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DULUTH, MINNESOTA

SEPT/OCT 2008

GARBANZO

GAZETTE



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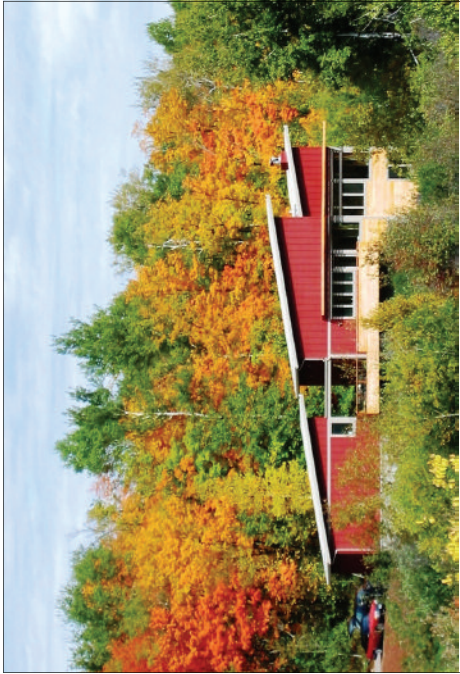
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Garbanzo Gazette

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\$100 per voting membership

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

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MOVING? Pursuant to WFC Bylaws, Article I, Section 6. Current Address. *Each Member agrees to provide to the cooperative his or her current address and to keep the cooperative informed of any changes in address. This obligation shall continue even after a membership has been terminated as long as the Member has any interest in the cooperative.* In an effort to remind our Member Owners to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a Member temporarily inactive when there is no current address on file. Inactive Member Owners are not eligible for membership benefits and will not receive the newsletter.



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

Dean's Report falling back to school

by Anni Friesen, Member Services Coordinator

Besides the autumn poets sing,
A few prosaic days
A little this side of the snow
And that side of the haze.

— Emily Dickinson

As the soft evening light of autumn passes through the trees, I look over the fields, ripe and ready to harvest. Behind me, my cousin is rounding the base as his older sisters are shouting to each other to tag him out. They're sweaty and laughing, enjoying their time as children on a farm that has been in their family since before anyone can remember. Down the long gravel driveway nears an old gray pick-up truck, dust billowing behind it. When it reaches the farmhouse, their father jumps out of the cab and runs toward them, threatening them with dirty, sweaty hugs. They shriek and giggle as he chases them around the yard. This isn't an easy life. He gets up before dawn and goes to bed well after dark, but the mornings aren't hard anymore; they're routine.

Though this life can be difficult and uncertain, it can also be fulfilling. The fate of the community rests in the hands of the farmers who provide the food. At least, this was once the case. With the rising interest in locally grown food, it may become true once again. Because of Whole Foods Co-op's dedication to locally produced and locally grown foods, and the interest of our Member-Owners in keeping it that way, we now have more local choices than ever before. This is why we really wanted to focus on using local in our

upcoming cooking classes.

This fall, we are proud to offer you a variety of classes featuring local and seasonal foods. We will start in early September with the second raw foods class, taught by returning instructor Emily White. In this class, she will focus on how to make raw dishes using primarily local ingredients.

These will include dishes such as melon gazpacho and a raw Thai Wrap, which utilizes some of the freshest produce of the season. Following shortly thereafter will be a class with professional gourmet chef, Tom Linderholm. The focus of Tom's class will be cooking with "Minnesota" ingredients (wild rice, maple syrup, etc.). As we learned from Tom's last class, presentation is a huge part of taste, but without terrific taste, presentation doesn't much matter. (Tom's dishes were, of course, both beautifully presented and delicious!) Debbie Manhart will focus her class on seasonal food and the traditional feasts of the harvest time. She will teach you how to prepare dishes that could come straight out of your garden (or CSA box)!

Have you ever considered ordering a case of apples, Swiss chard, or yams? Starting in September, we are going to introduce a new class that teaches you how to use a specific, seasonal produce in five very different ways.

Jahn Hibbs, Produce Assistant Manager and remarkable cook, will be teaching the first class on apples. If you think apples can only be used in sweet desserts, you are sorely mistaken! Apples can also be used to make various interesting

savory dishes as well. In October, Produce Manager Michael Karsh will teach a class on five different ways to prepare pumpkin. Learn how to make a "theme" meal, with pumpkin from hors d'oeuvre to dessert.

Though local and seasonal produce is the focus of this class cycle, we also wanted to introduce a few new classes that bring you a little farther from home. In October, we welcome former

Though this life can be difficult and uncertain, it can also be fulfilling. The fate of the community rests in the hands of the farmers who provide the food. At least, this was once the case.

Board Member Koresh Lakhan in our first ever East Indian cooking class. This is a class that people have been requesting for a long time, and we are excited to have a teacher who is so familiar with the topic! In fact, Koresh was also the co-owner of India Palace. Welcoming another staff member as

teacher, we are also excited to offer you a class that's specific to the Co-op. Deli Manager Jane Herbert will be teaching a class on specialty items and their uses. Ever wondered how to use Balsamic Glacé? Or how to make a coulis? Jane will show some of the best ways to use the interesting items that you might see on our shelves. There will also be a class about detoxifying your body for better health, taught by instructor Ryan Amundson. Last but not least, we're introducing a 3-class kid's cooking series taught by Board Member Theresa Koenig and nutrition expert Katie Lisi. This class will be for kids between the ages of 8–14 and will cover everything from learning to use basic tools, experimenting with spices and herbs, and creating shopping lists. Not only will your kids learn the basics, but they will also have hands-on experience in cooking meals that they will get to eat afterwards.

This school year, we hope to offer as much variety in our classes as we have in our produce department. Remember, buy local, support the farmers who feed you, eat seasonally, and be happy. **GG**

Anni Friesen has become very passionate about good organic and local food in her three years of employment at WFC. She thinks that everyone else should be too.

