



# MOFF 2007

A gorgeous Duluth day greeted everyone who attended this year's Midsummer Organic Food Fest in front of the store July 28. There were farmers, samples, music and even a Scottish Highland bull calf to pet. Many shoppers, Members and Central Hillside neighbors stopped by to say hello and to purchase a few items. We'll see you next year!



Farmer Doug Anderson and Junebug, a Scottish Highland bull, calf entertained the kids.



Anni and Debbie sample out grilled Co-op favorites.



Mother Nature and John Fisher-Merritt produce another cauliflower as big as your head!



Terrol and Jane rock the house.



Produce fellas, Michael and JP, get ready for the crowd.



Eric and Andrea — Deli team extraordinaire.

## Herb Lore Flower essences

by Alaena Diamon, member, Lake Superior Herbalist's Guild

Flower essences originated with Paracelsus, the parent of modern alchemy, who collected dew from plants to treat his patients. They were later developed by Edward Bach, a doctor interested in homeopathy (which also uses ideas from alchemy). The Co-op sells Dr. Bach's Flower Essences, but you can make essences from your own flowers as well. This method for making essences describes using the sun, but you can also use the moon or pure starlight, if you wish. You will need the following supplies; most are available from the Co-op:

- Clear glass shallow soup-sized bowl with no markings
- Unbleached coffee filters
- Funnel
- Spring water
- Brown bottles
- White brandy

Send love to the plant, asking if it will share its essence, and you may feel the warmth coming back from the plant, indicating permission. Flower essences work with vibrations, so

make sure your hands and dishes are clean. Put about 1/2 to 3/4 cup spring water into the bowl. Cover the surface with perfect flowers, keeping them as whole as possible, or using only petals of larger flowers. Leave the bowl in full sunlight for at least three hours, until the flowers begin to wilt, allowing the bowl to remain next to the mother plants whenever possible. Heat AND sun are necessary. The petals will be slightly wilted, indicating the essence has been transmitted to the water. Pour the water and flowers through a natural coffee filter set in a funnel, into a glass measuring cup. Return the flowers to the base of the Mother plant or compost them. Note how many ounces of Flower Essence you have. Pour the Essence into a clean, dark bottle, adding an equal amount of white brandy. Cap the bottle tightly and shake gently to activate. This is the Mother Essence. Label with the flower and the date. Store in a cool, dark place.

A Stock Essence is made by putting only TWO drops of the Mother Essence per 1-oz. bottle filled with

white brandy. Shake it gently to activate. Most purchased Flower Essences are Stock Essences. To make a dosage bottle, put a tablespoon of white brandy (preservative) into a 1-oz. dropper bottle; fill with spring water; add 4 drops of Stock Essence. Shake gently to activate. Flower Essences are very gentle and work primarily on the emotional or spiritual plane: the greater the dilution, the greater the power. The dosage is to take 4 drops about 4 times a day. Don't increase the amount, but increase the frequency of the dosage if you feel you need more.

If you love and respect the plants, they respond by giving their full essence. It's a great activity to do with children, talking to them about the interaction of plants and people: how much they give to us... clearing toxins from the ground, purifying the air. Your children will grow up with love and respect for plants, also. GG



Local farmer Mike Olund's organic flowers.

Alaena Diamon is an herbalist and member of Lake Superior Herbalist's Guild. She has a background in dietetics and nutrition and is a certified nutritionist.

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

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

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





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# gourmet to go by Eric Bong, Deli Counter Supervisor

## sustenance artisan breads: a new bakery with classic appeal

**D**ale Karski is a food enthusiast and obviously has been for a while. In a handful of conversations, I've found him to be a man of few words on most subjects. As soon as food comes up, a river of passion, knowledge, and conversation come spewing forth. His enthusiasm nearly matches his skill, making him well suited to his position as owner and baker of Sustenance Artisan Breads.

Sustenance is located in Superior's Historic Old City Hall above The Red Mug. Restored fixtures and furniture give a taste of an older era's charm, complimented nicely by a simple, colorful splash of paint on the old white walls. The exposed bakery allows an open, intimate view of the old style methods Dale uses to bake his old style breads. Often just making subtle adjustments to very basic recipes, Dale makes a variety of breads, including

baguettes, focaccias, sourdoughs, ciabattas, and other familiar breads with outstanding flavors and textures. Quality local, regional, and organic ingredients are used as much as possible. These whole-wheat baguettes are currently available at WFC, delivered Fridays. Sustenance also offers a line of gluten-free breads, prepared in a retired vault to ensure that no wheat or gluten sneaks in. And don't be surprised to find some handcrafted accompaniments to your bread, like infused olive oils and homemade cheeses.

If that's not enough, Sustenance offers a variety of sweet treats baked from scratch by their pastry chef, Svetlana Gvozdo'va. Cakes and other goodies are inspired by her years of baking in her homeland, the Ukraine.

Sustenance Artisan Breads is located at 1323 N Broadway, Suite 150, Superior WI 54880. They can be reached at (715) 392-7004, or online at [www.sustenanceartisanbreads.com](http://www.sustenanceartisanbreads.com).



## cheeseman talks cheddar

Cheddar! Such range of flavor. So many serving options; slice it on your tuna melt, cube it your salad, melt it into your beer soup, toothpick it with your favorite fruit, even shred it on top of your potato chip casserole or (insert your favorite cheddar use here). With September being almost as variable as cheddar, it makes sense to feature it now.

With a wide range of flavor, dependent mostly on its age, cheddar is indeed the most famous cheese in the world. It certainly has a long history of popularity. As early as 1170, the Great Roll of Pipe (the king's account) documents that King Henry II purchased 10,420 lbs. of cheddar for about 3£ a tonne. That's about \$5 for over 2,200 lbs. or \$25 for the whole works. In 1840, in honor of her marriage to Prince Albert, Queen Victoria was gifted with a wheel of



Eric, your cheeseman, pulling mozzarella.

cheddar that weighed 1,250 lbs. and had a diameter of 9 ft. Interestingly, it was made by a cheese co-op between two nearby towns. President Andrew Jackson is said to have served 1,400 lbs. of cheddar for a house party. In 1893, cheesemakers in Perth, Ontario produced 22,000 lbs. of cheddar for the World's Fair in Chicago. In 1964, Wisconsin cheesemakers made 34,951 lbs. of cheddar for the World's Fair. In 1901, Captain Scot of the Royal Navy had 3,500 lbs. of cheese from the town

of Cheddar dispatched to his ship "Discovery" to set sail on his famous Arctic voyage. That's a lot of famous cheese for a lot of famous people.

Unlike most other famous cheeses, the Cheddar name is not protected. Consequently, almost anyone can make a cheese in the cheddar style, whether it's from Cheddar or not. The small towns and villages around the Cheddar Gorge are credited with its advent, though no cheddar

is made today in the town of Cheddar.

Traditionally, cheddars are hard/semi-hard cheeses made of cow's milk. The milk is heated to 88° F, at which point, cultures are added and allowed to ripen for one hour at a sustained 88°F. Rennet is added, and the mixture is allowed to coagulate for 45 minutes, making curd. The curd is cut or crumbled into small balls, and in a process called "cooking" the cheese, the heat is slowly increased to 98° and sustained until the curd firms to a spongy texture. Next, the whey is drained, and salt is added. Now begins a step called "cheddaring," in which the cheese is cut into bricks and pressed to remove excess whey. The cheese is usually turned over and pressed repeatedly with increasing weight each time. The final press is done for several hours, usually overnight. The cheese is allowed to dry for 4 days in a cool place and is traditionally cloth wrapped and aged from 6 months to many years at about 55°F.

WFC carries a large number of cheddars, and we can special order many more.

Watch for a feature on local cheese in October. **GG**

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# Dean's Report

by Anni Friesen, Member Services Coordinator

Autumn has to be my favorite time of year. There's something about the change of seasons that always gets to me. As the weather starts to alter, I pull out my old sweaters and enjoy the many things that that the northern Midwest has to offer in the fall. Though I love Duluth summers, and I think that it's great that businesses boom with the influx of tourists, autumn always makes me feel as if Duluth is just mine again.

I remember going to Harvest Fest last year to help out at the Co-op table. Even getting up at 7:00 a.m. didn't hinder the fact that the day was entirely beautiful and enjoyable. Part of this was the weather, part of it was the sense of the community, and much of it was the abundance of local produce and flowers. I felt a kind of time warp where things were like what I imagine they used to be: simple and unpretentious. I have a feeling this will remain one of my favorite events that we are invited to.

While Shannon headed straight to the pickles (which reminds her of her mother's and she stores until she can't

resist), I was attracted to the beets, potatoes, and carrots like a young child to a shiny object. There is something about fresh produce that hits straight to the heart. I, for one, think that the very best borscht is made in September and October.

My love affair with autumn and all the palatability it has to offer definitely came into play when I was planning what to offer for September/October classes. My thoughts immediately flew to Jahn, who writes most of the produce recipes. As Assistant Produce Manager, she seemed to be the perfect person to teach a class on the best way to cook with local seasonal produce. Kay Turk, an oft-returning instructor, also agreed to teach another class with some grains dishes. To me, grains and produce are the most quintessential autumn ingredients.

Then, of course, there is soup. If you know anything about me, you'll know that if I have a love affair with autumn produce, it comes in second to my pure addiction for soup. I have been a soup fanatic almost since infancy, and October's Cooking 101 class is all about how to make various

types of soups and stews. What better than learning how to make the most comforting dish right as the leaves start to change and the brisk air starts to blow off the lake?

