

# GARBANZO GAZETTE

Whole Foods Community Co-op, Inc.

Duluth, Minnesota Nov/Dec 2003



## news bites

WFC welcomes new Clerks **Anna Midthun** and **Briana Lowrie** and Produce Assistants **Jennie Bonicatto** and **Ian Alexy**.

We are also

delighted to welcome **Virginia Wigger** back to the Operations Department . . .

. . . **Member Appreciation Day:** Wed., Jan. 14, 2004. WFC members receive a 5% discount on eligible purchases on that date. Member Appreciation Days are scheduled on Wednesdays to avoid conflict with major deliveries and to ensure we have enough product and staff on hand to make the best possible shopping experience on that day AND on the next day! . . .

. . . WFC will be **open** regular hours (7 a.m. to 9 p.m., Mon. thru Fri., and 8 a.m. to 8 p.m., Sat. and Sun.) during the holidays except for the following:

**Closed** Thursday, Nov. 27,  
Thanksgiving Day

**Closed** 4 p.m. Wed., Dec. 24,  
Christmas Eve

**Closed** Thursday, Dec. 25,  
Christmas Day

**Closed** 4 p.m. Wed., Dec. 31,  
New Year's Eve

**Closed** Thursday, Jan. 1,  
New Year's Day

. . . WFC policies require a receipt for a cash refund. Please take your receipt. Thank you.

. . . Links and resources for more information about nutrition and food:

[www.slowfoodusa.org](http://www.slowfoodusa.org)

[www.steenbock.library.wisc.edu/extension/nutrition.htm](http://www.steenbock.library.wisc.edu/extension/nutrition.htm)



Building up a good appetite! Illustration by Dawna Brissette.

## Holiday fare— Adapting old recipes to fit new diets

By Charlotte Klesman

People connect to food in many different ways, and this is particularly true during the holidays. Each year I make the same cookies my mother made when I was little; the same cookies I later made with my children. We still hang a bunch of purple grapes on the lowest branch of the Christmas tree, right beside the fresh coconut.

My mother said her father saw purple grapes in the store one year and insisted they be on the tree because they were so pretty. She can't remember why he wanted a coconut, but that never stopped us from having one. After the tree came down Mother would carefully pound a nail through each of the coconut's eyes, drain the milk, then roast the nut in the oven until she could crack it with a hammer. It seemed so exotic; preparing food with a hammer and nail.

[continued on page 2]

These memories come back every time I pass a stack of coconuts in the store. But things change. Dietary restrictions may force us to give up the foods we love, particularly rich holiday fare. How do food lovers cope without losing the spirit of the season?

I asked my brother-in-law, Lynn, how he handles this problem. Lynn has been on a special diet for many years. I wondered how his early memories of Christmas feasts compare with the Christmas dinners he enjoys now that he's diabetic?



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

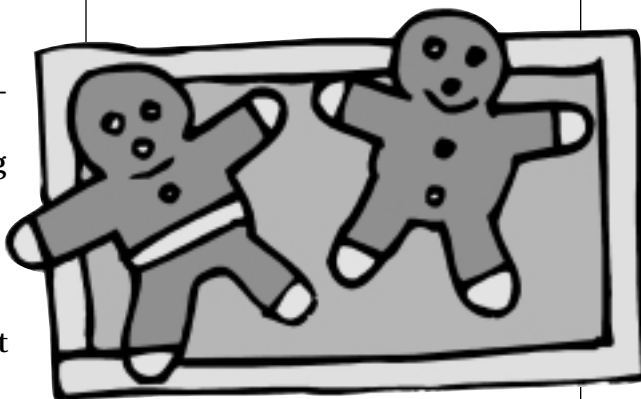
Garbanzo Gazette

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The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of the Co-op. 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 by the 1st Tuesday of the month prior to publication. Refer submissions and questions to Dianna von Rabenau at [dianna@wholefoods.coop](mailto:dianna@wholefoods.coop)

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"It's the smell," he said. "The traditional smell. Smells are more important when you want to bring back memories.



It's oranges and cloves for me. My mother made those orange and clove balls, the ones you make by sticking thousands of cloves in an orange. They were all over the house and she gave them away as gifts too.

And gingerbread. Gingerbread has that distinct smell. Even if I can't eat the food I can pick up the pieces of past memories that way."

Lynn said he didn't find it hard to adjust. He's concentrated on new ways to fix what he can eat, so while he can't have mashed potatoes, (diabetics have problems processing carbohydrates), he can eat deep-fried Cajun turkey. He also modifies old recipes. He still makes my family's traditional cranberry salad, but now he sweetens the raw cranberries with artificial sweetener instead of sugar.

"The secret is to use whole, fresh cranberries and process them ahead of time," he told me "Chop them fine in a food processor and mix them with sweetener the day before.

Then mix them with grapes cut in half and chopped apple. Fold it all into stiffly beaten whipped cream. I like nuts too, but your mom doesn't. She likes little marshmallows in it, but I can't eat that."

As to future Christmas traditions, he said he'd drop a lot if he could. But my sister, (his wife), likes Christmas and he wants her to enjoy an extravagant holiday season. "It's important to find a function that works well for you," he said.

Lynn is coping, but what about people who are still new to the world of special diets? I spoke with my friend Colleen and her sister Marci to see how they plan to spend Thanksgiving and Christmas now that Colleen is on a special diet.

While they were raised in the same family, these sisters have different ideas regarding Yuletide celebrations. Marci has grown children and small grandchildren who return to her house for the holidays. Colleen lives alone. Both of them remember the huge Christmas feasts and traditional fare of their childhood, when their mother was the force that kept Santa alive and well in their home.

"We had turkey with dressing, mashed potatoes, sweet potatoes and rice pudding; the stuff with fruit cocktail and cooked white rice mixed with whipped cream, coconut and cherries," Marci said. "We had

six kids in our family and later two spouses, mine and Colleen's, so we had a pretty big dinner. Now my kids and their kids come to my house for Christmas. And Colleen usually comes too."

Colleen is on a special diet, so she brings her own food when she is going to someone else's house for a meal. "I can't eat anything white," she said, "And neither of us can eat dairy. But Marci knows what I can and can't eat."

"I adjust to Colleen's diet," Marci agreed.

This winter season will test her resolve. "It's my first holiday on this diet," Colleen told me. "I still eat foods I'm not supposed to if they're there."

"It seems like a lot to keep track of," I said.

"The paybacks are worth it," Colleen told me. "I feel much better when I stick to my diet."

My mother-in-law is Jewish and I've spent many hours on the phone with her, learning the traditional customs for the Jewish holidays, but we rarely discussed recipes. This time I called Lee and asked her to tell me about Hanukah dishes.

"For Hanukah, my family has always made potato latkes to celebrate. You eat them with a little applesauce or sour cream on them. I like sour cream the best. My mother made them as a special treat, and I still make them for myself.

First you grate a big Idaho potato by hand, and of course you know you're gonna get your knuckles. Ah, but that's O.K. It just adds flavor.

