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## Fair Trade Roses For Mother's Day

### In this issue

Management  
Report 2

The Buzz 8

Savor the  
Season 12

Class Schedule 3

Gonzo  
Gourmand 6

Camp &  
Community 9

Membership  
Matters 12

Board Report 4


New Members 10

New Products 7

Gourmet to Go 11

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## Garbanzo Gazette

Published by Whole Foods Co-op  
610 E. 4th St. • Duluth, MN 55805  
(218) 728-0884 • fax (218) 728-0490

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

### STORE HOURS:

7 am – 9 pm Everyday

Membership Investment:  
\$100 per voting membership

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

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

Editor: Shannon Szymkowiak  
Contributions: Members & Staff  
Design: Kollath Graphic Design  
Printer: InstyPrints  
Mailing: Barcodes Plus  
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The Garbanzo Gazette is printed on 100% post-consumer recycled paper with soy ink. This paper is recyclable.

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



**MOVING?** Pursuant to WFC Bylaws, Article I, 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

**O**n March 23, 2009, our Board of Directors adopted a new "ENDS" statement.

Sometimes referred to as a mission or vision statement, ENDS are the way most cooperative boards define why we are here and what results we seek to achieve. Here is WFC's new ENDS statement:

**In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.**

We've figured out how to "thrive" with nearly flat sales growth in the January–March 2009 quarter, but we'd welcome a challenge to thrive in a

more vibrant economy! The support of our Member-Owners, nearly 5,000 of you representing close to 70% of purchases, makes everything possible including progress on creating a healthy community.

By the time you receive this issue, we will welcome May as Member Appreciation Month, locally grown garden transplants will be available in the produce department as well as the first of this season's fresh local produce, and a new line (Field Day) of value-priced organic and natural products will be offered in the grocery and bulk departments.

As we enter a new fiscal year, we look forward to partnering with the Duluth Community Garden Program and the Lake Superior Sustainable Farming Association on community education efforts as well as on projects to expand our local and regional food system — no matter what the weather brings. **GG**



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



**Cover Story!**  
Once again our Produce Department will have Fair Trade roses available. Look for them the week leading up to Mother's Day. *Don't forget your mom!*

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## Spring Migration Celebration

May 12-17, 2009

Bird walks, speakers, book/poster signings, Friday ice cream social kick-off, Birdathon competitions, bird banding, and more!

Event sponsored by Hartley Nature Center, Hawk Ridge Bird Observatory, Duluth Audubon Society, and Boulder Lake ELC.

Contact Janelle Long for more information  
218-428-6209 or [jlong@hawkridge.org](mailto:jlong@hawkridge.org)

<http://www.hawkridge.org/events/birdathon.html>

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# May & June Classes

## Raw Mexican Fiesta

**Thursday, May 7th**  
**6:00 – 8:00 pm**

Chef Emily White takes us on a South-of-the-Border adventure in raw cooking! Learn how to make: Tamales & Mole, Corn Chips/Taco Shells with Mango Salsa, Guacamole, Sour “Kream” & Walnut “Meat,” Cheez Stuffed Jalapeños, and a Chipotle Chili Cacao Tart.

**Instructor: Emily White**

## Relax, Meditate, Heal

**Monday, May 11th**  
**6:00 – 8:00 pm**

Create better health and more balance through your thoughts and breath. Learn simple healing a relaxation techniques to accelerate healing, relieve pain, reduce stress and enjoy more happiness.

**Instructor: Jodi Christensen**

## Camping the Northwoods; Exploring Camping Locales and Food

**Tuesday, May 12th**  
**6:00 – 8:00 pm**

As author of “Camping the North Shore,” Andrew Slade is an expert on camping in northern Minnesota. He’ll talk about some of the greatest places to camp while Produce Manager and avid outdoorsman Michael Karsh will talk about some of the delicious things you can cook over an open fire.

**Instructors: Andrew Slade & Michael Karsh**

## Fancy Pants Salads for Everyday Picnics

**Thursday, May 14th**  
**6:00 – 8:00 pm**

Ever get tired of that same old boring potato salad? Sick of spending money on pre-made macaroni salads? Say goodbye to boring and really wow your family or friends this summer with some salads that take it to the next level!

**Instructor: Debbie Manhart**

## Tasty Gluten-Free Snacks

**Tuesday, May 19th**  
**6:00 – 8:00 pm**

We know that it can be hard to take a road trip or short vacation while on a gluten-free diet. We also know that sometimes you just want to feel like a “normal” person. In this class, we will make a variety of tasty gluten-free snacks that will be sure to satisfy even the most avid wheat eater. Included are: trail mix, cookies and other delicious and healthy snacks.

**Instructor: Judy Kreag**

## The Living Matrix: A Film on the New Science of Healing (discussion of Reconnective Healing to follow)

**Wednesday, May 20th**  
**6:00 – 8:00 pm**

Discover the intricate web of factors that determine our well-being. From the quantum physics of the human body-field to heart coherence and

information based therapy, explore innovative ideas about health and wellness. Scientists, psychologists, bio-energetic researchers and holistic practitioners share their knowledge, experiences and insights. Hear the story of the family of a young Greek boy with cerebral palsy who improves his quality of life through Reconnective Healing. Learn more about this fascinating work with local practitioners after the film.

**Instructors: Erin DeWitt, Nancy Knutson and Jack Kritzer**

## Deck Favorites

**Thursday, June 18th**  
**6:00 – 8:00 pm**

This class consists of some of the best things that make summer so great. Imagine watching a sinking sun from on a deck surrounded by your favorite people. You’re probably sharing stories and jokes and enjoying the heat of a summer night. But what are you eating? Whether you want to fire up the grill or make simple summer snacks, Debbie is a master of the deck and can share her tips and recipes to make this summer a deck summer.