In addition, we are also offering a Cooking 101: Simple Dinners classes in September (this follows the whole Rachel Ray line of thought that you can have delicious meals and not spend hours in the kitchen), a Kid's Cooking class actually TAUGHT by a fourteen-year-old future chef, and another Thai cooking class taught by Pak Williams (this one is all about noodles!)

We've also added into the mix a class that's more educational than cooking, but will still teach you a lot about what kind of foods to eat, Introduction to Auyurveda. I hope that you can attend some (or all!) of these classes, and further your cooking education with the best and freshest food around.

If you're interested in offering a class or seminar at the Co-op, please pick up a class proposal form at the customer service counter, at [www.wholefoods.coop](http://www.wholefoods.coop), or send an e-mail to [anni@wholefoods.coop](mailto:anni@wholefoods.coop). GG

Anni Friesen is your Marketing and Membership Coordinator, classroom wizard, brochure wrangler and all around woman Friday. She is an avid reader and soup maker.



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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 gonzo gourmand

by Jim Richardson, Bulk Buyer

My kid likes cheese toast. During preparation, I sprinkle a little nutritional yeast powder on the bread before I put the cheese on. She doesn't notice. She also likes Amy's Frozen Soy Cheese Pizzas. Sometimes I sprinkle a little nutritional yeast powder on top before heating it; the powder mostly gets subsumed by melting soy cheese and she is none the wiser that she's been supplemented with B vitamins and protein. For myself, I help her eat these things, but I prepare some grownup toppings first for my portion or I'll die of boredom:

sautéed organic portabella and/or shiitake mushrooms, maybe some salsa or hot sauce, drizzle of flax oil. I give Annie's Macaroni and Cheese the same treatment. Nutritional yeast powder can be mixed invisibly into the cheese powder before stirring it in to the macaroni, perhaps with a splash of olive oil and plain hemp milk. It's macaroni and omega-3s.

My kid took a while to warm up to the new Gedney's Minnesota Organic Kosher Dills, available in spears, whole baby pickles, and sweet bread & butter slices. She was upset that Cascadian Farms quit the pickle business — brand loyalty at age 9. I was all, "Shut up, you eat pickles at Sir Ben's and at Grandma's house, and their pickles ain't Cascadian Farm brand." She quit fussing after that — logic sometimes works. And, I didn't really tell her to shut up.

However, my kid

has never turned her nose up at whole grain bread. Thank goodness! I can't get her to eat hardly anything good for her but she regularly eats French Meadow Organic Hemp Bread, which is whole wheat plus numerous other seeds and grains thrown in there. So that really livens up her cheese toast, nutritionally speaking. She won't eat the crusts though. It is nice to go into a restaurant and order her a cheese sandwich on whole-grain bread if it's available. I tried so hard to get her to eat lots of healthy things before she got picky. But whole grain bread is one thing that stuck; thank goodness she

doesn't hassle me for Wonder Bread...

Tangent: I just read about the health benefits of sunflower oil and they are significant. I always thought it was a boring little oil with nothing to distinguish it. Turns out it's crazy heart-healthy and great for high-heat cooking too, so it makes a good substitute for canola oil (the other high-heat oil).

Newsflash — whereas I have been the Bulk Buyer for several years, now I am also the Bulk Coffee and Bulk Herbs/Spices Buyer. The learning curve has been steep, since prior to now I knew squat about herbs and spices and squat about coffee. But I'm getting there. If any of y'all have any product suggestions or anything, contact me here at the store or fill out a comment card, I'm all ears.

My relationship to coffee has been tempestuous. I used to drink a lot of it but found myself getting edgy and weird, so I cut way back. I joke that it's a serum that turns me into The Incredible Hulk. Now I only drink it in emergencies (like if a supervillain is destroying downtown Duluth). I will try to keep your favorite varieties in stock nonetheless — I know some of you literally can't wake up without it. That's something I always found peculiar, but I ain't making no judgments. You wouldn't believe what I need to wake up in the morning. **GG**

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

## salba/chia facts

Chia seeds are tiny black seeds, with a few white seeds mixed in. Chia has a long history of being eaten for its densely concentrated food value — for instance, chia was one of the crops (along with amaranth) that sustained the Aztec civilization. Chia is especially high in omega-3 fatty acids (an important nutrient lacking in the standard American diet) and many other nutrients besides. In modern times, chia sprouts became a novelty item on their own as the "chia pet" phenomenon. More recently, the super food value of chia seeds has become more widely acknowledged; "rediscovered" you might say.

"Salba" seeds are chia seeds that have been bred over the past 15 years to produce white seeds only. A corporation owns this line of seeds and the word "salba" is a made-up word and a registered trademark. My research indicates to me that — other than the color — "salba" and chia are nearly the same. There are claims made by the "salba" company that "salba" is so way more nutritious than chia that you'd be crazy to eat anything else. However I have seen those claims refuted and I believe there is a certain amount of marketing spin going on. It is true that "salba" is chia that has been bred to maximize the already high nutrient levels; just remember that chia was a superfood long, long before the "salba" variety was created.

There are currently no certified organic chia or "salba" seeds anywhere on the market. Organic varieties may start to become available in the next few years. Whole Foods Co-op carries non-organic, Mexican chia seeds in a black cooler by the Bulk Herbs & Spices display. We get them from Frontier, a long-respected company with strict sourcing practices and rigorous quality testing procedures. Chia may be special ordered in one-pound bags. "Salba" is not available in bulk so I have no plans to carry it.

Many people sprout chia seeds, or eat them plain, or grind them and use them in baked goods. I ate a few the other day and liked them, and I have been so impressed by what I've read about their nutrition that I plan on adding them to my regular diet.

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# board report

## escape from the land of should

I should have been a better WFC Board President.

There, I said it. I've been a Board Member of WFC for almost six years now, and President for three; because of term limits set forth by our current by-laws (a WFC Director can serve a maximum of three consecutive 2-year terms), I cannot run for re-election in 2007. I'm done. In the six years I've been on the Board, I should have done more. I should have written better Board reports; I should have found a way to attend more CCMA conferences; I should have participated in more online CGIN discussions; I should have not only read my *Cooperative Grocer* and *Cooperative Business Journal*, but written articles for them. I should have invested more in my member loan during the expansion. I should have single-handedly answered each and every concern brought forth by a WFC Member or potential member. I should have saved the world.

In my life as an artist and activist, the phrase that makes me laugh out loud, and which has been the subject of both discussion and parody, is, "You know what you guys should do?" It's a phrase that is directed at anyone who is working hard to make change; it's a phrase that has been directed at the Whole Foods Co-op thousands, nay, millions of times in the last 30 years.

"You know what you guys should do?" also invokes guilt and worry. I know you're with me on this. You

should have brought your own jars and bags so you could "donate a punch for the Food Shelf." You should have made a list so you remembered whether it was dried oregano or

rosemary that you needed. You should have been nicer to the checkout clerk. You should have bicycled to the co-op instead of driving. You should have read "Good Night Moon" to Jaydehn and Adrienne-Maialisa one more time, instead of yelling at them to go to sleep, because now the kids are going to need therapy. You should have lost ten pounds. You should have used Italian parsley in that salad instead of cilantro. You should know the difference between organic and



Jean Sramek, your Board President, talkin' Membership.

biodynamic. You should have become a Member of the Whole Foods Co-op in 1989, instead of 2003. For shame. For shame!

Stop. All together now: shake it off.

I'll make you all a deal. You forgive me for being an imperfect WFC Board President, and I'll forgive you for parking your (solo) car in the "carpool parking only" space or buying soy milk at your neighborhood grocery store instead of the WFC. We can never "should have" done anything. It's a grammatical and chronological impossibility.

We're all doing good work. Let's plan a mass escape from the Land of Should. We own the Whole Foods Co-op. It's a green building, a cooperative business, it

pays livable wages, it's enhanced Duluth's hillside neighborhood, it's governed in a sane and sensible way, and it's filled with things that taste good and smell good, sold to you by smart people who know what they're talking about. It's saving the world.

Everyone should have a grocery store like that. **GG**

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### Sharon Murphy, General Manager

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Letters addressed to Board Members c/o Whole Foods Co-op, 610 E. 4th St., Duluth, MN 55805 will be forwarded unopened to the Board/Board member.

## mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

## co-operative principles

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

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# staff news

## STAFF ANNIVERSARIES

### SEPTEMBER:

Vikki Carper	Sept. 01, 2005
Colleen Kelly	Sept. 01, 2005
Briana Lowrie	Sept. 03, 2003
Jaclyn Bradley	Sept. 06, 2005
Michael Colvin	Sept. 06, 2005
Emily Dummer	Sept. 06, 2005
Jeremy Francisco	Sept. 06, 2005
Jahn Hibbs	Sept. 06, 2005
Dolores Meidl	Sept. 06, 2005
Darcy Sathers	Sept. 22, 1995
Melanie Lynch	Sept. 23, 2005
Heidi Frison	Sept. 29, 2005

### OCTOBER:

Julie Kohls	Oct. 02, 2002
Jill Hall	Oct. 05, 2005
Amber Haselman	Oct. 09, 2006
Rae Lynn Monahan	Oct. 11, 2005
Jesse Hoheisel	Oct. 24, 2005
Lisa Anderson	Oct. 26, 1997
Carol Kari	Oct. 27, 2005

Bulk Buyer Jim Richardson co-hosts the 4th Annual "Area 61" UFO Convention, Saturday Oct. 20 at Lakeview Castle, Duluth.

