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DULUTH, MINNESOTA **WHOLE FOODS** CO-OP NOV/DEC 2007
GARBANZO GAZETTE



Annual Recipe Issue!

No matter how many great articles are in each issue of the Garbanzo Gazette, I always get asked for more recipes. So once a year, we here at the Co-op gather our best efforts from Staff and friends of WFC to bring you a whole lotta great cooking. All but a few of the ingredients are available at your Co-op. And, as always, your editor recommends organic ingredients whenever possible for best taste. Buon Gusto!

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board report

OK. Here goes. My first Board Report.

I'm Lynn Fena and I'm your new Board President. Already two people have told me how much they look forward to reading the Board Report. Yes, well, bear in mind that I will be stumbling along in Jean Sramek's footsteps. Not only was she an outstanding Board President, leading during a time of tremendous change, she's an accomplished writer.

Speaking of tremendous change (and introducing myself at the same time), I've been a Member of Whole Foods Co-op since I lived at Chester Creek House in 1971 and Bob Sun offered to drive to Minneapolis and buy 200 lbs. of whole wheat flour, some roasted soybeans and raw honey. His idea was to get enough people together so that buying in bulk would save us all some money and prevent cancer and improve the quality of our digestion. I think it worked pretty well. Every so often, someone with a pick-up truck volunteered to pay for gas and make a co-op run. In a year or so, we were bringing all kinds of stuff up north — notably, peanut butter in 5 gallon buckets that eventually got recycled as canisters for corn meal and

oats, bulgur and beans.

It was quite a time. We opened a little store in the basement of our fledgling commune on East Second Street. It wasn't exactly sanitary and we had absolutely no accounting system. There were lots of IOUs and, sometimes we couldn't make another trip to the cities until they were all paid up. Everyone knew each other or introduced themselves if they didn't. Kind of different than the 4000+ Members we have now; 100 trained staff and the food handling regulations we are required to meet; the deli, the budget, the espresso, the deli...

Our 2007 Annual Meeting was held on September 16 — "Wine and Tasting" this year on a Sunday afternoon. Not the biggest turnout ever, but it was very lovely and we had better than a 10% quorum on election ballots. The incumbents were re-elected, possibly because no new candidates applied. Highlights

included a fabulous selection of organic/sulfite free wines and a skit that Jean (the accomplished writer) wrote and produced, with Sharon Murphy as best supporting actress. It was so good that we are planning to use it for a commercial in the coming year — NO KIDDING!

It is, again, quite a time. I am very pleased to be elected president of the WFC Board at this point in our development. I hope to generate some energy among our Members and see the cooperative taken outside the store. I hope we can host a 100-mile diet challenge, help local farmers

thrive, promote cooperative principles in the community, and keep dreaming up alternatives that save us money, prevent cancer and improve digestion.

In honor of Bob Sun, I decided to share his granola recipe. It's possible that it has evolved a little since then, but not much!



Your new Board President, Lynn Fena.

GRANOLA, 1971

6 C Rolled Oats
2 C Wheat Germ
1 C Coconut
2 C Sesame Seeds
1 C Safflower Oil
1 C Honey
1 C Raw Peanuts
1 C Raisins
2 T Salt

Mix all ingredients except raisins until the grain is moistened. Spread in shallow baking dish or jellyroll pan and toast at 350F. Stir every 10 minutes to brown evenly. Add raisins while the granola is cooling.

May add dates before toasting.

May substitute almonds for peanuts.

May add vanilla too. GG

Lynn Fena was one of those college students who moved from Hibbing to Duluth a long time ago because she loved The Lake. She's already an old timer at WFC and hopes to see the day when we have electric wheelchairs with baskets at the front door.

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This is what my Mom eats all the time lately. She makes it when she comes to our house. It's simple and hearty. It's kind of like a big veggie burrito without a tortilla.

"BROWNIE'S NEW REGULAR"

Rain Elfvig, MOD

1 C of short grain Brown Rice (PLU 464)
1 head Green Leaf Lettuce
2 Roma Tomatoes
3 Beets
1 15 oz can of Westbrae Black Beans
Muir Glen Medium Salsa

Cook the rice using the 2 cups of water to one cup of rice ratio. Cook, peel and slice the beets. Rinse and chop the green leaf. Slice the romas. Open the can of beans. Heat the beans. Crack open the salsa. Throw a handful of lettuce in a bowl. Put a good scoop of rice

on top of that. Then a large spoonful of beans. Next add some beets and tomatoes. Dump a good deal of salsa on it, and there it is.

The first winter I made this soup, we grew everything in our garden but the olive oil and barley. We stored the root vegetables in plastic bins of sand in our cold basement, and were still making soup in February! I worked out the measurements so I could share the recipe. I never measure. I just throw it all together until it looks right, so don't be afraid to be creative with the amounts and ingredients.

ROOT CELLAR SOUP

Colleen Kelly, HR Manager

1-1/2 C Carrots, sliced
1-1/2 C Onion, diced
2-3 cloves of Garlic, minced
2 T Olive Oil
1 - 2 t Basil, dried or fresh
1-1/2 C Beets, diced
1-1/2 C Potatoes, diced
2/3 C dried Barley
1-1/2 C roasted Tomatoes, diced or sauce
1-1/2 C Corn, frozen or canned
2 C Red Cabbage, sliced in 1/2" x 1-1/2" strips

NOTE: I use homemade roasted tomatoes with garlic and basil but canned roasted tomatoes work great too!

Bring about 9 cups water to a boil and add potato. In a saucepan, sauté garlic, onions, carrots, and basil with olive oil. Cook just enough to bring out the flavor — until outside is tender. Add to water and potatoes and reduce to a simmer. Add diced beets and barley. Cover and simmer for 45 minutes, stirring occasionally. Then add tomatoes and cook 5-10 minutes (you can chop cabbage while you wait). Add cabbage and corn, then simmer about 10-15 minutes. Salt lightly to taste.

Serve warm with a large slab of Ashland Bakery Delta Diner bread!

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Sugar, salt, flour and oats were among the first products offered by the Rochdale Weavers at their cooperatively-owned store, Toad Lane, in 1865. Chocolate chips make these bars "supreme" but, if you are in search of authenticity, mix them by candlelight as tallow candles were also among the first products offered at Toad Lane. The Toad Lane store is maintained as a museum in Rochdale, England.

ROCHDALE SUPREMES

Sharon Murphy,
General Manager

- 3/4 C Brown Sugar (firmly packed)
- 1/2 C Granulated Sugar
- 2 Eggs
- 1 stick Butter
- 1 t Vanilla
- 1-1/2 C Flour (gold n' white or all purpose)
- 1 t Baking Soda
- 1 t Salt (optional)
- 3 C Rolled Oats (regular or thick)
- 1 C Chocolate Chips

Preheat oven to 375 degrees.

Beat together butter and sugars until light and fluffy. Beat in eggs and vanilla.

Combine flour, baking soda and salt; add to butter mixture, mixing well.

Stir in oats and chocolate chips.

Press dough onto bottom of ungreased 13" x 9" pan.

Bake about 25 minutes or until light golden brown.

Do not over-bake. Cool completely before cutting into squares.

Store in tightly covered container.



Toad Lane Museum

Being a California native, Mexican food is my favorite. I enjoy selecting the freshest ingredients and their wonderful aromas. Chicken Mole is a rich meal and typically reserved for special occasions in Mexico,

such as weddings and holidays. Serve it with a side of your favorite tortilla topped with Chihuahua melting cheese and fresh chopped cilantro.

CHICKEN MOLE

Christina Cotruvo, Financial Manager

- 3 T Sunflower Oil (bulk PLU 400)
- 1 t Garlic Powder (bulk PLU 354)
- 4 T Chili Powder (bulk PLU 566)
- 1 15 oz can Tomato Sauce
- 2 T Fresh Ground Peanut Butter (bulk PLU 338)
- 2 oz Ghirardelli 100% Cacao Unsweetened Chocolate
- 1 4 lb Free Range Whole Chicken
- 1 Qt (32 oz) Chicken Broth
- 1/2 t Sea Salt
- 1/2 t Ground Black Pepper (bulk PLU 523)
- 1 small head Green Cabbage, chopped

Heat the oil over medium heat in a large kettle. Sauté the chili powder and garlic powder to light brown. Add the peanut butter and chocolate, stirring while the chocolate melts. Add the tomato sauce and chicken broth, combining thoroughly. Add the whole chicken, increase heat to slow boil.

Cook chicken thoroughly, approximately 1-1/2 hours. Remove the chicken and debone. Add the cooked chicken meat, sea salt and ground black pepper to the broth, lower the heat and simmer 30 minutes.

Serve topped with chopped green cabbage. Serves 8

CRANBERRIES WITH GINGER AND KUMQUATS

Justin Hemming, Deli Kitchen Manager

- 1 - 12 oz bag fresh Cranberries, rinsed and any rotten ones removed
- 3/4 C Cane Sugar
- 1 C Water
- 1/4 C Crystalized Ginger, minced
- 1 piece Star Anise
- 1 t Cardamom
- 10 Kumquats, sliced

Place sugar and water in a heavy saucepan, bring to a boil. Add remaining ingredients and reduce heat to medium. Cook uncovered until cranberries just pop (about 9-10 minutes), stirring occasionally. Cool at room temperature fully (about 4 hours). It will thicken over that time. Remove star anise and serve at room temperature or cold. Serves 6.

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3	\$40,100	6	\$51,700		

Recipe for Knowledge

Find out how Minnesota ranked in the recent study on "Ending Toxic Dependency: The State of IPM—State laws allow broad dependency on toxic pesticides; four states call for pesticide reduction and alternatives" by Beyond Pesticides (*Pesticides and You Newsletter*, Volume 27, Number 2, Summer 2007), www.beyondpesticides.org/stateipm/

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Garbanzo Gazette

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

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

This is a great quick dinner to throw together from stuff you probably already have in your pantry. Adapted from the book, "1000 Vegetarian Recipes from Around the World" published by Parragon Publishing in 1999.