**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 and prepay 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, students will be called by WFC and informed of the cancellation. Pre-paid money may be put towards another class taking place within the next three months or may be fully refunded. If a student cancels prior to 48 hours before the class, the refund will be applied to a future class or a full 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. Anyone arriving more than 10 minutes late will 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

As I’m staring out the window of WFC basement office, I’m longing for summer. I’m even thinking that one long spring would be okay; anything as long as it just stops snowing. A little warmth would be the perfect way to brighten my life and give me a little hope that winter won’t last forever. It’s April 1st, and there have been snowstorms for the last three consecutive Tuesdays. I’m not giving up all hope yet though; I’ve been in Duluth for a while now and know that it will probably be in the 50s by the end of the week. Working on the upcoming class schedule has lifted my spirits a little as well. I’ve been setting up the last semester of classes before summer “vacation,” and the summer themes are making me daydream of green trees and lawns, warm dusky evenings, and the smell of charcoal and barbeque in the air. In particular, Debbie’s upcoming classes, “Fancy Pants Salads for Everyday Picnics” and “Deck Favorites” are making my mouth water. This is partly because I’ve been privy to some of Debbie’s ideas for these classes and partly because once or twice I’ve had the good fortune to eat some of Debbie’s delicious salads and snacks while relaxing in one of her comfy deck chairs.

Debbie’s classes aren’t the only ones that are reminding me that summer will soon be here however. Emily White is returning for the second semester in a row to teach another raw food class. This one has the theme of Mexican flavor. Now not only does raw food remind me of the freshness and abundance of

summer, Mexican food reminds me of its vibrancy and of afternoons dining on the patio of the Hacienda del Sol.

I am also excited to present a new camping class, which is something I’ve wanted to do for a while. When Andrew Slade

contacted me about the possibility of teaching a class on camping, I jumped at the chance. Andrew, a publisher and author at There and Back Books, has written two books on exploring the North Shore, one of which, *Camping the North Shore*, directly ties into this class. Michael Karsh, WFC’s Produce Manager, will teach the second part of this class, which will include information and demonstrations on how to make great camping food.

Though not directly related to summer, Judy Kreag’s “Tasty Gluten-Free Snacks” will also be taught this semester and, I’m sure, appreciated by anyone dealing with gluten allergies. Think long, arduous car trips with your three-year-old who is allergic to wheat. Summer vacations are a little more difficult when dealing with an allergy, but learning how to prepare some of these fun snacks ahead of time might make things easier.

Last but not least, we have two non-cooking classes that are being offered in May. The first of these, “Relax, Meditate, Heal” focuses on how we can use positive thought and breathing to heal pain that you might be experiencing. The second class is actually a movie screening followed by discussion. The movie “The Living Matrix,” will be followed by a lively discussion on Reconnective Healing with three local practitioners.

Remember to sign up quickly for classes before we say goodbye for the summer, and take solace in knowing that, for you, summer has just begun!

GG

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

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References Available



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## Lynn Fena

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Chair of General Manager Evaluation Committee  
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lynn@wholefoods.coop

## Mark Friederichs

Treasurer  
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  
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Duluth, MN 55805  
728-0884/w  
728-0490/fax  
smurphy@wholefoods.coop

WFC web site: [www.wholefoods.coop](http://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.*

## 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

# board report

New Ends!

by Lind Fena, Board President

Our Board is proudly bringing out WFC's new Global Ends Policy, freshly minted at our Board retreat in late March. It is a statement that conveys a broader long range effort for WFC, one that represents the interests and energies of our Member-Owners as well. We know our Co-op is rooted in making a difference in the world. We think this new statement expands the scope of our vision to really think globally and act locally.

This new END is one that emerged from a year-long listening process. The Board hosted five gatherings to hear what Member-Owners are concerned about, we invited written comments and we questioned anyone who would engage with us about the strategic role WFC ought to play in

**In Duluth, there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.**

our region. Surely, we exist to benefit our Owners (all of you) and bring into being what we collectively value. The vision of "a healthy regional food system" captures many of those interests, values and concerns. And it prepares us to broaden our cooperative's efforts in supporting critical future needs.

This new ENDS policy will not bring change overnight. With the current recession upon us, our General Manager will need to advance this objective through strategies that cost little in terms of dollars. But by opening this discussion for our organization, we find we've fostered networks that show promise of bringing new strength to our regional food supply. We've come to a better understanding of organizations working for similar ends. We've noticed how working together might help each of our



Lynn Fena,  
Board President

organizations bear more fruit. (Metaphor is good, eh?) We've noticed we need more networking, more creative collaborations and more Member-Owners linked together in the same work to make a big difference.

Please feel welcome to join in now. The year behind us marks only the threshold of change. In "a thriving consumer-owned cooperative that supports, invests and partners to create" there is always a need for new voices and new energy. We are recruiting for new Board Members right now! Serving as a WFC Board Member is an opportunity to make a difference in an organization that is about making a difference in an essential way to our community and region. Email me or any Board Member for more information on how to get on the WFC Board of Directors. WFC is a great place to help create a healthy world!

# Book Review

Gluten. Many people don't really know what gluten is, let alone what foods have gluten in them. Yet, according to Dr. Alessio Fasano, Medical Director for the Center for Celiac Research, Celiac Disease (an inherited autoimmune disorder that affects the digestive process of the small intestine) is the most prevalent genetically transmitted disease in the world today. One in 133 Americans have been diagnosed with Celiac Disease — that is almost 3 million people!

Carol Fenster, a recognized expert in the field, and gluten-free for over 10 years, has written several books and has a website that will help you find delicious recipes if you are one of the Americans who must stay away from gluten. Gluten is not only in wheat, rye, barley and some oats, but ice cream, vitamins, puddings, soups and

gravies... and almost everything that is processed. It is important to know all the ingredients that contain gluten. In her book, Ms. Fenster has a whole section on hidden sources of gluten as well as a list of substitutes, gluten-free flours, resources and support groups.

## Wheat-Free Recipes and Menus

By Carol Fenster

I have been staying away from gluten for almost 10 years and it was really hard a decade ago. Few people, including doctors, had heard much about it. In fact, it took an average of 11 years for a person to be diagnosed. In the 90's the food that was gluten-free left a lot to be desired. Today, however, there are many helpful websites (some that will even send you free recipes every day) and a plethora of books and resources. A gluten-free diet is a very healthy diet and has been touted by many as the New 21st Century Diet.

