

colorful co-op news



Check out the new Fog City Deli sandwiches, coffee drinks & sliced meats!



Stop at your Co-op for some local color on your picnic table — organic flowers grown by Mike Olund & Shary Zoff.



Anni Friesen serves up the ever-popular Fog City Deli Potato Poppers with our house made Ranch Dressing at Taste of the Nation.

Bedding Plants Coming Soon

Whole Foods Co-op is proud to be offering Barb's Garden's certified organic bedding plants in our store during all open hours from May 14th through June 29th. Barb will be supplying us with a wide variety of vegetable, herb and flower starts to get a jump on the summer growing season. We will also be offering select hanging baskets and other decorative plants as well. These plants will be available inside in the produce department for your shopping convenience. If you don't buy all your veggies fresh from the co-op during this gardening season, start your garden the best way with certified organic seeds and bedding plants!



the back 40 contentment is close to home

As I look at our culture, it seems we are in a desperate search for some kind of belonging. Walk through any department store and there are sweatshirts with fictitious schools or regions and concert shirts from 30 years ago, faded and abused to look like the real deal for \$8.99. Instant history to go along with the distressed jeans and hats in the next aisle. Then we can den up with a select group of folks on the internet, share our electronic persona, and build a community based on who we would like to believe we are, with others who are doing the same. It has never been easier to decide who we are but, increasingly, we seem unsatisfied with the answers.

Shopping for food has become much the same as I take in the remodeling of local supermarkets that are now reinventing themselves as purveyors of the healthy with a much touted emphasis on freshness, or an image of quality driven by upscale merchandising that assures shoppers that, while a chain store and sending your dollars off to Dole and Coca Cola, they are imbedded in the community and connected to the healthful choices we all need to make. As we become more conscious of our health and the health of the planet, we want to contribute with our purchases; we want increasingly to consume with a conscience. We want to belong again and consider the larger picture beyond what the affluence of our society has presented as our legitimate sphere of concern. We affirm the value of eating well, but creativity — the creation of something new — seems a little beyond our influence.

Like the fake school sweatshirts, much of what organic and natural foods you will find in a Wal-Mart, for instance, has no roots. It is sourced and managed in the same unsustainable manner as any other product, but it appears to connote a connection beyond the doors of the retailer, of the supermarket. We seek some contentment in the face of the growing recognition of our fundamental lack of belonging in and to our environment. Marketing seems to make it easy to find community with no more effort that it takes to pick up toilet tissue off the shelf. But will that make the better future that many of us expect from say organics, or locally sourced produce? Do these products and settings really represent something breaking significantly with that system that has over-consumed for decades? Does it matter when the price is right, or we don't have another minute in the day to even think about it?

As with many answers offered by our society, this new flush of interest of healthful eating, including Disney character pre-packed vegetables and fruits, comes to us from a very cramped range of questions. That leaves us with anemic answers, and a weak stretching for that better future in which the momentum of what has begun leavens more than pocketbooks for shareholders. As Milton Friedman, Nobel Prize winning economist has made plain — the only responsibility any corporation has is to increase the

share value of it stockholders. Any commitment beyond this reflects a betrayal of the public trust; an affirmation that economic viability and not that of communities is closest to an American's heart.

Whole Foods Co-op is the same in a real sense, except that the value of a member's share, the experience of a non-member shopping in our store is increased in value by the very real community we are and build regionally. The trust we keep reflects this value that customers have experienced over decades of unwavering commitment. We affirm the virtues of the food and how it is produced all the way from our food policy to the signature on the checks to vendors. This perspective weds the two views of viability together, by asking better questions about how we can continue to provide healthful foods into the future.

We source local produce to both supply our shoppers with the best product and to build the social infrastructure in our region that can sustain that relationship. We sell organics, and source free trade items again to serve our customers, but also to as responsibly as we can build the economic capacity of smaller-scale producers in order to re-weave our

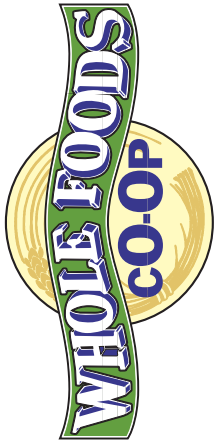
rural and small-industry communities throughout the reach of our purchasing practices. One of the pleasures I have had in working at the Co-op has been in knowing that all our marketing, all our ads and specials are not an invitation to an unconnected consumption that benefits only a few, but to a rooted and real community. At a time when people increasingly seek connectedness, we have the real deal.

As we look at the bewildering landscape of the business of food in the 21st century, we must remember to listen for the voices of those who produce it. The variety of foods we have received from nameless previous generations is in our hands to modify and preserve; to mass produce and carefully consume. All of us have choices to make each day that reach well beyond the price tags, the bags of salad and hands of bananas. Listen for the voice of real community — whether producers, retailers or other shoppers — and let it be your guide. GG

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

"Interested in keeping up on the local produce scene? Sign up for our weekly e-newsletter, Notes from the Field. Recipes, farm stories and a list of the latest fresh goodness on our shelves. Send your e-mail address to Michael@wholefoods.coop to be put on the list, or check out the WFC website, www.wholefoods.coop, to have access to the latest dirt on the vegg"

“True contentment is a real, even an active virtue — not only affirmative but creative. It is the power of getting out of any situation all there is in it.”
— G.K. Chesterton



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MAY / JUNE 2007



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gourmet to go

summer meals

by Jane Herbert, Deli Manager

When my diet is repetitive, or static, I deprive my body of the energy and vitality of change. I tend to be more adaptive and receptive to the energy around me when I rotate among the full range of foods of the

Some suggestions for lifestyle and diet reflect this principle. Summer is a period of luxurious growth. To be in harmony with the atmosphere of summer, awaken early in the morning and reach to the sun for nourishment to flourish as the gardens do. Work,

Summer offers abundant variety, and the diet should reflect this. On the hottest days, create a cool atmosphere, (picnics, patio meals, etc.) and serve more cooling foods such as salads, sprouts, fruit, cucumber, tofu and flower leaf cool teas such as mint, chamomile and chrysanthemum.

Common fruits that cool summer heat best are apples, melons, lemon and lime.

Tender peas, scallions, arugula, and spinach begin to flourish as well.

In large sauté pan cook onions and peppers over moderate heat, stirring until softened. Add garlic, and cook, stirring 1 min. Add corn, vinegar, and cook 2 min. Stir in edamame beans, herbs and spinach. Salt and pepper to taste.

Ginger Chicken Soup

- 1" piece fresh Ginger
- 2 med cloves Garlic, unpeeled
- 10-12 oz boneless Chicken thighs, trimmed of fat (about 3 med.)
- 2 c Chicken Broth
- 1 T Soy Sauce
- 2 t Lemon Juice
- 1/4 t Asian Chili Paste (like sambal-oelak)
- 1/4 c fresh Cilantro, packed
- 2 T Scallions (green tops only), thinly sliced
- 1 T Vegetable Oil such as canola or safflower
- 1 c Baby Spinach
- Sea Salt

In medium saucepan combine the ginger, garlic, chicken, broth, soy sauce, lemon juice, chili paste, and 1 cup of water. Bring to a boil over med, heat. Reduce heat and simmer until chicken is cooked through (about 10 min). Remove garlic and ginger from broth. Keeping broth warm, finely chop scallion, cilantro and put them in a mortar with a pinch of salt and 2 t of oil or mash with side of knife on cutting board and blend with oil until it is the consistency of paste. Slice cooled chicken and portion into 4 soup bowls. Return broth to a simmer and season with salt to taste. Add the spinach to the broth and continue to simmer until it's wilted. Ladle broth and spinach evenly over each portion of chicken. Top with a dollop of cilantro paste. **GG**

Since moving to Duluth almost 2 years ago, I have experienced the heat of the south, the blizzards of the north and now I'm hoping for a looong minnesota lovely spring! I have to plant the yard and tend to the bulbs that will want to be sunning themselves soon. My cat, Peepers, is already sunning in the picture window and the dogs are wanting to walk down to the Big lake and sip the cold water. I'm ready! Are you all? See you on the Lakewalk!

Life reflects continuous change and growth. Cycles of the day, the month, the seasons, patterns of weather, stages in personal growth, relationships, all in constant motion, ever-changing unfolding.

earth. My physical needs are unique and continually shift with changes in activity level, age, mental and emotional needs, as well as natural and social changes in the environment around me. I can listen to my body as I experiment with the combinations and proportions of the foods I eat and take time for self-reflection to attune to my constantly changing needs.

Unifying with summer, a yang season, we express yang principle — expansion, growth, lightness, outward activity, brightness, and creativity.

play, travel, be joyful, and grow into selfless service. The bounty of the outside world enters and enlivens us.