Beat in an egg with some salt and pepper, and a little onion if you like. Stir it all the time, because it separates.

Drop a tablespoon full of batter in a skillet with hot oil and flatten it into a pancake. Fry them till they're nice and crispy. That's the way my mother made them, and how I made them for my family. It's not good for the heart, but it's a tradition."

"What else did you have?" I asked her, thinking of lavish Christmas feasts.

"We had roast chicken or

brisket for the main meal," she told me. "And there was always fruit and cookies. But latke was the only really special dish. I save it as a special treat for Hanukah."

Despite dietary restrictions and different customs, everyone I talked to used traditions to strengthen their ties with their families and their past. They also respected the needs of their bodies, and altered tradition when necessary to maintain their health...well, most of the time anyway.

I'd forgotten about that cranberry and whipped cream salad Lynn makes. I bet that would go well with potato latkes.

### Roasted Root Vegetables Serves 4 - 6

Prep time 10 minutes • bake time 45 - 60 minutes

Preheat oven to 350 degrees F.

1 large or 2 small turnips

1 medium rutabaga

3 medium parsnips

3 medium or 9 baby carrots

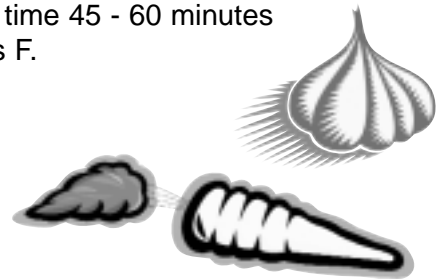
A few large cloves of garlic

Olive oil

2 teaspoons of mixed dried herbs or

3 tablespoons mixed fresh herbs - any combination of thyme, marjoram, oregano, basil, chives and/or savory

Salt & pepper to taste



Peel the turnips, rutabagas, parsnips and garlic. Scrub carrots well. Cut turnips and rutabagas into medium (approx. 1") cubes. Julienne or cut parsnips and carrots in coins (baby carrots may be left whole or cut in half).

Mix herbs with vegetables and toss vegetables/herbs with enough olive oil to coat.

Spread in one layer on a baking sheet covered with foil. Stirring every 15 minutes, bake for 45 - 60 minutes or until vegetables are fork tender. Enjoy!

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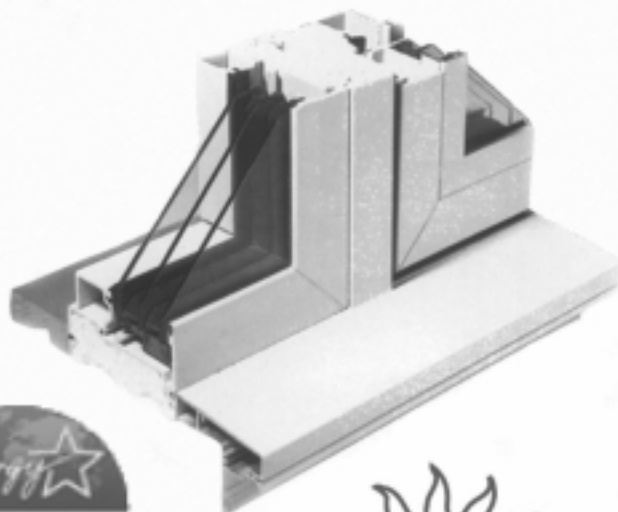
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happy day . . .  
It took two years of committee research, another two years to implement the required changes, and a healthy operating profit plus extraordinary income from the sale of Blooming Prairie Cooperative Warehouse, but on September 22, 2003, management recommended and the Board approved WFC's first patronage rebate.

Members who spent a minimum of \$100 during fiscal year 2003 (August 1, 2002 to June 30, 2003) are eligible for a rebate. The amount of your rebate depends on the amount of your purchases multiplied by the rebate percentage rate. A brochure explaining patronage rebates is available at the Co-op.

By January 1, 2004, eligible members will be mailed a check for the cash (20%) portion of the rebate and will receive a letter verifying the amount of the rebate retained as equity (80%). Retained equity is used for business improvements such as purchasing new equipment or opening a new location.

Detailed records are kept of each member's retained equity, but retained equity is not paid to members on demand. At some future date, the Board may approve distribution of retained equity provided that the timing and method

## Fall's here but Co-op keeps on bloomin'

of redemption is fair and equitable to all members and does not harm the financial health of WFC. As we have over 2,000 members, we are not able to inform you of the amount of your rebate or verify if you have qualified prior to the distribution of the checks.

Patronage rebates are not income when they are derived from the purchase of goods that are generally for personal use so neither the Co-op nor our members have to pay income tax on patronage rebates. Even after adding in the cost of administering the rebate, there is a significant tax savings to the Co-op to declare a rebate.

While the search for a new location continues, we have

acquired off-site offices for meetings (Board, committees and departments), equipment and event storage, administrative space and staff training. Until we relocate, using the "Annex" creates a much needed staff break room at the Co-op and more room for inventory back stock for the holiday season. And we look forward to providing all the wonderful food your holiday table can handle.

Thank you for your support in 2003!

### Ad rates

- 1/8 page \$45
- 1/6 page \$55
- 1/4 page \$75
- 1/3 page \$85
- 1/2 page \$125
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 Clif Bar lemon poppyseed  
 Seasons cheddar cheese puffs  
 Primal Strips veggie jerky - 2 varieties  
 Hain mints - 2 varieties\*  
 AtmosKlear odor remover  
 Edensoy chocolate soymilk\*  
 Seventh Generation diapers  
 Drew's Romano Caesar dressing  
 Natural Value canned Mandarin oranges  
 Wyman's canned wild blueberries  
 Amy's salsa - 3 varieties\*  
 Amy's refried beans - 3 varieties\*  
 Amy's alphabet soup\*  
 Amy's butternut squash soup\*  
 Ginger People sushi ginger  
 Oskri date sesame bars - 3 varieties  
 Arrowhead Mills graham cracker pie crust\*  
 Our Family Farm baked cheese crackers  
 Dagoba chocolate bars - 5 varieties\*  
 Wild Country pure maple sugar leaves  
 Fantastic Foods Fast & Naturals Ready Meals  
 —4 varieties  
 Bionature canned tomatoes - 7 varieties\*  
 Cascadian Farms 17-oz grape fruit spread\*  
 Choice Organics peppermint tea\*  
 Farmers Market Foods canned pumpkin\*

