



the back 40 “the future, now”

In a previous article I looked at the potential implications for Whole Foods Co-op and organic agriculture of some of the big changes happening in the industry, including but not limited to Wal-Mart’s goal of entering the market in a more significant way. Over this last summer we have felt the pinch of high prices and short availability of product, from spinach to bananas. The European market as well as increasing domestic demand has made sourcing and pricing difficult for even such large suppliers as Albert’s Organics, a subsidiary of the largest supplier of organic products in the U.S., United Natural Foods. These growing pains have hurt all of us.

And like the rain we all waited for in dry extremity, the local season came on with crisp lettuces and bushels of tomatoes and beans to provide relief. Each year we try to build win-win scenarios for all of our growers. Not all plans are successful, but over all this year we have for the most part out-paced available supply. Sometimes it was crop issues, such as the early broccoli shortfall back in July or the pepper shortage because of a mix of heat and other factors. However, there was room for more growers in our program this year, and so you find yourself reading a pitch to anyone growing or who knows someone who is growing in our region.

There really has never been a better time to get into organic agriculture, whether as a fresh start or by transitioning from current practices. Demand is high and growing, and

especially at Whole Foods Co-op, and co-ops in general, the demand for specifically local product is very strong. Our big wholesale suppliers have been very busy pulling in new growers each season, and we buy this regional product where the option is available. But we need to fill out our circle of growers both in variety of crops and volume of currently supplied crops.

For our part, we make this opportunity easy to seize. We track sales and project for the coming year what our demand will be, while working with all farmers to make sure that everyone gets a share of our market. We plan in the winter so that all of our growers are ready to go for the coming year with as much information as we can provide for our mutual success. Co-operatives have a long history of synergistic success with our local communities, in part because we are owned by them and can’t help it!

We make our choices not just from the perspective of a business securing supply, but out of a very real commitment to building a more sustainable community in our region through reclaiming the eroding foundation of small agriculture. Big agribusiness has been consolidating the organic market, typical of an industry growing into maturity and a fundamental economic reality. However there is also the fundamental reality of organics that trumps the sort of clout that large concerns typically have: organics are more profitable on a smaller scale, typically between 6-12 acres. Beyond that, no market has ever had so much

DNA related to valuing sustainability and human connections; consider the boom in community supported agriculture models that build specifically on this. In a society that every day seeks to find out who it is by looking to increasingly ridiculous celebrities and intellectual fads, real connection to community is what people are truly seeking. Even as people become abstracted into cyber-worlds we see an increase in demand for food of the highest integrity. What begins with a self-focused desire for personal health can well end up valuing the fields on the other side of a weed-choked fence line.

Sound a little pie-in-the-sky? Well, the University of Wisconsin has some fantastic research on farm profitability based on a variety of different measures that is available upon request from them. We will also provide you with more information than you may want about how you can fit into what we are doing here. Organics are the future of our food, and you can get in on that future now. Feel free to contact me at any time, michael@wholefoods.coop, or if you would prefer — stop in any weekday from 7 AM – 2 PM for a chat. **CG**

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

Correction: The last “back 40” was incorrectly attributed to Justin Hemming. It was, in fact, written by our own Michael Karsh. Sorry, Michael!



Local farmers from Edge of the Earth Farm, Gene Dutkin and Melinda Ninefeldt.

co-op summer fun — MOFF & your Annual Meeting



A tent full of members in cooperation.



If you missed the Annual Meeting, you missed some of the Fog City Deli’s delicious truffles. See if you can find where your editor had a taste.



Shift Leaders Chris LaGraves & Steve Perry, some of the brawn behind our events.



Terrance Smith and Wendy Grethen make great music at MOFF.



That’s a lot of bratwurst!

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In this issue  Your Board Ballot is enclosed.
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Fresh Perspectives

preserving biodiversity—an organic solution

Like most folks, you probably are not thinking about the biodiversity of the planet while you are choosing your produce. But maybe you should. What is biodiversity? Simply put, it is the biological diversity, or variety, of life on earth. It includes everything from complex genetic diversity to diversity of species and ecosystems.

So what do agriculture and shopping for produce have to do with this? According to IFOAM (International Federation of Organic Agriculture Movements)

- Approximately 37 percent of the earth's land is used for agricultural production

- Today no more than 70 plant species are grown on most of the world's cultivated land and of those 70, only a few varieties are grown.

- According to the United Nations, in the last 100 years we have lost about 75 percent of the genetic diversity of the world's agricultural crops.

Why is this so important? Let's look at just one potential problem when biodiversity is limited. Take the potato, for example. Potatoes are the most widely planted vegetable crop in the world. Yet out of the 235 species of potatoes known worldwide, just seven dominate worldwide use. And here in the US, it's just four. That's right. Modern plant breeding has focused on producing a few good-tasting varieties that conveniently take well to mass

production. Doesn't such a narrow range of genetic variability limit our experience with this wonderful plant as well as its survival? The answer is YES!

This Month's Tidbit

There are two main types of sweet potatoes: the moist, orange-fleshed varieties and the drier, yellow-fleshed varieties. When orange-fleshed sweet potatoes were first introduced in the United States, marketers seeking to distinguish them called them yams. In the US, sweet potatoes and yams are the same.

Surprisingly the few widely planted commercial varieties are largely unchanged from the 1840s, when the Irish Potato Famine occurred. Ireland's Great Potato Blight of 1845–46 caused the death of 1.5 million people.

The severity of the blight is generally attributed to the reliance on a single potato variety known as the Lumper. As it turned out, this variety had no resistance to late blight. When the blight hit it took just two seasons to ravage the entire country. What's that have to do with us in 2006? The limited varieties of potatoes grown for commercial use here today aren't bred for blight resistance, so farmers rely on chemicals to combat the disease even though the disease is resistant to most pesticides. Organic growers can use copper but have little else to combat blight if they get it. So basically we've succeeded in making an unnecessary

disease stronger and the potato weaker simply by limiting the diversity of potatoes we grow.

Interestingly enough, it was a potato variety resistant to the blight from Peru (which has a wide diversity of potato varieties) that was brought to Ireland to take care of the problem. Potatoes aren't the only crop with such a narrow range; in the US, 60 to 70 percent of the land planted in beans is only planted with three varieties.

So how can supporting organic agriculture help biodiversity? The IFOAM Organic Agriculture and Biodiversity report states that organic agriculture:

- Encourages the use of locally bred and indigenous crop varieties

- Has higher biodiversity because of greater crop rotation and more crops being cultivated

- Makes use of natural ecological functions to enhance productivity and pest and disease resistance

- Increases the number and variety of wild species on farms, as well as abundance on every level of the food chain from bacteria to mammals.