TAJ MAHAL SQUASH

Whole Foods Co-op Fog City Deli

2 whole Butternut Squash
6 T Butter or Canola Oil
1 t Sea Salt
1/2 t Black Pepper
1 t Cinnamon
1 Onion, diced
2 T Cane Sugar
2 T Golden Raisins
1/4 C sliced Almonds

Preheat the oven to 350F. Wash and peel the squash with a vegetable peeler. Halve the squash lengthwise. Remove the seeds with an ice cream scoop or metal spoon and scrape to remove strings and seeds. Cut the squash into 1" cubes. You can also slice the squash crosswise and remove the skin with a knife going around the perimeter of the slice. Melt 2 tablespoons of the butter or oil and toss in a bowl with the squash, salt, pepper, and cinnamon (sprinkle on so it doesn't lump). Bake on a baking sheet with a few tablespoons of water until the chunks are tender, about 20–25 minutes. Meanwhile, brown the almonds in a skillet with 2 tablespoons of the butter, add a pinch of salt and remove from pan and set aside. Using the same pan, sauté the onions in the last 2 tablespoons of butter and cook the onions and sugar on medium heat until they

caramelize, stirring occasionally. This will take about 10–15 minutes. Toss in golden raisins and almonds and mix all ingredients together over cooked squash. Enjoy.

I actually prefer canned tomatoes over fresh for this recipe; the Muir Glen Fire-Roasted have a really nice, rich flavor that adds a lot to the soup.

LENTIL TOMATO SOUP

Sonya Welter, Stocker

— adapted from 1000 Vegetarian Recipes from Around the World

1 Onion, chopped
3 – 5 cloves of Garlic, minced
1 28 oz can Muir Glen Fire-Roasted Tomatoes
3/4 C Red Lentils, rinsed
1/2 t ground Cumin
1/2 t ground Coriander
1/4 C fresh Basil, minced (or 2 T dried)
2 T fresh Parsley, minced (or 1 T dried)
4 C Vegetable Broth
Oil
Salt and Pepper to taste

Heat oil in soup pot and fry onion until soft. Add garlic and cook a few more seconds. Then add tomatoes, lentils, cumin, coriander, basil, parsley, and broth. Stir and let simmer until lentils are fully cooked, about 15–25 minutes. Let cool slightly. Process about 2/3 of the soup in the blender, then return to the pot. (You can blend all the soup, but I like mine chunky.) Reheat and serve.

Variation: Omit the basil and parsley, and add 1 t or more curry powder.

Serve with a dollop of plain yogurt or sour cream in each bowl.



Two members of your Deli staff: Eric Bong, Counter Manager, and Jane Herbert, Deli Manager.

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BEEF BORSCHT

Anni Friesen, Marketing & Member Services Coordinator

1 lb Stew Beef
1 Onion, diced
1/2 C Celery, diced
1/2 C Carrots
1 T Olive Oil
6 C Water
2 med. Potatoes, 1/2" diced
1–2 med. Beets, peeled and 1/2" diced
1 Bay Leaf
1/2 head small green Cabbage*, sliced into shreds
1 10 oz can peeled and diced Tomatoes
1 – 2 T Cider Vinegar
Salt and Pepper to taste
Sour Cream for topping

* If the Co-op is out of small heads of cabbage (or any small version of cauliflower, squash, etc.), our Produce department is happy to cut a large one in half for you. Just ask any Produce staffer and they'll be glad to help!

Sauté onion, celery, and carrot in olive oil until onions are translucent. Add 6 cups of water, vinegar, and beef and simmer on low for one hour. Add beets and tomatoes. Cook gently for 15 minutes and then add cabbage and potatoes and bring to a boil. Add salt and pepper to taste. The Borscht is done when the veggies are tender but firm. When you serve the soup, either stir in the sour cream (to your taste) or offer it for others to add their desired amount.

EZ-PB ROLL-UP

Charlotte Van Vactor, Stocker

For each sandwich:

1 Tortilla
1 Banana
2 T Peanut Butter
1 small handful Chocolate Chips

Spread the peanut butter all over the tortilla. Sprinkle with chocolate chips. Lay the banana over the chocolate chips. Roll up the tortilla. Slice it if you wanna.

Ryan Amundson

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the gonzo gourmand

Got Unpasteurized Almonds? We Do! *by Jim Richardson, Bulk Buyer*

First the bad news; since September, all almonds grown in California have to be pasteurized with either chemicals or steam. This represents most of the almonds consumed in North America. The California almond industry mandated this step because of a couple of salmonella outbreaks traced to contaminated raw almonds in 2001 and 2004. Needless to say this reasonably upsets the small farmers, the organic growers, the raw foodists, and your average natural foods customer. The small farmers don't like the rule because it increases their costs unfairly relative to the big guys, who can better afford to pay for the extra pasteurization step. The organic growers don't like the rule because they know that organic methods are better at preventing contamination in the first place, so they basically are paying for someone else's mistake. The raw foodists don't like the rule because a pasteurized almond is no longer truly raw, although the rule will allow them to be marketed as such. And the average natural foods customer doesn't like the rule because we want food that is as all natural as possible, i.e. less processed, more whole, organic if possible.

Now some good news, such as it is. I asked for and got assurances from United Natural Foods, our main supplier of California almonds, that they will only be shipping us steam-pasteurized almonds. Thus, we here at the Co-op will all be able to avoid chemically pasteurized almonds altogether (try receiv-

ing the same assurances at any other grocery store in town). The steam pasteurization process supposedly does not affect the almonds' ability to sprout. The steam is only applied in a short burst and the almonds are rapidly cooled afterwards, maintaining much of their nutritional integrity and enzymatic life. The aim is basically to kill any bacteria on the skin of the almond, so this steam method is not really cooking the almond per se, and apparently they will still sprout afterwards as I say. So the degree to which they are still raw is something I will leave to those more familiar with definitions within the raw foods diet. (I myself am not a strict raw foodist by any stretch, but I fully recognize the nutritional superiority of raw foods and incorporate much raw food into my diet.) With regards to sprouting almonds, of course only almonds labeled 'raw' can be sprouted, and no roasted almonds are ever sproutable.

The really good news is that we carry some raw organic almonds, imported from Italy, that are not subject to the California pasteurization rule. Yes, there are a lot of food miles on these, coming from Italy and all. But it ain't like California almonds are local either, so the strict local-foodists among you probably haven't been eating many almonds anyway. What it boils down to is this; if you want a truly raw almond that has not been pasteurized, our Italian almonds are basically your only choice, thanks to the California almond industry. I'll eat my hat if any other store in town has these almonds. The

Italian variety is a little softer than its California cousin, and it is (in my opinion) a lot tastier to boot: more complex and lingers longer on the palate. Most North Americans have never even tasted one. This would seem to be

the ideal time to try one out.

So, to recap, we will not have any chemically pasteurized almonds. We will carry 100% unpasteurized Italian almonds, and only steam-pasteurized California almonds. And all these bulk almonds are clearly labeled as to whether they are 'steam pasteurized' or 'unpasteurized', so you will be able to tell at a glance what you are getting. Go Co-op!

Editor's Note: In keeping with this recipe issue, I felt compelled to include a recipe with almonds. I have been reading some meal preparations from the 1300s and was surprised to see that almond milk was used way back then and was considered food for the noble classes. The recipe that follows is appropriate for raw food eaters, vegetarians and vegans in addition to your own royal family.

Raw Vanilla Almond Milk

— courtesy Cecilia Benjumea, www.rawglow.com

- 1 C Almonds (Soak in a bowl in the refrigerator overnight and rinse before using)
- 3 C Water
- 1 Vanilla Bean, seeds scooped out
- 3-5 soft pitted Dates (or soak hard dates in water for 1/2 hour) or other sweetener to taste such as honey or stevia

Blend the soaked almonds with the water until smooth. Then strain the mixture through cheesecloth or fine mesh strainer into a big bowl. Save the almond pulp in a container and put in the refrigerator for later use.

Put the almond milk back into the blender and blend in the vanilla seeds and dates (or other sweetener) until smooth. This milk will last in the refrigerator for about 3-5 days. Shake well before using.

Variation: Blend in a banana and use a pinch of nutmeg to make a festive rawnog. GG

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

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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.



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 - Canned French-Cut Green Beans
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This recipe comes from the kitchen of the New Riverside Cafe in Minneapolis — a worker owned and managed cooperative restaurant that closed in 1996 after 25+ years. I worked there in the early 90s as a cook-of-all-trades as well as the personnel manager. I've served this cake to vegan and non-vegan family and friends and all have raved about how moist and tasty it is. Enjoy!

VEGAN CHOCOLATE BUNDT CAKE

Heather Murphy, Board Member
— From the New Riverside Cafe kitchen

3 C unbleached White Flour
3/4 C Cocoa Powder
2 t Baking Soda
1-2/3 C Maple Syrup
7 oz all-fruit Cherry Preserves
2 t Vanilla
3/4 C Soy or Canola Oil
1-1/2 C Water

Preheat oven to 350 degrees. Mix flour, cocoa powder & baking soda together and set aside. In a separate bowl, mix wet ingredients together. Add wet ingredients to dry and mix until blended — do not over-mix! Batter will be very thin and runny — it's supposed to be! Pour into a greased bundt pan (or a flat 9 x 13 pan or two 9 x 9 pans) and bake for 45 minutes (less time for flat pans) or until a toothpick poked into the center comes out clean. Top with sprinkled powdered sugar or homemade cherry/raspberry/strawberry or my favorite, peanut butter sauce.

This scone recipe is originally from Cafe Latte in Minneapolis, but I got it from the kitchen of St. Martin's Table in Minneapolis. You can experiment with many different additions and variations — I listed a few below. You may want to cut the recipe in half!