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CLASSICAL ONE

Keng-Yuen Tseng, violin
Saturday, September 20, 8pm | DECC



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September & October Classes

A Local Focus on Raw Foods
Wednesday, September 3rd
6:00–8:00 pm

Learn what a raw foods diet is and how you can construct a raw meal without doing the same old thing day after day. This class will focus on how you can incorporate local foods into the raw diet. Make dishes like Melon Gazpacho, a Raw Thai Wrap, RAW Sanga, and more! *Come hungry!*
Instructor: Emily White

Cooking with Minnesota Style
Tuesday, September 9th
6:00–8:00 pm

Love Minnesota and all the foods it has to offer? Would you like new and interesting ways to present some of the most traditionally local foods to your friends and family? How about learning it all from a professional chef? Come learn how to make dishes that can be prepared using some great local ingredients! *Come hungry!*
Instructor: Tom Linderholm, Executive Chef, Ledge Rock Grille

Apples Five Ways
Thursday, September 18th
6:00–8:00 pm

If an apple a day can keep the doctor away, think about what a whole bushel could do! In this class, you will learn how to prepare five different dishes that use apples. Not just for pies and crumble anymore, instructor Jahn Hibbs will show you some new and interesting ways to use apples in savory and sweet dishes! *Come hungry!*
Instructor: Jahn Hibbs

A Local Fall Harvest Dinner
Wednesday, September 24th
6:00–8:00 pm

Remember the old days, when the family would gather around the long wooden kitchen table? As they laughed and chatted about their day on the farm, they would eat food that they had sowed and harvested. In this class you will be able to experience what true rustic family fare was like. *Come hungry!*
Instructor: Debbie Manhart

Pumpkin Five Ways
Thursday, October 2nd
6:00–8:00 pm

In this class you will learn how to make five dishes that bring pumpkin to a whole new level. You'll be pleasantly surprised at all of the things you can do with this lovely squash, from hors d'oeuvres to dessert! *Come hungry!*
Instructor: Michael Karsh

Everyday Holiday: Cooking with Gourmet Ingredients
Tuesday, October 14th
6:00–8:00 pm

Learn how to use some of those items that you may have seen in the store, but have no idea what to do with, including: how to use various vinegars and make yummy coulis! *Come hungry!*
Instructor: Jane Herbert

Seasonal Detoxification
Thursday, October 16th
6:00–8:00 pm

Feeling like your body's picking up too many toxins? Learn how to detoxify and cleanse your body of some of the harsh contaminants that it's picking up everyday.
Instructor: Ryan Amundson

Kid's Cooking Series: No Fingers in the Food
Friday, October 24th
6:00–8:00 pm

This class covers kitchen safety, some basic measuring, mixing and other good tips for kids to know while working in the kitchen. We will practice those skills while preparing a variety of foods, including trail mixes and personal pizzas. This is a hands-on class, and at the Co-op we always get to try what we've helped to make, so *come hungry!*
Instructors: Theresa Koenig and Katie Lisi with assistants Erin Bates and Kaity Hagen

Indian Cooking
Tuesday, October 28th
6:00–8:00 pm

Learn some of the basics of Indian Cooking. In this class you will learn how to cook Basmati rice the correct way, make vegetable curries, Dal (lentil soup), Tandoori Chicken, Indian Breads, Mango Ice Cream, and Lassi, an Indian drink. *Come hungry!*
Instructors: Koresh Lakhan

Presenting... Your Instructors!

Ryan Amundson
Ryan Amundson received his education in Shiatsu and massage from CenterPoint School of Massage in Minneapolis. He works locally at the Christal Center and helps his clients heal and relax.

Erin Bates and Kaity Hagen
Erin and Kaity, both Woodland School 7th graders, love to cook. Erin won a blue ribbon at the County Fair for her delicious 'chocolate chip wild raspberry cookies' and Kaity created and cooked so many dishes for her 6th grade cooking class, her teacher was tempted to move in and eat at Kaity's house!

Jane Herbert
A former restaurant owner, Jane has been our Deli Manager for over three years.

Jahn Hibbs
Jahn is currently our Produce Assistant Manager and is very creative with her recipes. Aside from being a great cook and extremely knowledgeable about all produce, Jahn also creates most of the recipes that you'll find in the WFC produce department.

Michael Karsh
Michael is the Produce Manager at WFC, where he has worked for the last 18 years in various positions. A transplant from the Cities, he is an proud parent, avid cook, and organic gardener. Through his work at the co-op, he has developed markets for local growers, with an emphasis on Organics.

Theresa Koenig
One of your Whole Foods Co-op Board members, Theresa loves working with children of all ages, and she strives to serve healthy food to her own three children, who range in age from two to twelve. She recently enjoyed a small victory in the kitchen when one of her children said to her, "Mom, cheese hot-dogs used to be my favorite, and now I don't think they taste very good. I can't eat it." Yes! One small step towards a healthier lifestyle!

Koresh Lakhan
Koresh grew up in an extended East Indian family where the women and children spent a large part of the day preparing food. Consequently, he had an early exposure to Indian Cuisine, from the preparation of spices, the selection of meats, vegetables, grains and legumes, to the baking of breads and pastries. He was also a founding member and co-owner of Duluth's India Palace Restaurant.

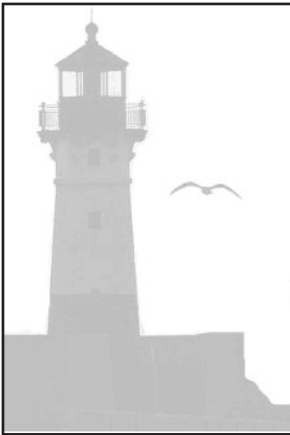
Tom Linderholm
Tom's career began at Minneapolis' acclaimed Table of Contents Restaurant. Following, Tom moved to Beaver Creek, Co. and worked as Executive Sous Chef at Beano's Cabin, rated among Colorado's top restaurants according to Bon Appetite Magazine. Returning to Minnesota, Tom worked at Bennett's on the Lake before moving to Odyssey Development in 2002 when he was brought in as Executive Chef for Splashing Rock Restaurant. Linderholm has full responsibility for Splashing Rock Restaurant at Grand Superior Lodge in Two Harbors, MN, Ledge Rock Grille at Larsmont Cottages in Two Harbors

Katie Lisi
Katie blends her degree in nutritional sciences with a passion for fun, healthy eating. She spent several years exposing grade school students to cooking and forming healthy eating habits, and wishes everyone could

enjoy a "party-in-their-mouth" from the food they prepare and eat!
Debbie Manhart
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 and current Store Manager, Debbie is most concerned with healthy eating and food safety.