Jim R. is also campaign manager for the Mr. Nice for Mayor campaign, which has its ultimate campaign rally/community art show/performance November 3, Washington Studios, Duluth.



Deli Cook Tim Daniel, JP of Produce and Tim Leutgeb of the Front End claim their melons at MOFF.

Speaking of JP, he and his lovely girlfriend Sarah recently got engaged. They are looking at a Spring 2008 wedding. Congratulations, JP!

Fall Fest at the Farm will be held Saturday, September 29 at Northern Harvest Farm 2572 County Road 102 Wrenshall, MN 55797 218-384-9779

[northernharvestfarm@yahoo.com](mailto:northernharvestfarm@yahoo.com)

The fun will start at 1pm.

An overdue congratulations to Alex Mohrbacher of Produce and Adam Kemp of Merchandising for completing Grandma's Marathon and Rain Elvin of the Front End for completing the Half Marathon. Run, Co-op, Run!

Another baby has joined the Co-op family. FE Assistant Maria Lopez has a brand new addition to her house — Romero Everado. Nine pounds with big hands, big feet and lots of black hair. Welcome to the world, Romero!

MMS Mgr Shannon Szymkowiak finally earned her gallon pin at the last Memorial Blood Centers Bloodmobile at the Co-op. Merch Mgr Lisa Anderson is officially sick of hearing about this pin, but Shannon thinks she's just jealous.

# new products

## DAIRY

- **Trader's Point Creamery**
  - Banana Mango Drinkable Yogurt\*
  - Wildberry Drinkable Yogurt\*
- **Wallaby**
  - Pear Yogurt\*
  - Strawberry Guava Yogurt\*

## FROZEN

- **Sunrich**
    - Shelled Edamame
    - Edamame in shell
  - **Amy's**
    - Paneer Tikka
    - Mattar Tofu
  - **Ian's**
    - Twisty Macaroni & Cheese
    - Rotini & Mini Meatballs
  - **Amy's**
    - Spinach Single Serve Pizza
    - Cheese Single Serve Pizza
    - Pesto Single Serve Pizza
  - **French Meadow**
    - Sprouted Bagel\*
    - Hemp Bagel\*
  - **Glutino**
    - Poppy Seed Bagel
    - English Muffin
  - **Green & Black's**
    - Chocolate Ice Cream\*
    - Vanilla Ice Cream\*
    - White Chocolate/Strawberry Ice Cream\*
  - **Ciao Bella**
    - Chocolate Gelato
    - Vanilla Gelato
    - Pistachio Gelato
    - Dulce De Leche Gelato
  - **Ben & Jerry's**
    - Americone Dream Ice Cream
- ## HBC (Health & Body Care)
- **PrimaLens**
    - Contact Solution
  - **NatraCare**
    - Nursing Pads
    - Maternity Pads
  - **Giovanni**
    - Bulk Tea Tree Shampoo & Conditioner
  - **Thursday Plantation**
    - Zero Lice

- **Aubrey**
  - Swimmer's Shampoo & Conditioner
  - Northwoods Men Shampoo
  - Northwoods Men Deodorant
  - Northwoods Men Hair Gel
  - Northwoods Men Scalp Tonic
  - Northwoods Men After Shave
- **Get Real**
  - Soap, Lemon, Mint & Lavender
- **Source Naturals**
  - L-Tryptophan
  - Ultra Potassium
  - Fibro Response
  - Life Minerals
  - Calcium Citrate
  - Liquid Melatonin
  - Garlic Gelcaps
  - Heart Response
  - Gluco-Science
- **Heel**
  - Traumeel Ointment
  - Traumeel homeopathic remedy
- **Trimedica**
  - Thyadine
- **Planetary**
  - Minor Pain Relief
- **ProBiologic**
  - Capricin (Caprylic Acid)
- **Life Flo**
  - Metal-X
- **Whole Foods Co-op**
  - Organic Vitamin C\*
- **Natural Factors**
  - Bee Pollen
  - Bee Propolis
  - Royal Jelly
  - Uri-Sense
  - Horse Chestnut
  - Chewable GABA

## BULK

- **International Harvest**
  - Bulk Organic Dried Honeydew Melon

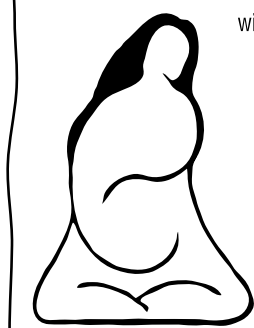


Our Deli also has many new gourmet items to liven up your meals.

## GROCERY

- **Seeds of Change**
  - Korma Simmer Sauce\*
  - Jalfrezi Simmer Sauce\*
  - Madras Simmer Sauce\*
  - Tiki Masala Simmer Sauce\*
- **Honestea Honestkids**
  - Berry Lemonade Drink
  - Grape Drink
  - Tropical Punch Drink
- **Kashi**
  - Fire Roasted Vegetable TLC Crackers
- **Pamela's**
  - Simple Bites Chocolate Chip
  - Simple Bites Ginger Snaps
- **Sweet Leaf**
  - Mint & Honey Tea\*
  - 50/50 Lemonade Tea\*
  - Lemon Lime Unsweetened Tea\*
  - Original Sweet Tea\*
  - Raspberry Tea\*
- **Cool Fruits**
  - Natural Freezer Pops
- **Maple Valley\***
  - Grade "B" Maple Syrup
- **Madhava\***
  - 24 oz. Agave Nectar
- **Ian's**
  - Original Japanese Panko Bread Crumbs
  - Italian Style Panko Bread Crumbs

## Pre-Natal Yoga and Support



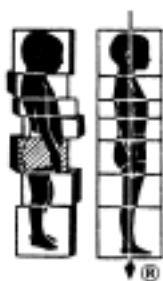
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# Discontinuations or: WOW, New Products!

By Joe Ulvi, Grocery Buyer.

**W**ell, this is my first article for the Gazette. I have been at the Co-op for a while, but with all the good writers here, I wanted to have a really good topic. So I decided on one of my constant challenges: Discontinued Items.

From here on out let's use the term "disco" to save some typing.

So, discontinued items (for me) fall into three basic categories; disco'd from vendor, disco'd due to slow sales, and disco'd due to food policy non-compliance. We will get into what I control and what I can't control later.

Let's start with vendor discos. These may be from the manufacturing company itself, or our distributor just decided to stop carrying the product. 99% of the time this leaves me with my hands tied, with my only option being to find a similar product to replace it. Once in a great while, another distributor steps up to carry the product, which happened recently with the Mrs. Clark's mayonnaise (which I like to call the great mayo disaster of '07). Also, you may have noticed the lack of Cascadian Farms pickles on the shelves... these were discontinued by the manufacturer, and just recently, I found Organic Gedney pickles through a different distributor. This turned out to be a better solution, as Gedney is a Minnesota company, and it turns out the pickles are better than the ones we had before!

And when bringing in new products, not just any will do, as all new products must fit our Food Policy, be affordable, and just as importantly, pass the taste test. And, while just about everything under the sun is available somewhere, it is often not feasible to bring it in. For instance, I was turned on to a product from Canada, certified gluten-free oats, but the price involved in shipping a 25# bag was almost three times the cost of the bag itself. This would have put the retail price up around \$9 per pound. The packaged 2# boxes were even

more expensive. Our regular oats are around \$1 per lb., so we just couldn't do it.

The next process is the slow sales disco. These are some of the hardest decisions to make in my job. When some products don't sell well, sooner or later we have to replace them with things that we think will sell well. Sometimes we get it right, sometimes the new products take a while to get moving, sometimes they never get moving. The problem is that every time, someone likes the product that

the sudden, the product is no longer available (the notorious vendor disco). We always regret having to stop carrying a product, but hopefully, we can keep all the essentials on the shelf, and still have plenty of diversity in our products.

Finally, every once in a while, a product's ingredients will change, and fall out of the realm of our Food Policy. This will result in an immediate disco, but remember, the product will still be available through special order. This is also true with slow sales disco's. And hey, if I get enough special orders and customer requests, we may bring the product back. This has happened, and believe me, we take note of ALL customer requests and special orders. This is the beauty of the co-op. Try to get this kind of service at the superstores, it just won't happen.

So, to sum things up, please bear with the constant change that goes on at our co-op. We are always striving to keep it local, saving costs and food miles. And be sure to check out the constant

wave of new products coming in! We all work hard to bring you the widest variety of products that can fit on our shelves, and we all appreciate the fact that you choose to shop here and support organic and natural foods. **CG**

**Joe Ulvi** got his start in the natural foods business 10 years ago, and is an upstart organic gardener in between hockey games and motorcycle rides.