CAFE LATTE BUTTERMILK SCONES

Heather Murphy, Board Member

8 C unbleached White Flour
4 T Sugar
3 T Baking Powder
2 t Salt
2 t Baking Soda
3 C Buttermilk
1-1/3 C chilled Butter

Preheat oven to 400 degrees. Stir together dry ingredients and cut in chilled butter with a pastry knife until butter is pea sized (or you can grate the butter into the dry ingredients). Make a well in the center and add buttermilk and any fruit or nuts (if using). Stir quickly and lightly — do not over-mix! When dough holds together, knead lightly in the bowl 4-5 times — don't over-knead! Dough should be fairly dry and loose, but holding together. Place dough onto floured counter or cutting board. Cut in half (if making 16 scones) and shape each half into a round, flat disc. Cut each disc into 8 wedges (like pie pieces) and place on a lightly greased cookies sheet. Bake for 12-20 minutes at 400 degrees. Makes 16 scones.

For Maple Walnut Scones

Use 1/2 C of maple syrup instead of sugar and add 1 C of chopped walnuts.

For Rubyfruit Scones

Add 1/2 C frozen or fresh cranberries.

For Maple Pecan Cornmeal Scones

Use 5 C flour, 3 C cornmeal, 1/2 C maple syrup instead of sugar and 1 C chopped pecans.

ZUCCHINI (OR GREEN PUMPKIN) SOUP

(a Batiuk family recipe)

Charlotte Van Vactor, Stocker

2 small green Pumpkins — or — 2 medium-large Zucchini (the original recipe calls for green pumpkins, but it's a great way to use up zucchini — which are also easier to find in the produce section.)

1-1/2 T Sea Salt
1 qt Buttermilk
1-1/2 C Whole Milk
1/2 C Flour
1 medium Onion, minced
2 T Butter
water

Wash, peel, and seed pumpkin or zucchini. Grate; place in 4-5 qt kettle; mix with salt.

Add 1 qt buttermilk and water as necessary to cover veggies. Bring to a boil. Turn down heat and simmer 15-20 minutes until veggies are tender (not mushy!).

While veggies are cooking, mix flour and milk until smooth. Add this mixture slowly to veggie/buttermilk combination. Simmer slowly, stirring occasionally.

Sauté onion in 2 generous T butter. When tender, add to veggies; mix thoroughly; serve hot.

We like these dipped in Annie's BBQ Sauce and/or Cardini's Parmesan Ranch Dressing.

KALE, CORN AND ONION SKILLET CAKES

Charlotte Van Vactor, Stocker
— from Cait Johnson's "Cooking Like a Goddess"

1 C Flour (any binding flour you have around — usually for me that's WW pastry flour)
1 C Cornmeal
1 t Salt, or to taste
2 C frozen Corn, thawed if there's time
2 C Kale, finely chopped & firmly packed (we like Lacinato)
2 large Eggs
2 T Oil (olive or canola or whatever you prefer) or melted butter
2 C Milk (anything from whole to skim to non-dairy)
2 T Oil or Butter
1 C Onion, diced

In a large bowl, mix the flour, cornmeal, salt, corn, and kale. In a medium bowl (or 4-cup measure), lightly beat together milk, eggs, and 2 T oil or melted butter to combine. Pour wet ingredients into dry and mix briefly. (Don't overmix.)

In a large skillet, heat remaining oil or butter. Add onions and sauté until golden.

Add sautéed onion to batter, mix again, then drop about 1/4 C batter per cake into hot skillet, adding more oil as needed to keep cakes from sticking. Cook until cakes begin to bubble, about 3 minutes, then flip and cook until the other side is golden, 1 or 2 minutes longer. Serve warm.

This is a great dish for a busy household divided between meat-eaters and vegetarians. Quorn tenders are the best meat substitute in the known universe. Experiment with substituting them for chicken in your own hotdish, stir-fry and curry recipes.

CHARLOTTE'S NO-TIME-TO-COOK VEGETARIAN WHITE CHILI

Charlotte Van Vactor, Stocker

2 cans Eden Cannelini beans (don't drain)
1 jar Frontera Salsa Verde
1 bag Quorn Tenders

Open all the cans/jars/bags, dump all contents together in a pot or Crock-Pot and heat. Technically ready to eat as soon as it's hot; it gets better as the ingredients have more time to hang out together.

Optional additions, depending on how time-crunched you are and/or what's on hand:

chopped Onion, sautéed in oil of your choice
1/2 – 1 bag frozen Corn

1 or 2 Garlic cloves (or more), minced

If you like it spicier, you can add sliced or minced jalapenos.

Optional garnishes when serving:

Chopped Scallions
Chopped Cilantro
Chopped Italian Parsley
Hot Sauce of your choice

BEST RHUBARB PIE EVER

Charlotte Van Vactor, Stocker

— from "The King Arthur Flour 200th Anniversary Cookbook" — one of my all-time favorite cookbooks

1 double Pie Crust
2 (medium or) large Eggs

1 C Sugar
2 T Flour
3 C Rhubarb, cut into 1/2" pieces
1 t grated or minced Orange Rind (gotta be fresh; sometimes I use a box grater, sometimes a zester and then a knife)
1 T Orange Juice (might as well be fresh, since you need an orange for the peel anyway)
1 T Butter (which I often forget, and it turns out fine)

Optional: egg wash made by beating one egg with 1 T water; sugar for sprinkling on egg-washed top crust

Preheat oven to 450 degrees.

Beat the 2 eggs very slightly. Beat the sugar and flour into the eggs and add the orange rind and juice. Combine with the rhubarb and put in your unbaked bottom pie shell. Dot with butter.

Cover with top crust (lattice if you're feeling fancy — I never am). For an arguably prettier pie, brush with egg wash and sprinkle with sugar.

Put the pie in the preheated oven, turn the temp down to 350 degrees, and bake 35-40 minutes.

Strawberry-Rhubarb variation:

Substitute 1-1/2 C sliced fresh Strawberries for 1-1/2 C of the Rhubarb. Reduce Sugar to 3/4 C and use Lemon Rind and Juice in place of orange rind and juice.

Here is a delicious, super easy salad. You can change the portions depending on amount of people served; all ingredients are from Whole Foods Co-op.

ANYTIME SALAD

Raelynn Monahan, Assistant Merchandising Manager

2 C Organic Field Greens
1/4 C Organic Pecans or Walnuts
1 Organic Pear or Apple, thinly sliced (your favorite variety)
1 pkg Goat Cheese (Little Friar is a great brand)

Assembling your salad: place greens into serving bowl, place sliced fruit over greens, toss in the nuts, and then crumble goat cheese. Yum! Is this not making you hungry?

*To bring out a bit more flavor, place nuts and fruit in 350-degree oven for 2-3 minutes. Let them cool a little, and then place into serving bowl.

The Dressing: Can be your own recipe if you like, although it should be a vinaigrette. Annie's Maple/Ginger dressing is a nice fall dressing to drizzle over this dish.

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WFC-U Class Schedule November & December

Thursday, November 1st
6:00 – 8:00 p.m.

Autumn Dishes w/ Kay Turk (rescheduled)

Easy, delicious, and healthy dinners! In this class you will learn how to make Green Gazpacho, Escarole Soup (Italian Rag Soup), Millet and Bean Salad with Cilantro Lime Dressing, Whole Wheat Spaghetti Salad, Simple French Bread, and a Wild Rice, Yellow Pepper, and Black-Eyed Pea Salad. Come hungry

Instructor Bio: Kay Turk, a favorite local cooking instructor, returns for another Co-op class. Kay started her cooking career working as a private chef. Eventually, she changed careers, but her love of cooking lives on. Now, we have the privilege of picking her brain as she teaches us about all the interesting things we can do with grains and produce.

Saturday, November 3rd
10:00 a.m. – 12:30 p.m.

Juicing for Life

After a spread in the Duluth News Tribune's Wave section, people started banging down our doors for this popular juicing class! This workshop will cover the benefits of juicing raw organic fruits and veggies, the restorative aspects of a juice fast and some delicious new recipes.

Instructor Bio: Emily Montgomery was diagnosed with Stage 3 colon cancer at the age of 39. Instead of "conventional" therapies, she pursued a more holistic path of healing. Juicing and macrobiotics became the foundation of her protocol. Emily has been cancer free for 6 years.

Saturday, November 10th
10:00 a.m. – 12:00 p.m.

Dr. Kohls Lecture: Nourishing the Brain

This class will be covering Food and Mood, Depression and the Brain, and Non-Pharmaceutical Approaches to Depression and Insomnia.

Instructor Bio: Dr. Gary Kohls is a medical doctor with an independent clinic downtown. Concerned with the

declining health of the American population, one of his goals is to educate the public on various health issues. In his practice, Dr. Kohls embraces the holistic philosophy of treating the whole person rather than just the symptoms. He provides unhurried and compassionate care to all of his patients.

Tuesday, November 13th
6:00 – 8:00 p.m.

Cooking 101: Hors D'oeuvres

Getting ready to entertain during the holiday season? Learn how to make a variety of delicious and not-so-common hors d'oeuvres that will leave your guests hungry for more. If you went to Debbie's Hors D'oeuvres class last year, never fear, there will be different suggestions in this class!

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

Thursday, November 15th
6:00 – 8:00 p.m.

Midwest Foods Caribbean Style

We all love the stuff we grew up with, but every once in a while it's nice to have a change. Insert some Caribbean soul into your cooking and experience the island feel. Included are: Butternut Squash Bread, Caribbean Corn Chowder, and Caribbean Bison Stew. Come hungry and ready to hear stories of life on the island.

Instructor Bio: Hailing from Trinidad/Tobago, instructor Lyndon Ramrattan is a former WFC employee, working in both the Produce department and the Deli. Lyndon learned how to cook by watching his relatives. His stories, methods, and delicious food make this class one that you shouldn't miss.

Thursday, December 13th
6:00 – 8:00 p.m.

Cooking 101: Desserts

Sick of the cookie trays that are so prevalent during the holiday season? Discover new and interesting recipes to help set your "cookie tray" apart from the rest. Stun you family and friends with these creative and tasty desserts!

Instructor Bio: Debbie Manhart (listed above)

THE FINE PRINT... READ ME PLEASE!