Use plenty of brightly colored summer fruits and vegetables and enjoy creating beautiful meals. Make a dazzling display with the colors of the food, and add fresh flowers to the table. Cook lightly and regularly add a little spicy, pungent, or even fiery flavor. When sautéing, use high heat for a very short time, and steam or simmer foods as quickly as possible. Use little salt and more water.

Spring Vegetable Salad

- 1 bunch Asparagus, cut into bite sized pieces
- 1 head Broccoli, broken into flowerettes
- 1 Yellow Pepper
- 1 Red Pepper
- 1# Carrots, julienned
- 1# med Zucchini, diced
- 1# med Yellow Squash, diced
- 2 c frozen Peas, thawed
- 1/4 c Lemon Juice
- 1/4 c Canola Oil
- 1/4 c Olive Oil
- Sea Salt
- Pepper
- 1 c Arugula, cleaned
- 1 bunch Tarragon

Blanch or steam all veggies, then plunge in ice water to stop cooking. Whisk together lemon juice, canola oil, olive oil, salt & pepper. Toss with arugula and tarragon. Serve with veggies on top.

HERBED SUMMER SUCCOTASH

- 1-1/2 c Olive Oil
- 1 10 oz bag frozen Edamame Beans
- 2-1/2 8-10 oz bags frozen Corn
- 2 white or yellow Onions, small dice
- 1/4 c Garlic, minced
- 1 c Sherry Vinegar
- 1 c Basil, chopped
- 1 c Parsley, chopped
- 1-2 Green Pepper, diced
- 2 # fresh Spinach
- Sea Salt & Pepper to taste

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Herb Lore

spring cleaning with dandelions

by Stacey Rautio, COTA/L-CHTP, Energy for Life Connection, Member of the Lake Superior Herbalist Guild

Now melting. Lighter moods. More spring in your step. More energy. Bright green spreading in from the edges of the yard. And then... the bright spots of yellow... Dandelions! But how about this year you add yourself to your “spring cleaning list”? How about using these happy heralds of spring for the very thing they show up for? The abundant dandelion. The greatest detoxifier. Readily available, it is one of the most easy to use cleanses for your entire being. Everywhere around the world, after the long winter months without fresh food, as soon as these happy greens appeared people added them to their diets — A LOT.

Dandelion has been used extensively worldwide by nearly all cultures for clearing toxins, congestion, and sluggishness from most of the major organ systems. Primarily the liver, but also the gall bladder, spleen, colon, kidneys, bladder, female organs, joints, blood and lymph systems, muscles and skin.

It removes mucus, stimulates blood and lymph flow, clears infections, supports the immune system, decreases muscle pain, decreases menstrual cramps, and decreases swelling in tissues.

Dandelion is packed full of nutrients. It is high in vitamins C and A, calcium, potassium, magnesium, lecithin, protein, iron, sugar. It is because of these nutrients that it makes such a great cleanse. Most cleansing routines clear your body of toxins, but also deplete your body of some of the things it needs. The vitamins and minerals in dandelion help your body maintain its nutrition while it is going through the clearing process.

The primary use of dandelion is as a liver cleanse. If you read anything about the plant you will see this stated repeatedly. Most of the other conditions of imbalance listed that dandelion can help relieve are secondary conditions related to how well your liver is eliminating the toxins from your body. For instance, a sluggish liver often cannot filter extra estrogen. Thus, estrogen levels build up in the bloodstream, causing hormonal imbalance = PMS. Or, when the liver gets overloaded and cannot rid itself efficiently through the normal systems of excrement, it unloads through the pores. This can cause skin problems such as acne, rashes, eczema, etc.

The digestive tract, when it is congested, can become coated with mucus, or “canker”. By fortifying the liver processes, assisting blood and lymph flow, dandelion “pulls the old canker from the digestive tract”. This in turn assists in alleviating stomach problems and lower intestinal issues.

We can see the same theory applied to conditions such as gout, which is a build up of toxins and inflammation in the joints. As the body fluid flow improves, these deposits are eliminated the way they are supposed to be and don't build up in the joints.

Dandelion is a dependable and very effective diuretic. Because of this it is an effective remedy for urinary tract infections. The minerals in it help the

body increase the fluid flow thru the urinary tract system without exhausting the kidneys.

Its usefulness as a diuretic and fluid flow stimulator assist in the relief of menstrual symptoms such as swelling, tenderness and pain management.

There is some research on the effectiveness of the plant with cancer treatment. There is a recent article in the Mar/Apr. issue of Nexus magazine on the topic.

The milky juice from the stem is a great “eraser” for warts, corns, calluses, pimples etc. Used daily, it will make them disappear in no time — just squeeze the juice from the stem. Local herbalist Joseph Quade has used this method and found it to be “amazingly quick and effective”.

Dandelion not only clears the physical body but has been known to assist with clearing deep emotional constrictions or congestion.

There are many ways to use dandelion. Each part of the plant provides many and varied uses. In the spring the fresh leaves are picked and used in salads and cooked dishes. The leaves are the most palatable when they are 2-4 inches long. These are the best to eat in salads. As they get bigger they become more bitter tasting, which some people like, and is actually quite good for your body. However, if you have not acquired a liking for the bitter qualities yet, you can use the leaves in stir fry or other dishes. When making tea from the leaves, do not boil the leaves but make an infusion by pouring the hot water over the leaves and letting it steep. The Co-op sometimes has dandelion greens in the produce section.

The leaves of the dandelion are high in carotenes, potassium, and calcium, iron, phosphorus,

B vitamins, vitamin D, manganese, sulphur, and magnesium. The root of the plant is used to make tea and is often dried and powdered. When the roots are dried and ground, they can be used as a substitute for coffee. Tea from the roots can be bitter, sweetening with honey instead of



sugar is a good way to get the most nutrition from the plant.

When harvesting the roots in the fall, make sure you dry them thoroughly. The roots are high in sugars, starch and protein and need to be very dry to preserve well.

Tinctures are made from the fresh root, which extracts into the alcohol better. Using the whole plant for a tincture is a fine way to go. Apple cider vinegar is another good medium for making dandelion tonic if you would like to avoid the alcohol.

The root is rich in iron, manganese, phosphorus, protein, aluminum, vitamin-A, calcium, chromium, cobalt, magnesium, niacin, potassium, riboflavin, sodium, tin, zinc, and ascorbic acid.

Who doesn't like deep fried foods? Maybe there is room for this at the state fair! Pick the buds just before they are about to open, dip in your favorite batter, and fry. Flower buds can be added to omelets, and egg

dishes or stir fry. Herbalist Luanne Kintree plucks them and eats them fresh. “I feel the fresh yellow color spilling down my throat and lifting my spirits!”

You can infuse the blooms into your favorite oil for a soothing muscle rub. The flowers also make a beautiful light tea. And let's not forget one of the most valuable uses for the flowers — dandelion wine! Trigger memories for any of you?

Dandelion is used as a natural dye when the roots are boiled with iron (cast iron pot) it turns a beautiful yellow/gold. When alum is added to the root it brings out a magenta or red/pink color.

Plants are safely harvested if they are at least 15 feet from any roads or places where there is a lot of traffic. Make sure you are picking in a place where chemicals have not been used or local animals don't frequent. Remember to wash all your greens well.

There are so many recipes out there with the huge variety of uses of this sturdy and healthful plant. Maybe you can give the bright yellow faces in your yard a different look this year. Happy Spring Cleaning!

references: Susun Weed—*Healing Wise*; Tis mal Crow—*Native Plants Native Healing*; Katie Letcher Lyle—*The complete Guide to Edible Wild Plants, Mushrooms, Fruits and Nuts*; Jo Anne Gardner—*Living with Herbs*; Laurel Dewey—*The Humorous Herbalist*; Michael Tierra—*The Way of Herbs*; Gregory Tilford—*Edible and Medicinal Plants of the West*.

Remember to use plants with respect and with the wisdom of your own body. Each individual may react differently to quantities.

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

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

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

MOVING? Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

savor the season

by Shannon Szymkowiak, Marketing & Member Services Manager

I am a big fan of choice. I feel that part of being a responsible adult is learning to make choices, take responsibility for those choices and be accountable for those choices should those choices prove to be less than wise.

Boy, did that feel good.

Imagine... responsibility. Behaving as a grown person. Setting an example. Using and sticking to your personal set of ethics. Listening to and heeding good advice. Seems like common sense to me, but it seems that there is less and less of the sense that seemed at one time to be commonplace.