**Special Orders are a great way to get items we don't carry and a great way for Members to save money.**

gets discontinued. You may have seen it in the store, a thick black line running through the bar code of the shelf tag. This is what I use to make it known that the product will be no longer available. Sometimes we put up signs to notify customers that this product will no longer be available, and often we put it on a disco sale to help it move out. But sometimes, all of

- **Kettle Valley**
  - Blueberry Frunola Bars
  - Cherry Frunola Bars
  - Cranberry Frunola Bars
  - Apricot Fruit & Fiber Bars
  - Raspberry Fruit & Fiber Bars
  - Wildberry Fruit & Fiber Bars
- **Surf Sweets\***
  - Jelly Beans
- **Annie's Homegrown**
  - Honey Bunnies Cereal\*
  - Bunny Love Cereal\*
  - Cinna Bunnies Cereal\*
- **Betty Lou's**
  - Peanut Butter Nut Balls
  - High Protein Almond Butter Nut Balls
- **Koyo**
  - Udon Noodles\*
  - Wide Udon Noodles\*
- **Crofter's\***
  - Concord Grape Jelly
- **Maranatha**
  - Crunchy No-Stir Peanut Butter\*
  - Creamy No-Stir Peanut Butter\*
- **Stacy's**
  - Naked Pita Chips
- **Frontera Sauces**
  - BBQ
  - Enchilada
- **Boulder Hot Sauce**
  - Harry's Habanero
- **Lucini**
  - Extra Virgin Olive Oil\*
- **Annie's Naturals**
  - Light Italian Dressing
- **Adina Fair Trade Iced Coffee**
  - Espresso\*
  - Vanilla Latte\*
- **Gedney Organic Pickles**
  - Bread & Butter\*
  - Hamburger Slices\*
  - Baby Dills\*
  - Whole Dills\*
  - Dill Spears\*
- **Spectrum\***
  - Wasabi Mayonnaise

\* Organic **CG**

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## We need to hear from you

The 2007 Owner Survey is inside this issue of the Garbanzo Gazette. The deadline for response is November 30, 2007. Responses can be mailed to WFC OR dropped off at the store OR you can participate on-line by following the link provided on our website: [www.wholefoods.coop](http://www.wholefoods.coop).

With over 4,000 members, the Board and Management need to hear from you to be sure that the products we sell, the services we offer, and our planning efforts reflect your expectations. A summary of responses will be included in a future issue of the Gazette.

Individual survey responses will remain anonymous. Owner numbers will be entered in a drawing for a \$100 WFC gift card!

## We need to speak with you

WFC'S Annual Report for Fiscal Year 2007 (ended June 30, 2007) is inside this issue of the Garbanzo Gazette. The Annual Report includes an invitation to the Annual Owners Meeting in our back parking lot on Sunday, September 16, from 1:30 to 4 PM.

Prior to the business meeting, an array of our suppliers will be offering samples and tastes of their products in a first-time ever Owner-only Tasting Fair (1:30 – 2:30 PM). Your invitation and the agenda for the business meeting are inside the Annual Report.

Candidate profiles and the 2007 Board election ballot are also included in the Annual Report. Please follow the ballot directions carefully and return your ballot by mail OR deliver it to the Co-op OR turn it in at the Annual Meeting before the start of the business meeting (2:30 PM). Thank you!

## We need you to read and consider

This issue of the Gazette includes the first of a series of Board recommended changes to WFC's Articles and Bylaws based on the work done over the last year by the Bylaws Committee and reviewed by a Minnesota attorney experienced in cooperative law. All the proposed changes are posted on WFC's web site ([www.wholefoods.coop](http://www.wholefoods.coop)). Any additional proposals resulting from Owner comments to the Board and at Owner Forums will also be posted on the web site.

This information process will culminate with a final proposal and ballot mailed to Owners in March 2008. The results of the Owner vote to approve changes to the Articles and Bylaws will be announced at a Special Membership Meeting in April 2008.

# Your Natural Pharmacy

This article is dedicated to all the cute little ladies I help find products as they point to their Women's World magazine. You go girls! Keep your feet on the ground and keep reaching for the stars!

So, I've been inspired to draw up a WFC HBC Quick Reference Guide. In it, I've selected just a few commonly accepted and safe alternatives for some of our basic pharmacy needs. The selection process was actually a bit tough, as we have so many options that offer a safe, natural approach.

### your pharmacy need & how we meet it

#### Aspirin

– White Willow Bark, the true original (Bayer developed the synthetic version as aspirin in 1852)

#### Ibuprofen

– Minor Pain Relief — a blend of Hops, Humulex, Corydalis, White Willow & Ginger

#### Cold & Flu

– Grapefruit Seed Extract, Colloidal Silver, Oregano Oil, Olive Leaf, Elderberry, Echinacea, Goldenseal, Vitamin C, Zinc, selection of Homeopathy

#### Headaches

– Magnesium, B2, Feverfew  
– Quantum Migrelief combines all three  
– Oregon Wild Harvest Muscle Relax

#### Upset Stomach

– Ginger, available in many forms  
– Aloe Life Stomach Formula  
– Peppermint, available in many forms

#### Food Poisoning

– Activated Charcoal  
– Hydrated Bentonite Clay  
– Aloe Life Herbal Detox  
– Bee Pollen (chew on the raw stuff)  
– Probiotics

#### Acid Reflux

– Enzymedica Acid Soothe or pH Basic  
– Mt. Capra Dried Mineral Goat Whey  
– Dried Green foods, daily  
– Digestive enzymes, wide variety available

#### Bad Breath

– Herb Pharm Breath Tonic  
– Dried Green foods, daily

#### Stress/Anxiety

– Natural Factors Chewable fast acting GABA  
– Bach Rescue Remedy  
– Source Naturals Theanine Serene with Relora  
– Calcium, Magnesium, Potassium

#### Sleep

– Melatonin  
– 5-HTP  
– L-Tryptophan  
– Magnesium

#### Muscle Aches

– Calcium, Magnesium, Potassium  
– Fish Oil, EPA/DHA  
– Oregon Wild Harvest Muscle Relax

#### Bumps & Bruises

– Arnica Cream, Gel, Homeopathic pellets

#### Cuts & Scrapes

– Aura Cacia Lavender or Tea Tree Oils  
– ProSeed Ouch & Itch Spray  
– Calendula or Comfrey topicals

#### Personal Hygiene

**The Best Deodorant** (and I don't use that word "Best" lightly)  
– Naturally Fresh Deodorant Crystal Rock, Spray, Roll-ON

#### The Best Toothpaste

– Kiss My Face

#### Biodegradable Shampoos

– Bar or Liquid Dr. Bronner's  
– Giovanni Products (now also available in Bulk)  
– JR Liggett bar soap

**The Best Facial Care** (I've already said how I feel about that word)

– SUKI

#### Best Economy Facial Care

– Desert Essence

#### Nasal & Sinus Health

– Neti Pots and herbal washes  
– Nasaline Irrigators, Kid & Adult sizes

#### Ear Infections

– Wally's Ear Candles & Oil  
– Herb Pharm Mullein Garlic Oil  
– ProSeed Grapefruit Seed Ear Drops  
– Neti Pots can also aid ear canal drainage

#### Eye Health

– Eye Wash Cups  
– Dr. Christopher's Herbal Eyebright Eyewash  
– Similasan Eye drops, for hydrating, allergies & pink eye

#### Women's Health

– Thursday Plantation Tea Tree Suppositories  
– Thursday Plantation Vaginal Tea Tree Cream  
– Boiron YeastAway  
(Persistent yeast problems may require dietary changes and additional therapies)

#### Hormonal Health

– Progesterone Cream  
– Selection of Herbal remedies

#### Libido

– Herb Pharm Men's Sexual Vitality  
– Herb Pharm Female Libido Tonic

**These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.**

A quick reminder to take a look at the new HBC items listed on page 6 of this newsletter. Lots of new and exciting changes to our ever-improving department — new body system support products and ecologically friendly body care choices at your service! **GG**

**Jill Hall**, HBC Buyer, loves striped summer pants and sunshine. She's been about the local natural scene for seven years.

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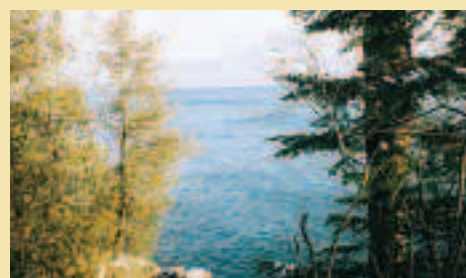
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### John H. Anderson

BFA Interior Design,  
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# WFC-U Class Schedule for September & October

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

## The Bounty of Late Summer

Want some great ideas for cooking with primarily local and seasonal produce? Come and learn how to take full advantage of the abundance of the season. Learn how to cook with Tomatillos and other unique local and seasonal specialty items!

**Instructor Bio:** *Jahn Hibbs is currently our Assistant Produce Manager and has a great head for recipes. If you've ever tried one of the recipes frequently found in our Produce Department, it was most likely compiled or created by Jahn.*

**Wednesday, September 19th**  
**6:00 – 8:00 p.m.**

## Cooking 101: Simple Dinners

Interested in making meals that taste like they took hours to make, but don't have the time? In this class you will learn how to plan meals for a week and not spend hours cooking. You will learn how to stretch your Sunday chicken or roast into delicious dishes that take under 30 minutes to prepare.

**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!)*

**Sunday, September 23rd**  
**2:00 – 4:00 p.m.**

## Kids in the Kitchen\*\*\*

Are you, or do you have, a kid that's age nine or older? If so, you might want to check out this new class taught by a kid, for kids. In this class, fourteen-year-old Iziah will teach basic skills and tips for kids, and prepare some delicious easy-to-make dishes, including a crock-pot Bison Stew, healthy Fruit Salad, and a Veggie Omelet. Children 12 and other must be accompanied by an adult.

**Instructor Bio:** *Iziah Schramm-Miller is a fourteen-year-old Proctor High School freshman. He taught himself how to cook when he was younger, and now is planning on pursuing a career in the culinary arts. Iziah has a lot of ambition and likes to try out his recipes on his family.*

**Thursday, September 27th**  
**6:00 – 8:00 p.m.**

## Kay's Way: Easy Healthy Dinner Ideas

Learn how to make 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.