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

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

Editor's Note: The following recipes were graciously supplied by several of the instructors who teach classes at the Whole Foods Co-op University (WFC-U). If any of these look especially delicious, perhaps you should consider attending one of our fantastic cooking classes this year.

Instructor: Lyndon Ramrattan
Class: Caribbean Breads and Soups
Date: November 30, 2006



Lyndon in the Islands, home sweet home.

Lyndon, a former employee at Whole Foods Co-op, is from the islands of Trinidad & Tobago.

He has taught two fun-filled interactive classes on the Caribbean style of cooking, and boy is it yummy!

ALOO POURIE (INDO CARIBBEAN VARIATION OF EAST INDIAN STUFFED BREAD)

- 1 C Flour
- 3 t Baking Powder
- 4 T Margarine or Ghee
- 1/2 C Cooking Oil
- 3/4 C Flour
- 2 C Split Peas or Yellow Lentils
- 1-1/2 C Potato, boiled till soft
- 1 to 2 T Geerah (Cumin Seed)
- 3 T Onion, minced
- 1 clove Garlic
- 1/2 t Salt
- Small piece of Turmeric (Saffron) optional

Method for dough:

1. Sift the flour and baking powder into a mixing bowl.
2. Rub in the margarine or ghee
3. Using water, mix into a soft but not sticky dough
4. Leave to stand for about 10 minutes.
5. Cut into 8 pieces.
6. Roll each piece out thinly on a floured board.
7. Spread oil evenly over the surface and sprinkle lightly with a pinch of flour.
8. Fold in layers round or square so as to trap air.
9. Leave to stand 10 minutes or longer if desired.

Method for filling:

1. The peas should be soaked overnight and boiled with the saffron until barely soft.
2. Parch the geerah in a frying pan.
3. Add the onion, garlic, salt, and potato.
4. Grind or mash well.
5. Place 2 or 3 tablespoons of this mixture in a hole made by the finger in the top of each of the roti balls, or roll the roti out to about 1/4 inch thick, place 2 or 3 tablespoons of the potato mixture in the centre, and form into balls again).
6. Roll out filled ball very thinly.
7. Place on hot greased tawa or cast iron skillet.
8. Cook on one side, turn over and grease.
9. Turn over again and grease.
10. Cook until nicely browned and puffy, which will take about 10 minutes.

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Instructor: Dan Shapiro
Class: Tasty Whole Grain Baked Goods
Date: April 21, 2007

Cooking with soaked whole grains was something I had never seen until this class. I was skeptical at first, but this coffee cake proved to be the perfectly scrumptious and perfectly healthy start to my Saturday morning.

GLUTEN FREE (WHOLE GRAIN) COFFEE CAKE

Dan and Virginia Shapiro

For the batter, start with:

- 1 C Buckwheat
- 1 C Quinoa
- 1 C Millet

Rinse the whole grains in a colander or sieve then transfer them into a large bowl or pot. Add enough water to cover the grains — with an additional two to three inches — and soak them for at least eight hours. Use a colander or sieve to drain the water so that the mixture is moist, but not dripping wet. Use a food processor (or blender) to grind the mixture for at least two minutes, or until it is relatively smooth. (If you use a blender, grind small amounts of grain at a time).

Note: Your home appliance will not turn the grains into flour, so grind them well, taking care not to overheat the motor. You will still have the benefit of their fiber and nutrients.

Blend 1-1/2 cups raw sunflower seeds*, pecans, walnuts, or almonds (or any combination that equals one and a half cups). You may blend these in with the grain mixture; or, you may set aside the grain, blend the nuts and seeds in the food processor, and then combine the two mixtures for further blending.

*Note: Raw sunflower seeds have a tendency to turn the batter bright green, especially when it is exposed to air. The baked goods will be fine to eat, but most people will ask about their unusual color!

Add and blend well:

- 4 Eggs
- Finely grated rind of two organic Oranges
- Squeezed Juice from both Oranges or 1/4 C of Juice from concentrate
- 1/2 C Maple Syrup

- 1 t Baking Soda
- 1 t Baking Powder
- 1 t Sea Salt

Blend this mixture very well, until you have a relatively smooth batter.

Stir in:

- 1 to 1-1/2 cups of organic Cranberries, coarsely chopped
- 1/2 to 3/4 cup chopped Walnuts

Pour evenly into a greased (buttered) 9" x 12" glass baking dish. Bake at 350 degrees for 45-50 minutes. Test with a clean knife or fork for doneness.

Instructor: Kay Turk
Class: Low Cost Grains with Kay
Date: January 18, 2007

Kay Turk is an oft-returning instructor at the Whole Foods Co-op. She works her "day job" as a nurse. Kay's classes usually focus on delicious, easy to make, and healthy dishes. This was one of my favorites!

AUTUMN QUINOA AND BUTTER BEANS

- 1/2 C Quinoa
- 2 T Butter
- 3/4 C Onion, finely chopped
- 1 T Ginger, fresh minced
- 3/4 C Orange Juice
- 2/3 C Water
- 2 T Honey
- 1 t Salt
- 1/4 t Coriander
- 1/3 t Cardamom, ground
- 1/8 t Nutmeg, ground
- 1 C Sweet Potato, diced
- 1 C Butternut Squash, diced
- 1-1/2 C canned Butter Beans, drain and rinse
- 1/4 C Cranberries, chopped

Rinse and drain quinoa. Melt butter in a saucepan, add onion and ginger and cook until onion is softened. Stir in the orange juice, water, honey, salt, coriander, cardamom, and nutmeg and bring to a boil. Stir in sweet potatoes and squash and return to a boil. Cook uncovered at a slow boil for 7 minutes and then stir in butter beans and quinoa. Return to boil, reduce heat and simmer, covered, for 15 minutes. Stir in cranberries. Simmer, covered, 5 minutes longer. Serves 4.

Instructor: Moriah Brooks
Class: Valentine's Day Delight: Truffles and Treats
Date: February 9, 2007



Moriah Brooks satisfies your sweet tooth.

Moriah, another former employee, came back last winter to teach this "all about desserts" class. This recipe, from the December 2005 issue of Gourmet, was definitely a hit!

BLUEBERRY AND LEMON CRUMBLES

- 1 C Almonds, sliced with skins
- 1-3/4 C Flour
- 1/2 C Granulated Sugar
- 1/2 C Light Brown Sugar, packed
- 2 t Lemon Zest, finely grated fresh
- 1/2 t Cinnamon
- 1/2 t Salt
- 1 1/2 sticks (3/4 C) Unsalted Butter, softened
- 2 large Egg Yolks
- 1 t Vanilla
- 2 t Lemon Juice, fresh
- 1/3 C Dried Blueberries
- 1/2 C Blueberry Preserves

Special equipment: a nonstick mini-muffin pan with 24 (1/8-cup) cups (or 2 pans with 12 cups each)

Put oven rack in middle position and preheat oven to 375°F.

Toast almonds in one layer in a shallow baking pan, stirring once, until golden, 3 to 5 minutes. Cool completely in pan on a rack. Leave oven on.

Pulse flour, sugars, 1 t zest, cinnamon, and salt in a food processor until combined, then add butter and pulse until mixture resembles a coarse meal. Add yolks and vanilla and process until mixture begins to come together in clumps.

Transfer 1-1/3 C packed dough to a bowl and stir in almonds (some almonds will break) for almond crumble topping. Gather remaining dough into a ball.

Generously butter bottoms, sides, and top of muffin pan. Press 1 T dough into bottom and up side of each muffin cup. Chill until dough is firm, about 15 minutes.

Stir remaining teaspoon zest, lemon juice (2 t), and dried blueberries into

preserves in a small bowl. Spoon a rounded 1/2 t preserves mixture onto dough in each muffin cup. Crumble one rounded teaspoon almond topping evenly into each cup.

Bake until topping is deep golden brown and filling is bubbling, about 20 to 25 minutes. Cool completely in muffin pan on a rack. Loosen edges of crumbles carefully with a small offset spatula or sharp knife, then carefully remove from pan.

Instructor: Debbie Manhart
Class: Cooking 101: Mexican Basics
Date: April 26, 2007

Doing a class every month you might think that Debbie, WFC Store Manager and Cooking 101 instructor, would run out of ideas. Nope, they keep rolling out from this former professional chef. The Cooking 101: Mexican Basics was one of my favorites because it was a fairly healthy take on one of my favorite ethnic cuisines.

SEASONED CHICKEN WITH AN AVOCADO MANGO SALSA AND JICAMA SALAD

Seasoned Chicken:

- 4 - 6 Chicken Breasts, each cut into 2-3 pieces and flattened
- 2 C Flour
- 1/2 t Salt
- 2 t Chili Powder
- 2 t Chipotle
- 1 t Coriander
- 1 t Granulated Garlic
- Olive oil
- Juice from 1 Lime

Combine flour and all of the seasonings. Drizzle oil in the bottom of a sauté pan. Dredge chicken in the seasoned flour and place in the pan. Cook 3-4 minutes on each side and remove from pan when done. Continue until all pieces are cooked. Return all pieces to the pan and sprinkle the lime juice over the chicken. Remove chicken to the serving dish and top with some of the Avocado Mango Salsa reserving most of it to be served on the side.

AVOCADO MANGO SALSA

- 1 Mango, diced
- 4 Avocados, diced
- 1 Mineola, or another orange, diced
- 1 Naval, diced
- 2 T Cilantro, fresh, diced
- 3 ea Green Onion, diced
- 1/2 Lime, juiced, about 1 T
- 1/2 Lemon, juiced, about 3 T
- 1/4 - 1/2 t each:
 - Granulated Garlic
 - Sea Salt
 - Black Pepper
 - Chipotle Pepper
 - Chili Powder

Combine all ingredients, taste and adjust seasoning.

JICAMA SALAD

- 2 lb Jicama, peeled and diced
- 2 Oranges, diced
- 2 Papayas
- 2 Tomatillos, peeled and diced
- 1 Jalapeno, minced
- 1/2 Lemon, juiced, about 2 T
- 1 Lime, juiced, about 2 T
- 2 T Cilantro
- 1/4 - 1/2 t Chili Powder

Combine all ingredients.