There have been so many examples lately (or maybe I'm just noticing them) of the total lack of accountability; both from the party who should be accepting it and from the person(s) that should be demanding it. If you think just for a minute about politics (on BOTH sides of the aisle), entertainment, sports, family life or your workplace, it won't take long to think of a long list of examples of what I'm talking about. Arrested for domestic violence? Oh, well. Taking steroids? No matter, everyone does it.

Ahh, the old "everyone's doing it" defense. Now why didn't I think of that? Oh yeah, I did. I think it was when I was about seven years old. I think the reply from my mother went something like, "if everyone jumped off a bridge, would you do that, too?" Apparently, the answer has become, for many, "yes".

So what lit this fire under me? So many things, too many to list really, but the kicker was the most recent news from our friends at Dean Foods, parent company for such brands as Horizon, Alta Dena, and Silk.

Dean Foods has been taken to task for their organic dairy practices, which, in short, have more similarities with non-organic dairy farming than not, such as very little grazing opportunity and huge herds (2,000–10,000). This is not what most people expect when paying extra for organic milk. The Cornucopia

Institute and others have tried to bring this situation to light and have charged the USDA with the task of holding Dean Foods accountable. So far what has happened is a full on marketing campaign by Dean Foods including attempting to take out ads in Co-op newsletters and personal calls to Co-op marketing and merchandising managers to convince them to not boycott their products, citing examples of their "green" practices. To date, WFC hasn't received such calls (probably because we already carry so few of their products in favor of the regional cooperative Organic Valley), but many of my marketing cohorts in the Co-op world have.

Now, Dean Foods' investors have asked for some transparency in their so-called "green" practices and Dean Foods has hired lawyers to fight this request by the SEC. Sister Linda Hayes of the Springfield Dominicans, an investor-sponsor of the resolution says, "Even though the proposal is only asking the company, currently engaged in a nationwide advertising campaign touting the greenness of their organic milk business, to report to shareholders concerning this controversy, Dean has opted to 'lawyer-up' and aggressively fight the proposal at the U.S. Securities and Exchange Commission (SEC). This is not the kind of transparency that consumers have expected in the organic food industry."

You may be surprised to know that I do not advocate a boycott of Dean Foods unless you are inclined to do so. For that matter, if you think Dean Foods is being unfairly treated, then you should speak up about that side of the argument. The point is that you have a choice that you can exercise or not.

So many of us go through our daily lives, just letting things happen. I'm as guilty as the next person. But when we abdicate our right to choose, when we don't hold people accountable for their actions, then we get what we deserve. We live in a world that revolves around money, so we as

consumers have to realize that the checkout is a voting booth we enter every day. Our voices are heard every time we choose brand X over brand Y or the internet over a store down the

street. You can call a business or you can write a letter, but know this: if letter writing doesn't get results, believe me when I say that your dollar does.

I have heard, from time to time, that sometimes our competition is cheaper. From time to time, this may be true. We do our best to match the competition whenever possible, and often, when comparing organic apples to organic apples, beat their prices. So when we fail at the dollar game, why choose Co-op?

We are your community. Your neighbors are collective owners of this business (thanks, co-partners!) We actively seek out, support, and purchase locally whenever possible. The items on our shelves reflect a thoughtful Food Policy written by your fellow Members and followed by my co-workers. We take great care with our food; so much so, that we have organic certification for all of our departments so the integrity of your organic food is not compromised. We use green building practices, so those with sensitivities can shop in relative comfort and we know we are doing the right thing by the great Gitchee Gumme. We support Fair Trade whenever possible, so our brothers and sisters less fortunate than we can gain economic choice as well.

Do all of these things make us better than others? Humbly, I believe it does and if these are your beliefs and values, you may agree. We feel strongly about what we do and feel strongly that we do it better than many others. At the very least, we are giving it our best effort. Every day. Not only when it's hip, not only when it's because Oprah says so, but every day and for the last 37 years.

You have choices to make. Economic, ethical, environmental, dietary — everyone's bottom line is different. We are held accountable by the Food Policy, Bylaws, Organic Standards, and a myriad of other expectations from you, our Member-Owners. I'd challenge you to hold yourself accountable, too. Buy what you believe. Spend \$5.00 more here on your next visit that you would have spent elsewhere. Support your neighbors, your beliefs and the best food in town. Keep letting us know how we can improve, and we'll do our best. Watch the actual prices on the shelf, not just the perception of "cheap". Your community benefits and you benefit from choosing Co-op.

See you in the aisles. **GG**

If you wish to know more about the Dean Foods issue, you can check out our information binders in-store or contact:

Steven Heim, Boston Common Asset Management, 617-720-5557 or 617-785-9527 (c)

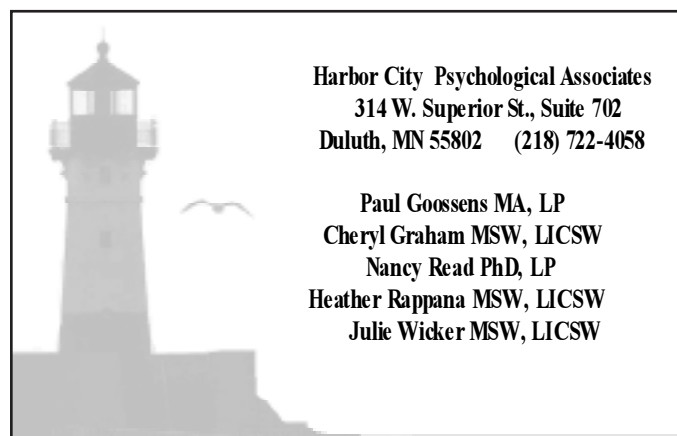
Daniel Stranahan, The Needmor Fund, 206-794-3656

Mark Kastel, The Cornucopia Institute, 608-625-2042



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board report

swim with the sharks

The cast of "Sealab 2021" can probably explain this better than I, but sharks don't sleep. They have to keep moving or they die. When applying the shark's way of life to my own, or to my co-op grocery, I would write in a clause allowing for periodic naps, but other than that it is an admirable goal.

Keep moving, literally and figuratively. Change with the times. Look toward the future. See your mission statement and policies as working documents. Have a vision, then adapt it. A healthy, functioning Board does all these things. The Board, as both leaders of the Whole Foods Co-op and servants and representatives of WFC members, ensures that the WFC keeps moving. Our recently-formed Bylaws Committee has

engineered a number of changes to our by-laws — changes which may include increasing Board terms from two years to three years, and changing the total limit on consecutive terms served. WFC has participated in the



Jean Sramek, your Board President

late-April Earth Day celebration, along with other organizations and businesses in our community, but now we're going to focus on Mayhem on the first weekend of May. Our Membership meeting was held annually in October; we moved it to September, then to July. Now we're moving it back to September. We jettisoned the old point-of-sale discount for

members in favor of a patronage rebate system for the financial health of the WFC and its members.

Does this mean that the former way of doing things was better than the new way? Certainly not. In fact, sometimes we have to do things the "old way" in order to get to the "new way" ... which will, in turn, evolve into the "new, new way." That is, if we are doing our job, which is to keep moving. Like sharks — only not sleep-deprived, and with better people skills.

You can help us. Members can serve on Co-op committees, including the Membership Committee. Its next meeting is Tuesday, May 15, at 5:30 pm in the WFC classroom downstairs. If you'd like more information, contact the WFC board of directors at wfcbod@wholefoods.coop, Membership Committee Chair Lynn Fena at lynn@wholefoods.coop or cut out and save the info below. **GG**

MEMBERSHIP COMMITTEE MEETING

Tuesday, May 15, 2007 • 5:30 pm • Whole Foods Coop Classroom
All members welcome!

Agenda:

- WFC Newsletter Policy • Member Education Update
- Discuss Ideas for Member Support • Future Member Projects

board of directors

Jeri Brysch

jeri@wholefoods.coop
Treasurer
Finance Committee (Chair)
GME Committee
Term expires 2008

Lynn Fena

lynn@wholefoods.coop
Vice President
Finance Committee
GME Committee
Membership Committee (Chair)
Term expires 2007

Erik Hahn

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Secretary
Bylaws Committee
Food Policy Committee
Membership Committee
Term expires 2007

David Helf

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Bylaws Committee
Food Policy Committee
Term expires 2008

Theresa Koenig

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Board Recruitment Committee
Bylaws Committee
Term expires 2007

Jean Sramek

jean@wholefoods.coop
President
Bylaws Committee (Chair)
Food Policy Committee
GME Committee (Chair)
Term expires 2007

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

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

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

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.