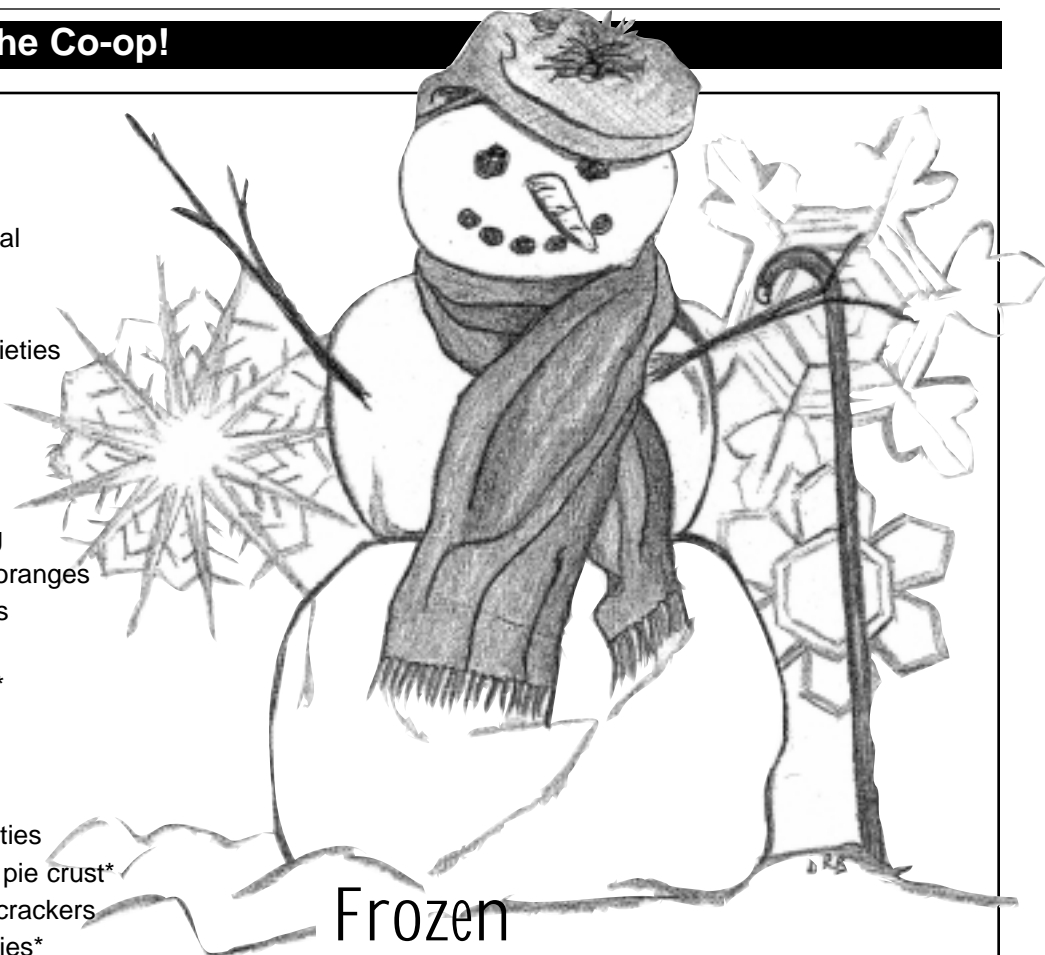
## Health & beauty

### Supplements—

Animal Friends (Twinlab) multi-vitamin  
 Red Star nutritional yeast

### Body care—

EO glycerin soap - 3 varieties  
 Wild fern soap, made in Mahtowa, MN  
 Aura Cacia foam bath  
 Aura Cacia organic jojoba oil  
 Aura Cacia organic sweet almond oil  
 Auromere Neem shampoo  
 Home Health dandruff shampoo  
 Badger Balm healing balms  
 Badger Balm lip balm



## Frozen

Soy Delicious Purely Decadent soy ice cream  
 Applegate Farms turkey burgers  
 Alaskan wild salmon is back!  
 Alaskan wild halibut  
 French Meadow Texas toast  
 Rising Moon ravioli  
 Ian's onion rings

## Cool foods

Organic Valley milk in quart size\*  
 Switch carbonated juice  
 Lightlife smokey tempeh strips are back!  
 Wildwood smoothies

## In bulk

Dancing Star Farms Chunks of Energy  
 "18 carob greens" with flaxseed  
 Organic maple glazed nut mix\*  
 GMO-free soy protein powder

\*denotes organic product



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# What are sweeteners?

By Robert Roman, from Nature's Food Patch

There are many kinds of sweeteners. I will talk about 35 different ones, broken into four major categories: from the sugar cane plant; from other plants; made in nature; and laboratory produced.

From the sugar cane plant comes two basic products: the dry stuff, and the wet stuff known as molasses. The cane plant, not bad in its wholeness, is crushed and squeezed to extract as much of the juice as possible. The leftover stem material, known as bagasse, is either put back on the fields, or burned in the sugar cane factory as a heat source. The juice then undergoes a variety of processes.

The healthiest of these is simply drying all the juice, with all the minerals, vitamins, and iron still there. Only one comes in this form, Rapadura, by Rapunzel Pure Organics.

All other forms of the sugar cane go through a centrifuging machine to separate the lighter-weight juice (mostly containing sucrose, the white sugar) and the heavier, thick substance which is partially dried and which we know as molasses.

The molasses has all of the other nutrients of the pure cane juice. That light juice is then treated in many ways. It can now be dried (evaporated) or it can be washed, respun, and sepa-

rated from more of the darker juice, one or more times.

So we have the many forms of sugar crystals that we find on the shelves. After Rapadura, the best of these is from Wholesome Foods: their blend of sugar and molasses, known as Sucanat. Note that this is just one of their products, all are not this good.

From the best to the worst of the products, we have those with more molasses to those with less: Demarara, Muscovado, Turbinado (which has many names: dried cane juice, milled cane, natural milled cane, cane sugar, natural sugar, raw sugar, Florida Crystals, evaporated cane juice) and then the pure white sugar. The darker the sugar, the more molasses will be in it, and the better the sugar from a nutritional standpoint. Taste can be acquired.

From here, we have molasses. The quality of molasses depends on the maturity of the sugar cane, the amount of sugar extracted, and the method of extraction. There are three major types of molasses: unsulphured, sulphured and blackstrap.

Unsulphured molasses is the finest quality. It is made from the first separation of the molasses juice from sun-ripened cane. Of the three types of molasses, this has the most sweetness, due to the persistence of some of the sucrose.

Sulphured molasses is

made from green sugar cane that has not matured long enough so it is treated with sulphur fumes during the sugar extracting process.

Blackstrap molasses comes from the unsulphured molasses beginning to crystallize, getting spun down by centrifuge, and the remaining liquid being siphoned off for blackstrap. With another portion of the sugar gone, this product is a thick, somewhat bitter-tart sweetener. It is used as a sweetener and coloring agent in foods. It also has a commercial value in the manufacture of cattle feed and other industrial uses.

## Other plant sweeteners

Agave nectar is a wonderful sweetener, with a low glycemic level. It has a delicate, light flavoring. The agave (uh-gah-vay) plant has been cultivated in hilly, semi-arid soils of Mexico. Its fleshy leaves contain a sweet sticky juice. When the Spanish arrived, they took the juice from the agave and fermented it, leading to the drink we now call tequila.