**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 whole foods.*

**Tuesday, October 9th**  
**6:00 – 7:00 p.m.**

## Wheat- & Gluten-Free Product Tour

Join us as we take a tour about the store and show you some of the best ways to shop for wheat- or gluten-free foods. You will also sample some of the WF/GF items we carry. There is no cost for this tour, but please register at the Customer Service Counter so we know how many to expect.

**Thursday, October 11th**  
**6:00 – 8:00 p.m.**

## Thai Cooking: All About the Noodle

Almost everyone loves noodles, but how about putting a twist on an old favorite? Learn how to make a few Thai noodle-based dishes that you and your loved ones are sure to enjoy. Included are the very popular Pad Thai and a Thai Noodle Soup.

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

**Wednesday, October 24th**  
**6:00 – 8:00 p.m.**

## Intro to the Ayurveda Lifestyle

After having to cancel our May class on Ayurveda, we have now found a new, and very qualified, instructor to teach this class again. We'll begin with a brief overview of the Ayurvedic system. Class will then focus on getting a feel for our individual constitutional types (Vata, Pitta, Kapha) and how what we eat affects the balance of elements in our bodies. We'll practice by

tasting a number of different foods to observe their qualities and how they affect each constitution.

**Instructor Bio:** *Bonnie Williams Ambrosi earned her certificate in Ayurvedic Health Education from the American Institute of Vedic Studies in 1996. A long-time student and teacher of yoga and ayurveda, Bonnie wrote "The Seasonal Table" column for the Garbanzo Gazette for seven years and is also a CCP participant.*

**Thursday, October 25th**  
**6:00 – 8:00 p.m.**

## Cooking 101: Soups & Stews

Remember when you were sick and mother would bring you a steaming bowl of chicken noodle soup, claiming that it cured the cold? While we aren't allowed to profess its health benefits, I'm sure it wouldn't be a stretch to state that this winter comfort food helps to warm the soul. In this class we will make a cream based soup, a pureed soup, and a tomato based soup, a broth based soup, and delicious stew.

**Instructor Bio:** *Listed above.*

### THE FINE PRINT... READ ME PLEASE!

\*\*\*Kids in the Kitchen cost is \$25 for each adult/child combo for members, and \$30 for each adult/child combo for non-members. Each additional child is \$10. Children 12 and under must be accompanied by an adult.

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](mailto:anni@wholefoods.coop)

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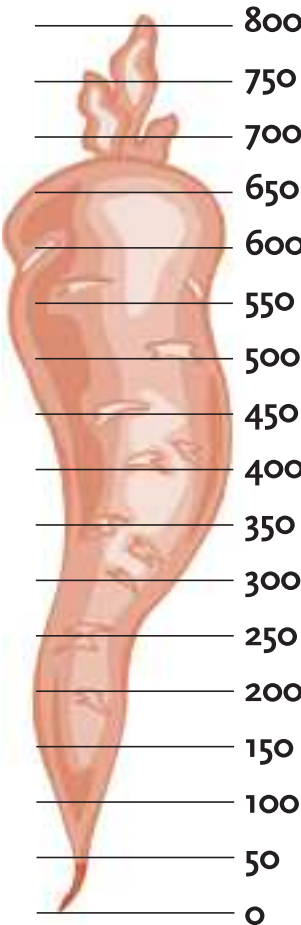
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- No MSG added
- Grab-n-Go Sushi
- Japanese Beer & Sake
- Take out and Party platter







# welcome, new members!



- |                         |                     |
|-------------------------|---------------------|
| Nadine Joy Carlson      | Ralph J. Klein      |
| Kristine Erickson       | Betsy Allen         |
| Bonnie Majerus          | Nancy Erickson      |
| Judith Long             | Gary Wise           |
| Mary Jean Krausert      | Anita Rouse         |
| Smith                   | Frank S. Davis      |
| Carolyn Beth Heistad    | Nancy O'Neill       |
| Anthony Lockhart        | Spellerberg         |
| Diana Kuklis            | Lauren Burton       |
| Claudia Sartini-Rideout | Robin Fornengo      |
| Lisa Tormondsen         | Benjamin Boylan     |
| Andrea J. Hansen        | Cynthia Haensel     |
| Mary L. Maslowski       | Michael Warson      |
| Patricia Pocconatto     | Linsey Langmo       |
| Cheryl L. Westman       | Joanne Nelson       |
| Maria Stommes           | Peggi Goetsch       |
| Jake Turman             | Erin Sarkkinen      |
| Shawn Roed              | James T. Jarosz, PA |
| Kelly Quade             | Michelle M. Russell |
| Philip Eugene Pruss     | Anna Delora Owens   |
| Carol Hursh             | Jodi A. Supanich    |
| Jamie Lynn Nelson       | Kathleen M. Peippo  |
| Stephinie Miner         | Sandra Thornton     |
| Thomas Dougherty        | Nona L. Goertz      |
- We have set a goal of 730 new members to reach before July 1, 2008. Forty-six new Members is a good start, but we have a long way to go. Welcome, new Members!**

## Does your school do fundraising?

A new program offered by Equal Exchange gives your school the opportunity to sell Fair Trade and organic chocolate, coffee, tea, pecans and dried cranberries with a 40% profit for your group. Teaching materials about Fair Trade are also available.

For more information, contact Kelsie Evans at [fundraising@equalexchange.coop](mailto:fundraising@equalexchange.coop).



# Membership Matters

David Helf, Board of Directors

There is no better way for a new Co-op Board member to appreciate the strength of our movement than to attend a CCMA (Consumer Cooperative Management Association) meeting, as I did recently. Sometimes it is easy to feel as though we are a

lonesome group of about 4,000 active Members, "up here" in Duluth. Though we are beginning to prosper, we can't always see the larger picture of all the other Co-ops across this vast country.

Member-Owners of Whole Foods Co-op should know that we are a part of a vital and creative group of people, diverse as America, committed to a powerful set of ideals. We are not isolated. We are *not* tilting at windmills, as the old saying goes, pursuing the

idea of providing organic and sustainable foods, in the middle of nowhere. Joining with other co-ops not only gives us a strength in numbers, the ability to buy larger volumes of products, and to advertise together, it also gives us the advantage of borrowing and stealing the work of all the other Managers and Member-run Co-op Boards in America. Joining with other co-ops gives a bigger voice, and shows us that in the long march toward sustainability, we have very good partners. Just as I experienced the heady sensation of meeting other Board Members and Managers of co-ops and felt empowered, WFC Members can do the same. Tell our store employees what is good about our store. Make positive suggestions for change.

Contact me or other Board Members and tell us what you think of the direction the Board is taking our Co-op. Attend the Annual Meeting. VOTE! Shop at the Co-op and encourage others to shop here. Assert your Ownership, *not* just your Membership. And, thanks for listening. **CG**

**David Helf** was elected to the Whole Foods Co-op Board in September of last year. He has been shopping at co-ops and cooking like Adele Davis since 1982 (young people, ask your parents who she was), and growing his own food for most of his 53 years. He thinks it would be nice to have a conversation with each Member about the Co-op, so he welcomes your emails. Tell him how we can strengthen the link between the Board of Directors and our Member-Owners: [davidh@wholefoods.coop](mailto:davidh@wholefoods.coop)




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Duluth, MN 55802





# Proposed Changes to WFC’s Articles of Incorporation

The Board of Directors recommends the following changes to WFC s Articles of Incorporation. Additions to the Articles are in *italics and underlined* while deletions are ~~struck through~~. Throughout the Articles, the term association has been changed to *cooperative*. The names and address of current Board Members (Article VII) will be updated prior to submitting the final revisions for a vote by the membership.

There will be an Owner Forum to discuss these revisions on Monday, October 15, 2007, from 6:00 to 7:00 PM in WFC s classroom. Owners can also communicate with the Board via email (wfbod@wholefoods.coop) or through comment cards available at the Customer Service Counter at the Co-op.

The entire text of the Articles and Bylaws with all the proposed changes are posted on WFC s web site (www.wholefoods.coop). Any additional proposals resulting from Owner comments to the Board and at Owner forums will also be posted on the web site.

This information process will culminate with a final proposal and ballot mailed to Owners in March 2008. The results of the Owner vote to approve changes to the Articles and Bylaws will be announced at a Special Membership Meeting in April 2008.

AMENDED AND RESTATED  
ARTICLES OF INCORPORATION  
OF  
WHOLE FOODS COMMUNITY CO-OP, INC.  
Duluth, Minnesota  
~~1998~~  
2007

ARTICLE I — NAME  
The name of this cooperative shall be WHOLE FOODS COMMUNITY CO-OP, INC. (the ~~association~~ *cooperative* ).