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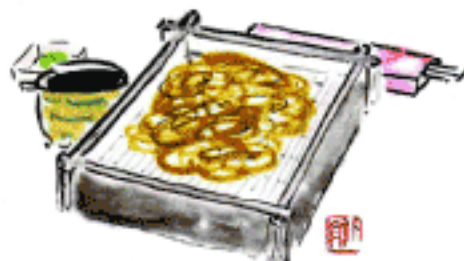
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Instructor: Emily Montgomery

Class: Juicing for Life

Date: February 17, 2007

The Juicing for Life classes continue to be the most popular of all of our classes. Who can blame you? With Emily's contagious smile, positive outlook, and depth of knowledge and experience, this is a class that should be taken by anyone who has an interesting in living a healthy lifestyle through juicing.

BEET VEGGIE JUICE

1/4 – 1/2 Beet (depending on size)

3 – 4 Carrots

1 Apple

1 stalk Celery

handful Greens (Kale or Spinach)

Run through juicer and don't forget to "chew your juice"!

Instructor: Kamolpak Williams

Class: Preparing Thai Appetizers

Date: June 9th, 2007

Pak has now taught two classes at WFC. With her many jokes and stories of her childhood in Thailand, her classes give true meaning to the term cultural cooking. In this class, Pak had each student practice rolling their own shrimp rolls. The results weren't always beautiful, but they sure were tasty!

SHRIMP ROLLS

Makes 5 rolls:

1 Pack of Rice Noodle Wrap
(Recommended 3 Ladies brand from Vietnam)

16 oz Shrimp without tails, cooked

1 handful Basil leaf, chopped

1 handful of Cilantro, chopped fine

1 handful of Mint leaf, chopped

1 Lettuce head/leaf/mix salad (soft texture such as spinach etc.) chop fine

1 Carrot, large (slide into small pieces)

Method:

1. Mixed salad, carrots, and herbs together in a bowl.

2. Bring a hot wet towel to the work area.

3. Pour hot water into a large bowl.

4. Soak 1 rice paper in the hot water until it drops to the bottom of the bowl or until it gets soft and flexible.

5. Bring soft rice paper to the wet towel and adjust until it's flat on the towel.

6. Put 4 shrimp at the middle.

7. Add salad mixture on top, fold 1/3 rice paper cover on top of salad.

8. Fold left side and follow by right hand side.

9. Roll the rice paper very firm until the end of paper.

10. Serve with peanut sauce.

Tip: Make sure your hands are wet before you roll the rice paper. Roll it fairly tight.

Instructor: Shannon Szymkowiak

Class: Mediterranean Diet

Date: April 24, 2007

This recipe puts a new spin on couscous, and it is incredibly simple to make. It's also very healthy. Although everything in this class was tasty, this was definitely the dish that everyone raved about. It has become a Marketing Department favorite, and was also taught at the St. Luke's Women's Breast Cancer Expo.

FRUIT COUSCOUS WITH HONEY CINNAMON YOGURT

1 C fresh unsweetened Orange Juice

1/4 C water

1 T Sugar

1 C Whole Wheat Couscous

2 C fresh Strawberries, sliced

2 C seedless Grapes

2 T Honey

8 T Yogurt, thick natural-set like Fage, any fat content

1/2 t Cinnamon, ground

Heat the orange juice, water and sugar in a saucepan over a high heat until it comes to a boil. Place the couscous in a heatproof bowl, the boiling liquid over the couscous, and cover with a plate or clean dishcloth to trap the steam. After 5 minutes, fluff up the couscous with a fork, then stir in the grapes and sliced strawberries. Cover and cool in the fridge. While the fruit couscous is cooling, mix together the yogurt, liquid honey and cinnamon in a bowl. Serve the fruit couscous with the honey-cinnamon yogurt drizzled on top (you can also add a light dusting of cinnamon if you like).

Instructor: Anni Friesen

Class: Pretty much all

Date: Just about every time there was a class

Editor's note: Anni is our Marketing and Member Services Coordinator. She coordinates our WFC-U classes and assists with just about every class in some capacity. She loves to cook and it shows in her ability to improvise in the kitchen.

This is a recipe that I called my "\$3.00 Soup" in college. It makes quite a large batch and it's great for a quick homemade dinner with a grilled cheese. It can also be frozen and reheated for those lazy winter days. The addition of fresh basil and feta cheese is my homage to the St. Peter Food Co-op, where I forayed into the work world at the age of sixteen.

FAST AND EASY TOMATO SOUP

2 large cans Muir Glen Fire-Roasted Tomatoes

1 medium Onion, chopped

3 – 4 cloves Garlic, minced

1 T Olive Oil

Salt and Pepper

Optional:

Feta Cheese

Fresh Basil

Chicken or Vegetable Stock

In a large pot, sauté onion and garlic in olive oil until the onion is translucent. Add both cans of tomatoes, a can of water, and salt and pepper. (Add any additional spices you want. Get creative!) You can replace the water with veggie or chicken stock if you want, but water will work just fine. Let the soup come to a soft boil and take it off the heat. Then, using an immersion blender, food processor or regular blender, puree the soup. If you are transferring the soup to a blender or food processor, make sure the soup has cooled. Return the soup to the stove and let it cook for 30 minutes. If the soup is too thick for you, add more water and adjust the seasonings. If it is too thin, let it boil on the stove until it reduces.

Optional: A few minutes before serving, while the soup is still warm, stir in some crumbled feta and roughly chopped fresh basil. The feta takes on a great texture when warm, and the basil will make you remember those beautiful summer days.



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Taking the Food Stamp Challenge: At the Co-op?

by Doug Bowen-Bailey, Member

“Where is my food coming from?” As a dedicated shopper at Whole Foods Co-op, this is a question I often ask. After having read Barbara Kingsolver’s book, “Animal, Vegetable, Miracle,” that question took on an even deeper meaning — looking at the costs and benefits of eating as locally as possible. For the week of September 24–28 as I took the Duluth Food Stamp Challenge, the question took on an entirely different meaning.

The Food Stamp Challenge, sponsored by the Duluth Hunger Coalition, asked people to live on \$3/day for food — which is the average allotment in this area for food stamps. From Monday through Friday, those of us who signed up were asked to get by solely on what we could purchase for \$15 — and whatever community resources would be available to people on food stamps. In other words, don’t just let your friends invite you to dinner or buy you lunch. But there was an added layer to the challenge — this wasn’t just about survival and filling your belly, but trying to eat in healthy ways. Where would the food come from?

As a family, we probably buy 90% of our groceries at the Co-op. We are frugal on many things. Food is not one of them. So, I decided that I would take the challenge, not by going to some discount grocery store where they give away free chickens, but at the Co-op where I normally shop.

On Sunday, I made my list and bought my items — mostly from the bulk aisle. Brown rice, black and red beans (both on special), oatmeal, flour, a small bag of raisins, and brown sugar. A half gallon of milk. I had a 50-cent off coupon for canned tomatoes, so I bought that. From the produce aisle, I bought two sale bananas, a locally grown apple, a carrot, and an onion. All of that cost me \$12.09. My plan for my lunches was to make some bread and to eat at either the Damiano Soup Kitchen or the CHUM Drop-In Center — both to stretch my food and to gain a better sense of resources available.

The first day of the challenge was

the strangest. I started with oatmeal for breakfast, and then lunch at the Damiano Center. I had soaked the black beans overnight — and was planning on having just beans and rice for dinner. After my meal at the Soup Kitchen, I came upon the vegetables that WFC donates to the Damiano Center — still good to eat, but beyond the point which it can be sold. The boxes were mostly empty, but some spinach, chard, and small zucchini were left. I wasn’t planning on being able to cook with much produce at home, so was very glad to have it.

After arriving home, I received a call from Dave Benson at the Damiano Center. As one of the organizers, they had been contacted by a TV station to do a story — looking for someone to interview that afternoon. I agreed, and soon received a call from a reporter who suggested that she meet me at the Plaza Super One so that she could film a re-enactment of my shopping. When I told her that I had shopped at the Co-op, she was stunned, remarking something to the effect that “Most people on a regular budget can’t afford to shop there.”

It really set me to thinking about the role of food in our culture and the perception that people have of the Whole Foods Co-op. Certainly some products are more expensive at the Co-op — and all in all, I am guessing Co-op shoppers put a higher priority on food as a portion of their household budgets. But buying in bulk and actually taking ingredients and putting them together — otherwise known as cooking — is much more affordable than buying pre-made foods at any store.

During this week, I definitely saw a role for cooking skills and choices. I am grateful for what I learned about cooking from my mom and grateful for programs like the Duluth Community Garden Program and the Kids’ Café at the Damiano Center that teach these type of skills to both youth and adults.

Yet individual choices don’t seem to be sufficient on their own. I certainly had adequate nutrition, but lived on

the edge of hunger all week. Despite the three ample lunches I had at the Soup Kitchen and Drop-in Center, I was never satisfied. My mental & physical energy was definitely lower than usual — gradually dropping over the course of the week. Were the supports I received enough to make me feel inspired to go out and get a job if that was what I needed to do to improve my situation? I honestly don’t know — and certainly would have appreciated a few more dollars to have more calories.

I also wonder about the hidden systems that affect people’s lives. The Soup Kitchen and Drop-in Center were the most racially diverse places I visited all week. What factors have led to such an interconnection between race and poverty in Duluth? And more importantly, what can we do to change this so that all people can be truly valued and contribute to the life of the community?

This week brought me so many questions because dealing with hunger in our midst is a very complex thing. But after seeing the TV news report, the question most people asked me was: “Why would you take this challenge at the Co-op?” My answer is I did it because that’s where I shop. I care where my food is coming from and believe that the quality of food, and not just the quantity, makes a difference in my life. More than that, I believe that all people in this country should have access to quality food. In a land of such abundance and ingenuity, we should be able to figure it out.