In her book, *Wheat-Free Recipes and Menus*, Carol Fenster has many delicious, healthy recipes for breads, pasta, soups, vegetables, breakfast dishes, desserts and main dishes. But the part of the book that really called to me was the section on gluten-free menus — 13 pages of suggested menus. So often I would find a recipe but wouldn't know what to fix with it. Now I have many ideas as well as the recipes to go with it. She has categorized her menus by fish and seafood, poultry, beef and pork, southwestern and meatless. She even subdivides those menus by whether they include mild or hotter ingredients.

If you are looking for gluten-free recipes, check out the books at the Co-op. There is even a special gluten-free book section. Also watch for the gluten-free cooking classes offered by the Co-op.

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.

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# Towards a Local Healthy Food System

by Kelly Smith — reprinted from the Spring 2009 issue of Lake Superior Sustainable Farming Assoc Newsletter – Farm and Market News

Some of you who attended the keynote at our annual meeting a month ago might have had the same reaction I had: this is a watershed moment for LSSFA.

After years of piecemeal (but vital) efforts at building a local food system, here is the organizational tool we need to focus our efforts and get things rolling.

Randy Hansen presented the need for and how to of making a Locally Adapted Food System happen.

## He presented the need

The current Corporate/Industrial Food System has been at the root of many of the world's biggest problems: climate change, peak oil, desertification, ground water depletion, starvation, obesity, diabetes, cancer, unaffordable health care, collapsing ecosystems... CIFS is also vulnerable to its effects.

CI food production, for instance, is highly dependent on nitrogen fertilizer, which in the US is made from natural gas, future supplies of which are certain to diminish.

CI food travels an average of 1,500 miles, and that's excluding imports.

CIFS requires cheap, always available fossil fuel.

A Locally Adapted Food System would provide all residents with affordable, safe, nutritious, culturally acceptable food produced in an environmentally & community sustainable way.

## To create a LAFS we: Name it

What is our region and what foods grow well here? The Western Lake Superior Bioregion could be known for parsnips, fish, wild rice, venison (let's eat those varmints!), potatoes, goat's milk, fava beans, oats, rhubarb, currents, flax, chevre, maple syrup, spinach, and much more.

## Frame it

To get support we must speak in the languages of stakeholder groups.

In economic terms, northern MN & WI contain about 700k people who average \$2453/person/yr on food purchases, or \$1.6 b/yr.

If local growers supplied 10% of the region's food needs that's \$160 m/yr, most of which would benefit here

rather be drained off to far away corporations.

Include a 3 – 5 x multiplier effect of dollars spent by small businesses such as farmers, processors, and retailers, and we have a very significant economic development program.

In health terms, obesity, diabetes, cancer, and depression can largely be eliminated by the growing of (its gunna take many more hands on the land) and eating of whole foods.

In national security terms, CIFS is a big risk.

According to an article at <http://culturechange.org/go.html?328> "The world is heading for a drop in agricultural production of 20 to 40 percent, depending on the severity and length of the current global droughts.

"Food producing nations are imposing food export restrictions.

"Food prices will soar, and, in poor countries with food deficits, millions will starve." For food security reasons, we need to look beyond CIFS.

## Research it

We need to quantify the region's food needs, current local production, & potential sustainable food yields of our

local lands and waters.

We need to determine the current food infrastructure (growing, processing, serving, storing, composting) and the future needs.

We need to name the bottlenecks, the current biggie being a dearth of local food growers, and learn how to remove them.

What are we already doing towards our goal? What do we already have in place? Quite a bit, with our Farm Beginnings Program right out front.

## Join it

We need to pull in stakeholder groups such as local politicians, hunger activists and non-profits, health professionals, haberdashers and hoteliers, and economic development people.

A Food Council is forming to begin the process.

## Build it

This will include incentives for farmers, & reskilling of producers, processors, & consumers.

Building local relationships and infrastructure has already begun, with Harvest Fest, Superior Grown, CSAs,

farmers markets, and the Chicken Bus.

Enjoy it! An excerpt from a Hopi poem goes: "This could be a good time! There is a river flowing now very fast.

"It is so great and swift that there are those who will be afraid.

"They will try to hold on to the shore.

"They will feel they are being torn apart, and they will suffer greatly.

"Know the river has its destination.

"The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

"See who is in there with you and celebrate.


"At this time in history, we are to take nothing personally, least of all ourselves.

"For the moment that we do, our spiritual growth and journey comes to a halt.

"The time of the lone wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary.

"All that we do now must be done in a sacred manner and in celebration.





"We are the ones we have been waiting for."



**Looking for your own place on the North Shore?** [www.NorwegianRiviera.com](http://www.NorwegianRiviera.com)


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|---|---|--|---|

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# The Gonzo Gourmand

by Jim Richardson, Bulk Buyer

New favorite food: *polenta fries*. After eating these at Maggie's in Bayfield, my beautiful and talented girlfriend quickly replicated them in her own kitchen to great effect. Here's how — make polenta, spread flat on cookie sheet and allow to cool, cut into strips, then bake with cheese on top (or deep fry), exclaim "wow!"

New in bulk herbs: organic smoked paprika is finally here! According to Frontier Herbs it is 100% paprika, smoked with oak wood and ground to a velvety texture. This item has been much in demand lately so spread the word — the Co-op's got it.

Let me also mention that our bulk chipotle powder has recently gone organic; the price jumped insignificantly but the flavor and color brightened dramatically — give it a whiff and you will not be able to resist its allure.

Also new in bulk herbs: organic marshmallow root. The first marshmallows were made from this, the mucilaginous root of the marshmallow herb. These days the marshmallow in marshmallows has been removed in

favor of gelatin, yet they keep the name marshmallows although we should very well call them "gelatins." Marshmallow root got its name from its preference for wet soils, hence the "marsh" in marshmallow.

Marshmallow root was prepared as a food by several ancient cultures including the Romans, Chinese, Egyptians and Syrians. Today marshmallow root, mixed with water, is consumed for its ability to coat and soothe the throat and stomach; it also has laxative properties.