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

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2. Democratic member control.
3. Member economic participation
4. Autonomy and independence.
5. Education, training and information.
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7. Concern for community

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staff news

STAFF ANNIVERSARIES

MAY:

Susan Boorsma	May 1, 2005
Ben Friesen	May 15, 2006
Kevin Taylor	May 17, 2006
Nate Frie	May 24, 2006
Brad Rozman	May 24, 2004
Rayann Schramm	May 26, 2005
Michael Karsh	May 31, 1990
Susan Stone	May 31, 2006

JUNE:

Sonja Hoyum	June 6, 2006
Maria Lopez	June 6, 2006
Joseph Ulvi	June 20, 2006
Travis Erickson	June 22, 2006
Lindy Sexton	June 26, 2006
Brianne Vollmar	June 28, 2006
Michael Olker	June 29, 2005

Michael, our Front End Assistant Manager, says "We won't have our baby by March 30th (Gazette deadline), and we chose not to know the sex, so the most accurate news I can share is that our due date is Earth Day." Michael's baby update will be seen in the next Gazette along with baby announcements for Maria (FE) and Andrea (Deli). What's in the Co-op's water?

The all-Co-op staff hip-hop band that backs Ray the Wolf (Rain's rap name) consists of Jason of the FE (bass), Jesse (guitar), Brad (drums), and Nate (backing raps) of Merch will be playing many shows in the upcoming months. This will include Homegrown Music Festival here in D-Town as well as gigs in St. Cloud, Brainerd, MN and Fargo, ND this summer. World Tour! Hopefully a new recording will be in the works as well. More info at www.myspace.com/raythewolf.

Produce Assistant JP will be starting at Lake Superior College this summer. Gettin' smart, JP!

Steph of Merchandising is having an art show April 12th thru July at the Duluth Art Institute titled "Residency: New Work by Stephanie Richards"

The concentration of the series of work is to address the idea of "home" by which we are all connected. I examine home as a shell or support system without the emotional context associated with home.



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 - Tahiti water pump
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 - Spin 'n Stor Salad Bag
 - Extra Life Produce Disc
 - Pop-Up Sponges
 - Eco Towel Reusable Cloth
 - Melitta One-Cup Filter Cone
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 - Garden Seeds

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 - Kettle Corn
- **Rapunzel**
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- **I.M. Healthy**

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- **Spectrum**
 - Safflower Oil*

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 - Atomidine Liquid Iodine
- **Oregon's Wild Harvest**
 - Dong Quai



- **FutureBiotics**
 - Cholesta-Lo
 - Pressure-Lo
- **New Chapter**
 - Blood Pressure Take Care
- **Barlean's**
 - Essential Women Oil blend, 12 oz.
- **Bernard Jensen**
 - Mt. Capra Mineral Whey powder
- **Source Natural**
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 - Attentive Child
 - Life Force Multi-Vitamins, with and without Iron
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* Organic GG



Rain aka Ray the Wolf and Jean Marie of the Front End enjoy the new staff favorite, Angie's Kettle Corn

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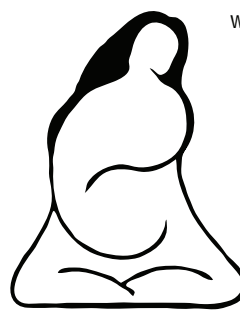
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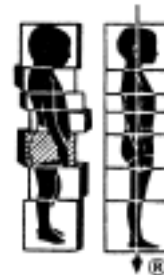
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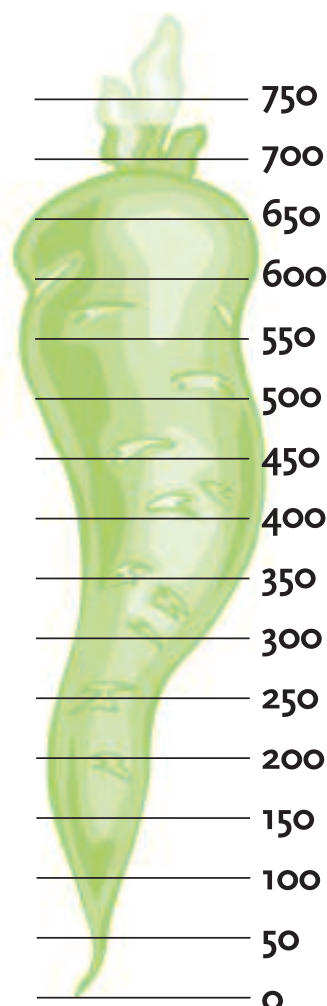
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welcome, new members!

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Nancy J. Peterson
Mary J Olson-Reed
Linda Gooder
Nervick
Mary E. Millard
Dorene Brtek
Thomas Walden
Cecile Christine
Allen
Daniel Morey
Steven Michael
Hohenstein
Carla K. Iverson
Gerald Rivord
Elizabeth Bandli
Lynn Landstrom
Sandra Peg Wagner
Sherry Christiansen
Rob Downs, III
Alex Mohrbacher
Donna Wood
Julie Englund
Sunshine Carter
James Thomas
Yewell
Anita Zager
Adelaide Liljegren
Polly R. Nelson
Jane Burnes
Michael Robbins
Lisa Klassen
Richard J. Hogan
Michael Mauren
Kenneth Kiefat



We have set a goal of 730 new members before July 1, 2007. An additional 141 new members brings the total to date to 723. We're almost there! Thank you, new Members!

Mark Pass
Andrea Joy Vander
Woude
Keban Mark Yessak
Kathryn D. Mills
Leah Raboin
Carrie Botten
Danny Frank
Tammy Opack
Lauri Annoni
Beverly Clark
Lori Lynn Barton
Loren Eugene Carlson
Michaela Coughlan
Susan E. Runnels
Elizabeth Marks
Charles Brown
Roberta Paull
Michelle Mategko
Darlene Shermo
Amy Goei
Elizabeth Ann Banks
Susan J. Cotter
Anne Louise Mayall
Jesse Scott Adams
Kelly Giles
Daniel R. Smestad
Molly Legarde
Wendy Marie Quade
Toni L. Charboneau
Michelle Ryan
Brenda Woinanowicz
Ann Heimbuch
Elisa Rauschl
Jonathan Dacken
Sandra Roggenkamp
Robin Rantala
Lori A. Wells

Amy Mainguth
Vernon Owen Johnson
Deborah Goerger
Zachary A. Erickson
Charlotte Frantz
Avis Hoeppner Pine
Charyl Melanson
Amanda Fudala
David B. Watson
Anna O Neil
Kristin Roslansky
Carrie Bolen
Alexis A. Miler
Christina M. Erkkila
Christie Erickson
Dana Bergstrom
Laurel Sanders
Ginny Berger
Pamela S. Schramke
Lisa L. Heyesen
Kim Salo
Michael Cohen
Linda Flier-Edin
Allison Borsheim
Joan Olson
Siiri C. Morse

Scott John Ankarlo-
Leppala
Sharon Shuck
Jerome Auel
Michael Paulsen
Tessa Hauck-Reed
Randi Larson
Jodi Eileen Libey
Charles Seipp
Kelly Davis
Vicki Surges
John Barr Bennett
Kathleen Desmond
Barbara Landis
Michelle Backes-
Fogelberg
Sarah Ann-Marie
Hansen
Jennifer L. Peterson
Charlene P. Miller
Bradley A. Lien
Sandie Cronin
Mary Jo Sutherland
Erin Wasko
Kevin Michael Brown
Vianneya Robinson

Bonnie Hughes
Kenneth C. Arbuckle
Michael Haburt
William Stenberg
Dr. Traci S. Amundson
Sandi Schoenrock
Michelle Karen
Lampson
Ryuta Nakajima
Zane Bail
Robin Brown
Michael N. Whitman
Lisa Whiting
Richard F. Jr. Lemaster
James A. Wade
Cassandra Felton
Amy Rae Mullenbach
Laurel Dawn
Buchanan
Niece Strand
Rebecca Brown-
Wellerman
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They say there is a pot of gold at the end of every rainbow. If that's so, then there is no better rainbow of color than the one you'll find in your produce department. You receive a treasure of disease-fighting and protective health benefits from this one. According to the Cancer Project: "The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds."

Let's look at our produce rainbow, starting with the color red. Red foods like tomatoes, watermelon and guava all contain lycopene, an antioxidant that cuts prostate cancer risk.

How about Orange? Carrots, yams, sweet potatoes, mangos, and pumpkins are all good sources of beta-carotene, which supports the immune system and contain powerful antioxidants.

"Several studies found organically grown plants contain higher levels of antioxidants than those that are conventionally grown. A wide range of factors may account for this; but Charles Benbrook of the The Organic Center for Education and Promotion says, 'in general, factors that impose stress on the plants tend to trigger innate defense and wound-healing mechanisms.' Organically grown plants produce more antioxidants

because they must survive and thrive without synthetic protection against pests and weed competition."

