it has undergone biodynamic stewardship for a minimum of two years, as defined by specific certification guidelines.

Biodynamic cannot be called organic unless the farmer also went through the organic certification and acquired both certifications.

For more information about biodynamic farming, go to [www.demeter-usa.org](http://www.demeter-usa.org).

### Grants for local producers

It’s a start. For the second year in a row the USDA distributed nearly \$1 million in grants to support organizations favoring locally grown produce. This ties in very well with the recent survey that says 90 percent of retailers, growers and shippers are eager and ready to promote local produce.



Satsumas and Mandarins are just a few of the Biodynamic produce we get throughout the year. Ask a Produce Assistant to point out what’s Biodynamic in the Produce Department today.

entirely, nor is that best for the long-term health of the earth. So they try to naturally control them and minimize their effect on the plant. This may best be explained by comparing biodynamic-farmed plants to a healthy person with a strong immune system. You

### Spice up your springtime

Spring is just around the corner so perhaps you’d like something new to spice up a routine workday meal. Try this recipe it takes about 15 minutes to prep and only about 45 minutes to cook.

#### Carrot Chile and Cilantro Soup

1 T Olive Oil  
1 t Garlic, crushed  
1 T fresh Cilantro, chopped  
1 t Chile Paste  
1 Onion, chopped  
3 large Carrots, peeled and sliced  
1 large Potato, peeled and chopped  
5 C Vegetable Broth

Heat oil in a large pot over medium heat. Heat garlic, cilantro and chili paste. Sauté onion until tender. Stir in carrots and potato; cook 5 minutes and then pour in vegetable broth. Simmer for 30 to 45 minutes, or until potatoes and carrots are soft. With a hand blender, blend until smooth. Makes 4 to 6 servings

#### Cilantro Slaw

5–6 C Cabbage, shredded  
1 C firmly packed Cilantro Leaves, minced  
1/4 C Lime Juice  
1 T each Water and Honey  
1/2 t Cumin Seeds  
Salt and Pepper to taste

In a large nonmetal bowl, mix all ingredients together. If you don’t make the slaw with the soup you will want to rinse it before you store in the refrigerator. After rinsing you can wrap it in a paper towel and store it moist (not wet) for up to a week.

**References this issue:** “Cilantro Slaw”, Sunset Low Fat Mexican Cookbook; Carrot Chile and Cilantro Soup, <http://all.recipes.com>; “Top Ten Produce Stories Of 2007”, Packer Newspaper, Dec 07; “A Randomized Trial Of Beta Carotene Supplementation And Cognitive Function In Men: A Physicians Health Study II” by Francine Grodstein, ScD, et al., Arch Intern Med 11/07

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staff news

STAFF ANNIVERSARIES

MARCH:

Sharon Murphy	3/1/1980
Bjorn Bjerklie	3/15/2006
Jennie Lennick	3/22/2006
Micah Walsh	3/22/2007
Kristen Augustyn	3/26/2007

APRIL:

Daniel Sauter	4/6/2006
Timothy Daniel	4/16/2007
Jill Holmen	4/17/2000
Jeremy Beckman	4/24/2006
Katie Toumi	4/30/2007



**ANOTHER Co-op Baby!**  
May we introduce to you Alice Lily, 8 lbs., 10 oz., the brand new daughter of Justin Hemming, Deli Kitchen Manager and Jahn Hibbs, Assistant Produce Manager. Here's hoping that at least one of you gets some sleep!

management report

531 surveys collected  
478 from Member-Owners  
53 from consumers  
67 pages of data and comments  
THANK YOU — THANK YOU

The survey data arrived about the same time as the financial reports from the end of our October–December 2007 quarter and in the same month I attended meetings in Santa Fe, NM, with over 60 co-op General Managers and participated in a co-op Board training event in St. Paul.

The combined impact of all that information and shared knowledge — WFC is doing much better than a year ago, there is always room for improvement, and now we have the information from you and an update on food industry trends and co-op best prac-

tices to develop an action plan to make our improvements. Our Management Team has brainstormed themes from the survey responses and developed a list of solutions and time lines. We are past the mid-point of our current fiscal year so most of the solutions that require financial resources will not take place



Your Management Team (from left): Briana Lowrie, Front End, Debbie Manhart, Store Ops, Lisa Anderson, Merchandising, Colleen Kelly, HR, Shannon Szymkowiak, MMS, Sharon Murphy, General Manager, Michael Karsh, Produce, and Jane Herbert, Deli.

until the next budget is approved. That will give us plenty of time to hash out which sound effect should precede the sprayers coming on in the produce section — I'm in favor of "pond sounds" (e.g., crickets and frogs) but "thunder and lightening" seems to be

the more popular choice. Based on our improved operational performance, the Board approved a storewide staff performance bonus. The performance bonus is a feature of the new pay structure that went into effect in July 2007, a feature we were not sure we would benefit from this soon.