So as you can see, each choice in the produce aisle really has a bigger impact than you might have imagined. Ask your produce manager to carry some different varieties of produce than the standard fare. And when they bring it in, buy it!

Why not try an organic yellow cherry tomato or a purple potato? Or how about a delicate, organic red butter lettuce instead of your normal selection? You'll not only feel better about your choice, but you may even find a new favorite. Perhaps the old saying is true that variety really is the spice of life.

References this issue: IFOAM Newsletter Feb 2005, Organic agriculture and biodiversity; "Pesticide Residues in Conventional, IPM-grown and Organic Food: Insight from 3 US Data Sets", B. Baker, CM Benbrook, KL Benbrook, N Groth, Food Additives and Contaminants, vol 19, #5, 2002 pgs 427-446; www.ces.ncsu.edu; www.ncsweetpotatoes.com; www.usapple.org

board report

the fun's just beginning... and so is the work

by Jean Sramek, Board President

It's September. Applications for WFC Board candidates were due a month ago, on August 1st. This means two things: if you intended to run for the Board in 2006, you're too late; and if you're thinking about running for the Board in 2007, you're right on schedule. Being on the Board of Directors for WFC is not to be entered into lightly. It's a lot of work (even though it is a highly functional Board and a fun and rewarding experience), and we encourage all potential candidates to think long and deep about whether they want to make the commitment. So take your time—take a year—and think about it.

We have a healthy pool of WFC members who "might someday" run for the Board and who are considering doing so next year, or the year after that, or the year after that. All the best community activists are usually already busy, and this pool of potential Board members is no exception. As WFC grows as a cooperative business, we want to enrich and expand this pool of potential Board members; our success depends on it. We seek Board members whose skills and experience will effectively govern the WFC.

At our 2006 Annual Meeting (see elsewhere in this issue of the GG for reports of Biblical-proportioned weather conditions), I fielded a few comments like, "It would have been fun to be on the Board during the expansion, but now I guess that fun is

over," or "It must have been a lot of work to be on the Board these last couple of years, but now that you're in the new site, maybe it will taper off." Yes and no; true and false. It was a lot of fun and a lot of work to be a WFC

director during the site search and expansion, and we have moved into a new era. But the work is far from over. The WFC is a large (and getting larger) co-op, with more members, and deeper roots in our community. As it grows, so does the Board's responsibility, its knowledge and practice of policy governance, and its commitment to its

members.

Work? Fun? Satisfaction? Step right up and run for the Board. The new store was just a milestone.

Board recruitment is a year-round process. All WFC members are welcome to attend our monthly Board meetings, and we especially encourage potential Board candidates to come to these meetings. If you would like to attend or have any questions about running for the Board, please contact our Board recruitment chair, Theresa Koenig, at theresa@wholefoods.coop, me at jean@wholefoods.coop, or simply email wfcboard@wholefoods.coop to send an email to the entire Board and the General Manager.

You've got a year to think about it. But start now, because we need you.

GG



Jean Sramek, your Board President

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The Incredible, Edible Dilemma

by Dustin Mencil, Stocker

When I was asked to write this article on the “cost” of organics versus the “cost” of non-organic foods, it was unclear to me how I was going to do it without writing my senior thesis paper. I decided to take the one factor that I think is contributing the most to the “real” and “perceived” cost of organic foods.

Simply put folks, there is one main driving force that is creating the gap between our “real” and “perceived” cost. First off and arguably most inflicting is the United States \$25 billion-dollar-a-year agricultural subsidies program, making it the largest in the world by a long shot. The U.S. government is pumping all sorts of money into a system that flies in the face of the real mission behind organic farming.

I hate to be the bearer of bad news, but that \$25 billion-a-year subsidies program comes directly from our taxes, and into the hands of many farmers who are being paid to not farm. Not to say that there are farmers that aren't receiving payments that disagree with this practice, but close to half of our current subsidies bill is going to farmers who are being paid off because of age-old agreements with the government.

It is also a system that favors large scale commercial farms, which happen to be the main culprits of everything that the organic realm is trying to demolish. It gives more money to the people with more land, and less to the people with less. Like so many other industries, it dehumanizes the workers and continues to spread the wealth gap, leaving a few with money and power to bestow upon the overworked and toxically exposed laborer.

Our beloved agricultural subsidies program fails to recognize the importance of creating a new and progressive form of agriculture. I think the real issue is that this program was created almost eighty years ago in the wake of the Great Depression; it was almost as if there was a conscious decision to produce as much food as possible with little regard to the environment or the health concerns of the farmers themselves. “We were hungry once, and won't ever be again.” This is the ethical basis that has submerged the program into an unfair and non-efficient way of perpetuating the issue that organics seek to solve.

Now let's examine how this affects the cost of organics, or more importantly the “real” cost of non-organic foods. Let's break down the cost of a non-organic tomato from a “big-box” grocery store, to the cost of an organic tomato found here in our very own Whole Foods Co-op.

We must first look at the compounding cost to the environment since this is the anti-motive of the organic world.

The non-organic tomato found in the “big-box” most likely

came from a large scale farming operation in Mexico.

The pesticide that was used was probably a synthetic one that promotes the evolution of different species of pests that will come back stronger than before only to destroy the crops more, and possibly run another species to extinction through over-competition for resources. This greatly affects the biodiversity of a region. Over a period of time yes, but we have had industrialized agriculture for long enough to make that impact, and will continue to make that impact if we don't make the necessary changes.

Secondly, the degradation of land surrounding it due to runoff water that is contaminated by dangerous insecticides, pesticides, herbicides, and fungicides is another of the costs. This stuff can very easily leach into the water supply and begin long term health consequences for the farmer and surrounding community.

Not to mention non-organic fertilizers that have began the nitrification of streams and lakes in many parts of the world. Nitrification involves a process where high nitrogen levels increase the growth of algal

blooms and other aquatic plants. This, in effect, decreases the sun that hits the bottom of the water source and renders the oxygen levels drastically lower making it difficult to have large populations of aquatic vertebrates. This is just the production side folks, the list goes on and on.

Once the tomato leaves the farm it's picked up by an intermediate shipping company and is shipped cross country, emitting greenhouse gases and eating precious resources the whole way, to be received by the store and placed in a bin at a lower cost than the organic tomato that I hope you buy from us after reading this article.

Our little organic tomato was certifiably and locally grown with the use of non-persistent fertilizers and pesticides to ensure the safety of the environment and the farmers who produce it. It is most likely a naturally occurring chemical compound that breaks down easily in the soil, and may even add to the soil quality. Then was harvested without the use of heavy machinery and shipped regionally to our store, promoting environmentally sound farming, local business, and regionally specific crops.