Or how about yellow-orange fruits like oranges, lemons, grapefruits, papayas, and peaches. All are loaded with vitamin C and flavonoids that inhibit tumor cell growth and detoxify harmful substances in the body.

It wouldn't be a produce rainbow without green, right? Spinach, kale, collards, and other greens contain calcium, as well as folate that builds healthy cells and genetic material.

I'm not sure there is a color called green-white in the rainbow but if there were, it would include broccoli,

contain alkyl sulfides that destroy cancer cells, reduce cell division, and support immune systems.

Since the sky is the limit here then the produce rainbow would have to contain blue. Besides tasting good, blueberries are a great source of anthocyanins, which destroy free radicals.

The red-purple stripe would be made up of grapes, berries and plums. All provide good sources of resveratrol, which may decrease estrogen production. And with just a little stretch you could include the bulk department and add some brown like whole grains and legumes. These that give you essential fiber that is beneficial for carcinogen removal.

Are you noticing a pattern here? And I'm not just talking color patterns either. These foods are:

- Rich in complex carbohydrates, vitamins and minerals.
- Rich in cancer-fighting phytochemicals such as isoflavones and isothiocyanates, and antioxidants such as vitamin C, beta-carotene, selenium, and lycopene.
- High in fiber.
- Naturally low in fat



fresh perspectives somewhere over the rainbow...

Brussels sprouts, cabbage, and cauliflower. And we've all heard of the vast health benefits these have. But did you know they contain indoles and lutein, which eliminate excess estrogen and carcinogens from the body?

I guess if we are stretching the color theme to include green-white then it would be OK to include white-green as well. This group would include garlic, onions, chives, and asparagus, which

All are tasty things that you can add to your meals to maximize the cancer-fighting power of your diet.

Perhaps when the Cancer Project created the nutrition rainbow, they knew it would help you to build a healthy diet that included daily servings of brightly colored fruits and vegetables and dark green, leafy vegetables along with a variety of grains and legumes.

Don't you think it would be an easier and more fun way to encourage kids or adults to eat a better diet if you laid out color stripes on their plate and let them eat a rainbow every day? It sure sounds fun to me.

Rainbow Fruit Salad

This fruit salad from the National Heart, Lung and Blood Institute is good as a side dish, dessert, or even as breakfast with yogurt.

- 1 lg. Mango, peeled and diced
- 2 c fresh Blueberries
- 2 Bananas
- 2 c fresh Strawberries, halved
- 2 c seedless Grapes (may substitute raspberries)
- 2 Nectarines, unpeeled (may substitute a nice Anjou Pear)
- 1 Kiwi Fruit, peeled and sliced

Honey Orange Sauce

- 1/3 c unsweetened Orange Juice
- 2 T Lemon Juice
- 1-1/2 T Honey
- 1/4 t Ginger, ground
- Dash Nutmeg

Then just prepare the fruit. Combine all the ingredients for the sauce and mix. Just before serving, pour honey orange sauce over the fruit.

Yield: 12 servings
Serving Size: 1/2 cup

References This Issue:
<http://cancerproject.org>; The International Federation of Organic Agriculture Movements, the Research Institute for Organic Agriculture and the Foundation for Ecology and Farming, www.organic-world.net/2007-pr.asp; More of What You Want "Elevating Antioxidant Levels in Food through Organic Farming and Food Processing," Charles Benbrook; "Minimizing Pesticide Dietary Exposure through Consumption of Organic Foods," Charles Benbrook; www.nhlbi.nih.gov/health/public/heart; www.rwood.com/Recipes/Rainbow_Salad.htm

this month's tidbit

Worldwide organic agriculture comprises 76.6 million acres or 119,000 square miles—almost the size of New Mexico. Australia continues to have the largest certified organic area, with 29.1 million acres, followed by Argentina (7.6 million acres), China (5.7 million acres) and the United States (3.9 million acres).

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Tips for Healthy Cooking

Josh Perkins, Off-Site Kitchen Manager, Willy Street Co-op, Madison, WI

Well, really, what does “healthy” mean when we say it about food and cooking? It’s one of those words that makes many of us cringe, fraught with associations of impossibly impalatable imbroglios at the childhood dinner table — the overcooked Brussels sprouts, the leaden loaf of homemade bread, the cookies made without refined sugar that seemed to belong at the end of a hockey stick. “Healthy” is a word that no upstanding citizen should feel conflicted about, but many do. Let’s look at what can be done to remedy this in the kitchen.

Back in my mother’s day, there wasn’t a lot of thought given to what was healthy in the way we now know it. If there was food on the table, that was healthy and it was a kind of health not everyone could take for granted. For many, the sins of overprocessing and overrefining that now typify “fast food” and caloric overconsumption just weren’t available. My grandparents were farmers and lived about 90 minutes from the Kentucky line, so fried food, dairy and sugar were no strangers and no enemies. That said, much of the food they ate was grown or raised within 30 yards of the back door and received no more processing than trimming and washing. And, needless to say, exercise was not hard to come by in the form of work and play.

Now, of course, we all know that Americans, in particular, have access to more food than anyone else in the world and have eaten ourselves into a national state of panic over various body issues, some cosmetic and some substantive. Obesity has become a full-blown panic button, reaching across social and financial strata and, increasingly, down the age ladder as well. We’re supposed to have the tightest controls on food safety of anyone in the game, and yet our faith in our dietary practices is, to say the least, shaken. As an omnivore and occasional outright glutton, I have a vested interest in staying alive as long as possible so I can eat as much

buttered popcorn, fried chicken and German chocolate cake as time will allow. So I’m here to tell you how I think you can do the same.

#1: Cook with unprocessed organic food

This is the single most important trick there is and cannot be underestimated. It is the key to the “mystery” of the famous French inability to get fat — although some of them do anyway. It is because they devote serious effort to it. Without going too deeply into it, I posit that the fewer “interruptions” there are to the body’s perception of food, the less likely it is that said food will be misused by the body, i.e., not metabolized properly or stored as fat when fat was not present. By “interruptions,” I mean additives, preservatives and chemical structures resulting from processing and refinement, things that do not occur in nature, as did the earlier preservatives — alcohol, salt and fat (ironic, isn’t it?). While it is certainly possible to simply overeat oneself into a state of poor health, it’s my belief that doing so while maintaining a diet comprised mainly of unprocessed food would involve more physical discomfort than most people are up for. So that’s step #1.

#2: Learn how to cook

More unnecessary fat ends up in food due to poor cooking technique than for almost any other reason. If you look at the great classical cuisines, you’ll see that dishes that are meant to contain fat contain plenty of it and usually for a good reason — again, often as a preservative, as is the case in terrines or fat added to rich bread doughs that helps retain moisture and extends their shelf life. But often people end up putting fat in their food by doing things like putting meat or fish into a pan of oil that isn’t quite hot enough, thus failing to caramelize the natural sugars and seal the hot fat out. Another trick that chefs often use that home cooks don’t usually know about is skimming and “defatting” soups, stocks and sauces. This entails

using a spoon or ladle to skim off the froth that accumulates on a slowly simmering stock or soup and also skimming the fat that rises to the surface of a stew or broth after cooling it. This is how you end up with an incredibly rich and satisfying broth or sauce full of flavor without ending up with a lot (or sometimes even any) fat in it — indeed, fat in such a broth often emulsifies and clouds both the appearance and flavor and is a sign of poor technique or neglect. Needless to say, commercially available organic broths contain very low percentages of fat, in case you don’t feel like making your own.

#3: Use the best ingredients you can afford

A subset of #1. It’s a simple fact that really good, wholesome food is more satisfying than cheap food and satisfying on a deeper level. It’s also quite a bit more expensive. This should, properly applied, have the dual effect of making you eat less and also making you feel better after you eat. Good sea salt seasons more effectively and has a deeper flavor than cheap table salt, so you’ll use and absorb less salt by making a habit of using it. Use organic unsalted butter and your favorite extra-virgin olive oil; they are pure fat but they will add depth and flavor to your food far beyond what is to be expected from less expensive substitutes. Cheap food is like anything else that’s cheap — you get used to it, you don’t expect any better for yourself, and because it isn’t satisfying you end up using more and more of it — which you think you can justify because it didn’t cost very much. It’s a vicious cycle. Pay what it costs for really good food and enjoy it in moderation with the occasional celebratory binge thrown in. That formula is a thousand years old and still works today.