Also: organic oatstraw. Oatstraw is high in B vitamins and calcium, and regular consumption may alleviate depression, tonify the nerves, and build bones. Oatstraw, like other parts of the oat plant, is good for the skin and has emollient properties. I didn't realize, until researching this article, that wild oats are said to be an aphrodisiac, and the erect nature of the stalks in the field caught the imagination of the ancients in this regard. Today we still refer to oats and fertility in the same breath in the expression "to sow one's wild oats."

Speaking of fertility, papaya is known by turns as an aphrodisiac (fresh papaya), an abortifacient (unripe papaya), and a spermicide (papaya seeds). The bulk dried unsweetened papaya spears we have now are sadly more expensive than in the past, but I'm still stoked because they are of impeccable quality. For a while we could get nothing but candied papaya spears, then there were some dried organic slices that were taste-challenged. But just give our current selection of papaya spears a look and you'll see what I mean — they are large and in charge, and very good too.

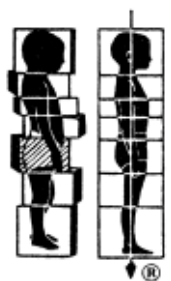
A popular bulk herb we have had since time immemorial is organic nettle leaf. There are around forty species of stinging nettle. The kind we have, *Urtica dioica*, is used as an herbal remedy for arthritis, enlarged prostate, and allergies, and we carry it organically from Frontier Herbs. A different variety of nettle, the *Urtica ferox* of New Zealand, has stinging poison barbs that can be fatal to horses, dogs, and at least one lightly-clad hunter who walked

through a bunch of them and died five hours later. We do not carry that one, but it may be special ordered (just kidding, ha ha).

Malt flour, malt powder, and malted barley flour are all synonyms, and refer to ground up sprouted barley. We just got this in the bulk foods aisle, and it's organic to boot. Adds sweetness and improved browning to baked goods.

Also new in the bulk aisle is white whole wheat flour, made from white wheat berries instead of the usual red, and yes it is 100% whole wheat despite having the word "white" in the name. This should bake up with a texture more like white flour, but with all the nutrition you'd expect from 100% whole wheat. Confused? Well there are basically two types of wheat, the popular red wheat and the gaining-in-popularity white wheat. If ground whole, either will make whole wheat flour. If stripped of their bran and germ, either will make white flour. Still confused? See me after class.

While researching tannins I finally figured out what an astringent is. Tannins, named after their use in tanning animal hides, are bitter plant compounds found in certain foods. They provide an astringent, dry, puckery taste and mouth feel. This is because tannins, like other astringents, close pores and remove water. This explains a lot, for instance, how a glass of wine can be "dry," even though it is a liquid. The tannins in the liquid actually remove moisture from the mouth. Gonzo food facts!



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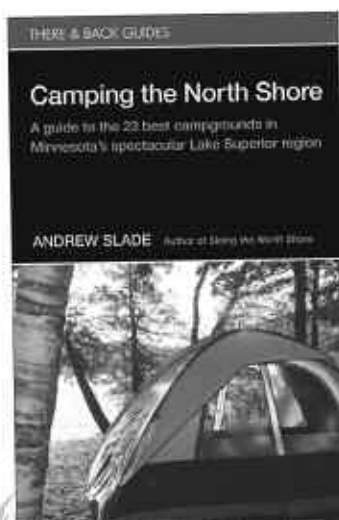
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\* Organic **GG**

# notes from the front

by Briana Lowrie,  
Front End Manager

## Easy Ways to Save a Dime

1. Use your own bags/containers from home for your produce and bulk. Each bag/container from home used will save you 3¢ off your bill.

2. Use your own grocery bag from home. Each shopping trip will earn you a hole-punch towards saving a dollar or can be donated towards the Food Bank for the same amount. Between June 2006 and March 2009, WFC has donated \$2,632.35 to the Food Bank through this program and at least 74,687 bags have been saved.

3. Shop in bulk for flour, beans, nut butters, and herbs and spices. Buy as little or as much as you need.

4. Shop for sale items. Sale fliers are conveniently located in the entryway.

5. Members can place a special order for frequently consumed items to receive discounts from 15–30% off regular prices for case quantities. Sorry, no extra discount for items that are already on sale, but placing a special order for a sale item is appreciated if you desire a larger quantity.

6. Carpool with a neighbor or a roommate to come to WFC. Save money on gas and gain valuable bonding time.

7. Cook from scratch. It costs less and tastes better!

8. Become a Member of your Co-op for savings at WFC as well as several independently-owned local businesses.

## Changes at Your Checkout

We've recently upgraded our credit card system. The change reduces paper usage, reduces cashier error, and processes transaction more quickly. There are a couple of glitches that we're still ironing out, so thanks for your patience if we have to rerun your card or enter the numbers by hand. All in all, though, any cashier will tell you they're pleased with the new system.

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# the buzz wfc staff news

— Jill Holmen, HR Coordinator

**Produce Assistant JP** has two bits of exciting news to share: He and his wife Sarah recently celebrated their 1-year wedding anniversary! Congratulations to them, and extra credit to Sarah for lovingly handling all of JP's mischief. JP is also excited to have been accepted into the Radiological Tech. program at Lake Superior College. We congratulate him on all of his successes!

**Eric Bong, Deli Counter Manager** (aka The Cheese Man) says, "My band, The Rez, will be performing at the Bella Madre Music Festival in Harmony Park, the last weekend of May. We don't have a day or time set yet, but information will be posted as it arrives at rezmusic.com." Rock on, ye young rockers, rock on.

**Anni Friesen, Marketing & Member Services Coordinator**, will be expanding her repertoire as the new General Manager of the Lake Superior Chamber Orchestra, a non-profit of professional musicians that plays both innovative and well-loved classical music during Duluth's summer months. If you are interested in checking out their schedule, visit [www.lake-superiorchamberorchestra.org](http://www.lake-superiorchamberorchestra.org).

**Local band Equal Xchange**, including WFC staffers Rain Elfvin –MOD, Aaron Hoffmeister –MOD, Jesse Hoheisel –Cool Buyer, and Jason Kokal –Front End Assistant, hopes to release a self titled debut album by early summer. Check it out, and catch these guys live if you can... they're amazing.

