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DULUTH, MINNESOTA

MAR/APR 2009

GARBANZO

GAZETTE



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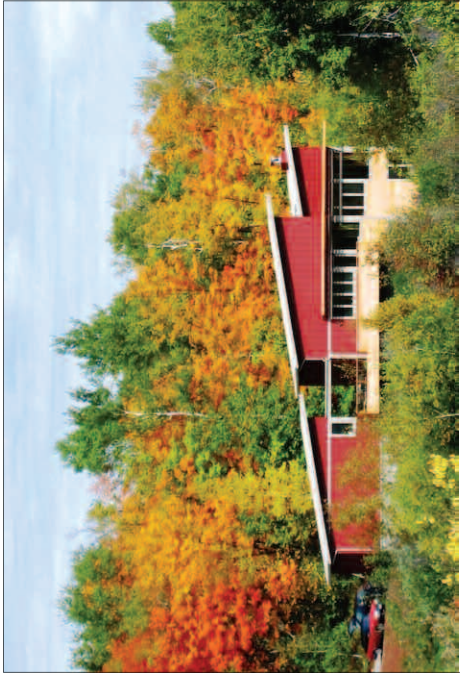
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Garbanzo Gazette

Published by Whole Foods Co-op
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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 Wednesday, April 1. Refer submissions and questions to shannon@wholefoods.coop.

Editor: Shannon Szymkowiak
Contributions: Members & Staff
Design: Kollath Graphic Design
Printer: InstyPrints
Mailing: Barcodes Plus
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The information in the Garbanzo Gazette is also available on our website at www.wholefoods.coop



MOVING? Pursuant to WFC Bylaws, Article I, Section 6. Current Address. *Each Member agrees to provide to the cooperative his or her current address and to keep the cooperative informed of any changes in address. This obligation shall continue even after a membership has been terminated as long as the Member has any interest in the cooperative.* In an effort to remind our Member Owners 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 Member Owners 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 Member-Owners.

management report

“Meanwhile, if you’re interested in finding shelter during the storm, get thee to the productive side of the economy. Grow something, or learn to make or repair something useful.”
www.richardheinberg.com

2008 was a good year for Whole Foods Co-op. We averaged 11% sales growth over the previous year, our cash is strong, we have more owners than any year in our history, and we achieved a profit in the last calendar quarter when sales growth dwindled as the recession hit home. We learned some hard lessons in 2007 including that, while change is a constant, the commitment to our community can only deepen.

In the Co-op 101 class for our employees, I talk about why some

people who already had busy lives went to all the trouble to source, acquire and sell food in a community that, even way back in the 1970’s, did have a number of grocery stores already in place.

WFC’s founders wanted to be able to purchase whole wheat flour, not just white flour. They wanted peanut butter without additives. They wanted raisins and oatmeal by the pound. Separately, they couldn’t meet their common needs. So they pooled their

resources, worked together to meet their common needs, and a food co-op was born.

In 2009 and with a deepening recession, we are implementing creative solutions to continue to meet our owners’ needs as the convenient, high quality and affordable choice for groceries. We will offer even more local choices as products from local vendors and local growers stimulate the real economy. We’ll continue to find cost savings in other areas in order to bring the best pricing we can. And we will continue to support the development of a sustainable local and regional food system for our community even if that is just by continuing to be here! **GG**

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



General Manager Sharon Murphy, the local apple of our eye.

PAPER CHASE!

Do you prefer to get your news on-line? Would you like to help reduce the cost of producing your beloved Gazette?

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March & April Classes

Sundo Taoist Breathing

Wednesday, March 11th
6:00 – 8:00 pm

Sundo is a Korean breathing meditation that has practice centers around the country and internationally. This class will start with a brief introduction of Sun Do. Then, the group will experiment with breathing with partners for 10 minutes, and go through a shortened version of the practice which normally lasts about 1 1/2 hour. There will also be time for questions and comments.

Instructor: Kim Hedegaard

Beer Making Part 1: Learning Brewing Basics

Saturday, March 14th
11:00 – 2:30 pm

In this class you will learn how to brew and bottle beer from one of our local brewers. This class will go through step-by-step instructions on how to create a delicious beer at home. The beer made during this class will be brewed using some fine organic co-op ingredients and will be sampled in the upcoming April class. There will be no beer sampling in this class but snacks will be served.

Instructor: Levi Hansen

Cost for both classes (sign up for both at once): \$35 for Members, \$45 for Non-Members

All American Raw Food Picnic: An UnCook Out

Thursday, March 19th
6:00 – 8:00 pm

Join raw food enthusiast and chef Emily White in this exploration of cooking without actually cooking. Emily will lead you through making a traditional American picnic dinner with a slight twist – it's all raw! In this class we will make Raw Vegan Burgers, "Living" Potato Salad, Apple Pie, and a Raw Vanilla Milkshake.

Instructor: Emily White

Gourmet Meals in Minutes: Rustic Chic

Thursday, March 26th
6:00 – 8:00 pm

Learn how to make some "down-home" basics with a gourmet twist! Start off with an appetizer of Breaded Artichoke Hearts and move on to Hazelnut-encrusted Pork Medallions, with a few delicious and unique sides!

Instructor: Debbie Manhart

Caribbean Cooking: A Culinary Tour of the Islands

Tuesday, March 31st
6:00 – 8:00 pm

Instead of focusing on one specific island, Trinidad & Tobago native Lyndon Ramrattan is going to give you a tour of them all! This class will be a hodge-podge of culinary delights from around the Caribbean Ocean.

Instructor: Lyndon Ramrattan

Gluten Free Desserts

Tuesday, April 7th
6:00 – 8:00 pm

Have you ever tried any of the fabulous Gluten-Free desserts made in our very own Fog City Deli? If not, you're missing out! Our bakers, without a doubt, know what they're doing, and now they're going to let you in on a few of their secrets and recipes. Learn how to make some delicious wheat and gluten free desserts!

Instructors: Kala Edwards & Katie Toumi

Black Beans Five Ways

Tuesday, April 14th
6:00 – 8:00 pm

Did you know that black beans have the same amount of antioxidants as grapes and cranberries? Not only that, but they are always available and very inexpensive to work with. In this class we will make Creamy Black Bean Pate, Black Bean, Corn & Tomato Chili, Amazing Black Bean Brownies, and more!

Instructor: Anni Friesen

Beer Making Part 2: A Tour of Lake Superior Brewing Co.

Saturday, April 25th
12:00 – 1:30 pm

The second part of our beer making class takes place exclusively at Lake Superior Brewing Company. In this class we will take a short tour of the brewery and end by sampling the beer that we brewed together in the March class as well as snacks provided by WFC.