Agave syrup (or nectar) is about 90% fructose and 10% glucose. Only recently has it come in use as a sweetener. With its low glycemic level, it is a delicious and safe alternative to table sugar. Unlike the crystalline form of fructose, which is refined primarily from corn,



agave syrup is fructose in its natural form. This nectar does not contain processing chemicals. Even better (because fructose is sweeter than table sugar) less is needed in your recipes. It can be useful for people who are diabetic, or have insulin resistance, Syndrome X. As a food exchange, a one-teaspoon serving of agave nectar equals a free food. Two servings or two teaspoons equals carbohydrate exchange.

Barley malt is a thick and sticky liquid made from sprouted barley. It has a flavor much like molasses.

The sprouted barley is dried, mixed with water, and then slow cooked to make the syrup. The sugar here is mostly maltose.

Brown rice syrup is a very mild sweetener, and high in complex carbohydrates. It is traditionally made by adding a small amount of sprouted barley to cooked brown rice. The enzymes from the barley break down the starches in the rice.

However, now there are also products, such as Lundberg's, made without barley, just the enzymes. This means that the products are gluten-free, for those with celiac disease. Check the label.

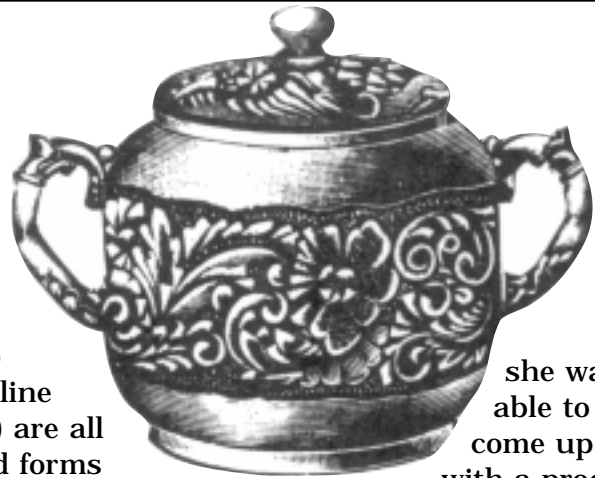
Brown rice syrup is one of the most balanced and unrefined sweeteners available. It is extremely easy on the

body's blood sugar levels because it is absorbed at a slow, steady rate.

Corn syrup, high fructose corn syrup (HFCS), and crystalline fructose (from corn) are all extremely processed forms of the corn plant. HFCS is a highly refined sweetener that is a favorite among food manufacturers because it's cheaper than sugar. HFCS has been associated with elevated blood sugar, cholesterol and triglycerides (fat), key risk factors for diabetes and heart disease.

Date sugar is another nice natural form of mostly fructose sugar, with the essential minerals and vitamins still intact. Usually found in a crystalline form.

There is another product, extracted from the Kiwi fruit. I spoke to the inventor of this product, Dr. Ann de Wees Allen, Chief of Biomedical Research at the Glycemic Research Institute. She told me that, as a nutritionist, (including top NFL, Olympic, Mr. Universe, Ms. Galaxy athletes) she was often asked what sweetener she would recommend for sports nutrition, weight loss, and for diabetics. She said there wasn't one, so consulting with Harvard professors, she researched the Kiwi, a fruit high in phyto-nutrients. By removing the high glycemic sugars, sucrose and glucose,



she was able to come up with a prod-

uct high in fructose, and in fruit glycosides, both low glycemic. This product is Trutina Dulcem, sold under the brand name Ki-Sweet.

This product does not stimulate the fat-storing enzymes Lipoprotein Lipase and Neuro-peptide Y. For more information, log on to [www.trutinadulcem.com](http://www.trutinadulcem.com) or search for Ki-Sweet.

Maple syrup is, of course, from the maple tree.

Most of us know it well. Just note pure maple syrup as opposed to artificially flavored corn syrup, which unfortunately is allowed to still say maple syrup on it. Also, organic here means no pesticides amongst the trees, only organic oils as defoaming agents when boiling, instead of chemical solvents, and no dilution with other ingredients.

Stevia is one of my new favorites. This is an herb from South America that is 300 times sweeter than white sugar, yet because of its makeup, still has a low glycemic level. Studies have found it to help lower high

[continued on page 16]



## ***"The orange kind" —***

*That was the #1 cheese choice of our youngest co-op family member-owners in a casual survey for the Sept/Oct Gazette. In this article, WFC member-owner Frank Ingram explores a broader color spectrum.*

**T**oo many of us have a poor experience with cheese. I once read that there are two types of cheese in America — white and yellow — and they both taste the same — bland.

The Whole Foods Co-op is trying to change that by stocking a range of flavorful cheeses from the USA and around the world and will be featuring a cheese recipe in the *Garbanzo Gazette*.

Our reasons for selecting a cheese are simple. First, it has to taste good. Whenever we have a choice it will be organic, and if that is not possible we will favor small craft producers of a high quality product. Some of these cheeses will cost more than at large supermarkets, and so they should. Spend what you would have spent anyway and taste the quality, not the weight!

Always let cheese come up to room temperature before eating it — refrigeration prolongs shelf life but kills flavor.

Christmas is a time when Sage Derby and Red Windsor are particularly popular served with crackers. The respective green and red marbling in these English,

semi-hard cheeses brightens up a winter table.

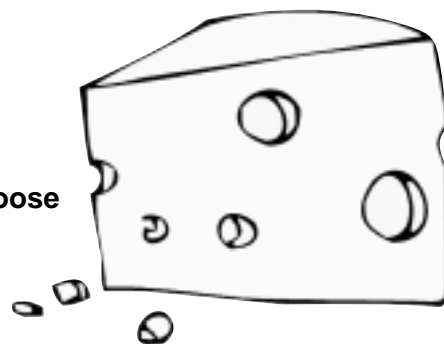
This month's recipe features Stilton, an English, semi-hard cheese available as White Stilton or as a blue-veined

cheese. The WFC currently stocks blue-veined.

This recipe is for a light lunch or supper. It serves four but can be easily adjusted.

### **Lockets Savoury**

**8 small slices white bread**  
**Large bunch watercress\***  
**4 ripe pears (any variety, but choose Comice if you can get them)**  
**12 ounces Stilton cheese, sliced**  
**Fresh ground black pepper**



Toast the bread and cut off the crusts. Put the slices into four oven-proof dishes or one large one. Arrange the watercress evenly on top and cover with peeled, cored and thinly-sliced pears.

Put the Stilton over the pears and slide into a preheated oven at 375F for 5 to 10 minutes until the cheese begins to melt and the pears release their aromatic flavors. Grind black pepper on top before serving.

This is a very traditional English dish. This version was once served at Locket's Restaurant in London. It is taken from Jane Grigson's "English Food" published by Penguin.

\*If watercress is unavailable you may substitute baby spinach leaves — this gives a much milder flavor to the dish.



## Member Volunteer Opportunities

Increase your member discount to 5% just by volunteering at WFC for 90 minutes per adult in the household per month! There are a lot of fun volunteering opportunities coming up, including the following:

- Staff a food demo table in the store on a Demo Wed.
- Help out with inventory
- Write an article for the *Garbanzo Gazette*
- Help with special events

For more info contact Dianna at the Co-op.