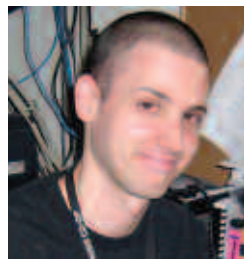
There is exciting news on the hori-

zon for **Amber Haselman of the Deli Counter**, who has been accepted into the Physical Therapy program at the College of St. Scholastica. She will begin her studies the end of June and will do very well, we are certain. Many congratulations, Amber!

**Bulk Buyer Jim Richardson** reports that he updates his profane, partisan, weird science blog almost every day, with occasional assists from **Jason Kokal, Front End Assistant, Sonya Welter, Merchandising Stocker**, and former co-op employees **Matt Wenger** and **Allen Richardson**. Jim is also trying to find a literary agent to help him sell what he calls "an obscene, quintessentially American, science-fiction novel that will be hailed as a work of genius in France." Bonne chance, Jim!

**Joe Ulvi, Grocery Buyer**, is anxious to rev up his cycle for the season. He plans to participate in the First Thursday Motorcycle Meet & Ride on Thursday, June 4th. Maybe he'll see you there?

**Produce Assistant** (and will-power king) **Dylan Tusher** will be doing his first bodybuilding competition at the Mr./Ms. Natural Minnesota



Andy Theuninck, IT, & Michael Olker, FE, are the Gumby Award Winners for March.



Danielle Smelter, Customer Service Award Winner for March.

Bodybuilding Figure & Xtreme Fit Championships on May 16, 2009 in Bloomington, MN. Dylan says that he would be happy to chat with members/customers about his training,



April Gumby Award Winner, Eric Nied of the Front End.



Jill Hall, HBC Buyer, is our Customer Service Champ for April.

diet, and process, if you're interested. You can find him stocking produce and looking buff.

"P.S.," says Dylan, "I get my produce, grains, and the best cheap foods in town right here at the Co-op." How's that for an endorsement? Good luck, Dylan. We'll be rooting for you!

## MAY ANNIVERSARIES:

|                                     |       |
|-------------------------------------|-------|
| Sue Boorsma, Front End Asst.        | 4 yr  |
| Angela Branson, Deli Counter Asst.  | 1 yr  |
| Dale Maiers, Finance Mgr            | 1 yr  |
| Amanda Belcher, Produce Asst.       | 1 yr  |
| Nick Pawlenty, Deli Dishwasher      | 1 yr  |
| Kevin Taylor, Merchandising Stocker | 3 yr  |
| Michael Karsh, Produce Mgr          | 19 yr |

## JUNE ANNIVERSARIES:

|                                    |      |
|------------------------------------|------|
| Zak Lemmer, Deli Counter Asst.     | 1 yr |
| Brian Bluhm, Front End Asst.       | 3 yr |
| Anton Lepak, Deli Dishwasher       | 2 yr |
| Sarah Lamb, Produce Asst.          | 1 yr |
| Joe Ulvi, Grocery Buyer            | 3 yr |
| Brianne Vollmar, Front End Asst.   | 3 yr |
| Michael Olker, Front End Asst. Mgr | 4 yr |

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# Camp and Community — Scott Alsleben, Member

One of my favorite things about living in Duluth is that I feel like I'm part of a community. I have learned that to make a strong community we have to build partnerships, be kind to all citizens, respect your neighbors, your local environment and by volunteering and share what you can. Like many of you, I am fortunate that I am part of this community here on the great North Shore of Lake Superior.

Many of us are involved in other communities too. I became part of the Co-op community several years ago as an employee, member and consumer. Working in the Produce Department allowed me to get to know many of the Members. At about the same time, I was also involved with another community, the Bay View School Forest Club, a club that started out of Bay View Elementary School in Proctor. I was excited to see how I could bring these two communities together. I knew that I wanted to share my knowledge and excitement about good whole foods to others and I thought what a great relationship it would be to get the Whole Foods Co-op and school forest club working together.

WFC was generous enough to donate a wholesome and healthy snack for all of our Forest Club events. As our relationship grew, so did the Forest Club. By the summer of 2008 the Club expanded with the help of a grant from the Lake Superior Coastal Foundation. The expansion provided the opportunity to for us to run and develop a summer camp for kids. The Urban Wilderness Camp was created with the purpose to connect kids to their local forests within the surrounding communities.

The Co-op again agreed to be a positive player in the function and success of this camp. On the one hand, WFC sponsored the camp by providing snacks for the campers. On the other hand Urban Wilderness Camp acted as a vehicle of information for the education, awareness and exposure to organic, whole, and healthy foods. The Camp's programming operated on a new and unique model called the RECC (Recreation, Education, Conservation and

Community) model. We wanted to connect our children with the land and their local environment. Part of that was learning about and experiencing locally produced foods. One of our snacks during camp was the delicious carrots grown at the Food Farm in Wrenshall, MN. We had many great snacks but the carrots were so juicy and crispy that they were a camper favorite.

I am excited to announce that Urban Wilderness Camp will be back this summer operating as part of Hartley Nature Center's Summer Camps. Hartley Nature Center has selected eight beautiful locations throughout the city to hold these camps.

Urban Wilderness Camp is tailored for kids who have completed 4th to 7th grades. Several day camps will run throughout the summer with the first camp beginning June 22. Camp activities may include: exploring, hiking, canoeing, fishing, swimming, forest and field games, supervised free time, observing wildlife, gathering scientific data, learning ecology, learning wilderness and camping skills, maintaining

trails, building boardwalks, planting trees, cooking group meals, team-building activities, art projects and more.

If you want to be involved in your community or get your kids involved in a great community summer camp contact Hartley Nature Center for more information and registration at [www.hartleynature.org](http://www.hartleynature.org) or call 218-724-6735.


*Editor's note: For a stay away type camp, you may want to check out Kamp Kenwood.*

In addition to a variety of educational conferences and events for farmers and consumers, Wisconsin Farmers Union coordinates a summer camp program at WFU Kamp Kenwood on the shores of Lake Wissota near Chippewa Falls, Wisconsin. The camps offer rural and urban kids from ages 8-18 an opportunity to learn about family farms, co-ops and social justice.