While it has been a privilege working with the Board committee on updating the Articles and Bylaws, I'm looking forward to the end of that project and working with the Membership Committee on the Locavore (eat local) Challenge and with the Food Policy Committee on keeping our Food Policies current with evolving food issues (e.g., cloned meat, organic integrity of imported food, Colony Collapse Disorder). If you are interested in participating on the Membership and/or Food Policy Committees, meeting dates will be posted on the calendar on our in-store flyer and at [www.wholefoods.coop](http://www.wholefoods.coop).

See you at the Co-op. **CG**  
**Sharon Murphy**  
General Manager since 1988  
Attended first CCMA in 1988  
Gazette contributor since 1978  
Still never gets the last word

survey snapshot

Thank you to all Members and Non-Members who took the time to fill out surveys and give us your thoughtful opinions. Yes, even the comments that were less than positive are appreciated because it helps us to do a better job. But we'd be lying if we didn't say the "I love my Co-op!" comments were our favorite things to read! I'll share a bit from the surveys over the next few Gazette issues. Soon you'll begin to see changes in the store as a result of your feedback. As seen in Sharon's article above, we had a total of 531 surveys collected: 478 from Members, 53 from Non-Members. An 11% return on something mailed to your home is actually a pretty good return, after all, that's bet-

ter than a quorum, so again, thank you. As your Member Services Manager, I was surprised at some of the results to the member benefit usage section. These were questions pertaining to the use of various Member Benefits, events, and services. Low numbers (1–2 range) indicated that many of you are not yet using many of the money saving benefits such as Special Orders, Shopping Community Cooperation Program partners or taking advantage of discounted public classes. However, I was happy to see that "Read the Garbanzo Gazette" received the highest score (3.48 out of a possible 4). Thank you for supporting the Gazette! "Attended a Monthly Member Mixer" had the lowest score of 1.02. If

you'd like to attend the next Mixer in the seating area of the Co-op, the date is listed on the website and on the Member Special Flyer in the vestibule. It's a great time to meet with like-minded individuals for good conversation (and treats!) The last item I'd like to point out in this section is "Encouraged someone to become an Owner of WFC". This received an average score of 2.47, which is better than half of you, but I have to say that positive word-of-mouth advertising is critical to the Co-op's success. So don't be shy, shout your love of the Co-op wherever you go. Heck, while you're at it, buy a gift certificate to encourage your favorite someone to become a Member, too.

**Shannon Szymkowiak** is a proud Member Owner of this Co-op, and yes, she filled out a survey, too.

mission statement

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

co-operative principles

- 1. Voluntary and open membership.
- 2. Democratic member control.
- 3. Member economic participation
- 4. Autonomy and independence.
- 5. Education, training and information.
- 6. Cooperation among co-ops.
- 7. Concern for community

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# Book Review

With chemical air pollution being a growing problem in many areas of the world, it is not a surprise that sinusitis is at an all time high with 52 million sufferers worldwide. Drugs for sinus problems are always available, but there are the side effects that accompany many of them to consider. However, there is an ancient solution that has no side effects. It is the Neti Pot, also known as the saline nasal irrigation system.

The saline nasal irrigation system has been used in the Eastern culture for thousands of years. It is also an important part of Ayurveda medicine and Hatha Yoga. However, it was only introduced to the U.S. about 30 years ago.

Many people do not realize the importance of the nose other than for

breathing purposes. The nose is the gateway to our lungs, and its proper functioning is extremely important to our health. Jefferson says, "the nose

conditions and analyzes every breath we take, warming, humidifying, and filtering the air before it ever

reaches the lungs." It also warns us of danger, and can even let us know about other people's emotional state. Special cells in our noses can detect fear, contentment and sexual arousal. Unfortunately, the sense of smell diminishes as much as 50% in the elderly. It is not clear whether this is connected to the use of over-the-counter nasal sprays. These sprays can damage the cilia in the nose and are used by many elderly people.

In America we have over 37 million people affected with chronic sinusitis. There are many causes involved but a

few are colds, allergies, nasal polyps and mold allergies. It is really helpful to know that there are ways other than drugs to improve your breathing.

Jefferson's book talks about how to use the Neti Pot and gives helpful hints on blowing your nose. Blowing too hard or through both nostrils at once can bring infection up into the sinuses and ears. Some of the benefits of using the Neti Pot that Mr. Jefferson cites are removing dirt and pollen from your nose, reducing

swollen mucus membranes in the nose, helping the sinuses drain and much more.

If you are suffering from sinus irritation you might consider getting a Neti Pot. (The Neti Pot is sold at the Co-op and it is a safe and easy alternative to medicine.) **GG**

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

## The Neti Pot For Better Health

by Warren Jefferson

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