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## FRESH PERSPECTIVES

November 2003

### WHAT'S IN STORE FOR YOU?

It's autumn and nothing signals the season better than the colorful displays of winter squash greeting you inside the grocery store. Throughout history, this storage vegetable has been grown to sustain folks through long winters when cold temperatures meant they couldn't grow food. Being **high in vitamin A**, it's a healthy complement to other storage root vegetables like turnips and rutabagas that are rich in vitamin C. These hearty vegetables work well together to help keep you healthy during cold and flu season.



As you look at all of the shapes and sizes of winter squash in stores this season, your thoughts may turn to delicious ideas of squash soup, baked butternut, stuffed acorn and the like. But perhaps—like Halloween pumpkins—squash should also

have you thinking about ghosts. Ghosts? If you're wondering where this is leading, well, here's the story:

Unfortunately, as squash grows, it also **draws in pesticides present in the soil**. A Consumers' Union study in 2000 found significantly high pesticide residues in squash that was not grown organically. The residue test results were taken from the USDA's own Pesticide Data Program. Some of these pesticide residues... or ghosts... were from organochlorine chemicals banned for use in the states years ago because of their carcinogenic potential. An important point to note is that though these banned pesticides are still showing up, the FDA has put together a set of limits to judge whether these residues are too high to be on the market. In the results from the Consumers' Union

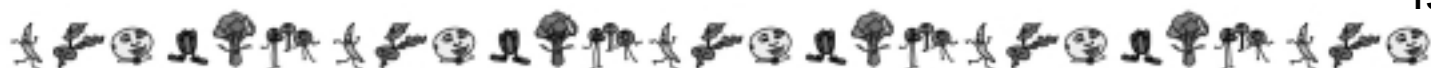
study, none of the dieldrin, DDT or other residues of banned organochlorine insecticides violated the FDA limit levels. But despite the FDA limitations, these levels of residues can contribute substantially to the toxicity loading of the foods in which they are found. That means if you consume foods with high levels of residues many times a day or over a long period of time, your dietary exposure to pesticides can pose significant health risks.

Should this keep you from eating winter squash or other fruits and vegetables that are part of a good healthy diet? Absolutely not! **The study advises purchasing the organic alternative whenever possible** and choosing a wide variety of foods to balance out your diet. Organic agriculture is one sure way to keep ghosts of the past from haunting you or your children in the future.

### WAYS TO USE WINTER SQUASH

**Baking Squash:** Cut squash in half, scoop out seeds, then brush surface with oil. Set squash cut-side down in a baking dish or sheet pan. Bake at 375° F until squash looks wrinkled and soft, usually about 35-40 minutes. Large squashes that are difficult to cut can be baked whole until it starts to soften. At that point, it will be easier to cut and bake as usual. Serve with a little butter, salt and pepper, or tamari, or scoop flesh out for other uses.

**Steaming Squash:** Cut squash in half, slices or chunks, with seeds removed, and place in steamer basket over boiling water for 35-40 minutes. Serve with a little butter, salt and pepper; or save flesh for grilling or (over)



for purées.

**Roasting Squash:** Skin and seed a squash (butternut is ideal for this since it's easy to peel), then cut into bite-size cubes. Toss with olive oil, seasoning (salt, pepper, and garlic are good) and spread in a shallow baking dish. Roast for 15-20 minutes, then stir pieces around and roast for another 15 minutes. Stir one more time and bake for another 10-15 minutes.

**Grilling Squash:** Cut squash into slices about 1/2 inch thick. Remove seeds, and steam lightly. Brush with oil and seasoning and grill on both sides until nicely caramelized and tender.

**Puréeing Squash:** Using flesh from a baked or steamed squash, beat with a large wooden spoon, mixer or food processor until smooth and creamy. Purée can be seasoned with butter, cheeses, and herbs and served as a side dish; or mix into a soup with milk, cream or stock; or add to muffin, cake or biscuit batters for enhanced flavor and moisture.

**Stuffing Squash:** Halve squash, remove seeds and fiber. Stuff with mixture of choice such as wild rice mixed with herbs, nuts and cheese. If using meat, be sure to pre-cook it before baking. Cover and bake as usual.



## WINTER SQUASH VARIETIES



**Acorn:** Green, White & Gold varieties. Tapered, fluted, acorn-shape. Classic baked squash, good for stuffing. Mild flavor goes well with maple syrup or brown sugar.

**Buttercup, Sweet Mamma, Kabocha:** Round, squat, dark-green squashes, sometimes striped, sometimes bumpy. Flavorful, dense flesh versatile for many uses, especially purées, soups, stews, sautés.

**Butternut:** Great all-purpose squash. Smooth, buff-colored skin, slender with bulbous end. Easy to peel and prepare, its smooth texture works well in soups, sautés, risotto, and gratins.

**Delicata, Sweet Dumpling:** Delicata is oblong,

yellow-beige with orange and green stripes; Sweet Dumpling has similar coloring but is round. Both are small, 1-2 serving size squashes. Sweet, satisfying flavor; fast & easy to steam or bake & great for stuffing.

**Hubbard:** Oblong or round, some are slightly fluted, all tend to be slightly lumpy or warted. Size varies from hefty and large to medium-sized. Colors vary from gray-green, gray-blue (Queensland Blue, Blue Hubbard) to orange-red (Red Kuri). Good keepers and eaters. Dense, all-purpose flesh.

**Pumpkins:** From tiny to gigantic, pumpkins are good to eat when they are small to moderately sized. Large ones may be too watery to eat. Good all-purpose squash.

**Spaghetti squash, Orangetti:** Hard shell, yellow, orange or white. Stringy and bland, these are good steamed or baked, flesh scooped out and served with a sauce or ragout.

### Ask Dr. Patty Produce

**Q:** Why is it that I find the strangest looking squashes growing out of my compost pile? They don't look like anything I planted in my garden or purchased at the store. Michael Mixta

**A:** Dear Michael: If you toss zucchini or pumpkin scraps in your compost, they can crossbreed with other squashes in your garden creating unusual squashes like you've mentioned. As it happens, pumpkins, acorn, delicata and spaghetti squash all belong to the same species as zucchini. That makes it easy for them to interbreed, creating new squash forms! You may want to try eating some of them as a summer squash, or let them mature into a possibly delectable new winter squash. Experiment!

**References for this issue:** Consumers Union Reports: "Pesticide Residues Still Too High In Childrens Foods"; [www.consumersunion.org/food/pdpdc600.htm](http://www.consumersunion.org/food/pdpdc600.htm) and [www.ecologic-ipm.com/PDP/Update\\_Childrens\\_Foods.pdf](http://www.ecologic-ipm.com/PDP/Update_Childrens_Foods.pdf); Agency for Toxic Substances and Disease Registry, 2002, "Toxicological Profile for DDT/DDE/DDD (Update)", Atlanta, GA: USDHHS, Public Health Service; [www.epa.gov/pbt/ddt.htm](http://www.epa.gov/pbt/ddt.htm); Vegetarian Cooking for Everyone, D. Madison; Golden Gate Gardening, P. Pierce; Vegetables, R. Phillips and M. Rix; The Modern Vegetarian Kitchen, P. Berley







## Warm up with golden squash and cornbread

This month's column features squash and corn, two of the famous "three sisters" of Native American agriculture. (Beans are the third.)