So with all this compounding cost to the environment with non-organic crops why is the price still lower than organics? Think about this — the agricultural industry in this country makes revenue of about \$72 billion a year, of which only 3% is in organics. So if \$25 billion dollars is given annually in subsidies, this should be plenty to offset the cost to the environment, so that commercial farms can continue to supply cheap crops, and get away with destroying the environment.

It is admittedly hard to quantify the cost to the environment in a monetary sense. But the scope of this issue, I hope, is clear. Everyone on this planet is eventually going to have to pay the “cost” of degrading the environment in such a harsh and violent way. Some scientists say that the earth is at a ten-year breaking point and if we don't make great strides towards environmental consciousness, it'll be beyond repair. We must all do what we can, just like everything else in a capitalist country, it starts with buying power, and then the ethical shift will hopefully follow. **GG**

Dustin Mencil is currently a Junior studying Biology and Environmental Studies at the University of Minnesota Duluth. He enjoys concert going, playing guitar and banjo, hockey, baseball, and anything board related. Love the mountains and that's about all folks!

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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.

THE BEET GOES ON

For best cooking results, leave about 1" of stem on the beet and peel after they have been cooked. Using plastic gloves will keep your hands from getting stained.

management report

Thank you to all the Members and guests who attended WFC's 2006 Annual Meeting (also known as the Speaking in the Rain event) on July 28. The much-needed rain drenched us, the tables, and the signs, but good spirits prevailed and the lightning didn't come too close to the microphone. The next day the weather was perfect to welcome our local growers, musicians, Fog City grillers, and scores of you to our Midsummer Organic Food Fest. Many thanks to Marketing Manager Shannon Szymkowiak for organizing successful back-to-back events.

Although the Board changed the date for the Annual Meeting from fall to summer, the Board election will still be held in September. Three Board positions are open. Known candidates were announced at the Annual Meeting though none were there to campaign. Information on all Board candidates is enclosed here with your ballot. Please follow the ballot directions and return your vote by the deadline. Results of the Board election will

be posted in the store, on our web site (www.wholefoods.coop) and in the November/ December Gazette.

One of WFC's member benefits is limited credit on purchases. This benefit was meant to assist Members in emergencies, e.g., left your wallet in your other jacket, used your last check at The Green Mercantile. With the growth of our membership, the costs of administration and collection of IOU accounts have also increased. The costs of this benefit get passed on to all our shoppers.

In an effort to keep the limited credit benefit sustainable, the Board of Directors approved, effective October 1, 2006, a reduction in the IOU limit from \$50 to \$20 and a reduction in the payment terms from 30 days to two weeks. The full text of the IOU and Other Credit Policies for Members is included in this issue. To help you

remember to keep your credit in good standing and to ensure you let us know promptly when there are any problems with your account, Members

with an IOU debit or credit balance now receive notice of that balance on each receipt for purchases.

Adding to this wonderful season of awards, accomplishments, and events, many thanks to Store Manager Debbie Manhart who, with assistance from Managers Lisa Anderson, Michael Karsh, Jane Herbert,

and Shannon Szymkowiak, this week mailed off our application for Certified Organic Retailer status for WFC. In the coming months, Deb will work with the certifying agency and will continue to ensure that our operations meet these rigorous standards.

And we thought last summer was busy... GG

Employed at WFC since 1980, **Sharon Murphy** has been the General Manager since 1988 and walks to work most days.



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Monica Liddle, ND, is a Naturopathic Midwife in private practice.
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 - Cherry Fruit Extract
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- Dynamic
 - Acai Juice
- Natural Care
 - SleepFix
 - RingStop
 - HearAll
- Whole Foods Co-op
 - Basic Multi Iron-Free
- Natural Factors
 - Bromelain
 - Green Factors

Grocery

- Amy's Low Sodium Soup
 - Chunky Tomato*
- Lakewood
 - Lemonade*
- Glaceau
 - Smartwater, several sizes
 - Vitamin water
- Ryvita Crispbread
 - Fruit and Crunch
 - Tasty Dark Rye
 - Tasty Light Rye
 - Sesame Rye
- Bove's Pasta Sauce*
 - Basil
 - Marinara
 - Roasted Garlic
 - Vodka Sauce

Bulk

- East Wind
 - Almond Butter, smooth (repacked)
 - Almond Butter, crunchy (repacked)

General Merchandise

- Sproutamo EasySprout
- Local Fresh Flowers

- EnviroWave
 - Drinking Water Filter
 - Corn Bottle
 - Stainless Steel 20 oz Bottle
 - Shower Filter
- ## Cool
- Nasoya Stir Fry Sauce
 - General Gao
 - Chinese Five Spice
 - Wasabi Ginger)
 - Sunergia Seasoned Tofu*
 - Pesto
 - Indian Masala
 - Garlic Shiitake
 - Peanut Ginger
 - Total Greek
 - Cherry Yogurt
 - GT's Kombucha*
 - Citrus
 - Trilogy
 - Gingerade
 - Gingerberry
 - Good Karma Rice Cream*
 - Vanilla
 - Chocolate Peanut Butter Fudge
 - Carrot Cake
 - Mudd Pie

- Humboldt Creamery Ice Cream*
 - Espresso chip
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staff news

Jim Richardson is once again co-hosting the (3rd Annual) Area 61 UFO Convention at Lakeview Castle, 5135 North Shore Drive, Saturday, Oct. 21, noon–close. The event will feature speakers, bands, costumes, art, films & games.

Congratulations to our newest graduates from WFC-University!

Martha Livingston
Deb Elmer
Kim Grinde
Ben Dumke
Liz Auchter
John Freedline
Kala Edwards
Jeff Wilson
Aaron Hoffmeister
Dustin Mencil
Jason Caddy
Andrea Foro

New Employees — Welcome them!

Dan Sauter
Jeremy Beckman
Ben Friesen
Kevin Taylor
Nate Frie
Kat Semborski
Lupita Marchan (welcome back!)
Maria Lopez
Brian Bluhm
Sonja Hoyum
Daniel Larva
Joe Ulvi
Lindy Sexton
Cindy Hutchinson
Crystal Glowaki
Brianne Vollmar

WFC is the place for love... FE Assistant Colleen Hoppe was serenaded on the job and was proposed to at register 2! The happy couple will be tying the knot on Sept. 22, 2006 at Enger Park. Congratulations Colleen!