Emily White
Emily is a raw food enthusiast and hopes to get her business, Emily's Raw Foods, off the ground shortly. She has taught various community ed classes, and enjoys educating the Northland about raw food.

THE FINE PRINT...READ ME PLEASE!
Classes are \$25.00 each for non-Members and \$20.00 each for Members. 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@whole-foods.coop



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notes from the front

by Briana Lowrie,
Front End Manager

Primary vs. Household Members

In the world of WFC membership, there are two kinds of members: “primary members” and “household members”.

Primary members are those who have selected themselves to be listed as the first name on the membership. The primary member is responsible for updating any information WFC retains for that member number, including addresses, phone numbers, and the names of household members. They also have the right to vote for Board of Directors, Bylaws changes, etc.

A good portion of the people that come through the registers and give a member number are “household members”.

Household members receive all the same benefits as primary members, but they don’t have the ability to vote or alter membership information in any way.

Sometimes, a customer will present a member number that they are not listed under or a member name that is not their own. Unfortunately, even if the customer does live with the primary member, we cannot grant the use of the member number without the primary member formally adding them to that account. This may seem strict to some, but it’s the only way to completely ensure that only persons listed have access to member discounts (quarterly virtual coupons), emergency charge accounts, etc.

If you are a primary member and have not updated your membership account in some time, please stop by the Customer Service Counter next time you’re in and see if there are any changes that need to be made. In addition to adding/deleting household members, another good reason for doing so is that, if WFC finds an address to be inactive or a phone number to be wrong or disconnected, the membership will go into inactive status until the information is updated.

notes continued on next page

Gonzo Gourmond

Gonzo Food Facts

by Jim Richardson, Bulk Buyer

Botanically speaking, **almonds** are a fruit. Almonds are the seeds of a fruit tree that has been cultivated for thousands of years for the seeds, not the fruit. This explains why the kernel of an apricot pit looks exactly like a miniature almond: because the almond and the apricot are related stone fruits. But the almond has been cultivated for the stone, and the apricot has been cultivated for the fruit. Hence the almond on the tree has only a thin skin of “fruit” as a covering on the shell, and the apricot has only a tiny kernel inside a proportionately larger fruit.

The almond, genus *amygdalus*, is said to be a Chinese symbol of enduring sadness. A pair of almond-shaped structures in the human brain — the amygdala — activate during sadness. It is also said that the Chinese consider almonds to be a symbol of female beauty, but what that has to do with enduring sadness, I don’t know. Actually I guess I do know a bit about that.

Cashews contain anti-fungal and anti-bacterial properties. Cashew nut powder has even been used to counteract snake venom.

Once **peanuts** (a kind of pea) form on the plant, the plant forces them beneath the soil to mature. Peanuts were originally domesticated in Peru almost 8,000 years ago, spreading as far north as Mexico. Portuguese traders then brought the peanut from Brazil to Africa around 1800. African Americans subsequently popularized the peanut’s cultivation in North America. So peanuts, which had spread nearly all the way from South America to North America already, had to detour through Africa before they finally made it to the States. It came as a surprise to me to learn that roasted peanuts have more antioxidants than strawberries — wow!! Raw peanuts have about the same level of antioxidants as strawberries, but roasting (boiling too) boosts the levels of certain antioxidants in the peanut, sending it over the top.

Counterintuitive, but that’s science for you.

Chili peppers are members of the nightshade family, like tomatoes and eggplant. Bell peppers are large, mild chili peppers in the same species as jalapenos. The chemical that makes chilies ‘hot’ activates pain receptors in the mouth, causing the body to release endorphins. In this way, spicy food can be literally addictive, like exercise and other masochisms. Only mammals have the type of pain receptors that are sensitive to chilies — birds are immune, for instance. For this reason, hot chili seeds may be mixed into bird feed to deter mammals (like squirrels) from raiding it. Chilies were introduced to Asia by European traders hundreds of years ago, and have since become mainstays of many Asian cuisines. Chili peppers are high in vitamins A, B, and C.

Chia seeds were a staple crop of the Aztecs, as were corn, beans, squash, amaranth, and spirulina. The chia seed is found in the name of the Mexican state “Chiapas,” which means “Chia water or river” in Aztec. Chia seeds contain oil with a high percentage of Omega-3 fatty acids, a nutrient frequently lacking in the standard American diet, and the word “chia” is from “chian,” the ancient Aztec word for “oily.” (Other indigenous Mexican foods that basically retain their ancient Aztec names include: avocado, chili, chocolate, and tomato.)

Languages can shift semantically such that the word for an oil-producing crop becomes the generic word for any oil or liquid fat. Two examples of this: The English word “oil” is derived from the word “olive,” and the Sanskrit word for oil or fat is derived from the word for sesame seed.

Sesame seeds, first domesticated in either Ancient Egypt or India, are believed to have been introduced to America by African slaves. The magic command “open sesame” from the Arabian Nights is a reference to how the seedpod of the sesame plant bursts open when mature, a bit of botanical information encoded in myth. **CG**

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

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Fascinating phenology by Larry Weber
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Fresh Perspective

What The Heck Do I Do With It?

If you are like many produce shoppers, you probably walk by the herbs in your produce department without giving them the slightest notice except when a recipe calls for them or the holidays are coming.