#4: Don’t follow miracle diets

Here’s the secret: there are no secrets. There’s no magical combination of ingredients, techniques

or supplements that will allow anyone to stay slim and healthy over the long haul. If you eat a balanced diet of high-quality food, get some exercise and don’t fret yourself into an early grave (my personal weakness), you may not look like someone out of the pages of InStyle magazine, but you’ll be healthy. The effects of drastically varying your diet and/or being monomaniacal about one food or group of foods can range from mild delusions of grandeur to full-blown apoplectic evangelism. Just realize that the generations preceding you didn’t know it all (any more than you do) but they probably didn’t have it all wrong (any more than you do). Don’t try to reinvent the wheel or fall for plays to your vanity. Cultivating good habits that make room for a “normal” range of foods is much better for you.

#5: Yeah, don’t buy the fry-daddy

This is my one concession to dogma and it isn’t even because I think deep-frying itself is especially problematic, health-wise. It’s because people buy the things on a whim and never change the oil — which breaks down viscosity, which speeds the transfer of heat, which encourages both burning of food and also dirty oil getting in your food. They’re also incredibly dangerous, all things considered, so I think this legitimately falls under the heading of healthy cooking. Besides, you should be buying doughnuts at a donut shop.

So, in sum, the best way to cook healthy is to make more out of less. Invest in yourself and your health by spending what it costs to buy the best and enjoy it. Steam food if you like to; it’s great for texture and color — but don’t worry that a good stew or rich casserole every now and then is going to do you in. The main thing is to approach food in the spirit of enjoyment and reverence and eat what satisfies you — but no more than is satisfying. **GG**

Many thanks to Josh Perkins and the Willy Street Co-op for sharing this article with us. Nice cooperation!

Gary G. Kohls, M.D.

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

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



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Alakef's new charity program

Alakef Coffee Roasters has a program that can help you give back to the community. A portion of the proceeds from the sale of Alakef Certified 100% Organic and Fair Trade coffee will benefit a local Charity.

How does it work?

- Whole Foods Co-op selects a local charity: Second Harvest Northern Lakes Food Bank



- A quarterly donation will be made by Alakef to Second Harvest based on the sales of Alakef Certified 100% Organic & Fair Trade coffee at Whole Foods Co-op. It's that simple.

Who benefits from the sale of Alakef Certified 100% Organic and Fair Trade Coffee?

Farmers

Fair Trade empowers farmers and farm workers to be self-reliant, enabling them to invest in their farms and communities, protect the environment and develop business skills necessary to compete in the global marketplace.

Environment

Organic coffee is grown in an environmentally responsible way. Many checks are in place to ensure that strict guidelines are followed by growers, exporters and roasters. With every cup of organic and fair trade coffee you receive a quality cup of coffee and help support coffee growing communities and the environment.

Community

Alakef wants to take an active part in making our community a better place. So, with each purchase of a pound of Alakef Certified 100% Organic & Fair Trade coffee, a donation of 20 cents will be made to Second Harvest Food Bank.

Who Is Alakef?

As a small, family run company, we dedicate ourselves to providing our customers with only the highest quality coffee beans from selected estates throughout the world. Alakef Coffee Roasters was born out of a passion for coffee and our search for the "perfect cup." We have been roasting coffee daily in Duluth, MN since 1990.

In addition to our many varieties, blends and flavored coffees, Alakef Coffee Roasters offers an extensive line of Organic and Fair Trade Coffees. Alakef provides you with the highest quality coffees while reinforcing our commitment to coffee farmers and to the environment. We are also a USDA certified organic facility. **GG**

Book Review *by Judy Kreag, member*

What exactly is food combining? Are you allowed to mix proteins (which need acid) and carbohydrates (which need alkaline)? Is there a chart to help or a map to follow? Many wish it were that simple. Author Steve Meyerowitz says that when it comes to digestion it is not just what is combined while you eat but what your emotions are, your attitude, timing of your meals, your lifestyle habits and your environment — all rolled into one. ALL of these things make a difference in your digestion.

Meyerowitz goes on to relate the five laws of digestion and how they affect your body. The five laws are (1) Quantity — too much food is one of the leading causes of indigestion! (2) Frequency — eating regularly helps

your digestive fluids to follow a natural rhythm.

(3) Eating consciously — this is the most abused rule. Eating while watching TV, driving a car, reading, or stressed out inhibits digestion. If you pay attention to your thoughts and feelings, your breathing and what your five senses are telling you when you eat, you will more likely be eating consciously and this will help to bring your food into harmony with your



Food Combining and Digestion *by Steve Meyerowitz*

body. (4) Rule of Sequence — eat foods with consideration to the time they take to digest (5) Chemistry — proteins, carbohydrates and fats all need different conditions to be digested properly and eating several together may slow the process and cause more indigestion.

The book also includes excellent information on many other issues that are caused by, or influenced by poor digestion like Candida, parasites, and


inflammation of the bowels, to name a few. Meyerowitz includes "101 tips" on how to improve your digestion. If you read and use the information given, I have little doubt that you can improve your digestion.

My favorite part of the book was the chapter on Digestive Wisdom... a tongue-in cheek interview with Swami Digestananda, the Guru of the Gut from Mount Metamucel! Important information is given in a light question/answer format with humor and style.


Steve's book is available in the book section of the Co-op. **GG**

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

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the gonzo gourmand

my new favorite WFC products

by Jim Richardson, Bulk Buyer

My love affair with polenta continues. Polenta with chilies, so creamy and good, slopped into a warm rice tortilla with grilled veggies — sweet potato, mushrooms, peppers, onions, whole garlic — tempeh cubes, dash of Real Salt, maybe a splash of apple cider vinegar at the end — add some organic sharp white cheddar cheese and you won't regret it. The other day I made this recipe with a quinoa/amaranth mix instead of polenta, and it worked just as well. The rice tortillas also make great quesadillas; I've had them with organic sharp white cheddar, and organic Muenster too. Dollop of salsa, etc.

It's really hard to go wrong with simple organic food like this. Any of the fine organic grains in the bulk department are a good place to start for excellent dinners. Grains are easy to prepare (bring to boil, simmer) and form the basic strata upon which to build kerbillions of make-it-up-as-you-go dishes or very-carefully-planned dishes. Melt cheese into your grains once they're done. Experiment with grain and vegetable combos. Veggies may be lightly steamed, stir-fried, or grilled with ease — a drizzle of organic canola or olive oil is all it takes to make any veggies delicious under the heat. A splash of shoyu, tamari, or dash of Celtic Sea Salt or Real Salt will also be welcome. Eat on tortillas, chips, or direct from a bowl. Salsa, hot sauce, nutritional yeast flakes should receive liberal application. I don't really have any meat-based tips but I'm sure you could sub something for the tempeh cubes, like — chickens (ew).

Anyway, grains may also reverse polarity and become breakfasts. Instead of savory seasonings, add maple syrup, honey, or brown rice syrup instead, maybe with a pinch of cinnamon. Instead of veggies add fruit. Instead of olive oil, add yogurt. Prepare the night before if rushed for time in the mornings, then simply reheat. Reheating grains requires a

little added water (tablespoon) and stirring but that's all; add pre-cut fruit, eat, go to work.

A word about cheese: My grandfather and I didn't have particularly a

choice, sautéed onions, chips on the side).

The bagged Asian Greens mix in Produce is the easiest salad you will ever make. Step 1.) Pour into bowl. Step 2.) Apply Annie's Shiitake (two i's) salad dressing. Step 3.) Other veggies, sharp white cheddar, cubed tempeh optional.

Two words about dessert: "Stroopwaffles," "ice cream." Slightly warmed stroopwaffles with a small scoop of Soy Delicious frozen confection makes one bleep of an ice-cream sandwich. Not recommended for breakfast really, unless you are a college student. High-schoolers: live to dream.

GG

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



Jim Richardson, Bulk Buyer and adventurous chef showing off his new products that he likes to call "stuff you can't get anywhere else".

lot to say to each other. But one instant of clear communication we shared was at his 85th birthday party. He leaned over to me and said, "You know what the best cheese in the world is? Vermont sharp white cheddar." I'm glad he mentioned it because it's a practical piece of his wisdom and experience that has stuck with me (unlike "get a haircut"). I don't know about the Vermont part but any sharp white cheddar really does have that special something. The "sharpness" of it is a great foil for other savory flavors, especially in things like burritos where there may be lots of competing flavors. Sharp cheese "cuts" through all that and adds something distinct. My 9-year-old doesn't like sharp cheese so I get mild for her.

My new favorite soup: Pacific brand Carrot Ginger. Wow. My beautiful girlfriend has pioneered the art of heating it up with a few chilies, which always improves everything... I will here sheepishly admit that I owe more to her for these columns than I have been giving her credit for. Moving on, this soup is ideal for dipping grilled cheese sandwich triangles into (hemp bread, cheese of

FARM FACTS

Food miles (the number of miles food travels from field to store) have increased on average by 50% in the past 15 years.