Instructor: Levi Hansen

Gourmet Meals in Minutes: Cinco de Mayo

Tuesday, April 28th
6:00 – 8:00 pm

In this class, we celebrate the food culture of our neighbors to the south. Learn how to make Andoulli Chili Lime Rice, Maize Picante, Southwest Style Coleslaw & more!

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

Dean's Report

by Anni Friesen, Member Services Coordinator

This class "semester", I'm really excited to be able to team up with Lake Superior Brewing Co. to offer the first ever co-op brewing classes. This is near and dear to my heart because I get almost as excited about beer as I do about food and Lake Superior Brewing Co. happens to be one of my favorite local beer companies. Though I don't know a lot about the process of brewing, I do remember a few (pretty miserable) attempts by my dad to brew his own beer when I was a little kid. I don't remember if he was ever successful in his endeavors, but I do remember a beer breaking in the freezer and thinking to myself that he must be going about it in the wrong way. This will be a great opportunity to learn a little more about the process.

We are also having another Caribbean cooking class taught by one of our favorite instructors, Lyndon Ramrattan. Lyndon brings to his classes great stories and a warm personality that makes winter seem a little shorter. This time he will be preparing items from all around the Caribbean. March also brings the return of our raw foods instructor Emily White. It's always fascinating to see how this impressive chef can recreate some of our favorite warm foods using only raw ingredients. Though it might not sound appetizing to some, I'm still craving the raw lasagna that she made for the last class. Don't let the "raw" throw you... this stuff is amazing!

We also have two Gourmet Meals in Minutes this semester. The first is titled "Rustic Chic." I'm pretty proud of the name (my idea), but everyone was a little puzzled as to exactly what it meant. So what does it mean? Basically class instructor Debbie Manhart is going to take some very down-home basics (or "rustic" dishes) and give them a little gourmet (or "chic") twist. This isn't just meat and potatoes like mom used to make; think succulent hazelnut-encrusted pork medallions instead of dried-up leathery pork chops. April's Gourmet Meals in Minutes will be in

anticipation of Cinco de Mayo. Add a little spice to your life and learn how to cook with Mexican style!

I am also excited to announce that our very our co-op bakers are going to do a class on gluten-free desserts. As amazingly tasty and beautiful as all of their desserts are, I'm sure we'll be turning people away.

To round out our cooking classes is Black Beans Five Ways, taught by yours truly. I choose to work with black beans because I've been on a recent bean kick, and because in these difficult economic times everyone is trying to find ways to eat a little more frugally. Beans are such a great way to do that and there are so many different things that you can do with them.

Last but certainly not least, we welcome new instructor Kim Hedegaard who will be teaching Sundo Taoist Yoga, which is a Korean breathing meditation. Kim is an experience instructor and I'm excited to see what she can teach us! I'm really looking forward to this semester and to seeing some of your smiling faces. Remember, education is something that continues even after the class is over. GG

Anni loves good food and thinks that everyone needs to learn how to cook from scratch.

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Term expires 2009
lynn@wholefoods.coop

Mark Friederichs

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Chair of Finance Committee
Term expires 2009
mark@wholefoods.coop

David Helf

Vice President
Chair of Member-Owner Committee
Term expires 2011
davidh@wholefoods.coop

Theresa Koenig

Secretary
Chair of Board Recruitment & Orientation Committee
Term expires 2009
Theresa@wholefoods.coop

Linda Magni

Term expires 2009
linda@wholefoods.coop

Heather Murphy

Chair of Food Policy Committee
Term expires 2011
heather@wholefoods.coop



Sharon Murphy, General Manager

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

WFC web site: www.wholefoods.coop

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

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

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

Interested In How the Board Works?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Member-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 Linda Magni, Board Member

Upon hearing I am a new Board Member at the co-op, my friends say "Great!" followed by, "What exactly do you **do** on the board?" Is it my imagination, or are they implying I don't do much?

Well, they are not far off the mark. Let me explain: I chose to get involved with the co-op precisely because it is so well run and I was impressed as a shopper from the start. Governance as a board member is like a governor on an engine — as long as things are running well, there is not a lot of visible action. Yet that does not mean the governor can stop being vigilant and aware. On the board, we stay aware through manager reports and

financial data verified by outside sources.

One difference between being on the board of a co-op and the typical corporate board is the interaction with Member-Owners. If you are a member, you are an equal owner with every other member and welcome to share in decisions and ideas. Another difference is the inherent values of a co-op. "Concern for community" is just one value written into the cooperative identity. It allows the co-op



Linda Magni,
Board of Directors

to be more than a marketplace to buy goods. It allows for our activity of "visioning" the future — where we look ahead to that time when debt from the new building is paid down, and the co-op can partner with others to make even more of a difference in the community.

While I liked WFC before, as a board member I have a new perspective and appreciation for the co-op as an alternative business model. Already, it has been a rewarding and educational experience. I encourage you to run for the WFC board of directors during these exciting and challenging times. Then, your friends can ask "what exactly do you **do**?"



Interested in Serving Our Locally-Owned Cooperative?



Elections are not until fall, but now is a great time to explore the opportunity of serving on the Whole Foods Co-op Board of Directors. Contact Theresa Koenig (theresa@wholefoods.coop), or any current board member to get your questions answered and attend a WFC Board meeting. Check out the "Board News" section of our website for a Board application, meeting dates and more! • **Board Applications are due to WFC by August 1, 2009!**

Welcome, New Member Owners!

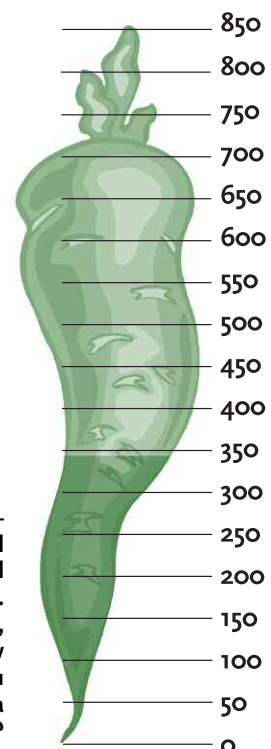
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From December 1 – January 31, WFC gained 72 new members for a total of 341 since July 1, 2008. With 4,873 active members, we are just a stone's throw from 5,000. Who do you know that should become a Co-op Member?



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Cheap 'n Tasty

a new adventure in co-op recipes

Editor's note: in response to the call for "more recipes!" and "inexpensive meal solutions!" a new feature will be added to the Garbanzo Gazette. Each issue will include one or two recipe ideas from the cheapos here at the Co-op. Many of us are diehard fans of crock-pot cooking, leftover magic and stretching our pennies and we're more than happy to share our money-saving, delicious, organic meals with you. If you have an inexpensive favorite that you are willing to share, please send your recipe to me along with your name so I can give you credit. I only ask that all ingredients (except alcohol) be available at WFC and that you give credit to the original recipe author if it isn't you. Money saving food tips will also be accepted and included in this feature.