ARTICLE II — PURPOSES  
~~Section 1. General Purposes. The general purpose of this association is to assist in and foster a modification of society s goals away from power and profit and toward a more humane approach of mutual cooperation for the individual and common good. Our more specific purpose is to maintain a retail cooperative grocery and natural foods store which carries a broad range of nutritious whole foods and household goods for purchase by its members and others in keeping with our food and non food policy statements. The association shall operate on a cooperative basis and provide such goods and services to its members at the lowest reasonable cost. In order to accomplish these goals, the association may buy, sell, market, store, warehouse, acquire, transport, distribute, process, produce and otherwise engage in any lawful activity connected with or related to its purpose.~~  
*The purpose of the cooperative shall be to engage, under a cooperative structure, in a mercantile and marketing business to supply and furnish to its Members and patrons such goods and services as the Members may require or in any lawful business as the Members shall authorize.*

- For these purposes it shall have power to:
- a) Borrow money from its Members and others upon adequate security; to issue bonds, debentures, notes and other obligations and to secure the same by pledge, mortgage, or trust deed on any property of the cooperative; draw, make, accept, endorse, guarantee, execute and issue promissory notes, bills of exchange, drafts, warrants, warehouse receipts, certificates and other obligations and negotiable or transferable instruments for any purpose deemed necessary to further the objects for which the cooperative is formed.
  - b) Acquire, purchase, hold, lease, encumber, sell, exchange and convey such real estate, buildings and personal property as the business of the cooperative may require.
  - c) Purchase, sell, transfer and own capital stock, bonds, and obligations of other corporations ~~and for cooperative associations.~~
  - d) Join with other cooperatives to form district, state, national or international purchasing, marketing and service organizations; and to purchase, acquire, and hold capital stock, notes, bonds, and other obligations of such organizations.
  - e) Do and perform every act and thing necessary and proper to the conduct of its business for the accomplishment of the ~~association s business or the accomplishment of the~~ purposes set forth herein or permitted by the laws of Minnesota applicable to the cooperative, and to have and exercise all of the powers conferred upon the cooperative by the laws of Minnesota under which it was organized, ~~along with any amendments or supplements to those laws and acts amendatory thereof and supplemental thereto.~~

ARTICLE III — PLACE OF BUSINESS  
~~Section 1. Principal Place of Business. The principal place of business of said cooperative shall be 1332 610 East Fourth Street in the City of Duluth, County of St. Louis, State of Minnesota. Branch offices or places of business may be located at other locations elsewhere.~~  
~~Section 2. Registered Agent. Registered Office. The registered agent of the association is Sharon L. Murphy and the registered office is located at 1332 East Fourth Street in the City of Duluth, County of St. Louis, State of Minnesota.~~

ARTICLE IV — DURATION  
~~This association shall have perpetual existence. The period of the continuance of this cooperative shall be perpetual.~~

ARTICLE V — CAPITAL  
~~Section 1. Authorized Shares. The total amount of authorized capital stock of the association shall be Five Hundred Thousand Dollars (\$500,000.00) and shall be divided into Sixteen Thousand (16,000) shares of Class A stock at a par value of Five Dollars (\$5.00) each, and Sixty Four Thousand (64,000) shares of Class B stock at a par value of Five Dollars (\$5.00) each, and Two Hundred (200) shares of Class C stock at a par value of Five Hundred Dollars (\$500.00) each.~~

- Section 1. The amount of authorized capital stock of the cooperative shall be two million four hundred thousand dollars (\$2,400,000) and shall be divided into three classes of stock.*
- a) Class A stock shall consist of seventy thousand (70,000) shares of voting stock with a par value of five dollars (\$5.00) per share = \$350,000.*
  - b) Class B stock shall consist of three hundred ninety thousand (390,000) shares of non-voting stock with a par value of five dollars (\$5.00) per share = \$1,950,000.*
  - c) Class C stock shall consist of two hundred (200) shares of non-voting stock with a par value of five hundred dollars (\$500.00) per share = \$100,000.*

~~Section 2. Class A Stock — Voting. Class A stock may be issued for cash to a person or organization to qualify him, her or it as a member of the association. Only Class A stockholders shall be deemed to be and shall be referred to as members of this association. Only Class A stockholders shall have voting power, and each such stockholder shall be entitled to only one vote, regardless of the number of shares owned. Voting by proxy shall not be permitted. No dividend shall be paid on Class A stock.~~  
*Section 2. Class A stock may be issued for cash to any person to qualify him or her as a Member if he or she is eligible therefor. No dividends shall be paid on Class A stock.*

~~Section 3. Class B stock may be issued for cash, in payment of patronage refunds or in exchange for outstanding Class A stock to any person or organization not eligible to be a member of the association, firm, cooperative, non-profit corporation or corporation. Class B stock shall have no voting power and no dividends shall be paid thereon.~~

~~Section 4. Class C stock shall may be issued to holders of Class A stock. Class C stock shall have no voting power. Dividends may be paid on Class C stock at the discretion of the Board of Directors after all expenses have been met and any necessary reserves set aside, not to exceed eight percent (8%) per annum. Dividends, if declared, shall not be cumulative. nor exceed eight percent (8%) per annum. In the event of the dissolution or liquidation of the association, there shall be a preference for Class C stockholders. Class C stock shall be redeemable at par as provided by the Board of Directors.~~

*Section 4. Class C stock shall may be issued to holders of Class A stock. Class C stock shall have no voting power. Dividends may be paid on Class C stock at the discretion of the Board of Directors after all expenses have been met and any necessary reserves set aside, not to exceed eight percent (8%) per annum. Dividends, if declared, shall not be cumulative. nor exceed eight percent (8%) per annum. In the event of the dissolution or liquidation of the association, there shall be a preference for Class C stockholders. Class C stock shall be redeemable at par as provided by the Board of Directors.*

~~Section 5. No share or stock shall be issued for less than its par value, nor until the stock same has been paid for in cash or its equivalent as set forth above. Stock shares shall be paid for at such time and in such manner as the Board of Directors shall determine and each share of stock shall be paid for at such time and in such manner as the Board of Directors of the cooperative shall require. The association may begin doing business after ten percent (10%) of the authorized capital stock has been subscribed and paid in. Members shall be required to purchase one share of Class A stock and an amount of Class B stock as determined by the Board of Directors from time to time. The cooperative shall have a prior lien, with the usual right of ordinary liens for enforcement, upon on the outstanding stock for any indebtedness due it. Stock shall not be sold or transferred except back to the cooperative with the consent and approval of the Board of Directors. Capital stock shall be subject to redemption as provided by law and by the Bylaws of this cooperative. The capital stock of this cooperative shall be non-assessable.~~

~~Section 6. Transfer/Redemption of Stock. No stock shall be sold or transferred except back to~~

~~the association with the consent and approval of the Board of Directors. Capital stock shall be subject to redemption as provided by law, in the manner prescribed by the Bylaws. The capital stock of this association shall be non assessable.~~  
~~Section 6. When the Board of Directors determines that the cooperative has sufficient working capital, Class B and Class C stock may be called for payment at par. Stock shall be called for payment as provided in the bylaws. Any redemption of stock is subject to the requirement that at the time of redemption the total amount of stock remaining outstanding after deduction of the amount of stock redeemed, plus the permanent reserve of the cooperative, shall at least equal the total liabilities of the cooperative.~~  
~~Section 7. Calling Class B Stock. When the Board of Directors determines it has sufficient working capital, Class B stock may be called for payment at par. Preference when calling Class B stock shall be given for Class B stock issued in exchange for Class A stock and for Class B stock purchased for cash to satisfy the membership equity requirements. Either portion of Class B stock may be called for payment either:~~

- a) in chronological order according to the date of issue, in which case all of such stock issued in a given fiscal year shall, as nearly as practicable, be called at the same time; or*
- b) on the basis of a percentage of all said stock outstanding, in which case the same percentage of said stock held by each holder shall be called at the same time, without regard to the date of issue; provided always, that at the time of calling Class B stock for payment, the total amount of Class B stock remaining outstanding after deduction of the amount called, plus Class A and Class C stock and plus the permanent surplus of the association, shall at least equal the total liabilities of the association.*

~~Section 7. In case of dissolution or liquidation of the cooperative, there shall be given a preference to holders of Class C, then Class B, and finally Class A stock.~~

ARTICLE VI — ALLOCATIONS TO MEMBERS  
~~Section 1. Allocation of Patronage Refunds. All annual net income from member patronage, including patronage refunds received by this association from other cooperative associations and available or distribution:~~

*Section 1. All or any part of the patronage refund declared by the cooperative at any time may be paid in Class B stock, by allocated equity reserve or by the issuance of capital interest certificates, or by any other media determined by the Board of Directors.*

~~Section 2. Methods of Payment of Patronage Refunds. All or any part of a patronage refund declared by the association at any time may be paid in cash or Class B stock, by allocated equity reserve or by any other method determined by the Board of Directors and as set forth in the Bylaws of the association.~~

*Section 2. All of the annual net savings from patronage with Members available for distribution as determined by the Bylaws shall belong to the Members of the cooperative and shall be allocated to them on the basis of patronage as defined in the Bylaws.*

~~Section 3. Payment of Debts upon Liquidation. In the event of liquidation or dissolution of the association, all debts and liabilities shall first be paid according to their respective priorities. Holders of capital stock shall then be paid the par value of their shares in the order of priority specified in these Articles. Any remaining assets shall be contributed as the Board of Directors or trustees of the association shall determine either (a) to an association doing business on a cooperative basis or (b) to a non-profit corporation which is exempt from income taxation under Section 501(c)(3) of the Internal Revenue Code.~~

*Section 3. Upon dissolution or liquidation of the cooperative the debts and liabilities of the cooperative shall first be paid according to their respective priorities. Stockholders or other holders of equity or capital reserve credits or other media issued by the Board of Directors shall then be paid the par value of their shares or credits with payments made in the order of preference stated in the Articles of Incorporation (Art. V, Sec. 7). Any additional property remaining after stockholders and other equity holders have been paid shall be distributed to another cooperative doing business on a cooperative basis or a non-profit organization exempt from taxes under Section 501(c) of the Internal Revenue Code, as shall be determined by the Board of Directors or Trustees.*

ARTICLE VII — DIRECTORS, ANNUAL MEETINGS  
~~Section 1. The government governance of the cooperative and the management of its affairs oversight of management shall be vested in a Board of Directors, the members of which who~~

shall be elected by ballot by the Members of the association from their own number at the annual meeting. The size of the Board of Directors and the terms of its members *the directors* shall be prescribed by the Bylaws.