FARM FACTS

Family farms are an important part of the American tradition of self-sufficiency, forming the bedrock for communities across the U.S. Since 1935, the U.S. has lost 4.7 million farms. [4] Fewer than one million Americans now claim farming as a primary occupation.

FARM FACTS

Farmers in 2002 earned their lowest real net cash income since 1940. Meanwhile, corporate agribusiness profits have nearly doubled (increased 98%) since 1990.

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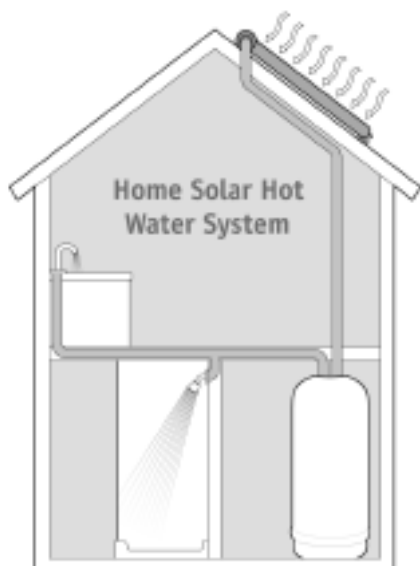
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News Bites

Check out these web sites for information on cooperatives, domestic eco-tourism, and renewable energy:

- www.coopamerica.org
- www.ncga.coop
- www.greenroutes.org
- www.the-mrea.org

The SFA is planning to start Farm Beginnings courses in Fall 07. These are a series of workshops, field tours, and mentorships developed by the Land Stewardship Project. Check out farmbeginnings.org for more information.

FARM FACTS

Large corporations increasingly dominate U.S. food production. Four large firms control over 80% of beef slaughter (Tyson [IBP], ConAgra Beef Cos., Cargill [Excel], and Farmland National Beef Pkg. Co.), 59% of pork packing (Smithfield, Tyson [IBP], ConAgra [Swift], and Cargill [Excel]), and 50% of broiler chicken production (Tyson Foods, Gold Kist, Pilgrim's Pride, and ConAgra).

FARM FACTS

Local family farmers spend their money with local merchants. The money stays in town where it benefits everyone and builds a stronger local economy. Independent, family-owned farms supply more local jobs and contribute to the local economy at higher rates than do large, corporate-owned farms.

WFC-U Class Schedule

for May & June

May

Wednesday, May 9th
6-7 pm
Member Mixer

Thursday, May 17th
6-8 pm
Ayurveda: Lifestyle and Cooking Class

Ayurveda, known as the mother of the healing arts, has been practiced in India for more than 5,000 years. As a science of self-healing, Ayurveda encompasses diet and nutrition, lifestyle, rest and relaxation, and much more. We will be exploring the tenants of Ayurveda, as well as preparing certain foods that fall within the Ayurvedic diet.

Instructor Bio: Megan Saari is an employee of Whole Foods Co-op and currently works in the Produce department as a Produce Assistant. She is a Registered Yoga Teacher and also studies Ayurveda, which she enjoys incorporating into her daily life.

Saturday, May 19th
10-12:30 pm AND
2-4:30 pm
Juicing For Life!

After a spread in the Duluth News Tribune's Wave section, people started banging down our doors for this popular juicing class so we've decided to offer not one, but two classes on the same day just to meet the demand! This workshop will cover the benefits of juicing raw organic fruits and veggies, the restorative aspects of a juice fast and some delicious recipes. Both classes will feature the same recipes.

Instructor Bio: Emily Montgomery was diagnosed with Stage 3 colon cancer at the age of 39. Instead of "conventional" therapies,

she pursued a more holistic path of healing. Juicing and macrobiotics became the foundation of her protocol. Emily has been cancer free for 6 years.

Wednesday, May 23rd
6-8 pm
Cooking 101: Summer Salads
Are you going to or hosting a big Memorial Day party, but not so sure what to bring? Perhaps you need to get a little more creative with your picnic salad? Join Cooking 101 instructor Debbie Manhart along with special guest Shannon Szymkowiak and witness the first ever salad duel. Learn how to make some new items and, of course, you get to try all of the food!

Instructor Bio: Debbie Manhart is a long-time employee at WFC and is currently our Store Manager. Fifteen years ago, Debbie started her career in food service by doing a 3-year apprenticeship with a chef and she has been involved with food ever



Debbie Manhart, Store Manager & chef, educates the masses at her Co-op 101 cooking series. Sign up soon to secure your spot in this customer favorite class series.

since. As our former Deli Manager, Debbie is most concerned with

healthy eating and food safety (in fact, she teaches employee classes on food safety!)

TBA
Preparing Thai Appetizers

Learn how to make classic and not so classic Thai appetizers. Pak will take you through the process from beginning to end. Learn how to make a scrumptious peanut sauce, delicious spring rolls, and other pre-dinner favorites that will make your friend's stomachs growl with envy (or maybe that growl is hunger!)

Instructor Bio: Pak Williams is your delightfully entertaining instructor for this class. Pak is from Thailand and has learned how to cook Thai food from years of watching her relatives prepare family meals. She also spent time cooking at a local Thai restaurant. Pak's philosophy is that people shouldn't be scared of cooking something that they don't know; if you don't have the correct ingredients, improvise! Hearing Pak tell her tales is worth the price of the class alone.

June

Wednesday, June 16th
6-7 pm
Member Mixer

Saturday, June 23rd
1-3 pm
Cooking 101: Grilling

Everyone knows that steak and hamburgers are best right off the grill, but what else can you do with hot coals? Learn the best way to marinate and grill from a pro! In this class you will learn the best techniques for grilling meat, vegetables, and fruit. What great things to know for the approaching 4th of July festivities!

Instructor Bio: Debbie Manhart — bio listed above.

THE FINE PRINT... READ ME PLEASE!
Unless otherwise noted, classes are \$25.00 each for non-members, \$20.00 each for Members. 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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A Day in the Life... produce assistants

by Anni Friesen, Marketing & Member Services Coordinator

Editor's note: This article is second in a series highlighting Co-op employees. We often get asked, "What do you do at the Co-op?", so here's your opportunity to find out. Next issue: Customer Service Counter.

Do you get flustered when trying to pick out a ready-to-eat avocado? Do your palms start to sweat when someone asks you to choose a variety of fruits for a gift basket? Are you anxious at the thought of preparing All-Blue potatoes in a Fourth of July potato salad? If you've experienced these or other produce anxiety related symptoms, don't worry. There is help for you. With the assistance of the Whole Foods Co-op Produce Department, you will soon be competent in your knowledge of Black Spanish radishes, delight in the smell of Heirloom tomatoes, and be deliriously happy with each and every produce choice you make.

If you go into a conventional grocery store, you may find a large selection, but no one to answer your questions. You may hurry through their produce section grabbing the first tomato or head of lettuce you see, anxious to get away from the stark florescent lights. And then there's the experience of shopping at the Co-op. With a wide variety of organic and local fruits, vegetables, and herbs, the WFC produce section is not only beautiful, but has also made the last two covers of the Garbanzo Gazette! Wow, what a feat! And whom do we have to thank for these beautiful arrangements? Why, our very own Produce Assistants! If you have never taken advantage of the knowledge of our Produce Assistants, hopefully this article will convince you that they are the ones to turn to with any produce question.

I had the delightful opportunity of talking to Frida Sander and Sarah Fenner on one spring-like Tuesday afternoon. As they took a bit of time out from their usually hectic day, Sarah sat on the produce stool, while Frida stood beside her. They were eager to tell me about their experiences in the Produce

Department and finished each other's sentences like sisters. As it happens, Frida and Sarah aren't sisters, but they do compare the Produce Department to a big family. "[In this department] we all get along very well. You'll rarely hear anyone saying anything negative and we get together outside of work. We're like the Brady Bunch," the

TEN QUESTIONS IN ONE MINUTE:

Getting to know Frida,
Produce Assistant

Age? 25

Birth Order? Only

Omnivore or Herbivore? *Omni*

Transportation? *Bike*

Cake or Ice Cream? *Both*

On top of your pizza?
Don't eat pizza

Skirts or Pants? *Both*

Shackled or Unencumbered?
Unencumbered

The Who or Led Zeppelin?
The Who

The Beach or the Mountains? *Beach*

Dogs or Cats? *Dogs*

women say with a laugh.