Colonists from Europe soon learned to appreciate these magnificent crops, and they became staples of the early American diet.

Pioneers found that corn would grow successfully on newly-cleared land whereas wheat would not, and squash was a valuable calorie crop and easy to store. An early New England verse affirms "We have pumpkins at morning and pumpkins at noon; If it were not for pumpkins, we should be undone."

Winter squashes are available in many varieties. All have a hard shell and should be stored at room temperature with good air circulation — not in a damp cellar or fridge. We have successfully stored squashes for six months in a corner of our living room, where they make a beautiful still life while awaiting their turn to be eaten.

Homegrown squashes can be wiped with a weak bleach solution to kill surface bacteria, further extending their storage life. Do check squashes often and use any that are developing soft spots.

To bake a squash, cut it in half and place halves cut-side down in baking pan;

bake at 350 degrees F. until fork-tender, or about 30 to 60 minutes depending on the size of the squash. Squash can also be baked whole, and pieces can be boiled or steamed.

In Ayurvedic terms, winter squash is warming in energy with a sweet heaviness that makes it very grounding. It is a rich source of beta carotene. Corn meal also has a warm energy, but it is light and dry. The two complement each other beautifully in this delicious dish.

### Squash Cornbread

**1 cup mashed cooked winter squash**  
**3/4 cup cornmeal**  
**1 egg**  
**1/2 teaspoon salt**  
**2 teaspoon baking powder**  
**2 tablespoons melted butter or margarine**

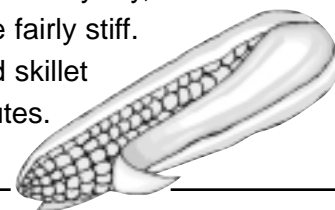
Preheat oven to 350 degrees F.

Melt butter in an 8-inch cast iron skillet or similar pan.

Beat squash and egg together.

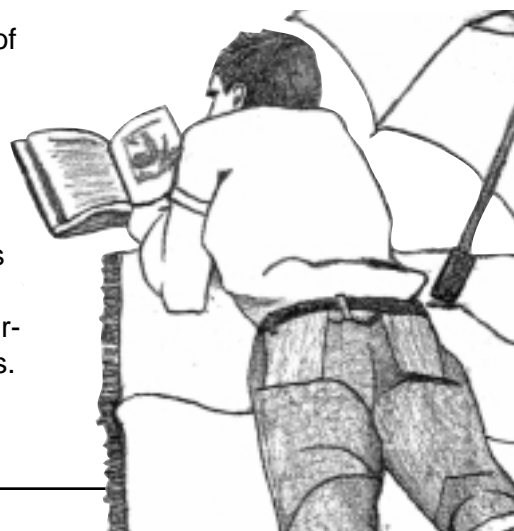
Add remaining ingredients, including melted butter. Add a bit of milk or water if it seems very dry, but mixture should be fairly stiff.

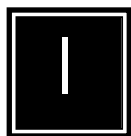
Spread in greased skillet and bake 40 minutes.



### Pass it on!

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.





I can't let another second go by without trumpeting my new favorite bulk product from the rooftops with my barbaric yawp: Organic Maple Glazed Nut Mix! Wow!

This product is so amazingly tasty that it defies description. But I gotta try. **A.** It's not too sweet. **B.** The quality is unbelievably high. **C.** It has a dash of organic tamari for extra flavor. **D.** More organic nuts than you can shake a stick at.

The premium price reflects the quality of this item. Spend a couple bucks on this snack that you'll be proud to share with your kids or your parents. And we're the only place in town to find it.

Another amazing item related to the above is the bulk organic curry cashews.



### It's organic, it's maple, it's glazed, it's (yawp) nuts!

I would consider dying for these. This is a large, flavorful cashew (which we also sell plain and raw to boot, yum) dry-roasted with a light dusting of curry powder and a pinch of salt. Man! These are scrumptious. This is another "run, don't walk" item. I have heard one person say there is not enough curry on them; I

like to think of them as respectfully subtle for the discriminating palate. For one, the flavor of this cashew variety is better than any cashew in town — nay, the entire Northland, from here to Canada. (You might be able to find these in a few co-ops in the cities.) Whereas it might be all too easy to dump a pile of curry powder on these and call them curry cashews, it would disrespect this superior cashew. As they are, pop one in your mouth, close your eyes, and taste true symbiosis.

Again, the premium price reflects this item's quality. Buy yourself a little paper bag full and keep it in your flannel for comfort against the cold. I'm going to take some home today and try toasting them to eat them hot. I'll tell you how it goes.

## sweeteners, from page 9

blood sugar, and have other healthy attributes.

In stores, you can find it in its purest form — dried leaves. This has a flavor that might remind you of licorice. It also comes as an extract, white powder, in which the sweetness is most intense. This is an extract of the very sweet glycosides. The other way you will find this is as a liquid concentrate, either dark and syrupy, or clear and with a lighter taste. Please note that the FDA does not currently allow this product to be sold as food, but only as a dietary supplement. It is a real threat to the likes of Aspartame and saccharin, as well as the normal sugar industry. One of

the most interesting articles I have found on stevia is "Life With Stevia: How Sweet It Is! Nutritional and Medicinal Uses," by Daniel Mowrey, Ph.D. Copyright 1992.

Yet another sweetener I have recently been asked about is Lo Han Kuo, or Momordica Grosvenori Swingle. Lo han kuo fruit contains a naturally occurring sweetener called mogroside, which is 300 times sweeter than cane sugar and is extremely low in calories. Mogroside has been used around the world for many years as a natural sweetener, because it is low in calories. You can get more information on this from [ChinaNaturalProduct.com](http://ChinaNaturalProduct.com).

[continued on page 19]



**Customer Comment:**

What happened to the old malt balls? I sure liked them. Will they ever come back? Please?

**WFC Responds:**

The old malt balls' days were numbered as soon as I noticed that they were tasty but technically they violated our food policy so they had to go. They also contained hydrogenated oils and refined sugar, which are allowed in limited amounts under the food policy, so that is neither here nor there. . .

However, now that they are gone, the bulk department is 100 percent free of hydrogenated oils and almost free of refined sugar, which I will admit to being proud of. (The only items remaining with refined sugar are butter toffee peanuts, Hokey Pokey, and our bulk white, brown, and powdered sugars.)

Plus, the new malt balls are super good and a very close approximation of the old. The chocolate shell is not quite as thick as the old ones, but when I consider that the thickness of that shell was artificially maintained with hydrogenated oils, I consider it an even trade.

I sincerely hope you are not too disappointed, and my hope is that even more people will be enjoying our new, all-natural malt balls.

Thank you for your question.