Sure, you may know that arugula, with its nutty, peppery flavor makes a delicious salad, alone or mixed with other lettuces. Or you're aware that you can drizzle it with olive oil, balsamic vinegar and garlic and toss into hot pasta with freshly grated Parmesan for a wonderful dinner. Also, basil has long been used in Mediterranean cooking, and is great with fresh and cooked tomato dishes.

But what do you do with all of the other herbs that fill the produce rack? If you love food and don't know about these culinary gems, you may be missing out on some wonderful flavor combinations. Is your curiosity piqued?

Here's a little primer that was put together by Jacobs Farm at www.jacobsfarm.com to get you started on your new herb adventure.

Bay Leaves: A traditional staple in American kitchens as well as for Spanish, Creole, and French cuisine. The robust flavor is a must for slow-cooking soups, stews and sauces and in pickling brines. Remove leaves before serving.

Chervil: A delicately flavored herb wonderful with fish, new potatoes, spinach, asparagus and green beans. Add it to cold dishes such as potato or crab salad and to mixed salad greens. Use it raw or add at the end of cooking.

Chive: A mild onion flavor and good color make this an excellent garnish as well as a fine addition to eggs, cheeses and salad greens. Sprinkle chopped chives on steamed vegetables and cooked potatoes.

Dill: A uniquely refreshing quality makes it a favorite with fish and steamed vegetables. It is used widely in the cuisines of Russia and Scandinavia. Chop and sprinkle over

cottage cheese, tomato soup and salads.

Lemongrass: One of the most popular herbs in Southeast Asian cooking, it is often used in curries, soups and sauces. The flavor blends wonderfully with coconut milk. To release the clean, citrusy character, cut and crush the stems.

Marjoram: Is especially good with beef, veal, lamb, poultry and fish. Add it to stews, sautés, marinades and dressings. Marjoram pairs well in recipes with other robust flavors such as bay leaves, thyme, basil and garlic.

Oregano: Has a hearty, assertive flavor and is a classic addition to cuisines of Mexico and the Mediterranean. Try it fresh in marinades and salsas. Often used in poultry stuffing, oregano pairs well with thyme and parsley.

Rosemary: A wonderful addition to roasted meats, fish, potatoes, pasta and stews. Try pairing with tomato, mushroom, eggplant and zucchini dishes. An infusion of fresh rosemary and hot water makes a pleasant hair rinse.

Sage: Is wonderful paired with poultry and stuffing due to its robust, woody flavor. Sage works well with veal, fish, beans, cheese, eggs, squashes, tomato dishes and soups. A tea of fresh sage can help ease upset stomachs.

Savory: Has a slight woody flavor and the wonderful property of marrying various flavors in any dish. Use it to blend and add depth to dishes using shell beans and lentils, and in soups and stews or with roasted game.

Tarragon: Enhances seafood, meat and poultry. Works nicely with vegetables and as a key ingredient in salad dressings. This intensely flavored herb should be used sparingly and added at the end of cooking for the best flavor benefit.

Thyme: Works well with meat, poultry, game, fish, as well as in sausages, salad dressings, roasted vegetables, soups, stews and chowders. Thyme is a classic ingredient in bouquet garni.

Lemon Thyme: Similar to regular thyme but with a note of citrus, which makes it a favorable ingredient for roasted poultry, seafood and chowders. Use in any recipes that call for thyme.

Fall Dinnertime Fun

The kids are back in school, and it's time to start back into the changing routine of fall life with shorter days, school events and morning bathroom routines. But one routine you may not want to settle back into is the same old Monday-through-Friday dinner routine. You know, thaw some veggie burgers, steam some veggies, and maybe pop some potatoes in the oven.

Why not change the routine of having steamed veggies with the meal to making tartines (basically a fancy way to say small open-faced sandwiches). It's not as hard as you might think. Start with some sautéed corn (scraped from the cob), crimini mushrooms, rainbow chard, and garlic for cooked items, cut up red onion, Hass avocado, sunflower sprouts and sun gold cherry tomatoes for fresh items. Now comes the fun part. Gather everyone in the kitchen and have them top pieces of a diagonally sliced baguette with whatever ingredients they choose. Sprinkle on some parmesan or feta cheese and then bake them at 400 degrees for just a minute or so. Voilà! You've just turned Tuesday night dinner into a fun and healthy feast.

If you want to go more "autumn-ish," why not bake up a nice Hubbard or Delicata squash to go with them. Or use the baked squash as a spread for the baguettes and pile on roasted cauliflower. You can also bake the garlic and squeeze out the savory goodness from the bulb, top with chopped chives or scallions and a little grated Havarti cheese.

Another great thing about tartines is that no matter what the dietary preference of the group — vegan, vegetarian, or omnivore — everyone can participate and feel welcome. So what are you waiting for? You know the kids as well as the adults will love it, so why not make it a regular weekly routine?

References this issue: www.organic-center.org; Jacobs Farm, www.jacobsfarm.com; Washington Apple Commission www.bestapples.com

notes continued

Kudos to Front End Staff

As WFC approaches its third year in our new location, I think back to all 60 different people we've had working in the Front End Department since we opened here.

We still have some staff that have been with us since the move, like Jessica Belich, Sue Boorsma, Aaron Hoffmeister, Jason Kokal, and Michael Olker. I'd also like to mention Jackie Bradley and Rain Elfin of the Store Operations Department, who have also been with us since the beginning and play important roles in the running of the Front End. All of these folks have become familiar faces for shoppers and can be counted on by co-workers. Through the years, the knowledge these employees have gained of our products and industry has made them invaluable assets to our store. We are very lucky to have them.

Equally, we are lucky to have the newer part of the group who continually provide insight into new ideas and raise the bar with valiant efforts towards improved customer service.

Without either of these groups, the Front End would cease to be able to keep up with the changing needs of our department and our customers.

Even though each of us is so very different from the next, somehow we manage to show the kind of camaraderie and respect that some only dream of in a workplace. I've worked with many other people in similar and different kinds of jobs, and not to say I didn't appreciate them, but the people I work with now make me so very proud.