Campers with their tasty Co-op chow.

Activities include team games, speakers & workshops, hikes & campfires, theme nights, art/music/drama, folk dancing, swimming and sports. Cooperative teamwork and leadership skills are a part of all camp activities. In addition, campers learn how a co-op business operates; they create their own co-op store, elect a board of directors, buy shares, vote on issues and receive patronage refunds based on their purchases of snacks and camp souvenirs. Camp fees are reasonable with a discount for WFC members. Sessions begin June 19. For more information, go to <http://www.localharvest.org/member/M5459>.



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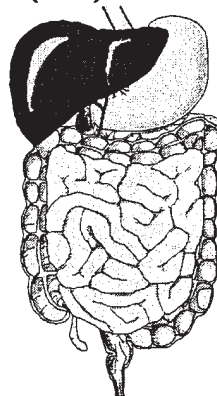


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# In Balance with Ayurveda

— **Bonnie Ambrosi, Member**  
Late spring is the end of Kapha time, draining away the remaining wet heaviness of that watery, earthy dosha. Support this process by eating the first produce that can be harvested from the garden.

Traditional folkways value spring greens as cleansing, clarifying tonics. The bitter, pungent and astringent tastes of these foods are a relief to the palate, and their light, drying effect on the body helps us transition gracefully from spring into summer, losing the dampness of Kapha without building up too much heat going into Pitta season. Bitter taste is the most cooling, followed by astringent taste. Pungent taste is heating, but in the form of spring vegetables it is not unbalancing.

Enjoy the many varieties of lettuce available! Lettuce is astringent and cool, cleansing the body, clearing the mind, and relieving hot emotions. It also has diuretic properties, releasing lingering Kapha. Spinach, too, is astringent, cool and alterative (cleansing), and is soothing to mucus membranes, good for dry cough. Parsley — pungent and astringent — is an excellent cleansing food for all body types, rich in vitamins and minerals, so use it for more than a garnish! Another green with a strong cooling energy is cilantro, which is specific for lowering high Pitta, the fire element in the body. Mustard greens are pungent and bitter. Their spiciness makes them somewhat warming, but only in large quantities, and they are expectorant as well, clearing out the mud. There are many other spring greens to explore, like arugula, dandelion greens, and sorrel. Try something new!

I should also mention a couple of early garden crops that are not “greens.” The spicy crispness of radishes improves digestion and has expectorant qualities. Fresh asparagus is particularly good at this season, as it cleanses the body and also reduces fiery Pitta. Peas, too, are cleansing, astringent and cool.

May and June are a season of tremendous energy and rapid growth! It’s time to release what is past — old energy, extra weight, unnecessary attachments and belongings — and busy ourselves with positive, productive work. In the midst of all this activity, keep your perspective and maintain your peace of mind by remembering your highest goals and true purpose in life.

Bonnie Williams Ambrosi is a certified Ayurvedic Health Educator and teaches yoga and ayurveda at several locations. Contact her at (218) 728-9942 or [grihastashrami@gmail.com](mailto:grihastashrami@gmail.com) or visit her website at [grihastashramiyoga.com](http://grihastashramiyoga.com)

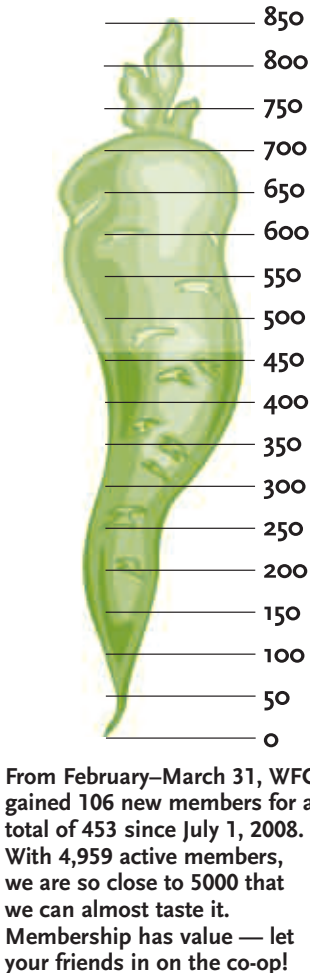
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Katie Viren  
Elizabeth Prest  
Nancy Ann Wolfe  
Steve Hauswirth  
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Jeanne Jewell  
Susan Behning  
Mae Bixby  
Theresa Deluca  
Amanda Larcher-Ayers  
Renee Pike  
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Michael Jurek  
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Sarah Herrick  
Mary Nylund  
Ronald Peterson  
Kim M. Labarge  
Angie Lussier  
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Jennifer Hernandez  
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Karl Hoeschen

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Gary Larson  
Laura Siverling  
Lisa Busiahn  
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Mary Katherine Lapointe-Hove  
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Sheri Roadfeldt  
Elizabeth Travis-Betts  
Wendy Carlson  
Donald Milleon  
Christopher Anderson  
Sally Fena  
Terrance Premo  
Eric Bong  
David Caligiuri  
Kristen Latscher  
Nancy Nebel  
Dana La Gesse  
Heather Tarnowski  
Mary Benson  
Chelsea Abingdon  
Cervantes Welch  
Jill Holsinger  
Linda Lu Quade



## 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](mailto: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!

## Member Extreme Coupon Endangered Species Chocolate Bar Buy one, get one FREE!

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One coupon per member.  
Coupon expires June 30, 2009



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### Do we have your email address?

In the near future, you will see changes in your Gazette and improvements to our website. We don’t want our customers to miss out, so we’re asking you to log on to [www.wholefoods.coop](http://www.wholefoods.coop) to enter your email address. Your addresses will be used for occasional reminders about the Co-op that affect our shoppers. You can also opt to begin receiving your Garbanzo Gazette electronically. Signing on electronically for the Gazette reduces paper, printing and postage for WFC. And just like your mailing address, we will keep this information to ourselves. *Thank you!*



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# gourmet to go

## Cheese in the Time of Economic Struggle

— Eric Bong,  
Deli Counter Manager

Friends, it may break your hearts to hear, but as the pocket book demands mercy, it is my aching palate that must suffer. Many of you have commented that some of your favorite cheeses haven't been here in a while. My sad response to you has been that our cheese-loving friends and neighbors have not been able or willing to support a higher-end variety of yumminess as they did in months past. I do not hold it against anyone and hope you can understand why I cannot fully accommodate our cultured lactic longings. However, I come to you with a message of hope and perseverance! Though we will not likely see a throng of long-aged goudas or flocks of young, oozing triple creams any time soon, even the so-called "economy" cheeses often tickle my buds strait to satisfaction. Let us explore some of The Cheese Man's favorites for under \$10 per pound!