—Jim R., Bulk Czar

**Customer Comment:**

What about a soap for washing veggies?

**WFC Responds:**

We don't carry a vegetable wash because they're mostly used to remove waxes and other residue, which aren't on organics. A mildly stiff brush and water can remove most debris. You might try Dr. Bronner's liquid soaps (available at WFC ) which have instructions for use as a veggie or fruit wash.



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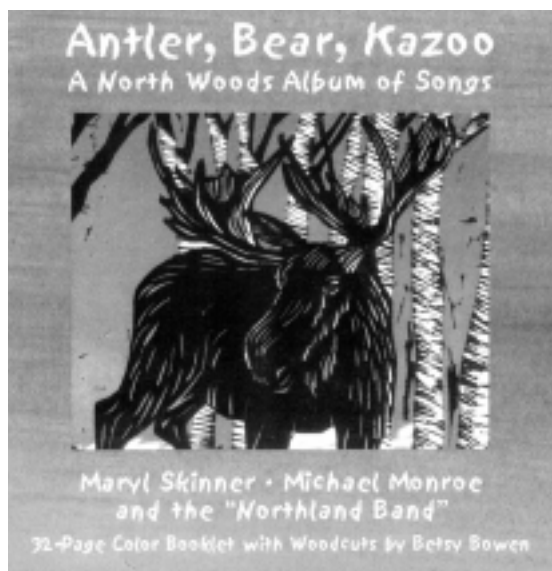
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# Welcome, new members!

Sherry Welch	Crystal Farrow
Dorothy Sayers	Heather Murphy
Lynda Ferguson	Kate Harsma
Matthew Shultz	Faris Keeling
Jennifer Gordon	Beverly Carlson
Joseph Marty	Melody Daugherty
Emily John	Jennifer McEwen
Laura Scheu	Dina Post
Sarah York	Thomas Clusiau
Jay Monson	Caroline Wells
Judith Blake	Alan Zeppa
Tim Galatowitsch	Nathan Acker
Oren John Nicolet	Susan Sauls
Mary Dosch	Elizabeth Presley
John Lee	Patrick Collins
Kathryn Taylor	Marlene Huston
Tonya Borgeson	Barbara Weller
Joan Mork	Nathan Meyer
Jacob Baker	Emmy Hanson
Natalie Weber	Mary McDonald
Joellyn Gum	Steve Phillipson
Jen Walter	Judith Johnson
Gloria Brush	Rebecca Helke
Jennifer Mueller	Angela Foltz
Anna Thiede	John Nissen
Shirley Wuchter	Theresa Stafford
Briana Lowrie	Michael Semotuk
Patrice Timo	Mary Grover
Trevor Kaldor	Gregory Williams
Katie Krikorian	Melinda Baribeau
Lynne Rogers	Tammy Gosline
Brenda Goetz	Kristy Huotari
Gary Babiuk	Kristen O'Bey
Erica Bleck	John LaForge
Marie-Laure McKee	
Annemarie Hasskamp	
Roberta Tigerfuentes	
Christine Depenthal	
Mark Engebretson	
Carly Kay Coulson	
Suzanne Goodenberger	
Michelle Crozier Haynes	
Amanda Hammen	

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## OCA's "Coming Clean Campaign" by Brenda Brock

In a preceding article I discussed the current standards for body care products and how important it is to have products that are non-toxic. The USDA currently has no standard of regulation for the labeling of body and personal care products.

As a result of not having a standard for personal care, many manufacturers have termed a product "organic," when their only organic ingredient is floral water. These same products also have core ingredients consisting of highly toxic and carcinogenic ingredients.

In response to this problem; the Organic Consumer's Association launched its coming clean campaign. This campaign was organized to establish strict organic standards for body care products. The Organic Consumer's Association (OCA) first started this project in March of 2003. The OCA wants to inform and educate the public about this issue, work on developing criteria for personal care, and work towards a standard of manufacturing organic body care. The OCA is also working towards possible litigation and legislative action.

To support the OCA's Coming Clean Campaign; this means that you support:

- Certified organic materials only to make cleansing and conditioning ingredients
- No petroleum ingredients
- Simple and ecological ingredients
- Non-agricultural water is not used to inflate the percentage of organic content

Visit the Web site at [www.organicconsumers.org](http://www.organicconsumers.org) or write to Organic Consumers Association 6101 Cliff Estate Road Little Marais, MN 55614.

## sweeteners, from page 16

### Other natural sweeteners.

Now we come to honey. You see this mostly in several forms. The closest to unprocessed is raw, unfiltered and not strained. Here you get honey that's straight from the hive, with all the pollen and so-called impurities. The pollen is considered good for you, especially local honey for anyone with allergies.

Straining takes out the impurities, mostly bee parts, which are not really bad for you, but may offend vegetarians. Filtering removes the pollen. And if the honey does not say raw, typically it is heated to make it flow easier in the processing stage. This does harm some

of the more heat sensitive digestive enzymes and vitamins and minerals. Since beehives are movable, beekeepers will move them to wherever there are flowers for the bees to work, varying with the time of year. Thus we get the clover, buckwheat, orange blossom, wild (especially good for allergies), and other types of honey, each with distinctive flavors.

All of the honeys give a balance of sugars, and can help ease highs and lows associated with white sugar, sucrose.

### Lab produced sweeteners.

The last, and possibly most important category of sweeteners, is the artificial one. I say this because so many of us are using products that

could be dangerous to our health, while they purport to help reduce fattening sugar usage. There are many resources for much more information than I can put in this article, but suffice it to say here, these products may not be good for you, may cause you problems, and you should do much more searching to find the information and decide for yourself what you want to do.

Know this: Aspartame was not approved for human consumption for a long time because of the experiments showing seizures and brain tumors in lab animals. The FDA commissioner and his

[continued on page 22]

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Term expires in 2004

e-group address for entire Board  
including General Manager  
Sharon Murphy:  
[wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop)

**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 & information.
6. Cooperation among co-ops.
7. Concern for community.

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**Board Approves Policies Defining Its Vision**

**On Sept. 10, 2003, the Board defined the following values (ENDS) to assist the General Manager in the decision-making process:**

1. Service to Members – WFC members contribute to a consumer-owned business that supports local organic growers and local suppliers and provides jobs and services that stay in our community.
2. Member & Community Education – WFC offers member and community education to enhance the lives and health of its members and potential members as well as to promote the Co-op's uniqueness and philosophy.
3. Member Involvement/Governance – WFC practices democratic forms of government.
4. Diversity – WFC values diversity in staff as well as in membership and brings people of diverse backgrounds and experiences into leadership and other roles at the Co-op.
5. Public Service/Corporate Citizenship – WFC is an active partner in our community.
6. Commitment to the Cooperative Movement and to Other Cooperative Activities – WFC builds and strengthens the cooperative movement.



give a hearty welcome to all new Whole Foods Co-op

Members. Somewhere in the past couple of months we reached a membership of over 2000.

While over 2000 people have been members, some folks move on in one way or another and they terminate their membership. But now Whole Foods Co-op has over 2000 member-owners and is continuing to grow. Every month the Board approves new members and last month we welcomed 51 new member-owners!