~~Section 2. Board of Directors Vacancies. Vacancies in the Board of Directors, except in cases of removal by the members of the association, may be filled by the remaining members of the Board. A person or persons so appointed may hold office until the next annual meeting of the members and until their successors have been elected and qualified.~~

~~Section 3. The annual meeting of the Members shall be held in the territory served by this cooperative within four (4) months after the date of the close of the fiscal year, on such date and time as the Board of Directors shall select in each year. The members have both the right and responsibility at such meeting to elect directors, to hear and consider the reports of officers and of the management of the association and of any committees accountable to it, to determine any amendments necessary to the Bylaws, and to conduct such other business that is brought before them.~~

*Section 3. Vacancies in the Board of Directors, except in case of removal by the Members, may be filled by the remaining directors of the Board. The person or persons so appointed shall hold office until the next annual meeting of the Members or until successors have been elected and qualified.*

~~Section 4. A director is not personally liable to the cooperative or its stockholders Members for monetary damages for breach of fiduciary duty except in the following circumstances:~~

- ~~a) For a breach of the director s duty of loyalty to the cooperative or its Members;~~
- ~~b) For acts or omissions not in good faith or that involve intentional misconduct or a knowing violation of law;~~
- ~~c) For a transaction from which the director derived an improper personal benefit; or~~
- ~~d) For an act or omission occurring prior to the date this section of Article VII of the Amended Articles of Incorporation this provision became effective.~~

Section 5. The current members of the Board of Directors, their addresses and terms of office are as follows:

Name and Address	Term Expires
Jeri Brysch, _____, Duluth, MN 55803	2008
Lynn Fena _____, Duluth, MN 55803	2007
Erik Hahn, _____, Duluth, MN 55812	2007
David Helf, _____, Duluth, MN 55812	2008
Theresa Koenig, _____, Duluth, MN 55803	2007
Heather Murphy _____, Duluth, MN 55806	2007
Jean Sramek, _____, Duluth, MN 55803	2007

ARTICLE VIII — OFFICERS  
~~The officers of this association shall consist of a president and one or more vice presidents elected by and from the directors. The secretary and the treasurer shall be elected by the directors but need not be directors or stockholders. The offices of secretary and treasurer may be combined. When so combined, the person filling that office shall be called the secretary treasurer. Any other officers required by the Bylaws of the association shall be elected by and from the directors.~~

*The officers of this cooperative shall be a president, one or more vice presidents, a secretary and a treasurer, who shall be elected annually by and from the directors. The offices of secretary and treasurer may be combined, and when so combined, the person filling such office shall be termed "secretary-treasurer."*

ARTICLE IX — DISSOLUTION, AMENDMENTS, SEVERABILITY  
~~Section 1. This cooperative may be dissolved in the manner provided by law.~~  
~~Section 2. These Articles of Incorporation may be amended as provided by law. The proper officers and employees of this association are authorized to take whatever lawful action may be necessary and proper to make said amendments to the Articles of Incorporation effective.~~

*Section 3. In the event that any provision of these Articles of Incorporation is determined to be invalid or unenforceable under any statute or rule of law, then such provision shall be deemed inoperative to such extent and shall be deemed modified to conform with such statute or rule of law without affecting the validity or enforceability of any other provision of these Articles.*

*RESOLVED FURTHER, that the proper officers and employees of the cooperative be and they hereby are authorized to take whatever action may be necessary and proper to make said amendments to the Articles of Incorporation effective.*





# Book Review

by Judy Kreag, Member

Dr. Koyfman's book is designed to create a better understanding of how our body works, how it stores unwanted chemicals and toxins, and how it is able to release them. The book is based on the Trinity of Good Health: proper nutrition, adequate exercise and internal cleansing. Our society talks a lot about diet and exercise, but body cleansing is not your regular front-page news. However, it is body cleansing that is the key to strengthening the body and maintaining good health.

In the first part of the book, Dr. Koyfman talks about how we are surrounded by toxins: in our food, in the air we breathe and in the water we drink and bath in. Toxins are unavoidable! The job of the liver, colon, kidneys, lungs, lymph glands and skin is to eliminate wastes and toxic substances. However, often our organs do not know what to do with all of the manmade chemicals, so they store them in many different parts of the body, but mostly in the colon and liver. If these organs are not cleaned out, our immune system is weakened and the body becomes more susceptible to disease. Koyfman states that by the age of 40, the average person already has 70% of his or her liver polluted by toxins.

Next, the author highlights individual organs and talks about

## Deep Internal Body Cleansing

by Dr. Yakov Koyfman, N.D.

different ways they can be cleansed. He says that the entire body improves in health even when just one organ has been cleaned. Also, weight loss can be a positive side effect of organ cleansing.

A few of the many different methods listed to rejuvenate an organ are colonics, irrigation, massages, dry sauna, juice and phyto therapy, partial fasting and yoga. A few of the positive

results experienced when using these methods are elimination of constipation, loss of excess body fat, strengthened immune system,

increased energy, sounder sleep and better digestion.

The book ends by talking about how to maintain a healthy immune system and prevent future build up of toxins. As one grows in knowledge and understanding of how the body works, a person is more likely to be interested in keeping his or her body healthy. Because of the world we live in today, we need to take that extra step to keep our bodies healthy and strong. For more information you can find this book in the book section of the store. **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.

# Ayurveda: Living With Nature

by Bonnie Williams Ambrosi

Yoga, in one form or another, seems to be happening everywhere these days! On the heels of this mainstream Yoga enthusiasm is a budding interest in the less well-known branch of Yoga called Ayurveda, a holistic health system that arose in ancient India.

Ayurveda, which means "science of living," offers an elegant and inspiring worldview in which human beings are an integral part of Nature, constantly manifesting its elements in our bodies and minds. Learning to observe and balance these elements (earth, water, fire, air and ether, or space) in our lives is the key to restoring and maintaining health. Ayurveda emphasizes proper diet and lifestyle to create this balance, and relies upon the individual's own senses as primary tools of diagnosis and healing. Self-knowledge and self-care are at the heart of Ayurveda.

The aspect of Ayurveda that you are most likely to encounter in our culture is the system of constitutional types, or doshas —Vata, Pitta, and Kapha. This typology should not be used simplistically as yet another way for us to label — and therefore limit —

ourselves. The doshas are simply a way of looking at the elements in us and around us. The balance of these elements is always shifting. It changes over the course of the day, it changes with the seasons, it changes as we grow older. The beauty and the challenge of Ayurveda is that it demands our attention, demands that we be present and awake to the tides of Life within us. That is not easy. Maybe that's why Ayurveda hasn't exactly swept the nation!

But, brave readers, don't you love a challenge? Would you like to learn more? Join me here at the Co-op on Wednesday, October 24 from 6 to 8 pm for Intro to Ayurveda. We will have a brief overview of the Ayurvedic system, then focus on getting a feel for our individual constitutions and how what we eat affects the balance of the elements in our bodies. We will practice by tasting a number of different foods to observe their qualities and discern how they might affect each constitution. To sign up for the class, contact Anni Friesen at anni@wholefoods.coop or call 728-0884. **GG**



Once again, WFC will have a free

## halloween Party

in our "Dungeon of Danger" aka the Co-op basement. Take the Fright Elevator to the lower level for free games, treats and music from 4 pm-7 pm on Wednesday, October 31.

We can't wait to see all of the booo-ti ful costumes!

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# Fresh Perspectives

## organic harvest season

We all have reasons why we buy organic food. We've read articles in newsletters like this one and we've seen posters in stores that list the Top 10 reasons for making an organic choice. That list has been recently updated so it's probably a good time to take a fresh look—it's called "The Top 10 Reasons To Support Organic In The 21st Century" and it was revised by Bob Scowcroft of the Organic Farming Research Foundation, Sylvia Tawse of The Fresh Ideas Group and Alan Greene, M.D., of DrGreene.com.

**1. Reduce the toxic load:** Keep chemicals out of the air, water, soil and our bodies. Buying organic food promotes a less toxic environment for all living things. With 0.5 percent of crop and pasture land in organic, according to the USDA, this leaves 99.5 percent of farm acres in the United States at risk of exposure to noxious agricultural chemicals.

**2. Reduce, if not eliminate, off-farm pollution.** Conventional agriculture doesn't only pollute farmland and farm workers, it wreaks havoc on the

environment downstream as well. Pesticide drift affects non-farm communities with odorless and invisible poisons. Chemical fertilizer drifting downstream is the main culprit for dead zones in delicate ocean environments, such as the Gulf of Mexico, where its dead zone is now larger than 22,000 square kilometers, an area larger than New Jersey, according to Science magazine, August 2002.

**3. Protect future generations.** Before a mother first nurses her newborn, the toxic risk from pesticides has already begun. Studies show that infants are exposed to hundreds of harmful chemicals in the womb.

**4. Build healthy soil.** Monocropping and chemical fertilizer dependency has taken a toll with a loss of topsoil estimated at a cost of \$40 billion per year in the United States, according to David Pimental of Cornell University.

**5. Taste better and truer flavor.** Scientists now know what we eaters have known all along—researchers at Washington State University just proved this as fact in lab taste trials in which organic berries were consistently judged as sweeter.