I just wanted to take a moment to say, *Thank you, Front End Staff!*



mission statement

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3. Member economic participation
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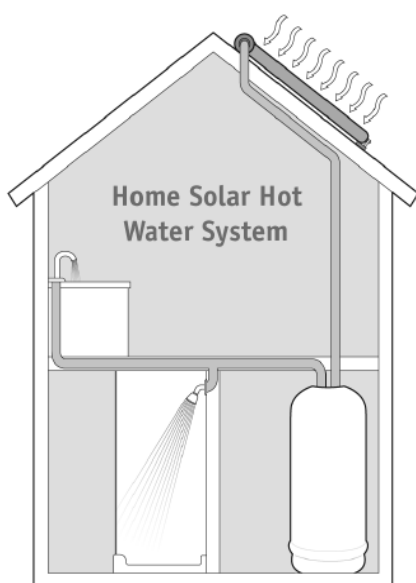
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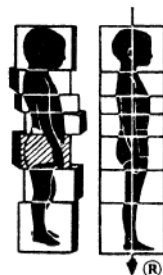
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New Packaging

or the disappearance of the paper plate

by Jane Herbert, Whole Foods Deli Manager

I know everyone is concerned about the amount of packaging that is used in the Deli at WFC. As the Deli Manager, I am concerned, too. We initially intended to use dishes and cutlery, but soon realized that the water and detergent usage (as well as storage and handling of breakables by customers and staff) would not be feasible at this location.

The NCGA (National Cooperative Grocers Association) is the price negotiator for the packaging that many co-ops use in the U.S. Last April, I attended a Central Corridor meeting where our local NCGA packaging representative talked to a group of Deli Managers who gathered for updates in packaging options for co-op delis. One of the most interesting facts he related to us was the child labor situation in China where corn based cutlery is made. He related how NCGA has been instrumental in getting the factories to change their practices to fair labor and affecting change in the labor laws. The cutlery currently costs us three cents each to purchase and they are compostable. We are also collectively trying to source a wooden, sustainably-made product such as chopsticks. There is a company in Shanghai that has been introducing bambooware to the industry including a collection of disposable plates, and utensils called Vaneerware, made from 100% organically grown, unbleached, dye-free, and biodegradable peeled bamboo stalks grown on farms in chemical-free soil and requiring no replanting. The interest from restaurants and casual dining facilities such as your very own Deli, have convinced them to ramp up production and begin to work on developing bulk availability of these products. We will be among the first to get these products when they are

made available for purchase.

We also use a Genpak container with a hinged lid that, up until recently has been petroleum-based. Our representative reported that those containers are now being manufactured in the U.S., are now corn-based and will be bio-degradable (I happen to think this is the best use of GMO corn). The price will be the same for us to purchase these containers, which was good news as the cost to us starts at 16 cents for the smallest size. I will be eliminating the largest Genpak box due to cost. You may have noticed that we are now using post-consumer (brown) co-op boxes on the hot bar as well as for sandwiches at the counter. We have also stopped using the paper plates saving us 36 cents each. This newer trend in packaging for us will help us to offset the rising costs of our high-quality deli ingredients. Lucky for us in Duluth and at WFC, we have WLSSD that will pick up our compostables. You can be proud that we are way ahead of the rest of the country. I hope I have filled you in as a consumer of deli and let you know that we do care as both a national group and at your own local co-op. GG

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Ann Frett is certified as a Feldenkrais® Teacher and has been teaching Awareness Through Movement classes and workshops for over 5 years. She is also a Physical Therapist, with a Master's degree from the Mayo Clinic. Ann's approach in working with people is very effective. She is able to create learning situations for students that provide significant results along with ongoing growth and improvement.



2008 WFC Locavore Challenge

In the last Gazette, I challenged you all to enter your best recipes using local ingredients. We had a mere eight entries, but all of them were delicious. The following are the prize-winning recipes. In the interest of full disclosure, and seeing as it was my idea to have this contest to begin with, the prize I won was donated to the Duluth Community Garden Program. Because food doesn't get any more local than your own backyard! — Shannon

Some recipes list specific local products or suppliers. While this may be helpful, there may be other local options available at WFC. You may also notice that not every ingredient is available all year. That's OK. Many fresh ingredients can be substituted with frozen or your own home preserved items in the cooler months. Several items with no source listed are, in fact, available locally, so look for the "Locally Owned" and "Locally Grown" stickers around the store for more ideas!

Winner: "Most Local Ingredients"

RAZZ-N-BEETS SALAD

— Debbie Manhart

- 4 c Spring Mix (Food Farm, Edge of the Earth)
- 4 med Beets, boiled until fork tender (approx. 1 hour), peeled, cooled, and sliced
- 2 med Carrots, grated
- 4–6 Radishes, sliced
- 1 bunch Green onions, chopped
- 1 – 8 oz pkg Mt. Sterling Goat Cheese, chopped
- 1 pkg Raspberries
- 1–2 T Balsamic Vinegar
- 1–2 T Olive Oil

Put spring mix in a bowl and layer with each ingredient topping with raspberries. Just before serving drizzle with the vinegar and oil and serve.

Winner: "Best Tasting"

CHICKEN COLESLAW SALAD

— Theresa Koenig

- 2-1/2 c Chicken, cooked, then shredded or chopped (locally raised, Kadejan)
- 1/2 c Celery, finely chopped (optional)
- 1/2 c Sugar Snap Peas, chopped (you can also substitute chopped green beans)
- 1/4 c Red Bell Pepper, chopped (optional)
- 1/4 c Onion, finely chopped (you may add green onions for color, depending on season)
- 1/2 c Carrots, chopped
- 3 c Cabbage, thinly sliced (mix red and green if possible for color)

Dressing:

- 1/4 c Eden Organic Apple Cider Vinegar
- 1/4 c Rice Wine Vinegar or Spectrum White Wine Vinegar
- Dash of Eden Select Roasted Sesame Oil
- 2 T Sugar
- 1 t Salt
- 2 t Soy Sauce
- 1/4 t Garlic Powder (available in our bulk spice section)
- Fresh Black Pepper to taste

For garnish and crunch:

- Almonds, toasted, slivered
- Sesame Seeds, toasted (both available in bulk section)

Chop salad ingredients and mix together in large bowl. Mix dressing together and mix into salad. Sprinkle with roasted slivered almonds and roasted sesame seeds before serving. Serve chilled.