Thank you. Now get cooking!

CHOLENT

(A traditional Sabbath main course, and thrifty to boot!)

- 1/2 C dry Kidney Beans
- 1/2 C dry Green Lentils
- 1/4 C dry Navy Beans
- 2 T Vegetable Oil
- One large Onion, coarsely chopped
- 3 cloves Garlic, minced
- 1 1/2 T Hungarian Paprika
- 1 1/2 t Salt or to taste
- 1 1/2 t Pepper
- 1 T Nutritional Yeast
- 3/4 C Buckwheat Groats
- 1 1/2 lb Potatoes, peeled, cut into large chunks
- 1-lb Roast, preferably bone-in Water

1. Quick soak (boil for 1 minute, let sit for 1 hour) or slow soak (at least 6 hours at room temperature) beans. Drain and rinse.

2. Heat oil in a large heavy skillet over medium heat and sauté onion until transparent. Add garlic, stir for several minutes over heat then add paprika, nutritional yeast and pepper, and continue to cook for a minute. Remove from heat and release from skillet by pouring in 1 C water and stirring all ingredients until they combine into a single thin sauce.

3. Combine beans, onion mixture, buckwheat, potatoes and roast (on the bottom) in a large crockpot, or an a large covered baking dish if using oven. Add water to cover well, remember the beans and buckwheat will need this!

4. Cook on crockpot LOW for 8 hours or more or bake in the oven at 325 degrees for 3-4 hours, adding water if needed. Add salt to taste in the final hour of slow cooking or last 1/2 hour of baking to ensure complete cooking of the beans.

5. Remove roast and slice against the grain into thick slices. And serve with a little broth drizzled over.

GLUTEN FREE KNISHES

(Great way to use up leftovers!)

— inspired by a recipe on www.heythattastesgood.com

Dough:

(Any pastry dough will do, but this is Gluten Free)

- 1 1/2 C Rice Flour Mixture (see below)
- 2 t Guar Gum
- 2/3 C VERY cold Margarine
- 1/2 t Salt
- 1/3 C cold Water
- 1 T Cider Vinegar

Combine flour mixture, salt and guar gum with a fork. Cut in margarine with a pastry cutter until the texture of coarse cornmeal. Add water and vinegar, and stir then knead into a ball. Cut the ball in half and flatten each slightly. Place in freezer on a cutting

board or plastic lid for only up to 20 minutes. Alternately, place in a covered bowl in your refrigerator for up to 2 days.

(Rice mix: 1 C white rice flour, 1 C brown rice flour, 2/3 C potato starch, 1/3 C tapioca starch; makes 3 cups)

Filling:

3-4 cups of any cooked grain, pureed vegetable, greens, cheese or any other ingredient that can be reduced, with other ingredients, to a texture of thick mashed potatoes. The whole should be seasoned to taste. This can be cold or at room temperature, but must not be hot.

Making them:

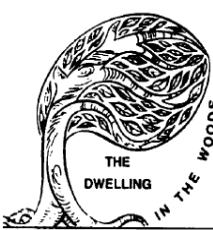
Preheat oven to 350 degrees F and grease a 12-unit muffin tin.

Remove chilled dough once it has become firm. Tear off two pieces of wax paper about the size of a legal sheet of paper. Dust the bottom one with flour, and place one of the two pieces of dough in the middle. Place other sheet of wax paper on top, and

roll out into a rectangle slightly longer than a regular sheet of paper, and almost the full width of the wax paper. Peel off the top layer.

Take half of the filling and make a line of it, running parallel to the long side of the wax paper sheet, and 2-inches in from the edge nearest you. Using the bottom sheet of wax paper, roll the dough forward, slowly releasing it from the paper as you roll it up toward the far edge. Cut what extra dough is on either end. Mark the remaining roll into 6 equal portions. Cut on these lines, and use the extra dough cut off to help seal the knishes top and bottom. Carefully work in your hands until you have a nice flattened sphere.

Place each knish into a greased muffin tin. Repeat, then make the other half of the dough the same way! This whole recipe makes a dozen plump ones. Bake in the oven for 30-35 minutes, until LIGHTLY golden. Eat warm, or chill and reheat. In a pinch this makes a decent cold snack as well. Be creative!



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The Gonzo Gourmand

by Jim Richardson, Bulk Buyer

I've been reading a lot about how to flush heavy metals from one's body like mercury, lead, and aluminum. Although I have never been diagnosed with heavy metal toxicity, I have a general sense of paranoia about the issue, mostly from having read too much about it. Suffice it to say there are many routes to get exposed to these metals; even though their poisonous nature has been well-documented over the millennia, it seems impossible to keep industry from widely using or producing them. My reading indicates that these metals are excreted by the body far slower than they build up, leading to what may be described as chronic low-level heavy-metal toxicity in many people. There is basically no harmless level of lead or mercury in the body and no biological function for them, so in theory, any is enough to interfere with optimum health. Again I've never been diagnosed and you may consider this the amateur speculations of an untrained science geek. Although many holistic and naturopathic writers reinforce my concerns whenever I survey the web about these matters, it goes without saying that if you have serious concerns you should consult your physician.

So anyway, out of an abundance of caution I had my mercury fillings removed, and my house has been scrubbed of lead a couple different times with the help of loans from the Housing and Redevelopment Authority of Duluth. The first time they found lead I thought they got it all, but they came back to do an extra

round of work and found more. So I feel like one's guard can never be let down. In the course of all this I have researched various natural ways of removing heavy metals from the body, and for preventing their uptake upon subsequent exposures. Here is what I've found.

There's a lot on the web that recommends cilantro and open-cell chlorella as heavy metal remediators, although the science is somewhat slim for the claim that they remove built-up heavy metal deposits. What can be said with more authority is that cilantro and open-cell chlorella appear to, at least, prophylactically block heavy metal uptake if they are already in your system at the time of exposure. Heavy metals mimic the molecular shapes of things the body needs, and slot right into the molecular keyholes reserved for nutrients like iron and Vitamin C. For this reason, people with high levels of iron and Vitamin C have been shown to carry lighter loads of heavy metals in their system, and the same is likely true for those regularly consuming cilantro and/or chlorella. I took cilantro extract and open-cell chlorella tablets for a month after getting my mercury fillings removed, to block uptake of any loose mercury floating around in my blood, and to hopefully

help flush accumulations out of my cells to boot.