Healthy Breakfast on a Budget:

2 C boiling Water
1 C Whole Rolled Oats
1 T Raisins
1 t Brown Sugar
1/2 C Yogurt (directions below)

Making the Yogurt:

Take quart of milk and scald by heating to 180 degrees. Allow milk to cool to between 105–115 degrees. Add 1/2 cup of plain yogurt with active cultures and stir. (You can simply by a

cup of plain yogurt, and use half of that.) Pour milk into sterilized quart jar and place in a cooler filled with warm water (like 100–110 degree water.) Let sit for 5–7 hours. Once the yogurt is set, save the first half cup in a separate jar for starting the next batch. GG

Editor’s Note: Making your own yogurt has many advantages. You can make it thicker or thinner, sweeter or not, and basically custom flavor each serving for each family member with a variety of fruit, nuts, or other flavors like vanilla. Give it a try!

Big winner!



Rose Eisert was the lucky winner of the Honest Tea Bike Giveaway. Ride on, Rose. Ride on.

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SUMMER PIZZAZ SOUP

Raelynn Monahan, Assistant Merchandising Manager

- 3 med Leeks
- 4 cloves Garlic
- 1 medium Yellow Onion
- 1/2 C Cauliflower
- 3 stalks Broccoli (yep, that means stems included)
- 2 Jalapeños

In large stockpot, bring 6 C water to boil, prep your veggies by cutting them into large chunks. Once water is at a boil, add all veggies. After 7–10 minutes the vegetables should soften, remove from burner. Do not drain vegetables, save the water they were cooked in.

Get your handy blender out and blend this veggie soup to a puree consistency. In another stockpot transfer puree, let simmer on low for 20 minutes, season with salt and your favorite spices — Viola!

*Hint — Add green tomatoes to reduce spice factor of the jalapeños if it's too hot.

Attached are two recipes for Snickerdoodles. The first is very close to the one I make, the second is a vegan version I haven't tried, but it sounds interesting, so I included it.

SOFT SNICKERDOODLE COOKIES

Karen Johnson, Finance Assistant

- 1 C butter
- 1-1/2 C Sugar
- 2 large Eggs
- 2-3/4 C Flour
- 2 t Cream of Tartar
- 1 t Baking Soda
- 1/4 t Salt
- 3 T Sugar
- 3 t Cinnamon

1. Preheat oven to 350°.

2. Mix butter, 1-1/2 cups sugar and eggs thoroughly in a large bowl.
3. Combine flour, cream of tartar, baking soda and salt in a separate bowl.
4. Blend dry ingredients into butter mixture.
5. Chill dough, and chill an ungreased cookie sheet for about 10–15 minutes in the fridge.
6. Meanwhile, mix 3 tablespoons sugar, and 3 teaspoons cinnamon in a small bowl.
7. Scoop 1 inch globs of dough into the sugar/ cinnamon mixture.



Raelynn says don't be afraid to improvise!

8. Coat by gently rolling balls of dough in the sugar mixture.
9. Place on chilled ungreased cookie sheet, and bake 10 minutes.
10. Remove from pan immediately.

VEGAN SNICKERDOODLES

Karen Johnson, Finance Assistant — from Recipe Rumble

- 1 T Date Sugar
- 1 t Cinnamon
- 1/4 C organic Apple Juice Concentrate
- 4–5 T unrefined Safflower or Sunflower Oil
- 1 T Walnut Oil
- 1/4 C Egg Substitute
- 1/2 t Vanilla
- 1-1/4 C Barley Flour (or any combination of whole wheat pastry, barley and oat flours)
- 1/2 C Maple Sugar, or other unrefined powdered sweetener
- 1-1/4 t Cream of Tartar
- 1/2 t Baking Soda
- 1/8 t Sea Salt

Preheat oven to 350F and prepare a baking sheet. Stir date sugar and cinnamon together and set aside. Thoroughly combine wet ingredients (apple juice concentrate, oils, egg substitute and vanilla). Mix together dry ingredients (flour, powdered sweetener, cream of tartar, baking soda and salt). Gently combine wet and dry ingredients to form dough. Roll spoonfuls of dough in your hands and

roll in date sugar-cinnamon mixture. Bake for 10–12 minutes, or until cookies are set and slightly browned. Recipe makes about 12 medium cookies.

Every time I've made this, it turns out different, but wonderful! There's a lot of room for customization of this recipe, which makes it a favorite of mine. I have made this soup over and over, in different ways. I love it for fall and winter, especially, because you can make it as spicy/warming as you want. And mmmmmmm... coconut milk... mmmmmmm...

WARMING THAI SQUASH SOUP

Eric Reed, Receiver

— adapted from Moosewood Simple Suppers

- 1 med Yellow Onion, or 3 Shallots, sliced thinly lengthwise
- 4–6 cloves Garlic
- 1 Butternut Squash, seeded, peeled, and cubed, or 2 pkg. frozen Winter Squash
- 1 qt organic Chicken or Vegetable Broth, more if needed
- 2 - 14 oz cans organic Coconut Milk
- 1 stalk Lemongrass (or a bit of fresh Lemon Peel, if lemongrass is unavailable)
- 2 T Sugar or Honey
- 1 t red or green Curry Paste
- 1 Carrot, sliced diagonally
- 1 Red Bell Pepper, seeded and cut into strips
- 8 oz sliced Crimini or white button Mushrooms
- Olive oil, or chili-infused oil of any kind
- 1/2 lb. extra-firm Tofu or boneless Chicken, cut into small pieces
- 1/2 t red or green Curry Paste
- 2–3 T wheat-free Tamari
- 1/4 C Orange Juice
- Salt & Pepper to taste
- 2 C packed fresh Spinach

You can make this two fabulous ways — on the stovetop or in a slow cooker.

For the easy version, place the first eight ingredients into a slow cooker. Cook on Low for 7–9 hours, or on High for 5–6 hours. Then sauté the tofu or chicken in a little oil over

medium heat until browned and cooked through. Add the curry paste and Tamari with a splash of orange juice, then the carrots, pepper, and mushrooms, and stir-fry gently for 5 minutes; remove from heat.

Remove the lemongrass from the slow cooker and blend, in batches or with an immersion blender. Add the tofu or chicken mixture and cook on High until carrots are the desired tenderness and the flavors are blended. Add more broth if soup is too thick for your liking. Add spinach just before serving.

On the stovetop, heat some oil in a large stockpot or Dutch oven. Add onion and garlic; sauté until translucent, then add the squash. Cook until slightly browned, then add broth, coconut milk, sugar, curry paste, lemongrass, and bring to a boil. Then reduce to a very low simmer while you prepare the other ingredients (stir occasionally). When the squash is soft, blend it smooth (removing the lemongrass) and set it aside until the next step:

In a separate pan, sauté the tofu or chicken in a little oil over medium heat until browned. Add the remaining ingredients, including carrots, pepper, and mushrooms, and stir-fry for 5 minutes. Add a little broth if they're sticking to the pan. Add this mixture to the coco-milk/squash mixture and simmer until the carrots are to the desired tenderness. Serve with sprigs of fresh cilantro or Thai basil on top, with crusty bread or crispy-fried filled wontons.

HARVEST BURRITOS with ROASTED CORN SALSA

Jill Holmen, Training Coordinator

(no measurements used, all organic ingredients preferable)

Wild Rice, cooked (Native, hand-harvested, wood-parched, available in Bulk)

Green top Beets, greens removed, cut in slender wedges, roasted

Red Onion, sliced and roasted

Garlic Cloves, whole, roasted

Olive Oil

Corn, roasted

Green onions, chopped



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Dried Ancho (PLU 644) or Chipotle Chili Peppers (PLU 645), soaked, de-seeded, diced
 Cilantro, (plenty of) chopped
 Lime Juice, fresh squeezed
 Sea or Celtic Salt, ground
 Black Pepper, ground
 Maple Syrup (available in bulk from Clover Valley, Two Harbors MN)
 Mozzarella Cheese, grated (optional)
 Brown Rice Tortillas, heated

1. Thoroughly rinse and cook the Wild Rice (approx. 30 minutes).
2. Toss the Beets, Red Onion, and Garlic Cloves in a good slather of Olive Oil, place on baking sheet and roast at 400 degrees until slightly browned and easily pierced with a fork. Watch the garlic closely to be sure it doesn't get too dry/burned. 30-45 minutes.
3. Combine Roasted Beet, Red Onion, Garlic mixture to Wild Rice when done, including Olive Oil remnants.
4. Toss corn kernels in olive oil, roast on separate baking sheet until slightly browned. (15-20 min.)
5. Soak Dried Chili Peppers in hot water for 15-20 minutes until soft. Remove seeds. Dice.
6. Completely cool Roasted Corn, mix with chopped Green Onion, chopped Cilantro (plenty of it!), fresh squeezed Lime Juice, chunky style Sea or Celtic Salt, fresh ground Black Pepper, diced Ancho Chilies, & small drizzle of Maple Syrup.
7. Heat Brown Rice Tortillas in a splash of Olive Oil until soft. Roll up tortillas immediately, while warm, or they will reveal their stubborn side.
8. Add Mozzarella Cheese, if desired.
9. Roll up burritos.
10. Indulge!

Here are my little contributions to the recipe issue. I am horrible with cooking, but my mom helped me with these. Thanks, mom!

MEXICAN CHICKEN

Brianne Vollmar, Front End Assistant

1-2 sweet Bell peppers (any color)
 1 med Onion (yellow or white)

1 lb Chicken Breast
 2 T Oil (olive or vegetable)
 1 pkg Taco Seasoning
 1 - 16 oz jar chunky Salsa (16 oz., any flavor)
 Cooked rice of your choice

Slice bell peppers and onion. Slice 1 lb. chicken breast and lightly sauté in 2 T oil.

When chicken is cooked, add peppers and onions and continue to simmer until vegetables reach desired doneness. Add taco seasoning according to package directions. Add the whole jar of salsa. Heat thoroughly. Serve over rice.

MOM'S APPLE PIE

Brianne Vollmar, Front End Assistant

Use a pre-made 9" piecrust.