Winner: "Most Kid Friendly"

A NORTHWOODS TRIFLE

— Shannon Szymkowiak

Make the cake:

- 1 Egg, well beaten (Schultz's, Organic Valley or any local egg supplier)
- 1/2 c Maple Sugar (Pripp's Sugar Bush)

- 1/2 c Milk (Organic Valley, Dahl's Dairy or Valley View)
- 2 T Canola Oil
- 1 c Gold-n-White Flour, sifted
- 2 t Baking Powder
- 1/2 t Salt
- 1 jar Talmadge Farms Jam (I used Wild Blueberry)

Combine egg, maple sugar, milk and oil. Sift dry ingredients together then add to egg mixture. Mix well. Turn batter into a greased 8" x 8" baking pan and bake at 375 degrees for 25–30 minutes or until toothpick inserted in the center comes out clean. The cake will be slightly pale — this is normal. Run a knife around the edge of the cake and turn out of the pan onto a cooling rack. Cool for 5–10 minutes until cake is cool enough to handle, but isn't completely cooled. Cut into two layers. Spread jam between the layers. Replace the top layer and wrap tightly until cooled to room temperature.

While the cake is baking, make the custard:

- 2/3 c Maple Sugar
- 6 T Cornstarch
- 1/4 t Salt
- 5 c Milk

Mix maple sugar, cornstarch and salt. Gradually blend in milk. Cook over medium heat, stirring constantly until mixture thickens (10–15 minutes). Cook for 2–3 minutes more. Pour into a bowl and place a piece of plastic wrap or waxed paper on the top to keep a skin from forming. Chill in the refrigerator.

To assemble the trifle, you will also need:

- 1 or 2 pkgs Raspberries (Bumbleberries or Shari's Berries)
- 1 c Heavy Cream (Organic Valley), whipped, then sweetened with a bit of Maple Sugar



Optional: White Winter Winery Acer or Ceyser Mead

Locally harvested Walnuts, finely chopped

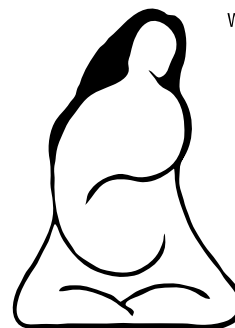
When the cake has cooled to room temp and the custard has set, you are ready to assemble. If you have a glass bowl or dish to show off the layers, use one. Otherwise, any medium sized bowl will be fine. Take the cake out of the wrapping and cut into 1" cubes. Take half of the cubes and place them randomly (don't be neat). This is the first layer in your bowl. Spoon one half of the custard over the top of the cake/jam cubes, followed by one half of your raspberries. If you have left-over jam, you can put dollops of this in this layer as well. Repeat this procedure with the second half of your ingredients. Top with the whipped cream. It's pretty if you whip it rather stiffly and pipe it on in a decorative pattern, but you don't have to get that fancy unless you want to impress someone. Cover and let it sit in the refrigerator for 3–24 hours.

Optional deliciousness: before you put the custard layer on, sprinkle the cake/jam pieces with White Winter Winery Acer or Ceyser Mead. This replaces the Sherry you would normally find in a traditional trifle. If you are lucky to have access to a walnut tree, a light sprinkling of chopped walnuts between the layers is also a nice addition.

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Farm Beginnings

by Alex Mohrbacher, Produce Assistant & Farmer

This winter many of your local farmers will be putting away their hand tools, parking their tractors, and picking up all those neglected books on agriculture they never had time to read during the heat of the season. At Grassroots Farm, we are also anticipating this winter to be a time to study up on how to approach our next growing season. We consider our first summer to be a huge success. We battled the quackgrass and were able to sell many organic veggies at the UMD Farmer's Market, to the Whole Foods Co-op, and to a couple local restaurants including the New Scenic Café and Chester Creek Café. During this winter our goal is to better develop our growing cooperative both in structure and quality. To do this, eight of our members will be attending the Lake Superior Farm Beginnings course offered by the local Sustainable Farming Association.

The course uses a successful curriculum developed by the Land Stewardship Project. It involves 36 hours of winter in-class coursework—nine sessions total beginning in October and running till the end of March. The course also involves on-farm workshops, farm tours and skill sessions, as well as the opportunity to connect with innovative sustainable farmers through mentorship, technical

assistance and general networking. The class has already been offered for 10 years in Southern Minnesota and the success is in the numbers. More than 300 people have completed the course with over 60% of those graduates farming. In addition, over 6,000 acres of land is owned, rented or otherwise farmed by graduates, 91% use conservation practices, 66% say their net farm income has increased since taking the course by \$12,000, 59% have a business plan, and 98% do financial planning.

Throughout this summer we at Grassroots Farm experienced both the



The Greensmiths, two of the Grassroots farmers. This was their first year at MOFF.

joys and hardships of farming. By taking this course we hope to minimize those hardships with good pre-season planning. The Farm Beginnings course will help us do this by encouraging Whole Farm Planning and Holistic Management, which takes into account all aspects of the farm including biologically-sustainable principles, values and goals, and sound economics.

This is the first time the course is being offered in the Northland and for us at Grassroots Farm it is perfect timing as we complete our first season as a cooperative. It is also an exciting time because as the demand for organic food in the area is rising, many of our established local farmers are reaching their retirement. The Farm Beginnings course will contribute to our goal of meeting local food demand with new and innovative farmers. Because of these efforts, everyone in our area has a reason to get excited for more local organic foods to be offered for many years to come. **GG**

For more information about Lake Superior Farm Beginnings contact Cree Bradley, Facilitator at 218.834.0846, email cree@lakesuperiorfarming.org or visit www.lakesuperiorfarming.org.