Various sea vegetables also have a reputation of either flushing heavy metals from the body or at least blocking their uptake. As in the case of cilantro and chlorella, their blocking action may simply be a function of being nutrient-dense, thereby out-competing heavy metals for space in the molecular keyholes of the body. I am not directly familiar with the science that definitively shows an

outright ability to flush built-up deposits, but the claims are made far and wide in the natural healing community, and these claims appear to have at least tangential support from various studies. But again at the very least the various sea vegetables (dulse,

kelp, wakame, etc.) are good choices to block heavy metal uptake. I just read that dulse is baked with cheese in some areas of the world, so there are always innovative ways to increase your consumption of these foods. Dulse is a popular raw food in my household (you can eat it right out of the bag), but any sea vegetable can be used in stirfries, soups, or other savory dishes, and kelp powder goes down great in smoothies.

Salt baths are popular among the natural healing community for heavy

metal remediation. A cup of natural salt in your bath is the usual recommendation. I haven't drilled down deep enough to cite specific studies, but it appears that salt changes the ionic properties of water, facilitating transport of heavy metals from the cells of the body. There are anecdotes out there of people improving greatly from regular treatments, even to the point of leaving visible accretions of heavy metals in the bathwater. I would not expect such dramatic results, but salt baths are now an occasional indulgence of mine.

Special Bulk note: We have a new, cheaper, raw non-organic pumpkin seed in bulk. The country of origin is Hungary. They look exactly the same as our expensive raw organic pumpkin seeds from Austria.

These European pumpkin seeds are large and very dark, and have a great flavor. What a lot of people are asking for however is the smaller, light green variety of pumpkin seed, sometimes called "pepitas". We can only find those sourced from China, so I am opting not to bring them in due to the amount of food miles and questionable organic practices.

I am looking for pepitas from Mexico, but we are stuck with what we've got for now.

If you are wondering if we can get American pumpkin seeds, the answer is: no. If they ever become available, and the quality is good, I will bring them in. Anecdotaly, I have heard that it is too labor-intensive for the American market to sell pumpkin seeds at a profit, so that's why the American supply is so limited.

Another anecdote: I have been eating the organic raw pumpkin seeds for a week and my skin has improved and my mood has brightened. May be a coincidence but pumpkin seeds are high in both omega-3s (good for skin) and L-Tryptophan (good for moods). Just sayin'.

Mercury concentrates higher on the food chain than sea vegetables — mainly it's big fish that have high mercury because they've eaten a lot of little fish. Sea vegetables are even lower on the food chain than little fish and so should be perfectly safe, i.e., infinitesimal mercury levels if any — in the case of our organic dulse, not only is it certified organic, but they test for heavy metals and other contamination, too.

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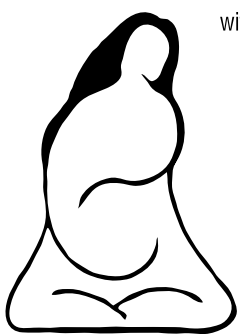
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notes from the front

by Briana Lowrie,
Front End Manager

Local Farmers Re-use your Non-Organic Egg Cartons
WFC has been collecting egg cartons for local farmers since 1993. The practice of re-using the cartons keeps costs down for both the farmer and the consumer. For a short time while in transition from our previous location to our current, we were not able to supply the farmers with the cartons, which forced some farmers to purchase new ones. We found that one farmer was paying 33¢ per carton.

It's true that WFC carries both organic and non-organic eggs however, only cartons from non-organic eggs make their way back to our local farmers. Our local egg producers are not certified organic, so their eggs cannot be labeled as such. Businesses who falsely label non-organic items as organic can be liable for steep fines.

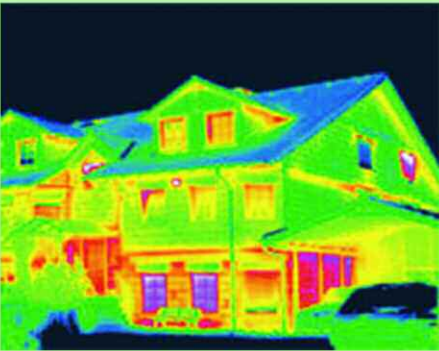
The occasional organic cartons that do get returned to us end up in the recycling, but thanks to our diligent carton saving shoppers there are always plenty of non-organic cartons left for the farmers.

If you decide to start participating in this practice, please note the following.

- Returned egg cartons should be:
- Clean (no dust bunnies, pet hair, bugs, or leftover egg/shells)
 - Without any organic labeling (inside or out)
 - Of the paper dozen variety (no Styrofoam, plastic, or 6/18 count cartons)
 - Returned at the Customer Service Counter or any register

The farmers really do appreciate this cooperation and we enjoy being able to foster a connection between them and the consumers with this service. Thank you!

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the buzz wfc staff news

— Jill Holmen, HR Coordinator

Deli Counter Manager Eric Bong says, "My band, The Rez, will host a weekly Wednesday night shindig at The Twins Bar, from 10 pm —? For some far-out, funky, danceable, jammy good times, you know where to go." You heard him... get on over there and shake a tail feather!

Front End Assistant Alisha Stalker had a scare in early January when she went snowshoeing along Split Rock River. Alisha says, "Dusty, my beloved dog, ran away and after 6 nights of searching by snowshoe through uncharted territory, a group of snowmobilers found her on the state trail near Gooseberry. I got the call from Grand Superior Hotel that she was found! We spent all day the next day sleeping and cuddling." Alisha is sure that because Dusty was adopted from an Iditarod racer in Fairbanks, AK, that she survived. "She's a tough girl," says mom. We're glad you're home, Dusty.

Front End Assistant Brian Bluhm has been accepted to graduate school at Prescott College in Prescott, AZ, and will be focusing on a masters degree in Environmental Studies, with a concentration in Sustainability Science and Practice. We're happy he can do the majority of his studying from Duluth! Also, Brian advises us to look forward to another great Sustainability Fair at UMD this spring, which he organizes. A couple of great websites to scope out until the fair: Adding Up to Zero: www.addingup-tozero.com and the EcoBlog at blog.lib.umn.edu/tuff0008/environment.

Alex Mohrbacher, Produce Assistant, Jahn Hibbs, Produce Asst. Manager, Jeff Greensmith, Produce Assistant, and Brian Bluhm, Front End Assistant, will all be taking the Sustainable Farming Association's "Farm Beginnings" class this year. This is an intensive program designed for up-and-coming area farmers. Alex, Jahn, Jeff, and Brian are at the core of a group working Grassroots Farm, a beautiful piece of land in Twig, run by long-time co-op favorite farmer Linda Ward. Grassroots is looking forward to an exciting season featuring heirloom and open-pollinated seed varieties. Let's raise a pitchfork to a new generation of organic farmers!