**6. Assist family farmers of all sizes.** According to the Organic Farming Research Foundation, as of 2006, there were approximately 10,000 certified organic producers in the United States compared to 2,500 to 3,000 tracked in 1994. Whether the farm is a 4-acre orchard or a 4,000-acre wheat farm, organic is a beneficial practice that is genuinely family friendly.

**7. Avoid hasty and poor science in your food.** Eleven years ago, genetically modified food was not part of our food supply; today an astounding 30 percent of our cropland is planted with GMOs. Organic is the only de facto seal of reassurance against these and other modern, lab-produced additions to our food supply, and organic is the only food term with built-in inspections and regulatory teeth.

**8. Eat with a sense of place.** Whether it is local fruit, imported coffee or artisan cheese, organic can demonstrate a reverence for the land and its people. No matter the zip code, organic has proven to use less energy than conventional agriculture (on average, about 30 percent less), is beneficial to soil, water and local habitat, and

is safer for the people who harvest our food.

**9. Promote biodiversity.** Visit an organic farm and you'll notice something: a buzz of animal, bird and insect activity. These organic oases are thriving, diverse habitats. Native plants, birds and hawks return usually after the first season of organic practices; beneficial insects allow for a greater balance, and indigenous animals find these farms a safe haven.

**10. Celebrate the culture of agriculture.** Food is a 'language' spoken in every culture. Making this language organic allows for an important cultural revolution whereby diversity and biodiversity are embraced and chemical toxins and environmental harm are radically reduced.

For the complete list and description of the benefits see [www.natural-foodsmerchandise.com](http://www.natural-foodsmerchandise.com).

References this issue: Health Benefits of Bramble Fruit, [www.rasperryblackberry.com](http://www.rasperryblackberry.com), Top 10 Reasons To Support Organic In The 21st Century, B Scowcroft, Executive Director, Organic Farming Research Foundation; S. R. Tawse, co-founder and president, The Fresh Ideas Group; A. Greene, M.D., founder, DrGreene.com and pediatrician, Stanford University, [www.naturalfoodsmerchandise.com](http://www.naturalfoodsmerchandise.com), vol XXVIII, num 5; Organic Agriculture And The Global Food Supply, Renewable Agriculture and Food Systems (2007) 22: 86-108, published by Cambridge University Press.

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# Notes from the front

## Monthly Sales Dates

Since our monthly sales don't always start on the first day of the month and don't always end on the last, there are usually a few people who come expecting to find existing or new items on sale a day or two after or before the changeover. I know it can be a real bummer to go through this for some people so here are a few ways to tell when the sale dates run through:

- Every sale sign will list the last day the sale is good thru or state "while supplies last".
- If you have current WFC receipt, there is a message near the bottom that will tell you what the last day of the sale is.
- We get our largest deliveries on Tuesdays, Thursdays, and Fridays. Due to limited backstock space we coincide sale dates around those delivery days. Currently, monthly sale dates will end on Mondays or Wednesdays and start on Tuesdays or Thursdays.
- Check the website or give us a call if you're not sure. Our phone number is (218) 728-0884.

We also offer rain checks at the Customer Service Counter and at each register for items that are out of stock during sales. So, if it's nearing the end date please do not hesitate to ask for one.

Thank you for bearing with us. We aim to provide great service and prices but, sometimes in order to do that, we need to do things a little differently.

## RRR Progress Report

As of June 30, 2007 the RRR (Reduce, Reuse, Redeem) Program has donated \$631.00 to the Second Harvest Northern Lakes Food Bank, enabled 302 WFC customers to redeem their cards for \$1.00, and has saved a minimum of 18,660 paper handled grocery bags. Thank you to all who have participated by bringing their own grocery bags. Everyone wins with RRR!

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

# management report

*A caravan from China comes,  
For miles it sweetens all the air  
With fragrant silks and dreaming  
gums,  
Attar and myrrh—  
A caravan from China comes.*

With apologies to Richard LeGalliene, author of "A Caravan from China Comes," it is time for an update:

*Organic food from China comes,  
Organic production protects the  
neighborhood  
But the neighbors have no access to  
the food  
And the caravan leaves  
An international trail of greenhouse  
gas emissions.*

While I don't understand all the economic ramifications of "free trade," I would rather we traded products and knowledge with China than accusations and political rhetoric. And I definitely support ensuring sustainable farming practices in all corners of this planet.

But, when we offer organic foods from China that could be grown in this country, low-priced foreign imports are forcing domestic organic farmers out of business. And can we trust organic foods grown in China considering the high levels of soil, air and water pollution and their overwhelmed regulatory systems?

WFC's Food Policy prioritizes offering a variety of fresh foods that are "certified organically grown (free of pesticides and chemicals), whenever possible, and locally produced, when

available." As a result of Member-Owner and customer questions, our Buyers are conducting department-specific reviews for food and non-food products labeled as imported from China or likely to be only available from China and advising whether those products are:

1. Labeled as certified organic and
2. Whether domestically produced equivalents are available.

Initial reports from our Buyers indicate our suppliers are aware of the environmental and regulatory concerns and, when comparable products cannot be sourced elsewhere, manufacturers are conducting additional tests to ensure quality. We've also learned that it is very challenging for manufacturers to inform us what specific ingredients were sourced from what specific country for what specific batch of product as they are shopping in a global commodities market for the best possible price and are not required to label ingredients by country of origin.

For links to the most recent articles on this international issue as well as what's happening with domestic efforts to erode the integrity of organically grown food, e.g., portions of the

2007 Farm and Food Bill, visit [www.cornucopia.org](http://www.cornucopia.org):

*The Cornucopia Institute is dedicated to the fight for economic justice for the family-scale farming community. Through research, advocacy, and economic development our goal is to empower farmers both politically and through marketplace initiatives. The Organic Integrity Project acts as a corporate watchdog assuring that no compromises*

*to the credibility of organic farming methods and the food it produces are made in the pursuit of profit. We will actively resist regulatory rollbacks and the weakening of organic standards to protect and maintain consumer confidence in the organic food label.*

And please continue to support the local and regional growers and producers who offer their products at WFC. As this Co-op grows to serve more Member-Owners

and more customers, the market we create for local and regional products regenerates our economy and our community. **GG**

**Sharon Murphy**  
General Manager  
See you at the Annual Meeting  
on September 16th



Sharon Murphy enjoys getting back to her Co-op roots by doing a little bagging for customers at MOFF.

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# A Day in the Life... Hot Bar Cook

by Anni Friesen, Marketing & Member Services Coordinator

It's early morning and the Co-op is quiet. The lights are on, and the employees are silently adjusting to the morning and preparing for the coming day. Everyone has a look of determination on their faces. This isn't the same place as it is in the bustle of the afternoon. There is something peaceful about the solitude of Co-op mornings.

At 6:00 a.m. Dan Sauter is one of the earliest to arrive. Now that hot bar breakfast has been moved up to 7:30 am, he has to come in even earlier than he used to. He begins the day by setting up the kitchen and then gets to work making breakfast. Dan doesn't mind the early mornings, "It's nice to be here in the morning. I get to see the sunrise and work in solitude. I also get done early which frees up the rest of my day." When he first started at the Co-op over a year ago, things were a little different. At the time breakfast was prepared alongside another cook. This made it easier to get things done, but Dan isn't bothered by the change. In fact, it's made him a better multi-tasker.

Dan also has a fair amount of control over what's for breakfast. He gets to try new things and has freedom of creativity. Some things that we've seen since Dan started breakfasts are the Carlton Skillet Scramble, Potatoes O'Daniel, Apple Cheddar Bread Pudding, and the staff favorite, Big Country Burrito. Dan, a former employee at Nokomis, Red Mug, and Sir Ben's has also become more aware of the food he's making, "I'm more conscious of allergens and meat substitutes than I was before. I've also learned a lot about Organic Standards."

After he gets breakfast out, Dan needs to start thinking about lunch. Though there is a schedule posted a week prior, and most of his food is prepped the night before by evening hot bar cooks, Dan will need to prep anything that cannot be done the day ahead. This will usually include preparing a vegetable dish. Meanwhile, he must also check on the breakfast bar and prepare items as they start to get low. After this is all done, Dan then starts on a list of To

Do items, which can include cleaning or prepping as needed.

In the afternoon, the evening crew arrives. The hot bar cooks in the evening (on a rotating basis) are Erik, Tim, Jake, and John U. One of them is in charge of "keeping up" the hot bar, and the other with cooking the items they will have on the hot bar the following day. This decision is based on who has more experience doing what.

On a Wednesday afternoon, around 2:00 p.m. Erik is standing at a cutting board prepping cauliflower for a curry. This is his third job in the food service industry. Years ago, he started out at Subway, and then eventually got hired at Ridgeview Country Club; this is quite a bit different. Erik says that there is some relief in working in the deli kitchen, "You don't have to worry about pulling tickets, or having plates



Deli Cook Dan Sauter is one of many chefs bringing you delicious Hot Bar eats every day.

sent back. [The Co-op kitchen] isn't as fast paced, but the daily production makes up for that." Erik also claims that he has learned some new things here, "I've used new ingredients that I never used before like tofu, seitan, and other meat substitutes, and quinoa."

The hot bar cooks are an interesting group with varying years of experience behind them. The Co-op is a place where they can learn about, and cook with, organic items. If you haven't tried the Co-op's hot bar yet, don't miss out any longer, and if you see one of the cooks come out in their whites, say hello, or try to stump them with an interesting cooking question!

GG

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