78 year old Don Kinnunen talks about his 70 years of horse farming.



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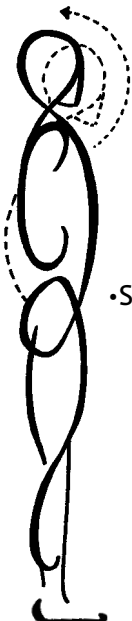
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Finance Committee (Chair)
GME Committee
Term expires 2008

Alison Champeaux

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GME Committee
Term expires 2008

Lynn Fena

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Member-Owner Committee
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Mark Friederichs

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Appointed 10/07
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Theresa Koenig

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heather@wholefoods.coop
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Sharon Murphy, General Manager

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728-0490/fax
smurphy@wholefoods.coop

WFC web site: www.wholefoods.coop

e-group address to communicate with entire Board and General Manager:
wfcbod@wholefoods.coop

Call 218 728 -0884 to leave a call-back request for a Board member.

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

Interested In How the Board Works?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time constraints at the Board meeting. Board meetings are on the 4th Monday of every month beginning at 5:30 PM subject to change due to holidays.

board report

by Lynn Fena, Board President

From the vantage point of the Board of Directors, Whole Foods Co-op is passing through developmental stages and achieving the marks that enable us to move forward smoothly. We are meeting our sales goals and things are looking good.

Time to figure out what's next. The Board's job is to lead our cooperative, to set the sails and hold the rudder. We have some good ideas, we've been inspired by the work and the creativity of sister and brother cooperatives all around the country. The cooperative movement is flourishing and it appears we have opportunities now. We have grown from 2,500 members to nearly 5,000 members in the past three years. Because you have elected us to spend time visioning WFC's future, Board members are beginning to see an array of efforts needed to better support the infrastructure of our food cooperative, and we are asking where should we put our energy?

La Montanita Co-op in Albuquerque whose "foodshed" is based on their watershed has inspired the Board! They have also developed a distribution system among farmers and their four co-op stores. They deliver things needed to the farmers, pick up produce, sell excess produce to the university and use a regional eco-label that parallels the distribution system. We were very interested in Weavers' Way Co-op program in Philadelphia to promote farm education. It has evolved into a gardening and market-

place project for children who now sell about \$15,000 in produce to their schools. And in the Twin Cities, the Wedge has purchased an organic farm, Garden of Eagan, to increase the supply of organic produce for its customers. They are working with season extension programs and have developed a label for their produce — check out www.localfair-trade.org to learn more.

What can we do in Duluth? Every week we see new stories about problems with the food supply, public interest in organics, results of new studies about various chemicals we consume, or nutrients we fail to consume, greener strategies for the world. Do our Member-Owners care about this or that? We make up a mighty organization that has momentum behind us. And we own our momentum. The Board wants to know what you think — really know what you think — about our future.

David Korten was the keynote speaker at CCMA conference this year and the Board brought his message home with us: "Deep change always begins with a conversation." Conversation. The lost art of conversing about ideas is still one of the most productive. It is a priceless luxury, it seems these days, to just sit down and talk, see what we discover in the conversation, because of the conversation. That's what the Board wants to do dur-



Lynn Fena, Board President.

ing the coming year. Talk until we discover where to set our rudder. Talk until the critical energy emerges that fills our sails into the future. We want to hear from everyone who has an idea about what the coop ought to do, to be, to try, have, support, bring about.... What can we create?

You are all invited to attend our Annual Meeting. And, yes, there will be other opportunities during the next 12 months. But the Annual Meeting is where we open the creative conversation among Member-Owners. We'll have a World Café at the Annual Meeting — a particular strategy for promoting conversation about some powerful questions facing us all. Please come and talk with us this year. We meet on October 11 at Marshall School. Dinner is at 5:30. Meeting at 6:30 and World Café at 7 pm. You can come for any part or the entire event, but we need an RSVP for dinner (see the information inserted in this Gazette).

David Korten also said we need to think like owners and citizens, not like consumers and laborers. We've created something we believe in at our store — what else needs creating in our community that will sustain our efforts? Please join us! **GG**

Membership Matters Time to Dream?

by David Helf, WFC Board VP and Chair of the Membership Committee

Call it the Co-op Paradox. Despite rising costs to buy the food and other products that fill our store, Whole Foods Co-op is doing fine. Sales are steady to rising, and whatever gloomy predictions are coming true in the greater world have not happened at WFC. Member-Owners and other shoppers may be cutting back elsewhere, but our sales tell us that you all turn to us for your source of organic and ethically produced food and other products. In this time of great change and uncertainty, our Co-op values are being recognized, more than ever.

This should not come as a surprise. Past Board members and our astute management, with tremendous support from members, built a state-of-the-art store, with the capacity to stock and sell more as demand grew. After a few tumultuous years of up-and-down sales, we seem to be on a steady upward path.

Is this the end of the story? Will there be any plot twists, any uncertainties, even times of poor sales? Will WFC sail off into the future, unburdened by doubts, never nagged by problems, large or small?

Your Board and Management, fortunately, do not believe this or in fairy tales, so we will not be complacent or take success for granted. After all, fate can be cruel and life uncertain. Don't worry — your Board and Management have this covered. In addition to eating dessert first, we continue to make great efforts to avoid unpleasant surprises.

But here's the kicker — as important as it is to anticipate problems, just as much time and energy must go into planning for success. Success for WFC will mean paying off all of our loans and making timely capital investments to keep our store working hard for you, so that our employees can continue to do their jobs smoothly. Success means going that extra yard to fulfill our Co-op Principles.