When not farming, **Produce Assistant Jeff Greensmith** spends time perfecting his homebrews. Jeff reports that he is loving the hops he gets in bulk from the co-op to make his IPA style beer!

Nikki Hissa, Front End Assistant, reports that she will be coaching a Junior Olympic volleyball team again this spring over in Wisconsin. We know she'll do an awesome job, as always.

Another Grandma's Marathon participant from the co-op this year! **Produce Assistant Amanda Belcher** has started training for her first Marathon in June. Fueled by Farmer John's carrots, perhaps? Best of luck, Amanda!

Some exciting news from long-time **Store Keeper Matt Wenger**, though bittersweet news to us: Matt is moving west to Portland, OR. He is psyched to begin a new adventure exploring the forests, mountains, and waters of the great Northwest. Happy exploring, Matt. You'll be missed.

MARCH ANNIVERSARIES:

Kristen Augustyn, Deli 2 years
Micah Walsh, Deli 2 years

APRIL ANNIVERSARIES:

Duane Timo, Deli 1 year
Kate Toumi, Deli 2 years
Jeremy Beckman, Merchandising 3 years
Jill Holmen, Human Resources 9 years

AWARD WINNERS



January 2009 Gumby Award Winner:
Kate Toumi, Deli



January 2009 Customer Service Award Winners:
Barbara Akre, Deli Counter & Kevin Taylor, Merchandising Stocker



February 2009 Gumby Award Winners:
Kristen Augustyn, Deli & Rae Lynn Monahan, Merchandising Asst. Manager



February 2009 Customer Service Award Winners: Cody Macomber, Amber Haselman, & Kate Toumi, Deli

Attention Extreme Members:

We are pleased as punch that our Member Extreme coupons have been so popular. However, each coupon was designed to be used during the current Gazette publication only. Until now, we have honored old Extreme coupons, however, beginning March 1, we will only be honoring the coupon printed in the current Gazette issue. We apologize for any confusion this may cause. Keep using those current coupons!

Member Extreme Coupon

Buy a head of Red Leaf Lettuce and get a 1-pound bag of baby carrots FREE with coupon!

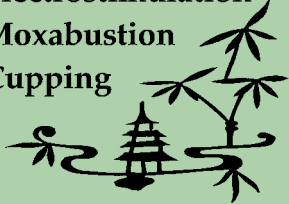
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Dolores Does Salt-Free — Anni Friesen, MMS Coordinator

About a year and a half ago, Deli Cook Dolores Meidl was getting ready to take her first vacation in years. She and her husband were hurrying around the house taking care of last minute details when her husband came into the room looking a little peaked. Dolores told him to sit for a few minutes while she finished hanging the laundry. When she came back to check up on him, he informed her that he needed to go to Urgent Care. At this point, Dolores knew something was wrong. Tom wasn't the type to suggest that he see a doctor; if he said he needed to go, she knew it must be serious.

They promptly got into the car and headed down to St. Mary's. When they arrived at the hospital doors, Tom got out of the car saying, "Don't park. I'll be out in a minute." Knowing better, Dolores quickly parked the car and went to join her husband in the waiting room. As she walked into the hospital and looked around the room, her husband was nowhere to be seen. Her anxiety began to rise as she went to the registration desk. After talking to the nurse, she found out that he was being treated for a heart attack.

It turns out that Tom had not, in fact, had a heart attack, but there was something wrong with his aortic valve. A normal valve is about an inch and a half in diameter, but Tom's had closed to the point where it was about the size of a pencil. An echocardiogram showed that his valve was shutting down on him, and if he hadn't come in when he did, Tom's condition could have been fatal.

After a few days in intensive care, Tom was released and he and Dolores met with a dietician. She told them that if Tom wanted to live, he would need to make some drastic dietary changes. The list was long, but the thing that topped it was reducing sodium intake, "What I didn't realize at the time," Dolores says, "was that people consume way, way too much sodium. We found out that [in a normal American diet] people are con-

suming 10 times the amount of sodium that's recommended." Change was going to be difficult, but if she wanted her husband to be around for the next fifty years, Dolores knew that it would be necessary.

With that realization, the Meidl's revamped their food supply. They threw out all the chips, ice cream, and junk food in the house and Dolores changed her way of cooking. Instead of frying, she now bakes, broils, or grills all of their food. She started to use herbs and spices instead of salt. In fact, salt pretty much went the way of junk food for the Meidl's, "Salt is pretty much non-existent in my house. I had a choice, either we changed our diets, or I lost my husband; it was an easy choice."

After Dolores began to change her lifestyle and her cooking style, it was only natural that this carried over to her job as the salad case cook at the co-op. Her intensive research on low-sodium diets showed her that she could make a difference in how people ate, even if they didn't realize it. She automatically started cutting back on

amount of salt used in the deli case salads. "I'm very slowly overhauling the case to promote more heart healthy salads," says Dolores. And according to her, people are noticing, "I've had many people come up and thank me for having these options. It's really different from what you'll see in other deli cases."

Among some of Dolores' favorite heart healthy case items are the Salmon (which is high in omega 3's), the Broccoli & Cranberry Salad, the Rosemary Tempeh Salad, all of the tofu salads, the Crazy-n-Wild (consisting of dried cranberries, mandarin oranges, wild rice and other heart healthy ingredients), and the Tomato Artichoke Toss (attached). Though this transition has been a difficult one for Dolores to make, she's thankful for what she has; "I really enjoy doing what I do because I get to implement what I do at home in my job. I don't know too many places where they would let you do that." Luckily for us, we now have more heart healthy options in our Fog City Deli case.

Tomato Artichoke Toss

from the American Heart Association Cookbook

- 7 oz Grape Tomatoes, halved
- 1 oz fresh Spinach leaves, coarsely chopped
- 7 oz Artichoke Hearts, rinsed, drained and coarsely chopped
- 1/4 C Red Onion, finely chopped
- 1/4 C fresh Basil leaves, chopped
- 2 T Balsamic Vinegar
- 1/2 t Sugar
- 1/4 t Pepper
- 1/4 t Salt
- 1/8 t Crushed Red Pepper Flakes (optional)
- 1 oz fat-free or reduced-fat Feta Cheese, rinsed, drained and crumbled.

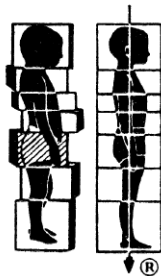
In a large bowl, toss together all the ingredients except feta. When everything is combined, sprinkle the top with feta.

Anni has been the Marketing Coordinator for the past 2 1/2 years and loves promoting WFC's awesome local and organic foods!