Jill Holmen, HR Assistant, Jill Hall, HBC Buyer & Jim Richardson, Bulk Buyer (plus Allen Richardson, the second half of the Gonzo experience) will be performing in "An Evening with Todd Gremmels and Friends" at the Weber Music Hall at UMD on Friday, September 15th, 7:30 pm. The show is led by "our crazy friend Todd". This show will focus loosely on the history of flight as depicted through live music, dance, and multimedia. Tickets are available for \$15 by calling the UMD ticket office at 726-8561.

Well Jill Holmen sure has been busy... she will have 2 or 3 pieces in a group art show at Pizza Luce from August 17th through Sept. 17th along with Jered Runions, Bridget Riversmith, and a handful of others. Check it out!

STAFF ANNIVERSARIES:

September:
Darcy Sathers/Store OPS 11 years
Lisa Anderson/Merch 9 years
Jim Richardson/Merch 5 years*
Briana Lowrie/Front End 3 years
Colleen Kelly/HR 1 year*
Andy Theuninck/IT 1 year

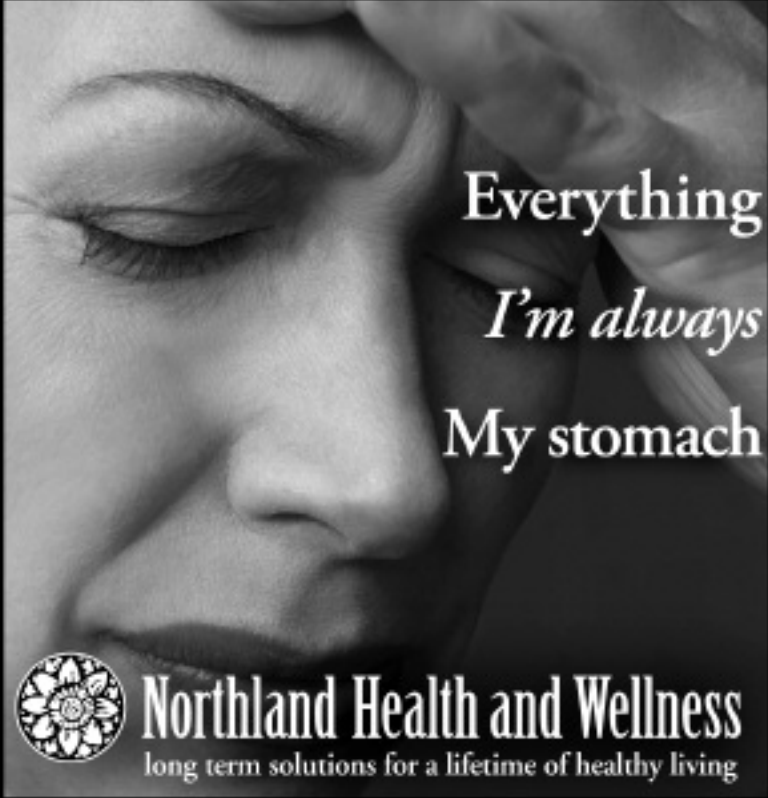
October:
Julie Kohls/Merch 4 years

*Also worked at WFC in a former life...

Congratulations to two brand new homeowners, Briana Lowrie, FE Manager and Raelynn Monahan, Assistant Merchandising Manager. Welcome to the neighborhood.


Congratulations to Per Carver and Eric Bong, both of the Deli. They were recently promoted to Kitchen & Counter Supervisors, respectively.

THANK YOU SO MUCH
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notes from the front

Once...Twice...Three Times a Trainer

Briana Lowrie, Front End Manager

As we all know, starting a new job can be very challenging. Upon training a new Front End Assistant recently (welcome Sylvia!), I was thinking about the loads of information a new employee at the co-op receives.

First, they go through a three-hour Orientation with our Training Coordinator who informs them of the basics, like where to find your paycheck, and the innumerable procedures and policies that ensure fairness and good customer service.

Second, they are scheduled to three "bagging" shifts where they are taught bagging basics along with where to find supplies. These shifts offer them the chance to see their fellow Front Enders in action and get a sense of the ebb and flow of our department.

Third, they receive one-on-one training with either my Assistant Manager or myself. Aside from getting a good once over of all the register functions, I talk to them about procedures for handling a robbery, shoplifters, providing good customer service, the phone, and, unfortunately, abusive customer behavior. Luckily, the last situation listed is not very frequent, but we hold our staff and customer's safety in the highest regards and prepare ourselves just in case.

Fourth, they have three "side-by-side" shifts with a fellow Front Ender who is well equipped to train them. If you happen to see someone "just standing around" it may be the side-by-side trainer who has been instructed to "shadow" the trainee for that shift. After each side-by-side shift, the trainer fills out an evaluation sheet so that the next trainer is aware of the progress that the new Front Ender is making.

After the side-by-side shifts, unless it is deemed that the new Front Ender needs additional training, they are on their own. Luckily the register setup ensures they will have another cashier near them if they have questions. Even though the scheduled training is complete, they will continue to learn the "dos and don'ts and cans and can'ts" over a long while. Heck, I still learn something new everyday and I've been in this business for over seven years.

Since our expansion, a cashier will see an average of about twenty-one customers/transactions an hour. At busier times that amount can double. When we were at our previous location, due to Front Enders job responsibilities and number of staff present, a cashier might see almost half that many in an hour. Currently, seventeen out of our twenty-five Front End staff have only been employed with us since last September or later. I'd have to say the most challenging yet rewarding part of our growth has been training in new staff. Compared all other places I've worked, I can safely say that the employees that are

continued on page 7

better in bulk

Eating as organic and natural as possible feels good. Not only am I doing my best to boycott those practices that toxify the earth, but I am supporting the community of people who grow and make food in a better way. It is a form of active environmentalism that is "on" all day long. Every meal is charged with the same authenticity and import of going to a protest rally or a voting booth. I have devoted my life to supporting this kind of agriculture, one bulk bin at a time in my job, and three meals a day in my life. It's hard to be a purist in everything, and everyone is a hypocrite, but I find a great deal of solace knowing I do my best and cut as few corners as I can. It's important to not beat yourself up for little everyday failures or oversights. It's impossible to keep pesticides and genetically engineered foods completely out of one's diet. But kept to a dull roar, we're better off than many in the world who may have fewer options. I gladly spend 100% of my grocery dollar at the Co-op, the little store with the big integrity. The big box stores, chains, and mega-corporations have enough money already.

That said, here's the food on my mind lately.

Cornmeal pizza crust, pizza sauce,

2 diced roma tomatoes, fresh basil, several garlic cloves, handful of pine nuts, three or four heaping tablespoons of nutritional yeast, goat cheese of your choice, diced yellow pepper, diced red onion caramelized with brown rice syrup, diced portobella mushroom. Bake until done, consume organic summertime pizza goodness. Secret ingredient: asparagus.