This has been an exciting time for this Board. A historical motion was passed on September 22 to issue the first patronage rebate to the membership. A lot of hard work and many decisions over the past few years led the move from an up-front member discount to the patronage rebate system. It has already shown that it provides for a fiscally sound

## 2,000! (and still growing)

business and it works. Our thanks go to all the people who helped Whole Foods Co-op get to this place.

We held the Whole Foods Co-op's Annual Meeting at the Greysolon Plaza and had a lovely meal served by the New Scenic Cafe.

### Oops . . .

The Board regretfully announced that a mistake was made in the directions of the ballot for this year's election. The directions said there were five candidates for three positions when there were actually six candidates for four positions. We thought it would be most equitable to re-issue the ballot and brought forth a motion to the membership to do so and it was passed.

So, if you forgot to vote last time, here is another opportu-

nity. Remember, you are a member-owner of this 3 million dollar business and we represent you. Please call any Board member with joys or concerns about what our business is and where it is going.

As far as where Whole Foods Co-op is going . . . well as I seem to always be saying, we are looking at a couple of sites! Hopefully by next year's Annual Meeting we will have more to say about that.

It has been a pleasure to work with all the folks on the Board this year. By the time this newsletter comes out we will have a new Board.

Thanks to the good people who will be leaving and congratulations to the new fine people coming on. Thanks to **Nathan Coombes** who has been our Board Assistant. He will be leaving the Board to focus on his work in the store.

May you be warm in the coming days, inside and out!

**THANK YOU**  
**NEW SCENIC CAFE**  
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 For your wonderful contributions to the  
**Whole Foods Co-op Annual Membership Meeting**

Board of Inquiry said, "Do Not Approve." Then when President Reagan, a personal friend of G.D. Searle, the developer, took office, he fired the Commissioner and appointed Dr. Arthur Hayes. Dr. Hayes overruled even his Board of Inquiry, and approved aspartame. Dr. Hayes next job? G. D. Searle's Public Relations firm! You do the math.

Most people do not know this, but Aspartame, Nutra-Sweet, Equal, Splenda, and Sweet N' Low packets contain high-glycemic fattening ingredients. Their number one ingredients are dextrose and malto-dextrins which are known to stimulate fat-storage and elevate insulin. Information from the [www.holisticmed.com](http://www.holisticmed.com) web page includes real-life reports of acute and chronic toxicity due to long-term ingestion. Also included is extensive scientific and general information and resources. Disorders reported and studied include: seizures and convulsions, dizziness, tremors, migraines and severe headaches, memory loss, slurring of speech, confusion, numbness or tingling of extremities, chronic fatigue, depression, insomnia, irritability, panic attacks, marked personality changes, phobias, rapid heart beat, tachycardia, asthma, chest pains, hypertension (high blood pressure), nausea or vomiting, diarrhea, abdominal pain,

swallowing pain, itching, hives, other allergic reactions, blood sugar control problems (hypoglycemia or hyperglycemia), menstrual cramps and other menstrual problems or changes, impotency and sexual problems, food cravings, weight gain, hair loss, baldness or thinning of hair, burning urination and other urination problems, excessive thirst or excessive hunger, bloating, edema (fluid retention), infection susceptibility, joint pain, and brain cancer.

Aspartame disease also mimics symptoms or worsens the following diseases: Fibromyalgia, arthritis, multiple sclerosis (MS), Parkinson's disease, lupus, multiple chemical sensitivities (MCS), diabetes and diabetic complications, epilepsy, Alzheimer's disease, birth defects, chronic fatigue syndrome, lymphoma, lyme disease, attention deficit disorder (ADD, ADHD), panic disorder, depression and other psychological disorders.

Sucralose is an artificial

sweetener found in some popular "low carb" bars. Although it is "derived from sugar." It is also a highly-processed additive created from the manipulation of molecules. It is a synthetic molecular structure not recognized by the body, which is why it is not listed in the "nutrition facts" on product labels.

Please do some more research on these products. Sources include: the above websites; the McAlvany Health Alert, June 2001; search "aspartame," for many more.

Other good reading: *Sugar Blues* by William Dufty, Mass Market Paperback.

(Note: If you are a diabetic, it is important to work closely with your health care practitioner when changing your diet.)

*Robert Roman is general manager of Nature's Food Patch in Clearwater. (727)443-6703 ext. 223. Copyright (c) 2002 Altnewtimes, Inc.*



*"What nature delivers to us is never stale.  
Because what nature creates has eternity in it."*

—Isaac Bashevis Singer

**N**ight really meets night this time of year, with a little margin for sunlight and clouds. We lose a lot when winter makes its home, sucking the daylight into voiceless wind and snow that brushes the windows and sends the Whisky-jacks into the Cedars.

We lose the tomatoes once rotund and glossy with that unmistakable musk which says summer like nothing else. The unfortunate ones became dull and semitransparent with the first frost, and now are only a smudge on the leaves and grass... maybe next year's volunteers. Everything is the hushed drama of what-if and maybe; sleeping like stones dreaming they had once moved.

Much this year has been the same as past years, and some things continue to draw night around to night. Small time farming has not gotten easier; indeed the high pressures brought to bear by the likes of Monsanto force American growers into the bind of chemical and now genetic inputs which, while perhaps improving yields, dim the market prospects for the crops themselves. ADM continues to suggest that treating the whole country as a single field to be mono-

cropped selectively is the best use, most productive end of our land. The diversity of both floraculture and human culture are fast becoming impediments to feeding the world. This is not even to speak of the damage done to the EPA and environmental regulations, or the suggestion that patriotism requires allegiance to oil alone as our safest and best future in this country.

Dwindling days stretching out toward the year's end have good to unload as well. The produce world, which is after all small, is essential to life itself. We are what we eat in an elemental sense, and in a community sense perhaps even more so. This past year has seen WFC bring in even more growers than last year to offer their produce to you, including a number of first-time organic growers. Every time this circle increases we build a stronger community of people committed to this place and its future.

In addition **Dianna von Rabenau** has been working with a local group which has launched the Superior Grown label, which will identify sustainable growers from the shores of Lake Superior. While not a guarantee of organic status, it is a recogni-



## The Back Forty

by Michael Karsh

tion of the importance of our region and those in it as regards our food system. Some four years back or so we saw talk of research into regional food security by the federal government. This was to include money to develop growers and supplies close to urban centers so they might be fed without the trucking of goods across the country. Here we have something which we can use to support that same goal directly, without the now dried-up federal funds.

But these things come to nothing without your desire — and I use that word purposefully — for things local. It really heartens me to hear the requests for local, regional items. For the favorites like Bayfield berries and apples, and the day-in-and-day-out looking for the local greens, carrots and the like. All of it is of a piece with the the labor of the growers — pinpricks of light in hard times, like stars chasing down the outlines of trees on the horizon. Thank you for a wonderful year.

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# Garbanzo Gazette

Nov/Dec 2003

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