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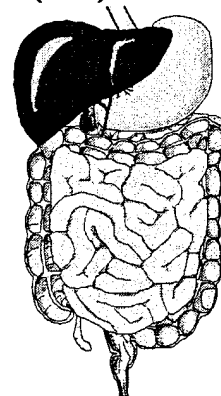
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In Balance with Ayurveda

— **Bonnie Ambrosi, Member**

As winter wanes, gradually giving way to spring, the elements of earth and water dominate the natural scene. Cool, wet, heavy, slow—we feel these qualities around us and within us. In moderation, we can accept this temporary muddiness—it is the season of rebirth, and birth is a wet, messy business. In excess, however, these qualities will manifest as colds and runny noses, congestion, nausea, inertia, lethargy, or depression—heavy, moist, “stuck” sorts of conditions. The Ayurvedic approach is to balance excess qualities with their opposites. March and April are not the time to indulge in sweets, dairy, and heavy, oily foods like nuts or fried things. These will only amplify the qualities that are already excessive. Instead, observe a diet that is light, warm, and drying. Barley, corn, rye, millet and quinoa are the best grains in this regard. Apples and grapefruit are particularly good, as are most vegetables, especially leafy greens—but not sweet potatoes. A liberal use of pungent spices kicks in some heat and drying action.

A food can be drying without being dry. Barley, for instance, is diuretic, even in a soup. In fact, spicy soups and stews are ideal when we’re “stuck in the mud.” At the ashram where I studied yoga, students with late-winter colds were served Rasam—an eye-watering potent tomato-garlic-red lentil soup with lots of black and red pepper!

Finally, we extend the practice of balance beyond our diets and find other ways to lighten up. We need to keep moving—physically and mentally, shake up our routines, activate our funny bones, embrace this time in all its soggy, and laugh kindly at ourselves as we slog along through the slush!

Bonnie Williams Ambrosi is a certified Ayurvedic Health Educator and teaches yoga, ayurveda, and stress reduction at several locations. Contact her at (218) 728-9942 or grihastashrami@gmail.com

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

Book Review

Have you ever been reading a menu in a restaurant and were not sure of some of the terms used? Or,

maybe while you were fixing a new recipe you ran across an ingredient that was unfamiliar to you. How do you find out what the terms or ingredients are? Well, of course, at the restaurant you can ask but at home you sometimes just have to guess. That is, unless you already own the book “Food Lover’s Companion” by Sharon and Ron Herbst. The Co-op carries the most current edition and Garbanzo Gazette editor Shannon Szymkowiak says that it is one of her favorite and most frequently used books. In fact, they used it recently at the Co-op in one of their cooking classes that I attended.

The book contains over 6700 entries that describe (and give the correct pronunciation for) foods, cooking techniques, spices and much more. The original book, which came out it, the mid 90’s took 3 years to compile.

This is the 4th edition and in each edition they have revised and updated the terms and, of course, added new ones.

At the beginning of the book the authors have a detailed “How to Use” page explaining cross-referencing, organization, how they handle foods that have more than one name, etc. At the end of the book the appendix includes ingredient equivalents, substitute ingredients,

Food Lover’s Companion

By
Sharon Tyler Herbst
and Ron Herbst
(Fourth Edition)

a pan substitution chart, high altitude information, temperature and measurement equivalents and conversions, an extensive pasta glossary and detailed nutritional information. And, sandwiched in between the A to Z content.


This is a great reference guide. If you love to cook, eat or just have a love of learning, *Food Lover’s Companion* just might satisfy your appetite.

Judy Kreag has written two guidebook/cookbooks, taught cooking classes and has worked for a local nutritionist. She presently teaches at The College of St. Scholastica.

Do we have your email address?



In the upcoming months, you will see changes in your Gazette and improvements to our website. We don’t want our customers to miss out on one bit, so we’re asking Members and non-Members alike to log on to www.wholefoods.coop to enter your email address. Your addresses will be used for occasional (we stress occasional) reminders about things like voting for your Board of Directors or announcements that affect our shoppers. If you like, you can also opt to begin receiving your Garbanzo Gazette electronically. Coincidentally, signing on electronically for the Gazette also reduces paper, printing and postage for WFC, so you will be positively affecting our bottom line. And just like your mailing address, we will keep this information to ourselves.


Thank you for helping us to be more ecological and economical and for allowing us to communicate with you in a more timely fashion.



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Vinyasa Yoga & The 5 Elements

Fri, 4/17 6:00–8:00PM \$40 in advance/\$50 at the door

Intro to The Rocket Series

Sat, 4/18 9:00–11:30AM \$50 in advance/\$60 at the door

Tejas Workshop

Sat, 4/18 1:30–4:00PM \$50 in advance/\$60 at the door

Chakra Balancing for Couples—Yogi Date Night!

Sat, 4/18 6:00–8:00PM \$65 advance registration req.,

YOGIRAJ ACHALA

Satyam [Truthfulness]**

Sat, 4/25 9:30–12:30 PM \$60 if reserved by 4/11, \$70 after

The Fourth View [Integrity]**

Sat, 4/25 2:00–5:00 PM \$60 if reserved by 4/11, \$74 after

***\$108 to attend both if registered by 4/11, \$124 after

SUSI HATELY ALDOUS


Deepening Core Stability

Sat, 5/5 9:00–4:30 PM \$140 in advance/ \$160 at the door


Body Balancing—How to Reduce Your Pain with Therapeutic Yoga

Sun, 5/10 9:00–4:30 PM \$140 in advance/ \$160 at the door

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The weekly menu is also available in our store and at www.wholefoods.coop
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 2009

	MONDAY WORLD TOUR	TUESDAY SOUTH OF THE BORDER	WEDNESDAY ASIAN CUISINE	THURSDAY HOME STYLE COOKING	FRIDAY GONE FISHING
MARCH 2-6	JERK SEITAN	ENCHILADAS	HONEY CURRY CHICKEN	MONGOLIAN BBQ TOFU	MANGO CHUTNEY TROUT
MARCH 9-13	DIJONAISE CHICKEN	BARBACAO PULLED PORK SANDWICH	PINEAPPLE TEMPEH	ITALIAN HERB CRUSTED CHICKEN	CREAMY DILL TROUT
MARCH 16-20	ROSEMARY TEMPEH	ENCHILADAS	SWEET & SOUR CHICKEN	TURKEY RICE CASSEROLE	LEMON BAKED LAKE TROUT
MARCH 23-27	CHICKEN & HAM PAELLA	BLACK BEAN & ZUCCHINI CHILAQUILES	THAI TOFU QUINOA	TURKEY MEATLOAF	CHEF'S CHOICE OF FISH
MARCH 30- APRIL 3	TWO BEAN CURRY	MEXICAN PIE	JAVANESE TOFU	BBQ CHICKEN	MANGO CHUTNEY TROUT