When eating plainer things with my picky kid, sometimes I just have to add a little excitement. Things to mix into adult's portion of Annie's mac and cheese: salsa, stinky French cheese, goat cheese, cottage cheese, dulce, sautéed mushrooms, pesto. I sneak flax oil in and she doesn't notice. Things to add to frozen Amy's soy cheese pizzas: salsa, diced tomatoes, pesto, sautéed mushrooms, raw tofu. Things to mix into organic cottage cheese: salsa, flax oil. Notice a theme here? Salsa: the flexible condiment.

My picky kid loves pickles. I have had to limit her consumption or she'll eat a jar of pickles a day, and it ain't like I'm MADE of money (also have limited her consumption of: organic ice cream sandwiches). I buy the Cascadian Farms Reduced Sodium Organic Pickles for her and she hasn't noticed the change from full sodium. I

am less worried about sodium intake than most but figure she's already getting plenty of sodium from her mac and cheese and her frozen pizzas.

One reason I don't worry so much about sodium in my household is that an awful lot of the sodium in our diet is from natural foods that contain sea salt, somewhat groovier than the salt in processed foods from the conventional grocery world. Sea salt contains trace elements that make it friendlier to the body and make a

greater contribution to health. Not that all sea salt is created equal; the grayer the salt, the more nutrition and taste it has.

I do not limit my child's consumption of whole dulce, which I special order by the case of three to get the case discount. My otherwise picky child will sometimes eat a whole bag of this chewy, tangy sea vegetable, getting all of her iron for the day and a bunch of other popular minerals and active enzymes. I told her I'd buy her as many as she can eat. Get them eating seaweed at an early age and they won't know how unusual and weird it is.

Lately I've been drizzling olive oil on my sandwich bread instead of using condiments like mayo or mustard. The bulk olive oil at the end of aisle four is available in organic and commercial, both from the highly-respected Spectrum oil company. Both are raw, cold-pressed extra-virgin (first pressing). You may find them a little spicier than you are used to, a sign of their vitality and quality. Great for dipping bread/garlic bread.

Tip on the tastiest flax oil: Spectrum Organic Golden Flax Oil. Spectrum has found a way to make flax oil taste rich and creamy without removing any of its nutritional constituents. Most of the secret here is using golden flax, generally less bitter/more compatible with Western palates. It ain't gonna replace wine in the evenings but it sure makes it easier to consume mass quantities of this highly desirable nutritional oil, drizzled here, there, and everywhere. They say to consume a tablespoon of flax oil a day per hundred pounds of body weight to attain the maximum health benefits. Favorite thing to sneak flax oil into: salsa (mix well).

My favorite bulk cold cereal: Organic Raspberry Muesli. Muesli has the nutritional advantage over granola in that muesli is mostly raw (granola is baked). There are non-raw puffed rices in the Raspberry Muesli, so raw foods purists will have to pick those out. But besides that, it's just rolled oats, nuts, and dried fruit, very colorful, light and tasty. Try the Swiss Muesli too (non-raw ingredient: corn flakes).

I remain your humble servant. **GG**

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

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Hawthorn for the Heart

From the Lake Superior Herbalist Guild

Hearth disease is one of the major causes of mortality in America, so any contribution herbal medicine can make to its treatment should be warmly welcomed. Modern cardiology is nearly miraculous when it comes to acute, emergency care, but what about long-term gentle treatments, and, better still, the prevention of the disease? The material medica of modern science is sorely lacking in gentle treatments and preventative approaches; this is where herbal medicine shines. One of the most important herbs for the heart is the small Crataegus tree, known to most of us as hawthorn.

In both the East and the West, hawthorn has been used for millennia as food and medicine both, and today is officially considered a drug in many countries. In Europe, thousands of doctors today prescribe hawthorn to prevent cardiovascular disease or to help alleviate symptoms of mild to moderate heart disease. Hawthorn works to increase blood flow to the heart, and in numerous studies has been shown to improve pumping action, reduce workload of the heart,

steady the heartbeat, and increase the heart's tolerance to oxygen deficiency (as during times of stress or in diseases where arteries are partially blocked). Hawthorn is also a mildly calming herb, an appropriate bonus since stress and nervousness often accompany cardiovascular problems. Many herbalists agree that hawthorn is the first herb (along with garlic) that should be added to one's daily regimen as a preventative if there is any suspicion of cardiovascular disease. Hawthorn preparations have a number of active compounds and no single component has proven to be the primary agent for the results seen. However, it is suspected that the flavonoid content is extremely important.

Just how safe is this herb? Hawthorn extract can be taken long-term and is considered very safe for almost everyone, though studies have shown it to increase the action of digoxin. This action is actually a

positive side effect, allowing doses of digoxin to be reduced, but it is very important for heart patients to discuss dosages with their

healthcare professionals before using hawthorn. In a study of 3,664 patients, physicians documented the tolerance of a dose of 300mg, 3 times/day standardized dose. Only 22 patients had any adverse reaction, and those complaints were mostly mild stomach upset. No changes in blood status, liver enzymes, electrolytes, glucose or blood sedimentation rate were observed (Fortschr Med, 1996). Most

pharmaceutical drugs would relish such a record!

This herb does have another notable side effect, and it is also of a positive nature! Hawthorn, in addition to the array of actions it has shown against cardiovascular disease,


has also been found to have antioxidant activity associated with the flavonoid content, as well as its procyanidin content. Therefore, this remarkable plant is a contributor not only to the prevention and treatment of heart disease, but also to many of the degenerative diseases that plague our society today. Hawthorn for the heart... and that's just the start!?

Contributed by Niki Young, a member of the Lake Superior Herbalist Guild

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




Dosage:

Tincture (1:5)
Adult: 5 ml 2-3 times/day
Fluid Extract (1:1)
Adult: 1 ml, 2-3 times/day
Standardized extract
160-900 mg, taken in
2-3 divided doses.



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continued from page 6

hired to work at co-ops are among the most friendly and open-minded. A large number of them go on to be dedicated and passionate to the industry and their individual workplace. We are extremely lucky and grateful to have such great co-workers!

Aside from new staff having to learn our policies and procedures, the staff that have been with us longer have had to retrain to fit our current duties and responsibilities, as well. We would like to thank all of our customers for your patience and understanding during our first year's learning curve in the Front End. With the increase in the amount of daily transactions, it has been an exciting challenge to provide our "small store" service to each and every one of you. We will continue with ongoing training to current staff in an effort to keep up with your expectations.