We recently discovered Valley View bulk cheeses. Valley View is known for their clean approach to cheese making, as well as their astonishingly low prices. At \$5.99/lb, I am a huge fan of their Chipotle Colby. It's hot enough to classify it as "hot," but not so much that you don't want to keep eating it. Their Smoked Cheddar also deserves mention: not drowning in smoky flavor like most smoked cheeses.

Brunkow bulk cheeses have been on our shelves for quite some time, ranging from \$5.99-\$12.99/lb, depending on the variety. I regularly enjoy their raw milk mild cheddar, at \$7.29/lb, but won't turn my nose up at any of their products. With a high reputation for producing additive-free cheese, they don't sacrifice flavor either.

For a bit of tangy goodness, our

| FOG CITY DELI<br>HOT BAR MENU  |                         |                                   |                            |                                |                        |
|--|-------------------------|-----------------------------------|----------------------------|--------------------------------|------------------------|
| The weekly menu is also available in our store and at <a href="http://www.wholefoods.coop">www.wholefoods.coop</a> |                         |                                   |                            |                                |                        |
| Breakfast is served beginning at 7:30 am each day.<br>Saturday and Sunday menus are Chef's Choice.                 |                         |                                   |                            |                                |                        |
| All menus include meat, vegetarian and vegan options.  |                         |                                   |                            |                                |                        |
| MARCH 2009   |                         |                                   |                            |                                |                        |
|  | MONDAY<br>WORLD TOUR    | TUESDAY<br>SOUTH OF THE BORDER    | WEDNESDAY<br>ASIAN CUISINE | THURSDAY<br>HOME STYLE COOKING | FRIDAY<br>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<br>WORLD TOUR    | TUESDAY<br>SOUTH OF THE BORDER    | WEDNESDAY<br>ASIAN CUISINE | THURSDAY<br>HOME STYLE COOKING | FRIDAY<br>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    |

Havarti selections are all under \$10 per pound. I'm a particular fan of the dill or horseradish Havarti, but Denmark's Finest plain old Havarti is among the creamiest cheeses I've tried, making it a great treat on crackers, as a melt on pasta, paired with fruits, nuts, salty meats, or by itself.

Any of you craving an economical substitute for your usual Bleu will not be disappointed by Black River Gorgonzola. This creamy, penicillin-stuffed wedge of blue-green goinness weighs in at \$8.09 per pound. It's no Roquefort, but I'd put it up against Maytag any day. And yes, I know that Gorgonzola is not the same as Bleu, but in times of hardship, sometimes we need to look into other options to tide us over.

Cedar Grove is perhaps the most eco-friendly creamery in existence with their state-of-the-art wastewater treatment facility right on site. They also make some of the tastiest and most affordable cheese I've gotten to try. Making standards like Cheddar, Colby, Jacks and the like, you can get their rBGH-free selections for \$8.49 per pound. For cost and quality, Cedar Grove Organic Cheddar at \$9.99 per pound is Cheese Man's Choice, hands down.

Don't forget about Eichten's bulk string cheese at \$9.99 per pound. May your taste buds continue to prosper!  
— Eric

**FOOD SAFETY REFORM AND PROTECTING ORGANIC FARMERS** — for details on critical pending food safety legislation and support for viable federal oversight of corporate agribusiness: [www.cornucopia.org](http://www.cornucopia.org)

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**INTERESTED IN SUPPORTING THE DEVELOPMENT OF URBAN GARDENS** — Visit the web site of the Duluth Community Garden Program ([www.duluthcommunitygarden.org](http://www.duluthcommunitygarden.org)) or email Executive Director Carrie Slater Duffy at [duluthcommgarden@yahoo.com](mailto: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.

**THANKS TO RESEARCH BY OUR FRIENDS AT WWW.DOITGREEN.ORG** — We've replaced our low flush public toilets with dual flush toilets. Dual flush toilets offer two flush options: one button for a smaller flush/0.8 gallons and another button for a larger flush/1.6 gallons.

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# Savor the Season ... of not cooking!

— Shannon Szymkowiak, MMS Manager



Anxiously awaiting summer.

In the last issue of the *Gazette*, I wrote about sustainability and my radical canvas bags rather than food. It was a bit of a departure, but I received some great feedback. When people stop me in the store to share their tips with me, I know I struck a resonant chord. I thank you all for your comments. Long time Member David Schimpf actually took me up on my request to submit energy saving tips, which I gladly share with you, below. Thank you, David!

Soon now, the snow will be gone and that elusive sun which is shining today, albeit with a bracing wind, reminds me that winter is still trying to win a losing battle with spring. Today, I was talking about the Rhubarb Festival with someone and it made me think about summer, and fresh strawberries and picnics.

When the weather gets nice, I get lazy in the kitchen. Like so many Duluthians, I prefer to be outside. If I'm not digging dirt out from under my fingernails in the evening, I feel like I did not accomplish something. This year's addition of three beehives to my summer activities has me even more excited for warmer weather.

So what do you do when you're buzzing around with the kids' field trips and bike rides and getting that necessary yard work done? Today's economy may tempt you through the drive thru. Or perhaps you begin to exist on hot dogs with macaroni and cheese just to save time, but really, wouldn't a from-scratch meal taste so much better and leave you more fulfilled?

This is the time of year that I start to lean even more heavily on our fantastic Co-op Deli. The food is so fresh with ingredients I would use myself. And there are so many bargains that I don't feel badly about not doing my own cooking once and a while. It occurred to me that having the inside scoop on what gives you the most bang for your buck in our deli might be helpful information to pass along, so here it goes.