APRIL 2009

	MONDAY WORLD TOUR	TUESDAY SOUTH OF THE BORDER	WEDNESDAY ASIAN CUISINE	THURSDAY HOME STYLE COOKING	FRIDAY GONE FISHING
APRIL 6-10	GOLDEN MUSTARD BBQ TOFU	ENCHILADAS	TERIYAKI CHICKEN	HAM & BROCCOLI PASTA	CREAMY DILL TROUT
APRIL 13-17	ROSEMARY CHICKEN	BARBACAO PULLED PORK SANDWICH	SWEET & SOUR TEMPEH	MARINATED VEGETABLES W/ TOFU	LEMON BAKED LAKE TROUT
APRIL 20-24	SAVORY TEMPEH	ENCHILADAS	THAI STYLE CHICKEN	WILD RICE SUCCOTASH	CHEF'S CHOICE OF FISH
APRIL 27- MAY 1	JERK CHICKEN	BLACK BEAN & ZUCCHINI CHILAQUILES	HONEY CURRY CHICKEN	MONGOLIAN BBQ	MANGO CHUTNEY TROUT

The Cheese Man Goes Gluten-Free and It Still Tastes Good

— Eric Bong,
Deli Counter Manager

Friends, I recently discovered that, like many of our shoppers, I have sensitivity to gluten. I'm fortunate in that the affects in me are minimal. However, a lot of folks have some serious problems digesting a little protein named gliadin that is found in grains that contain gluten. "Not a big deal," you may think. "Just don't eat those grains." Well, that excludes oats, rye, barley, and all wheats, including spelt and kamut. The remaining options often lack in flavor, texture, or both. Try to make a good loaf of bread using rice, potato, tapioca... just no gluten. Many have tried with varying levels of success. Whole Foods Co-op was recently contacted by two local vendors that are succeeding in this attempt.

Sustenance Artisan Bakery has recently returned to the Co-op, this time bringing a regimen of completely gluten-free bread. Dale Karski of Sustenance mixes it up, bringing different options on a regular basis. Be assured that any of Dale's creations will receive my endorsement.

Tom Hansen recently called to inform me of a top seller at his Duluth Grill in Lincoln Park. Tom has developed a gluten-free banana bread based on buckwheat, which is deceptively not a member of the wheat family. This is no typical banana bread! It has a balanced graininess that is to be expected from buckwheat, without

being too heavy. The real charm of this bread is the subtlety of the banana. Used more as a sweetener than as the backbone of the loaf, this is still undeniably banana bread.

I will happily try to tell you all about just how much I appreciate these breads, but you'd do best to try a loaf for yourselves. Whether you are sensitive to gluten or not, these are among the tastiest breads I've had. My hat is off to two innovative bakers and their truly wonderful products.

Your Cheese Man and Bread Buyer,
Eric



Rosslyn Kendrick

- Structural Integration
Dr. Rolf method
- Swedish massage

218.723.0081

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 and co-op events.

NEWSLETTER COVER ART

In April, we will feature a retrospective of Member Kathy Bogen's pen and ink drawings for the cover of the Garbanzo Gazette. Kathy created an amazing array of newsletter cover art from February 1985 through July 1997.

MEMBER-OWNER COMMITTEE MEETING

Please join Committee Chair David Helf for a discussion on Thursday, April 30, 2009, from 5:30 to 6:30 PM, on matters of interest to Members including re-defining eligibility guidelines for the Matching Fund, limiting access to the IOU privilege, and achieving a sustainable food system in the Northland.

LATEST STUDY TO PROVE ORGANIC PRODUCTION IS THE BEST WAY TO FEED AND TO SAVE THE WORLD:

<http://www.beyondpesticides.org/dailynewsblog/?p=1078>

INTERESTED IN SUPPORTING THE DEVELOPMENT OF URBAN GARDENS?

Visit the web site of the Duluth Community Garden Program (www.duluthcommunitygarden.org) or email Executive Director Carrie Slater Duffy at duluthcommgarden@yahoo.com. The Garden Program's Growing Together Campaign needs sponsors to fund much-needed improvements to the garden sites including fencing, water and compost.

WORLD CAFÉ SESSIONS AT THE 2008 ANNUAL OWNERS MEETING

Check out the link to "What are our Members thinking?" on the home page at: www.wholefoods.coop.

GLASS TILE MOSAICS AT WFC

Find out more about the artist who created the "The Seedling" and "The Sprout" glass tile mosaics for our co-op at www.laurastonemosaics.com


RECYCLED GLASS MURALS OUTSIDE WFC

If you missed the segment on Venture North (PBS) about how local artist Ron Benson created the four glass murals on the outside of our building, visit www.wdse.org/vn28.html for a link to the video of Program #2805 (aired October 30, 2008).

Venture North has also posted the mural project on youtube. The segment is called: Ron Benson Waves of Glass.

LENGTHY BUT DEFINITELY WORTH YOUR TIME

For a positive and comprehensive plan to resolve the problems of our food system, read Author/Journalist Michael Pollan's article for the Sunday, October 12, 2008, New York Times Food Issue, "Farmer in Chief." www.nytimes.com



**Jodi Christensen
Erin DeWitt**

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Savor the Season

— Shannon Szymkowiak, MMS Manager

I am usually inspired to write about something in particular for each issue of the Gazette. I get excited and passionate about food and the possibilities of what we can do each day simply by making a conscious choice about what we eat, how we can affect our bodies, our communities and our environment by the simple act of buying groceries. But as I look out the window at more snow than usual, the holidays winding down and the economy looking worse, I do not feel inspired.

We all go through this kind of funk from time to time. Feeling like we can't make a difference in the world, like we're spitting into the wind, like nobody is listening or worse, listening but unwilling to engage. It can be frustrating when you feel like everyone should care as much as you do. "Why can't they see?" becomes a mental mantra that can drag you into the abyss faster than you can blink your eyes.

It seems right now that we are getting daily reports of how our government at every level needs to make cuts and raise taxes that we cannot afford. They are looking at the big ticket items to cut — as they should. But are they looking at the little things? Is every government agency copying on both sides of every sheet of paper or do they not even think about who pays for every sheet of paper? This may seem trivial, but it represents the larger questions. Are they looking at waste saving measures which in turn save money? Are they looking at new ways to do things that save pennies, then in turn, dollars every day? Are we using a Band-Aid or trying to shift some paradigms that will move us forward in a more sustainable manner?