I have received many comments, suggestions, and, unfortunately, an occasional complaint that have helped to shape our procedures and keep us on our toes. If you ever notice something we could improve on, please communicate them to me by email, postal mail, telephone, comment card, or in person. We also like appreciative comments as they help to let us know what we're doing right and boost employee morale, so don't be shy. Thanks again, and we hope to see you soon!

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



Front End Manager and Co-op Member, Briana Lowrie, at this year's Annual Meeting.

THE BEET GOES ON

Choose beets by the firmness of the skin. Colors range from deep red to white, with the distinctive Chioggia sporting concentric circles of red and white.

THE BEET GOES ON

Beets are high in folate, which is said to help prevent fatigue and depression, and are a nice source of fiber.

THE BEET GOES ON

Beets contain betaine, an alkaloid, which can turn urine red. Although alarming, it is perfectly harmless.



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Membership Committee
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728-0490/fax
724-7998/h
smurphy@wholefoods.coop

WFC web site: www.wholefoods.coop

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

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

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.

cooperative principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community

After I graduated from culinary school, I was lucky enough to find a position at a small bistro as the head chef. The intimate setting of this restaurant, along with their emphasis on using only the freshest and most local ingredients, gave me a chance to experiment with seasonal flavors. In the evening, after the chaos of the day had ended, I would sit down with a glass of wine from their impressive wine list and compose the menu for the next week. The dish that I present

just can't resist. One of these is fresh quality halibut. The season for fresh halibut varies all over, but the best come from Alaska from March to November. Usually at the end of the season the price can drop a little bit. One way of selecting a fresh cut of halibut is by choosing a store that sells a wide variety of fish or flies their own in regularly. Also, the smell of the store and the fish when it is brought home should be fresh as opposed to "fishy." Rinsing the fillets before you

For Slaw:

- 2-1/2 c Jicama (approx 1/2), fine julienne
- 3 Apples, julienne (Pink Lady or Honeycrisp work great)
- 15 Basil Leaves, cut very fine or chiffonade
- 1 t Lemon Juice
- pinch of Cayenne
- 1/8 t ground Cardamom
- pinch of Cinnamon
- 2 t Honey
- Fresh cracked Black Pepper & Salt to taste

gourmet to go by Per Carver, Kitchen Supervisor

here was inspired by ingredients that could be found on hand. It became one of the customer favorites and every fall I still try to find a place to prepare it, be it either at my place of work, my home, or for family and friends. The flavors that come though in this specific dish are a rendition of late summer fading into autumn; the idea of harvest time creates this meal. The main appeal of this entree is the pairing of harvest apples with fresh halibut.

I know we can all argue the importance of local and seasonal until we're hungry, but I do slip up a lot when there are some exotic ingredients I

use them for cooking or storing will also prolong the freshness of the fish. I hope that you enjoy preparing, presenting, and eating this dish as much as I do. Bon Appetite!

Halibut and Poaching Liquid:

- 4 Halibut Steaks 6-8 oz ea
- 4 c Santa Cruz Organic Apple Juice
- 2 c White Wine
- 1 Bay Leaf
- 4 Black Peppercorns
- 2 Cloves (crushed w/ wooden spoon)
- 1/4 c Basil Leaves

For Pancake:

- 3 Russet Potatoes, grated (squeeze and drain of excess liquid)
- 1 Egg
- 1 bunch Scallions or Green Onions, sliced
- 1/2 t Pepper
- 1/4 t Salt
- 2 T Flour
- 1 t ground Fennel

Directions:

Combine all poaching liquid items in shallow baking dish. Place fish in liquid and season with salt and pepper. Cover with tight fitting lid or aluminum foil. Bake at 375° for 25 minutes or a thermometer reads 160° when inserted into the fish.

For pancake, combine all ingredients in a bowl, and stir until well combined. Cook pancakes in sauté pan with olive oil or butter (cooking one or two at a time might work the best). Cook pancakes till golden brown.

Combine all slaw ingredients except honey in separate bowl. Stir gently as not to break the delicate apples. Drizzle honey on after all combined.

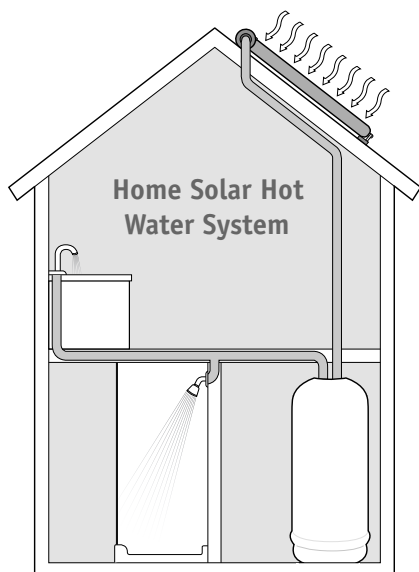
To serve:

Place pancake in shallow bowl. Carefully place the poached halibut on top of pancake. Spoon 1/4 - 1/2 cup of strained poaching broth over halibut and pancake.

Garnish by placing 1-1/2 c of slaw over fish and serve. **GG**

Per Carver, Kitchen Supervisor, has been busy writing an article for the Gazette, writing recipes for the kitchen and cooking up a storm for the Chili Cook Off. The results of his talent are seen in our Deli each day.

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Credit Policy Update

PURPOSE: To protect the financial integrity of WFC.

IOUs and BOUNCED CHECKS:

WFC members may charge purchases to a maximum of Twenty (\$20.00) Dollars payable within two (2) weeks from the date incurred. IOUs must be signed by the maker. IOUs may not, under any circumstances, be paid with Food Stamps or EBT card.

WFC asks that its members only use the charge system for emergencies. IOU accounts should not be pre-paid to cover future charges.

- Members with an IOU account credit balance will receive a reminder of that balance on each purchase receipt.

- Members with an IOU debit balance will receive a reminder of that balance on each purchase receipt.

If WFC is not reimbursed by a member within sixty (60) days from the date of an overdue IOU for the amount of that IOU, that person's membership may be terminated by the Board and any remaining stock, after reimbursement for all indebtedness owed to WFC, will be converted to non-voting Class B stock.

If WFC is not reimbursed by a member within sixty (60) days from the date of a bounced check for the amount of that check plus the amount of any administrative fee, that person's membership may be terminated by the Board and any remaining stock, after reimbursement for all indebtedness owed to WFC, will be converted to non-voting Class B stock.

IOU credit balances over sixty (60) days will be credited to the Member's non-voting Class B stock and the IOU account will be adjusted to zero. Members may request the return of Class B stock in excess of the amount required by the By-Laws by submitting to the Board a Request to Terminate that excess stock.