Filling:

3/4 C White Sugar
 1/4 C White Flour
 1/2 t Nutmeg
 1/2 t Cinnamon
 6 C tart Apples, thinly sliced

Mix sugar, flour, and spices together. Add to sliced apples. Turn into piecrust.

Topping:

1 C White Flour
 1/2 C Brown Sugar
 1/2 C Butter

Mix together until crumbly, and top apple filling. Bake at 425F for 50 minutes. Cover top with foil the last 10 minutes of baking to prevent top from browning too quickly.

BRATS AND VEGS

Doug Stewart, Finance Assistant

5 Bratwurst, precooked
 1 - 16 oz can Plum or Roma Tomatoes, quartered
 1 Onion, cut into eighths
 1 Green Pepper, cut into eighths
 1/2 C water
 1 T Basil
 1 T Oregano
 2 cloves Garlic, minced

Preheat oven to 350F. Place all items into glass baking dish, cover with tin foil and bake 30-45 mins or until vegetables are soft.

I created this recipe last night and it was very delicious.

MEDITERRANEAN STIR-FRY

Anni Friesen, Marketing & Member Services Coordinator

1 C Couscous
 2 t Lemon Juice
 1 t Salt
 1-1/2 C Water
 2 T fresh Dill, roughly chopped
 fresh cracked Pepper
 1 Chicken Breast
 1 small Zucchini, diced
 1/2 small Summer Squash, diced
 5-7 Mushrooms, sliced
 1/2 Red Bell Pepper, diced
 1/2 Tomato, peeled and diced
 2 cloves Garlic, minced
 2 T Olive Oil

Begin by bringing the lemon juice, water, salt and pepper to a boil. Pour it over the couscous and cover. Let it stand for about 10 minutes and then add the fresh dill and fluff with a fork. Cover it again until you are ready to serve it.

Cut chicken breast into slices and sauté in olive oil, sprinkle on a little salt and fresh cracked pepper. Add all the veggies, except the tomato and sauté until they are cooked al dente. Add the tomatoes at the end so they

heat through, but still retain their shape. Serve over lemon dill couscous.

Makes 2 large servings.

Christmas wasn't Christmas in my family if we didn't have mincemeat bars as a holiday treat. I have taken on the tradition and make it for the family and send it in the mail to those not able to make it home for the holidays.

MINCEMEAT BARS

Vicky Carper, Deli Cook

5 C Rolled Oats (see below)
 3-1/2 C Flour
 1 t Baking Soda
 2 C Brown Sugar (packed)
 2 C Shortening
 3-4 C moist Mincemeat (24-32 oz jar moist or 2 9 oz boxes of dried condensed).

Put rolled oats through food processor to coarsely chop oats and measure 5 cups. Add flour, soda, and sugar, and mix thoroughly. Cut in shortening until mixture is crumbly. Divide into 2 parts. Pack 1/2 firmly in bottom of 9x13 inch pan. I use a flat spatula to press the mixture firmly. Spread mincemeat evenly on top, then add remaining oat mixture and pack firmly. The more firmly it is packed the less crumbly it will be. Bake in oven at 350 degrees for 40 minutes. Cool and cut into squares.



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Nicole Hissa	11/9/2006
Justin Petite	11/22/2006

DECEMBER:

Charlotte H Van Vactor 12/9/2004

MOD Jess of the Front End gave birth to a baby boy, Loki Akai in the early morning hours on Saturday the 29th of September (2:35 to be exact). His name means "mischievous brother". He weighed in at 7 pounds 13 ounces and is 19 inches in length. Congratulations to Jess and Larry!

Gourmet to Go "Chili Man Justin"

By Jane Herbert, Fog City Deli Manager

Justin Hemming, the Fog City Deli Kitchen Manager, has a story to tell.

He first worked at the Lake Avenue Café for 7 years sharpening his culinary skills. He learned to cook fusion-style (basically mixing unlikely ingredients together and making them work). Fate would move him to travel to the west after quitting the Café to see what he could see.

Returning to his hometown of Duluth, he applied at the Whole Foods Co-op when we were located at 1332 E 4th St. He was hired as a Deli Assistant. The then-new Deli Manager, Deb Manhart (now our Store Manager), quickly promoted him to the Deli Assistant Manager after he showed his culinary skills and experience. At the urging of Marketing & Member Services Manager, Shannon Szymkowiak, they started to participate in local events, such as Empty Bowl and the Chili Cook-off. Debbie asked her deli staff to come up with some chili recipes they could enter in the 2004 United Way Chili Cook-Off. The staff selected Justin's spicy "Jamaica Me Crazy", renamed "Jamaican Hellfire" recipe, which won Second Place that year in the Professional category. Coincidentally, one of the years he was at the Lake Avenue Café, they had entered a Thai Chili recipe (not his) in the Chili Cook-Off that won in the Professional category.

After three and a half years in the Deli, he decided to take a job as the Assistant Manager in Produce for

another three years. Destiny again brought Justin back to the Fog City Deli after we moved to the new store. The new Deli Manager (yeah, that would be me) had an opening for the Kitchen Manager and interviewed Justin for the position. As fate would have it, the job became his again. As history continued to repeat itself, this past Chili Cook-Off, Justin came up with the Korean BBQ Beef Chili recipe ("the chili with Seoul") and as his full circle in the deli would come around, this time, we won First Place in the Professional category. Congrats Justin, and thanks for coming back to Whole Foods Co-op Deli.

Here are a couple of appropriate holiday chili friendly recipes for you.

This is the best cornbread to accompany a spicy holiday chili for your favorite holiday turkey wild rice soup! I also sprinkle toasted pumpkin seeds on top for added crunch and nutrition. ENJOY!

SWEET POTATO CORNBREAD WITH CRANBERRIES AND PECANS

2 T Brown Sugar or Honey
1 Egg
1/4 C Canola Oil
3/4 C Buttermilk
1/2 C Sweet Potato, cooked and pureed
1 C Cornmeal
1 C unbleached Flour
1/2 t Sea Salt

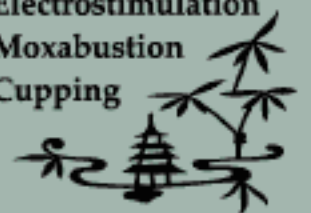
1 T Baking Powder
1/4 C Pecans or Walnuts, toasted
1/4 C dried Cranberries

In a large bowl, beat the brown sugar/honey, egg, oil, buttermilk and sweet potatoes until frothy. Sift together the cornmeal, flour, salt and baking powder into the bowl. Gently fold the other ingredients until just mixed. Pour the batter into oiled 9" round pan (I like to use a cast iron skillet sprayed with oil) and bake for 20-25 min. at 350 degrees. Serve hot or at room temp.

During Jon Kanoo (John Canoe), a traditional Jamaican Christmas celebration, people parade through the streets in giant costumes (like Art of Peace). The weekend before Christmas and particularly on Christmas Eve, markets all over the island set up with toys, peppermint sticks, balloons and firecrackers. They celebrate mid-December until New Year's Day. The drink of choice for Jamaicans during this time is Sorrel. It is made from dried sorrel (a meadow plant), cinnamon, cloves, ginger, sugar and orange peel, with rum or without. It is usually served over ice, as it is always warm there. Another specialty is Jamaican style Christmas cake.


I enjoyed my holiday in Jamaica many years ago and loved this cake. I thought it

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would be a good accompaniment with the "Jamaica" chili recipe that Justin created for a New Year's or Christmas Eve. Give it a try!

JAMAICAN CHRISTMAS CAKE

1-1/2 C Flour
1 C Butter
1 C Sugar
4 Eggs
1 lb Raisins
1 t Cinnamon
1/2 t Allspice
1/2 t Salt
1/4 C mixed Candied Orange and Lemon Peels
1/4 Cherries, dried
1/2 lb Prunes, chopped
1 C Wine, Brandy or Rum (optional)
1 t Baking Powder
1 t Vanilla
finely grated rind of Lime/Lemon
2 T Browning (like soy sauce)

Cream the butter, sugar, and browning until soft and fluffy. Sift all dry ingredients together. Beat eggs and wine/brandy/rum together and add to the creamed butter and sugar. Add fruits and fold in the flour mixture. Do not over beat when mixing. Bake at 350 degrees for 1-1/2 hours in a 9" pan.

Inspiration for the Jamaican chili came from an internal chili promotion we had when every deli worker came up with a chili recipe. I like the yam, pineapple, and coconut milk combo. We decided later to enter it into the United Way Chili Cook-off and it won 2nd place. Both chilies have that combination of spicy, sweet, and salty flavors which I find appealing. The attraction to the ethnic flavorings was using well-established flavor combinations in a different end dish, chili. Chili started off as a mixture of chili peppers and meat and so it's fun to start with a basic premise, sticking with the common beans and tomatoes additions, yet making it unique. The Korean chili was based on Korean beef barbecue dishes. It's a lot more exciting for me to make a chili that is fun and not the standard and see if can work. I was very happy with the Chili with Seoul and had

positive feedback from my coworkers but didn't expect it would win because it so was non-traditional. I made a small test batch a week before to make sure we weren't going to serve something horrid and my fellow cooks had a few valuable suggestions for the cook-off batch. I am very proud that the judges chose it as best and look forward to next year's competition.



Our man Justin.