First of all, I need to give a huge shout out to our deli staff. Every day, they are back in the kitchen, chopping, sautéing, mixing and baking FROM SCRATCH. There is very little that

comes pre-made out of a can or jar in our deli dishes. The majority of the ingredients are organic and when the local growing season ramps up, you will see that reflected in our salads, dips and on the hot bar as well. There is no other grocer in town that does what they do. When you taste the fruits (and veggies) of their labor, I think you'll agree.

So what do I think are the best bets in the Fog City Deli? Well let's start with our classic Bean & Rice Burritos for a measly \$4.99 and the Quesadillas for \$6.99 or \$7.99 depending on your meat (or not) preference. Both are fill-

top. And yes, that would be local fisherman and overall great guy Dave Rogotzke's salmon. Now I ask you, who else knows the fisherman who brings in their salmon? I don't mean to brag about our deli, but, well, yes I do.

Anyone who knows me at all knows that I have a terrible sweet tooth. I try so hard to not make whole cakes or pans full of bars because I'm tempted to eat the whole darned thing while it's sitting on my counter. This is where our sweetest cooks step in. Kala, Heidi and Kristen consistently whip up amazing goodies. Furthermore, they make sure there is something for everyone —

vegan, gluten-free, and the full-on, full-fat varieties of the tastiest cakes, bars, truffles, trifles, pies, cookies, crisps, cheesecakes, puddings, turnovers, muffins and scones around. It's really great to be able to grab a delectable gluten-free trifle for your wheat sensitive friend, don't you think? Everything can also be purchased in large quantities (like a birthday cake) with 48-hour notice for your special occasion. It sure beats the hydrogenated oil-filled sugar bombs elsewhere

by a long shot.

Sometimes there is something left over in my refrigerator, but not quite enough for a meal. That's when I check out the cold case to fill in with a tasty, low-cost salad like Dottie's Potato Salad with the price lowered for the season to \$5.99/lb made like it should be with actual organic hard-boiled eggs and other fresh ingredients. There is also the Macaroni Salad or Vegan Macaroni Salad also seasonally priced at \$5.99/lb for another traditional picnic favorite. I personally like the Tuna Macaroni Salad (\$7.99) on top of some lettuce or

## DAVID'S TIPS



- **Heating water for cooking or making beverages requires quite a bit of energy. Take a minute to figure out how much water you will need to avoid heating a lot of extra water. Measure if possible, or learn to eyeball what the new level is for your vessel. It will also shorten your food preparation time slightly.**
- **During the heating season, don't pour hot water down the drain unless you are trying to keep your septic line from freezing. After food has finished boiling, remove it from the pot with a slotted spoon or pasta fork and leave the pot on the range to cool to room temperature before pouring it out. If you have warm water left in a sink after washing, let it cool before draining. These measures will add some heat and humidity to your living space.**
- **In any season, you can also pour the hot cooking water on your compost pile. The added heat is helpful in our climate most of the year, and the food molecules in the water will also be turned into heat by the microorganisms in the compost.**
- **Avoid heating freshly drawn cold water. Add the water to your coffeemaker, tea kettle or cooking pot the night before. When you know what you intend to cook later that day, the water will have warmed to room temperature and less energy will needed to heat it to temp.**

ing and quick to reheat on the go and they come with salsa and sour cream on the side. Kate's mini pizzas with organic flour and herbs with local cheese are kid-sized and a super value at only \$3.99. That's with a hand made crust, folks! Wendy's Pesto Linguine meal featuring organic pasta and fresh pine nuts either with (\$7.99) or without (\$6.99) chicken will rival dishes almost twice the price at a popular chain restaurant up the hill. And for those who want a little greenery, the Caesar Salad is another bargain at only \$4.99, \$7.99 if you want chicken or salmon on

# Membership Matters

by Heather Murphy, Board Member & Food Policy Committee Chair

Are you tired of all the negative news we are being inundated with these days? The dire economic predictions, the scandals and schemes, the lack of oversight, the crazy corporate alliances, the abuse of public trust, the greed, the lies and the disconnection from what seems just and right and, well, obvious to most common folks?

Me too! So let's focus on the positive and talk about our Co-op and why being a Member-Owner here matters even more in light of all that is happening around us.

First, we, the 5,000+ members of Whole Foods Co-op, own this consumer cooperative. And thanks to the founders of the cooperative movement,

the capital we have invested here, rather than making any one person rich, is designed to generate collective wealth that will be used for the benefit of everyone in our community.

Second, how will our Co-op's collective wealth be used? Our wealth of knowledge, our local & national connections, our 5,000+ Members, our highly trained staff, our beautiful LEED Certified building, our future profits and so much more? That's our decision. Because we own this business, we have the privilege (dare I say obligation?) to create the visionary framework within which all staff decisions are made. By attending the Annual Meeting, joining the Board, coming to Membership and Food



Heather Murphy

Policy Committee Meetings, filling out suggestion cards, and communicating with the Co-op in other ways, we are empowering staff to create the store that best serves our community's needs within the values-based framework we, the owners, have designed.

Finally, we can trust the Co-op. As a member of the Board for the last two years, I have been heartened by the open and honest reporting processes and the built-in layers of oversight used by staff to make sure they are adhering to the vision set forth by Member-Owners and the Board. Just one example is our Food Policy. Once a year, the WFC staff does a thorough inventory of all products. Each department reports on their ability to purchase products that adhere to our Food

Policy standards. Is it certified organic; locally grown or produced; minimally processed; free from preservatives, hormones, additives, antibiotics, chemicals, toxins and irradiation; non-exploitatively produced; bulk or minimally packaged; does it help regenerate the environment rather than harm it; and more. They also report any improvements they have made, any research they have done on these issues, and any suggestions they have for improving the policy. Member-Owners can be involved in this process at many steps along the way.

So yes... being a Member-Owner of the Co-op and supporting this business by shopping here matters a lot. Even in these trying economic times, Whole Foods Co-op continues to be a thriving cooperative business which serves our community with integrity and is based in the values of sharing resources for the common good.

That's the best news I've heard in a long while!