The day of a Produce Assistant begins in the early hours of the morning. They are usually the second people to arrive at the store (after Produce Manager Michael or the Shift Leader.) Sarah confides that coffee is imperative to her making it through the day, "When the coffee machine [in the break room] was broken, Michael would bring in coffee from home even though he doesn't drink it. He knew that we would be dragging without it." With their caffeine boost, they start the morning by taking a survey of their section and culling the produce.

Culling mainly involves going through all of the produce and making sure that nothing on the sale floor is bruised or damaged in any way. Frida says, "We touch every single produce item every morning to check for freshness. If it has any imperfections, we pull it. That's a lot of produce to go through." This, she explains, is done to make sure that Co-op customers get perfect produce every single time.

Manager Michael is a perfectionist about the produce section and it shows in his staff and in the brilliant colors and taste of the picturesque fruits and vegetables.

At 6:30, and then again at 9 or 10, delivery trucks will arrive with the freshest produce. Assistant Produce Manager Jahn Hibbs, or Michael will receive them in the basement (according to organic standard procedures) and then deliver them upstairs. The Produce Assistants will then unload all the items, wash and cut them, and then stock them in the correct place. This is also done according to organic standards. In fact, this dedication to organic standards is one of the things on which Frida most enjoys speaking with customers: "My favorite part of working in produce is when customers engage me in a conversation about organics. It gives me the chance to engage with them on a deeper level about the things that I have learned [working in this department.]"

After all the "stocking" of the produce is completed, the Produce Assistants make a frosting list. "What we do can be described in the way you would make a cake. The culling is the sorting of ingredients, making sure that you have what you need and that everything is prepared. The stocking of the produce is like baking the cake. The 'frosting list' is everything that we can do to make you want to eat the cake," says Sarah. This includes doing such things as filling in gaps and rearranging for customer ease and aesthetic value.

The Produce Assistants know so much about their produce because they get to sample almost everything. Also, every time a new item is introduced, information is posted about it in a special produce binder. It contains such things as information on various issues in the food industry, how to prepare certain items, and what the differences between varieties are. This helps the Produce Assistants to be the best possible resources.

But, Produce isn't just about hard work. "We have a lot of fun," Sarah says laughing. Frida relates a humorous anecdote where Jahn, Sarah, and Rose (a former Produce Assistant) all put empty mesh orange bags on their heads and called Michael to come up. "They hid behind the door and jumped out at him when he came up." You can tell just by talking to them that this department is close and very serious about their jobs. So, next time you're in the Co-op's gorgeous Produce section, peek your head through the produce window and greet these hard working veggie lovers. **GG**

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Notes from the front

Reduce Reuse Redeem Program Progress Report

by Briana Lowrie, Front End Manager

To date (July '06 thru March '07) WFC's RRR Program has donated a total of \$403 to the Second Harvest Northern Lakes Food Bank and customers have redeemed their cards totaling \$182, all accomplished by customers who bring their own bag(s) to pack their groceries.

These totals indicate that a minimum of 11,700 fewer new paper bags have been used during that time. That is the equivalent of 39 bales of the paper-handled bags that we provide at the registers and that reduction has saved the Co-op \$1,193.00.

For every \$1.00 donated to the Food Bank, they are able to distribute \$10 worth of food and grocery products to Northlanders. It costs them \$.17 to access and distribute one pound of donated food. 100% of proceeds raised for the Food Bank stay in the Northland. If you would like to donate your RRR punch to the Food Bank, just tell your cashier and they will apply it to a communal punch card that we keep at each register. We regularly receive letters of thanks from the Food Bank, but we couldn't have made this contribution without the help from each customer who brings their own bag, so Thank You.

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

management report

An important part of the cooperative advantage is knowing that your purchases support a locally-owned business that is committed to offering products from local growers and producers. Here's an update on how your investment in WFC and its products has been recycled in our community: If you want a strong local community, good schools, a safe and healthy environment, and a variety of job opportunities, it just makes sense to support locally-owned businesses.

we know good food

Every year managers and buyers submit a Food Policy Compliance Report to the Food Policy Committee. The report details compliance or progress on compliance with the terms and conditions of WFC's Food

Policies including handling and storage requirements, variety (number of items by department), domestic vs. imported (e.g., cheese), percentage of products with restricted ingredients (e.g., refined sugars, hydrogenated oils), the number of local (within 200-

	FY 2004 7/1/03-6/30/04	FY 2005 7/1/04-6/30/05	FY 2006 7/1/05-6/30/06 (9 months at new site)
Wages & salaries	\$ 788,154	\$ 908,316	\$ 1,851,323
Local growers/producers	280,014	359,964	650,450
Local lenders	19,164	19,164	239,373
Totals	\$1,087,332	\$1,287,444	\$2,741,146

mile radius) growers and producers, and the percentage of organic products by department. This year we were able to report that WFC has achieved storewide organic retailer status and that, despite a significant increase in products in most departments, the percentage of organic items by department has also increased.

we support local growers and producers

- WFC offers the widest variety of organic foods in the Twin Ports.
- Our employees know what certified organic means and what it takes for us to maintain certified organic retailer status.
- We offer daily tastings of organic produce and organic, made-on-site Deli items.
- WFC sponsors on-site cooking classes and community events featuring organic and locally grown products.

We know good food and we want to share those products and what we've learned about those products with you. See you in the aisles. GG

Sharon Murphy — Still fronting & facing after all these years.

Dean's Report

by Anni Friesen, Member Services Coordinator

My mother grew up in a family with seven children. This wasn't unusual considering the time (early 1950s), place (rural South Dakota), and occupation of her parents (farmers). She was the middle child and, aside from helping with farm chores, she also had to help prepare dinner. Growing up, I heard many stories of the four sisters laughing and sharing stories while they peeled potatoes in the kitchen or singing little made-up ditties as they gathered wild asparagus from the nearby ditches. My mother learned at a young age how to make dishes that were economical and this carried on to the dishes she made as my brother and I were growing up. My mother was a master at taking leftovers and turning them into something new and fresh. I like to tell people that I grew up on soup (which to this day remains my favorite thing to both make and eat.)

Reflecting on this, I have come to a realization. It may not astound or amaze you (in fact, it's a pretty basic idea) but it has changed the way I think about food. I've learned two things: we cook what we know, and we have the opportunity and choice to expand our cooking repertoire just by paying attention to how others cook and by tasting new dishes. This idea has come up over and over again both in classes and as I talk to potential instructors. In March, our quickly growing Cooking 101 series was packed to the max with people clamoring to learn more about alternatives to meat. I talked to class participants and many said that they were interested in taking the class because they didn't really know how to cook with tofu, seitan, or tempeh. Many others said that they were getting sick of tofu and needed new original ideas. This was definitely the place to expand your taste buds!

As I was talking to May's Thai Appetizers instructor, this idea came up again. Pak Williams was telling me how she learned to cook from the women in her family. After she came to America and was here for a few years, she started incorporating "American" foods with her traditional Thai dishes. "Sometimes I'll be lying in bed just staring at the ceiling and my husband will ask me what I'm thinking about. I'm usually thinking about a new recipe," Pak says with a smile. She has tried things such as red curry spaghetti and Thai hamburgers and is constantly experimenting with taste and texture.

I consider myself a fairly proficient cook. Give me a zucchini, a head of garlic, a lemon, new potatoes, and thyme, and I will cook you a pretty tasty dinner. Hand me a Jerusalem artichoke and, though I don't know what it tastes like and I've never prepared one before, with a little research, I'll be able to make a soup. Even when I encounter new things, I cook how I ate growing up; I cook like my mother and my father. This is a skill I'm so thankful for, but I want to cook beyond what I know. I admit it is a little intimidating. The Internet makes it a bit easier, but it won't make me cook like a Thai chef. The only things that can help me learn are watching how it is done, and what it is supposed to look, smell, and taste like. Luckily for me, I get the privilege of attending all of the WFC-U cooking classes. Luckily for you, all you need to do is sign up before classes are full!


GG Find class schedules in the new Garbanzo Gazette Event Calendar on page 12, in the store vestibule, or online at www.wholefoods.coop. If you would like to have class information e-mailed to you, please e-mail me at anni@wholefoods.coop.



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**SATURDAY,
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11AM - 3PM**

- ★ Tofu Toss for Second Harvest-Northern Lakes Food Bank!
- ★ Free Cycle Bike Collective Tall Bike Parade!
- ★ Giant Bubbles!
- ★ Huge Puppets!
- ★ Music!
- ★ And of course, a Maypole dance led by Terrance Smith

Duluth Whole Foods Co-op ★ East Fourth Street, Duluth, MN 55802
Contact Shannon at the Co-op for participation in the Tofu Toss.
All Tofu Toss proceeds will benefit Second Harvest.
All activities will take place behind the Co-op.
Parking available in the adjoining SMDC parking lot.