JAMAICA ME CRAZY AKA JAMAICAN HELLFIRE CHILI

Justin Hemming,
Fog City Deli
Kitchen Manager

1/4 C Toasted Sesame Oil
2 Yellow Onion, diced
3 Green Bell Peppers, diced
1 T Garlic, minced
1 Jalapeno Pepper, minced (use seeds)
1 Sweet Potato, diced (no need to peel, just scrub clean)
2 T Chili Powder
2 t Curry Powder
1 t Allspice
2 t Coriander, ground
2 T Sea Salt
1 T Black Pepper
1/4 C Tamari or Soy Sauce
1/4 C Worcestershire
1 - 28 oz can diced Tomatoes (add juice too)
1 - 15 oz can diced Tomatoes (add juice too)
3 - 15 oz cans Kidney beans, drained and rinsed or 2 cups dry Kidney beans, cooked
1 C Corn, frozen
4 C Water
1 - 14 oz can Pineapple chunks (add juice)
1/4 C Cashew Butter
1 - 14 oz can Coconut Milk
1/2 bunch Cilantro, chopped

If using dried beans: soak overnight in the refrigerator, the next day drain and cook in fresh water until done, about 1-1/2 hours. In a heavy bottomed pot, sauté the vegetables in the sesame oil over low heat until onions

are translucent. Add the spices and cook another few minutes. Add the remaining ingredients except the cilantro. Whisk the cashew butter with some of the hot liquid from the pot to better incorporate it (the heat of the chili will help loosen the cashew butter). Reduce the heat to low and cook uncovered for 20-30 minutes, stirring occasionally. Add the cilantro in the last five minutes or so. Like most chilies, it's better the second day after sitting and marrying flavors in the refrigerator. You can add one half pound of cuts of pork (sauté in oil just before veggies) or sliced seitan (wheat gluten), if you would like more protein. Makes about 6 quarts of chili so invite friends and send them home with leftovers or freeze some for the future.

1 large head Bok Choy, sliced into bite sized pieces
2 Green Bell Peppers, diced
3 Serrano Chilies, minced (use seeds)
2 C Pear Juice
2 C Apple Juice
1/4 C Sugar (caramelized ideally, see below for instruction)
1/4 C Mirin (Japanese cooking wine)
1 qt Beef Stock (can use bouillon or base)
3/4 C Tamari or Soy Sauce
3 T Chili Powder
1/2 C Rice Wine Vinegar
1 bottle Bali Garlic Chili Sauce
3 C Adzuki Beans, dry (no need to soak)
1/2 bunch Cilantro, chopped

Cook the adzuki beans in plenty of water on high heat until well done (no need to soak as they are so small) — about 1 hour. Sauté the veggies in the peanut oil in a heavy-bottomed pot on medium heat until onions are translucent. Add the remaining ingredients except the cilantro and the cooked beans and cook on low to medium heat, stirring occasionally so it doesn't scorch. To caramelize the sugar, heat the

sugar in a heavy bottomed pan over low heat and swirl pan until the sugar turns amber in color, add to chili. If the browned sugar gets hard, just add a little water and reheat to dissolve the sugar and add to the chili. Eat chili right away or save for the next day when it's even better. Makes about 2 gallons, so be sure to have the neighbors over but it will also freeze just fine. Vegetarians feel free to omit the beef and use vegetable stock instead of beef and add textured vegetable protein or perhaps small strips of soy tempeh. **GG**




Your MMS Team, Shannon Szymkowiak and Anni Friesen, ladle up the winning chili.

KOREAN BBQ BEEF CHILI, THE CHILI WITH SEOUL

Justin Hemming, Kitchen Manager with assistance and taste testing from the Fog City Deli Staff

3 T Peanut Oil
4 lbs Beef, cut into small strips ("stir fry cut")
4 Yellow Onions, diced
1 - 5 oz pkg Shitake Mushrooms, stemmed and chopped
3 T Ginger, minced
1/4 C Garlic, minced
2 Carrots, peeled and shredded (use a cheese grater)
1 bunch Green Onions, sliced



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the back 40 Del Cabo Experience

By Alex Mohrbacher, Produce Assistant

The little truck tumbled down the dirt road and Juan Alberto was speaking a mile a minute. I was in San Jose del Cabo with my girlfriend Kate, and we were visiting one of the many small-scale family farms that sell under the name Del Cabo. We made contact with Juan once we found out our summer trip to Mexico would be right in the backyard of the Del Cabo operation. Juan was more than happy to show us around the organic farms.

Arriving at the first farm, we pulled up past a row of mango trees and saw a few laughing kids running down the rows of basil and oregano. Juan explained that the entire family, old and young, helps out on the farm. He introduced us and referred to the owner as the "hombre con el sombrero."

We saw right away from their rows and rows of black plastic tape that they used drip irrigation, a water saving practice that was developed in Israel. The concept of the system is to drip a small amount of water right at the base of the plant, so that no water is wasted on the surrounding area. Saving water was important in Baja's hot and dry climate, which is actually very similar to Israel's mostly sandy soils. The farms also have to fight local golf courses for the quality water. It was amazing to see all the green



Organic farmer in Mexico.

that these farms produced in the middle of what seemed to be a desert.

I commented to Juan how farmers back in Minnesota use the same drip irrigation system. I told him how Rick and Karola Dalen use a wheelbarrow to hold the spool of drip tape as it is set out. Juan grinned upon hearing this saying, "Lo más lindo es el invento, la creatividad." Basically he was expressing how organic farming is beautiful for its resourcefulness and creativity.

Next we saw rows of what looked like clothesline suspending a long strip of 5" or 6" wide mosquito netting. Looking closer we could see hundreds of mangos strung up and drying in the sun. The netting was there to protect them from bugs. Apparently, the farmers make more money by selling their product dry instead of fresh.

We were warned at the beginning that there was not much in production at the moment, so I was surprised to see row after row of oregano, albahaca (basil), romero (rosemary), and menta (mint). Most of them are sold under the label "Jacob's Farm," which you may have seen in the produce section here at the Co-op. Something else interesting were the sporadically placed rows of maize (corn) mixed among the other crops. Corn is a staple food in Mexico, but at the farm they also use it as a green manure to add organic matter to the soil.

Before we left the first farm Juan said that those 3 hectares gave four families all the basic necessities needed to live a comfortable life. They even owned a boat to go deep-sea fishing in their spare time. It was clear the farmers worked very hard and were paid

justly for their labor.

On our way to the second farm Juan reflected how strange it was to think that not even 10 years ago this place was flooded by a great storm. "Many farms were washed into the ocean," he said. "However, there has been a beautiful recovery over the years," stated Juan. Upon our arrival, Don Carlos Ruiz was escaping the sun in a makeshift shed. He was older than the first farmer, probably 65, but his smile was young and vibrant. The smile went well with his character as he kept yelling out to Juan to show us this and that, like a child showing off his new toys after Christmas. The tractor he used looked more like an oversized riding lawnmower. It was a diesel, about 20-30 horsepower and seemed to be the perfect size for the small scale operation Ruiz ran. Juan informed us that the tractor had to be imported

from Brazil, probably because tractors that size are not available in Mexico or the United States where the market is focused more on larger farms. In the middle of the farm was a large palm tree. Juan said he would sell it for \$500 to one of the luxury hotels being built in town. Before we left, Don Carlos encouraged us to pick the ripe figs from the tree nearby. We went crazy trying to grab as many of the tasty little treats we could find. "Me siento un pajarito," Juan exclaimed. "I feel like a bird."

Toward the end of the trip, Juan started talking more about the way Del Cabo was run as a business. The owners, Sandra Beline and Lorenzo Jacobs started the name more than 20 years ago. They live simple lives and own few possessions. In fact, "they would probably be mistaken as bums on the street before they would be recognized as the owners of a successful



Alex Mohrbacher and Kate Rogers.

business," Juan said. He also talked about the changing market over the years, "Before we sold mainly to smaller stores who believed and understood the philosophy and realities of the organic movement. Now we sell mainly to large corporations who are more concerned with the appearance and profit of the product." To my surprise, Juan was more optimistic than nostalgic; hoping one day these corporations would share the same ideals as Sandra and Lorenzo.

Overall, it was great to see first hand the direction of the organic movement in Mexico. If you have not tried anything from Del Cabo yet, I recommend starting with the sugar plum tomatoes sold in the produce section; they are my favorite! GG

Editor's Note: This recipe is from the Del Cabo website. It features tomatoes, which we often get from Del Cabo in the off season and thyme, which we carry from Jacob's Farm, a part of the Del Cabo farm group.

OVEN DRIED TOMATOES WITH THYME

8 med Plum Tomatoes
1 t Sea Salt
1 t Sugar
2 t Thyme

Remove the stem end from tomatoes. Cut in half lengthwise. Arrange cut side up on an open rack. Combine salt, sugar, and thyme. Sprinkle over tomatoes. Drizzle olive oil over tomatoes. Place rack in the oven. Bake at 250 degrees for 4 hours. Serve as a garnish for poultry, veal, lamb, or fish. Serves 8

Editor's Note: The following recipe was originally printed in the Rollin' Oats Journal, Linden Hills Co-op's newsletter. I wanted to include it in our recipe issue as an example of a recipe with several easily-obtainable Fair Trade ingredients and as an example of the Co-op Principle: Cooperation among Co-ops. It's also my nod of thanks to the first place I worked in the natural foods industry. Thanks, Linden Hills!

CHOCOLATE CHIP PECAN BANANA BREAD

"Miss Larousse"
— Linden Hills Co-op

2 C Flour
1 t Baking Soda

1/2 t Baking Powder
1/2 t Sea Salt
1/2 t Cinnamon
1/2 C Butter, room temp
1 C Brown Sugar
2 Eggs
2 very ripe Fair Trade Bananas, mashed
1/3 C Sour Cream
1/2 C Pecan Halves, broken
1/2 C Dark Chocolate pieces broken from an Equal Exchange Chocolate bar

Preheat oven to 350F.
Grease a 9" x 5" loaf pan.

In small bowl, whisk together flour, baking soda, baking powder, salt and cinnamon. In medium bowl, cream butter and brown sugar until fluffy. Beat in eggs, bananas and sour cream.



Jill Holmen, Training Coordinator, is one of our resident Fair Trade experts. She recommends delicious organic Fair Trade bananas for her smoothie.

Stir in dry ingredients just until moistened and then gently fold in pecans and chocolate.

Turn batter into prepared pan, smooth top and bake until loaf is golden and toothpick inserted in center comes out clean, approx 1 hour.

Cool in pan 10 mins before turning out onto cooling rack. Serve with a steaming cup of organic Fair Trade coffee.

BANANARAMA SMOOTHIE

Jill Holmen,
Training Coordinator

Living Harvest Hemp Milk,
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(O glorious Omegas!)

Ripe Bananas
Brown Rice Syrup or Maple Syrup
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Cinnamon to taste
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