I think about my recent awakening and commitment to the power of sup-

porting our local economy. I wonder how powerful that could be if we all did it. I would much rather spend a couple of extra dimes at a locally owned business when I shop than get stuck with a cumulatively large tax increase from every level of my government every year. At least when I'm spending my money at a local business, I'm in charge of my choices.



Shannon. Radical canvas bag user.

Handing cash over blindly to a government bent on giving it away to businesses I do not support and refusing to change the way things are done seems so pointless. So why not pay up front to support what I feel is important?

Simple.

As I write, we have a new president waiting in the wings. By the time this is published, he will have been in office for a little over a month. He is taking over a giant mess built on many years of both parties wasting time and resources when times were flush. Now this same group of people, who have great health care, good salaries, perks of all kinds and can vote for more for themselves (and do) are trying to figure out how to tighten our belts. Doesn't exactly inspire me as a citizen.

So do I roll over and cry "Uncle"? Give in to what is easy and cheap because there is nothing I can do about it? Or do I continue on in my little ways, reusing bags, recycling everything I possibly can, composting and shopping at local businesses rather than driving up to the big boxes at every turn?

Change is possible. The first time I took my canvas bags into Target (yes, even I'm not totally immune to the occasional trip "up the hill"), the cashier had difficulty figuring out how

she could fill it with my purchases since their check stands are designed only to hold the wire thingamajig that holds the plastic bags they give out. Now I don't even get a second glance. The last time I was in, the cashier actually thanked me for bringing my own bag. I can only imagine it's because others are doing the same thing (that, and the fact that Target is selling reusable bags says the cynic in me). Certainly the few times I actually go there in a year couldn't solely make that much difference, so cheers to the rest of you and your radical reused bags. You are making a difference.

And this is what gives me hope. That others who reuse their bags inspire me. And maybe other people, seeing the reusable bags in my cart will be reminded to reuse theirs. And so on...

I am hoping that other people, as tired of the tax situation as I am, will realize that the more dollars they spend on line, or in the Cities, or always choosing the big box first lowers our tax base and they'll end up paying anyway — and won't have a choice about it.

We can all choose how to make changes to save money in the short term. I'm not saying I don't, but I more often weigh it with the long term now. I've made little changes that are so natural to my life now that I can't imagine doing it any other way. Of course I reuse the back of an envelope for my grocery list. Of course I save my dryer lint for "brown" in my compost bin. Of course I recycle,

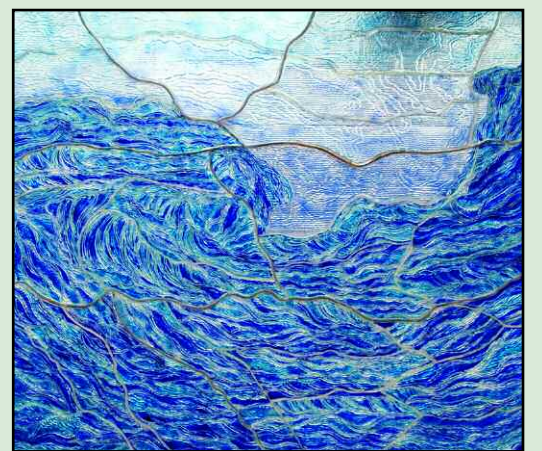
reuse and reduce so much that I have two recycling bins and only one small garbage can every two weeks to be picked up. To some of you out there, this sounds like a lot of work. It isn't. After all, I only have to haul my garbage bin to the curb every two weeks.

Some of you are saying "is that all you do?" because you do even more. Sharing the little things with each other help us to add up to big things. Engage. Gift your neighbor with a recycling or compost bin. Share your waste saving (hence, money saving) tips with your employer. Show them how easy and economical it is. Share the tips with me at shannon@wholefoods.coop and I'll print them in the next Gazette. We can make a difference together. Right here in our own neighborhood. Turn our radical canvas bags into the symbol of what can be the norm, and not the exception.

This article was a rare one that wasn't about food. Savoring the Season of Earth Day means taking a minute to think about what little changes you can do to make a difference. Pick one thing. Think of it as your "Green Resolution for 2009" and begin. If each of us picks one, then something else next year, and the next, before we know it, it's no longer a Green Resolution or even a Green Revolution, it's what you do every day.

Shannon is deciding what to plant in her front yard to eliminate some grass to mow this year.

The nominees are...
the envelope please...
the winner of the mural
naming contest is 'The Great
Lake' submitted by Member-
Owner Bonnie Summers.
"I went with a name that was
uncomplicated and obvious.
The big lake was what
inspired the mural
in the first place and
so it shall be named."
— Ron Benson, artist
Congratulations, Bonnie!



Membership Matters

Grocery Co-ops Ask Congress for Huge Bailout

by David Helf, WFC Board Vice President & Chair of the Membership Committee

Got your attention? If you follow the news, you'll know my headline is pure fantasy. Unfortunately, you have noticed how many sectors of our economy have asked for a bailout. You've also noticed how many others are disappointed at not receiving any of the bailout billions. I haven't heard that co-ops are among them.

Times are tough all over; WFC cannot completely buck international economic trends. Sure, we'd like our sales and profit to be higher, but we aren't feeling desperate or using desperate measures. Staffing hasn't changed much, so our sterling customer service is intact. Most importantly, our management watches industry trends and plans accordingly, and our staff sets and meets intelligent goals.

Our economy resembles a dog-eat-dog world; selfishness reigns supreme. Businesses disappear overnight. Among consumer grocery co-ops in the U.S., there are not so many surprises. Yes, co-ops do fail, but not before every effort has been made, not just by their management and membership, but by a host of other Cooperatives.

Recall the sixth Cooperative Principle: *Cooperation among cooperatives — Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.*



David Helf, your Board Vice President

Co-ops open their books to each other — that's right, we share our spreadsheets — and we all try to match "best practices." We don't have to spy on each other, or guess. We know how others operate. Cooperation doesn't just make us feel good, but works to make us all more successful. Our investments are here in the community, and I think any Member is able to understand how we operate.

WFC has equity in both regional and national co-ops. If someone notices our expertise in a particular area, they may call us for help (like when we built a "green" facility). We relied upon such help when we expanded. We contribute to development funds, from which other co-ops can draw for construction and expansion.

When WFC staff and Board members receive training, it resembles what's given all across Co-op USA.

In this age of economic Darwinism, I think we can all be proud to be Member-Owners of a movement whose stated values are:

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity.

I thought it would be nice to remember that all is not doom and gloom, and at some of us are still on a steady course. Thanks for reading!

Members are invited to attend the Membership Committee meeting, on April 20, from 5:30 to 6:30, at the Coop. No RSVP necessary. Go to the Customer Service Desk that evening, and ask for an escort to the classroom.