At the discretion of the General Manager, member business and non-profit agency accounts may have higher IOU limits and/or extended payment terms.

SPECIAL ORDERS:

Special orders not picked up or paid for within thirty (30) days of the time items are received at WFC will be put out for sale or disposed of at management discretion. Future special orders from members or from non-members who have not previously promptly paid for and/or picked up special orders, at management discretion, may require prepayment.

NEWSLETTER ADS

Members may charge the cost of advertising their business in WFC's newsletter under the same IOU payment terms as noted above but on an IOU account separate from the member's IOU account for inventory purchases.

Members will be mailed an invoice within ten (10) days of the date of publication for the amount of the advertising charge. Failure to pay the amount due is then subject to the provisions of this IOU policy.

NOTE: Memberships with IOUs and/or other credit problems in excess of sixty (60) days may be placed on inactive status by management pending Board action. Purchases by inactive members will not be recorded and will not count toward eligibility for a patronage rebate. Purchases by inactive members are not eligible for member discounts or member specials.

Memberships inactivated or terminated due to credit problems will be eligible for reactivation subject to Board discretion with respect to access to member credit benefits.

Attention, Members! If you aren't aware of the new Community Cooperation Program (CCP), check it out! This is a new program designed to highlight local, independently owned businesses in our Co-op community.

Whole Foods Co-op MEMBERS in good standing can receive discounts at local businesses. Simply present your valid membership card to receive the benefit listed in the CCP Brochure located in the vestibule of your Co-op.

Members not in good standing and non-Members are not eligible for these discounts. Sorry!

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news bites

For more information on:

- “Ten Reasons Not To Use Pesticides” by Caroline Cox, *Journal of Pesticide Reform*, Summer 2006, Volume 26, No. 2, www.pesticide.org
- Another great article by Michael Pollan, “NO BAR CODE, The Next Revolution in Food is Just Around the Corner,” an excerpt from *The Omnivore's Dilemma* (Penguin Press, 2006), in the May/June 2006 issue of Mother Jones.
- A Domestic Fair Trade Policy (www.wedge.coop/produce/produce-fairtrade.html) including:
 - Fair wages for farm workers
 - Fair prices for the food that is produced
 - Farming that is not extractive
 - Fair profits for the farmer

Wendy's Co-op Song

(Sing to the tune of
Big Rock Candy Mountain)

Come shop and eat,
Out on Fourth St. at Duluth's
Whole Foods Co-op
Bring your shopping list and
your own bags
And grab a cart and go.

Pick some organic fruit,
And some fresh veggies,
And milk, bread or cheese.

You'll be quite pleased
To make a stop at the Fog City deli.
You can pick self-serve or
put in a request
For delicious hot or cold dishes.

Grab some free-range eggs and
local meats
And coffee, tea or spices.
Grind some fresh pb, and
nuts in bulk
And soon you'll be on your way.

CHORUS

But — you don't have to leave.
You can stay awhile and sit in a
lakeview room.
Think about life indeed, run into
friends you'll meet.
And spend time in a LEED building.

Become a member if you
haven't yet.
Then, you'll get the Garbanzo
Gazette.
Thank the board and staff for
their dedication
And we'll see you at the festivities.

— Words by Wendy Grethen,
member and dulcimer player

book review

by Judy Kreag, member

I have only been the Director at The Dwelling in the Woods for a year and a half but in that time I have noticed a dramatic increase in guests with gluten and dairy sensitivities. Bryanna Clark Grogan & Joanne Stepaniak have both written several cookbooks for those that can't have dairy and this book is one of their finest. I liked the book because it had easy to understand nutritional and dietary information in the front section, and excellent and easy to make recipes in the last section. There was also a whole chapter on substitutions.

Most people who can't have dairy are either lactose intolerant or allergic to milk. If they are lactose intolerant they usually suffer from stomachaches, gas, puffy abdomen or diarrhea. If they are allergic to milk they have a negative immune response to the proteins in cows milk. Symptoms may include skin reactions (hives or itching),

respiratory reactions (coughing, wheezing or congestion) or gastrointestinal disturbances (diarrhea, constipation, nausea or vomiting).

Brenda Davis, R.D., gave the nutritional information in the book and included definitions, symptoms, and a wide variety of information in an easy to understand question and answer format. The most helpful sections for me (as I stay away from dairy as much as I can) were the pages

on safe dairy-free foods and foods to avoid, and the chapter on dairy substitutions. There was even a chapter on eating out and traveling.

Many of the recipes featured soy and rice milk and silken tofu. I have been dairy-free for many years and I am impressed with the new dairy-free

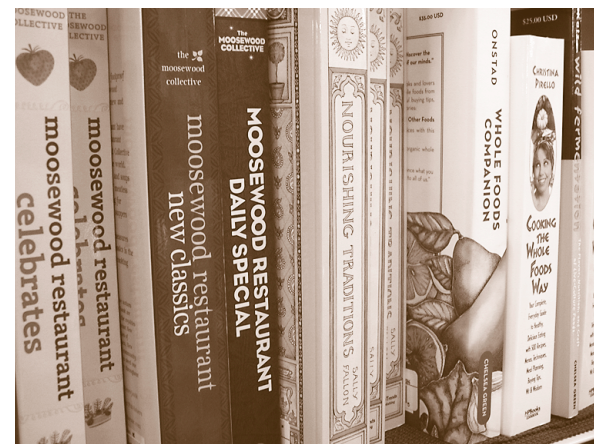
Dairy-Free and Delicious

Bryanna Clark Grogan &

Joanne Stepaniak

(Nutritional Information by

Brenda Davis, R.D.)




Check out our book shelves for books on everything from soups to nuts.

products that are coming out on a regular basis. It makes it much easier to eliminate dairy. The Lasagne recipe on page 114 used dairy-free soy Parmesan, tofu and creamed potatoes and onions for the sauce. It was very tasty. Most of the desserts used silken tofu as the base and when blended well make a nice taste and texture.

If you struggle with dairy issues, I highly recommend Grogan & Stepaniak's Dairy-free and Delicious cookbook for some new ideas in cooking without dairy. **GG**

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



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Jim Booth, LUTCF

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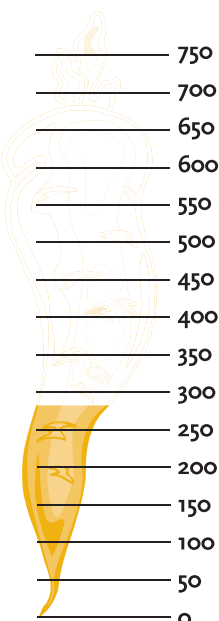
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welcome, new members!

Chris Vatne	Kathy Plesha	Wilma Certain	Gwen Sorbo	Daniel	Amelie Lindberg-
Leah Ladehoff	Marnee Forbort-	Laura Stoiber	Charles Lindberg	Byrneleutgeb	Livingston
Stefanie Kemp	Perez	Eric Stoller	Angela Greenwalt	Suzanne Hanson	Tiffany Messel
Joyce Parker	Stewart Hunter	Melissa Mossberger	Peggy Hedin	Eileen Johnson	Jessica Saxton
Thomas John	Bonnie Holz	Patrick Spott	Kathleen Blake	Helen Smith Stone	Colleen Kammeyer
Vittoria	Ella Cross	Mark Johnson	Betty Ramsland	Kristen Solomon	Liyndsay Drew
Julie O Leary	Elizabeth Durhan	Kim Brady	Michael Gabiou	Rick Troy	Danny Egnash
Jennifer Rae	David Jennings	Michael Quinn, Jr.	Diana Blom	Melody	Janet Lindahl
Hawkins	James Eaton	Barbara Imes	Jean Brisson	Kraegenbrink	Priscilla Harvala
Margaret Hoody	Jean Woorster	Daniel Campbell	Rene Selleck	Bridget Hirata	Dan Lenarz
Patricia Ann Berg	Kurt D Jacobson	Lucille Riley	Patricia Lund	Christopher	Kristine Swanson
Gabriela I Sas	Patricia Borchert	Julie Jeatran	Douglas Beiniek	Mckinney	Raymond Long
Phyllis E Polla	Laura Pearson	Kate Daniels	Derek Meister	Young Kim	Christine Valento
Rhonda Maki	Harley Hanson	Mary Jo Kroska	Tonja Spindler	Katherine Morris	Julie Wurl-Koth
Shelby Simonson	Ken Hopponen	Mike Mccuskey	Douglas Stevens	Pamela Page	Sarah Fries
Stephanie Grady	Anita Ramirez	Che Cuellar	Pamela Helgeson	Alisha Bliss	Daniel Sauter
Charmaine	Mark Lennon	Mark D Schmidt	Cari Wright	Marian Congdon	Eileen Barratt
Radosevich	Mary Antonich	Lynne Marie Nord	Leslie Humes	Emily Kalligher	Maddie Rodne
Carrie Kehoe	Jeffrey Frey	Rose Tassoni	Monica Douglas	Jes Durfee	Ann Feyen
Dave Miller	Barbara Herdina	Deborah Johnson	John Walker	Melissa Stien	Richard Fuller
Rachel Wickstrom	Harley Axtell	Deb Pettit	Robert Herold	Carole Brossart	Susan Murray
Ann M Johnston	Linda Kratt	Sue Deloach	Barb Goodspeed	Kathy Stinnett	Beth Hazelton
Brenda Sproat	Susan Saari	Jack Birk	Mary Cusick	Karen Johnson	Annette Smith
Teri Gouze	Mary Shaw	Sandra Sherman	Jennifer Wussow	Wayne Patterson	Carolyn Haney
Wendy Savage	Michael Gabler	Sarah Cron	Leslie Semler	Stephen Fuller	Elisabeth Bilden
Heidi Daugherty	Dennis Hyvonen	Eddie Cich	Marc Seinkiewicz	Curits Puttonen	Kimberly Falter
Marjorie Hoover	Margie Michael	Tiffany Elton	Patricia Welsh	Sandra Von Riedel	Gretchen Takkunen
Thomas R	Kristine Doorn	Anthony Norland	Steve Erlemeier	Giselle Klang	Erikka Bergsten
Seidelmann	Sandra Stenzinger	Julia Holmblad	Patricia Whalen		

We have set a goal of 730 new members before July 1, 2007. The graph shows that at 281 new members we still have a ways to go. Thank you, new Members!



- Reginald Sohm
Sally Bujold
Danielle Thrun
Laura Fournier
Wendy Althoen
Andrea Hammann
Ivah Sundquist
Joann Mailhot
Judy Swank
Joel Hoffman
Peter Senich
Patte Thomas
Megan Perry
Spears
Margaret Donovan
Thomas Zelman
Ruth Jensen
Todd Olson
Grace Brown
Douglas Niesen
Jessica Brown
Ryan Swanson
Lorraine Kellerman
Kimberly Krohn
Heidi Garnello
Johnson
Tracy Plunkett
Clyde Johnson
Jennifer Kampf
Peter Hardy
Susan K Oles
Ben Friesen
Amy M Broehm
Jenny Gustafson
Linda J Magni
Lori Anne Lecuyer
Ronica Leege
Sharon Larson
Colin Hempstead
Marilyn Munson
Linda Melcher
Diedre Dodge
Brian Fowler
David Keegan
Jennifer Thiemann
Tracey Clark
Janet Janson
Jack Macnally
Laura Teige
Kathryn Nelson
Helen Harris
Marcie
Konowalchuk
Clare Croteau
Beverly Ann Levitt
Barbara Jo Wood
Janet Summerfield
Richard Kraus, Jr
Gregory Pinther
Beth Esselstrom
Tracy Colclough
Steven Claseman
Andrea Beyer
Radke
Lauren Hinton
- Angela Pasch
Elizabeth Velner
Katherine Olson
Elizabeth Weinman
Joseph Ulvi
Erick Anderson
Darcie Rolfe
Tammy Bowman
Rita Wiegel
Jessi Anderson
Kathrine Beeksm
Priscilla Manisto
Benjamin Damman
Christopher
Michaud
B.A. Katharina
Brandsey
James Farkas
Bridget Holcomb
Christine Daniel
Amanda Sneed
David Garon
Cynthia Patsche
Don Clement
Ellen Connolly
Lynn Karlstedt
Jennifer Esala
Micheal Krepps
Jay Frohrip
Susan Miller
Ann Stanford
Rebecca Katz
Harwood
Betty Gordon
Rodney Nelson
Patricia O Day
Nancy Beery
Laura Mcvean
Constance Everett
Peggy Spehar
Max Taubert
Virginia Baranow
Cheryl Poole
Susan Gibbs
Cheryl Agnew-
Schnabel
Daniel Billings
Joanne Itami
Mary Heise
Wendy Diebele
Steven Hvidsten
Samanth Reed
Eric Sharnott
Paul Weber
Sharon Kemp
Zachary Zemple
Kathryn Mcquillan
Jason Caddy
Susan Flattery
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Marcia Larson

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