Is it time to start dreaming yet? In the next Garbanzo Gazette, I'd like to discuss our future. What will life look after paying off our millions in loans? What do other grocery Co-ops do at that point? I know, you're saying to

yourself, what a dreamer. Hasn't David Helf got anything better to do than spot pies-in-the-sky? Sure, today I've got vegetables to pick, dogs to walk, and bills to pay. That's just the daily grind, but I am intrigued by tomorrow, by the years to come. What will our continued success together mean for us and the community in which we live? Whole Foods Co-op has been around for nearly four decades, and with a little luck but a lot more long-term planning, we'll be around for at least another four decades. What do you think success will bring?

Be sure to sign up for the Annual Membership Meeting on Saturday, October 11. It's your chance to talk to your Board of Directors and other Member-Owners, enjoy a good meal, and participate in an interesting discussion. See you then? We might even do a bit of dreaming there, you never know. And even if you cannot attend, be sure to fill out your ballot for the Board election. **GG**

David Helf is WFC Board VP and Chair of the Membership Committee. Please email comments about WFC Board matters to the Board at wfcbod@wholefoods.coop.



David is enjoying summer at last.

ANNUAL OWNERS MEETING on SATURDAY, OCTOBER 11, 2008

Please mark your calendar and check out our 2008 Annual Report for the agenda (also available at www.wholefoods.coop).

This year's Annual Meeting will be held in the cafeteria at Marshall School. RSVP is required for the dinner; no RSVP is required for the meeting. On-site childcare will be available during the meeting.

Welcome, New Members!

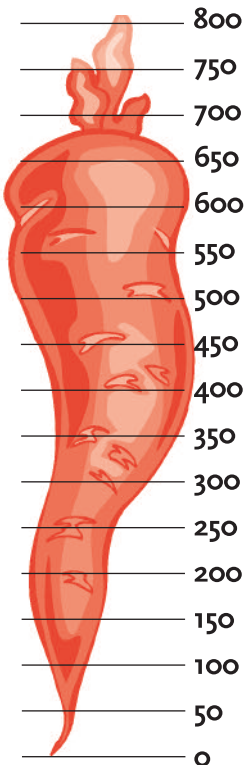
Susan Frericks
Julian Michael Davis
Faith Olsen
Gene R. Smith, Sr.
Megan Elizabeth
Tengwall
Philip Mlaker
Diana O'Brien
Tom Wood
Angela R. Beckman
William R. Wheeler
John H. Wilson
Chayme Meyer-
Loraas
Aaron Mertes
Gail K. Voss
Willie Relbert
Millie Derick
Sandra S. Hoth
Debra Jane Mendez
Becky L. Symiczek
Kristofer Nelson
Linda Castagneri

Kristy O'Neill
Elizabeth Mcdevitt
Buffy Monahan
Mora Kang
Marie A. Mast
Catherine Mulcahy
Kurt Soderberg
Susan Lee Skull
Kristine Rikkola
Aura Coppola
Brianna Smith
Amanda Podemski
Mark Sieh
Amanda Belcher
Andrea E. Hatch
Lisa Spencer
Gloria Mcdonald
Meggan Johnson
Susan B. Gold
Heidi Doo-Kirk
Les Jean Clark-Gish
Leslie Holck
Chelsey Jameson

Jeremy T. Bugbee
Linda Swenson
Sarah Garramone
Kris Sauter
Matthew Horning
Ashley Grunewald
Jamie Marie
Nurminen
Rachel Mclaird
Jenn Newman
Ada Tse
Melanie Padden
Carla Anderson
Suzanne Peterson
Sean Eric Watson
Scott Gerard
Linnea Moss
Alisha Jean Stalker
Jane Brugman
Judith Ann Moen
Eric Ludy
Dan Schuppe
Ben Nelson

Sarah Miller
Austin Leigh Bowyer
Diana Kostrzewski
Mark John Torgersen
Howard Leathers
Paula Ann Johnson
Gabriella Atkins
Tracy Meisterheim
Denise Feig
Ligia Mcdonald-
Pueringer
Elyse C. Snider
Ellen Brown
Kim Keelor
Rita M. Vavrosky
Dale Maiers
Lisa Baumann
Sarah Kyllander
William Clayton
Todd Ching
Lori Seele
Theresa Sharkey
Patricia Rysdam

Kathleen M. Nuestel
Patricia Holliday
Angela Grow-Vidito
Karen Foster
Aubrey Am Amborn
David C. Lindgren
Eileen Ketola
Ashton Rae
Engbretson
Katie Lisi
Ellen Burns
Donald Friday
Mary Beth Hennessy
Heather Wilsey
Nadine Meyer
Lowell B. Fermenich,
Sr.
Lorie Croke
John R. Hinners
Adam S. Meyer
Debra Taylor



From June 1 – June 30 the Co-op gained 61 new Members for a fiscal year total of 749. Our fiscal year goal has been met. Thank you!

We've started this fiscal year off with a total of 46 new Members from July 1 to July 30. We have a long way to go before June 30, 2009, so talk membership!

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Imagine Foods Organic 32oz Broth
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One coupon per member.

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Chicken
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Reg. Price \$3.95



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Extreme Coupon

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Limit one per coupon.
One coupon per member.



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Zen Shiatsu Practitioner
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Home Studio - Brimson, MN
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ON THE STATEWIDE BALLOT IN NOVEMBER

On November 4th, Minnesotans have a chance to pass one of the largest environmental initiatives of our time: The Clean Water, Land and Legacy Amendment to the Minnesota Constitution. Are you concerned about the quality of the water in our Land of 10,000 Lakes? Learn more about the combined efforts of conservation, environmental and arts groups to preserve our natural resources: www.YesForMN.org.

FEELING A NEED TO CONNECT

(with appreciations to Bulk Buyer Jim Richardson)

National Coalition Against the Misuse of Pesticides

<http://beyondpesticides.org/>

Tapwater contamination database (by city):

<http://www.ewg.org/tapwater/yourwater/>

Chemical contamination and disease database:

<http://database.healthandenvironment.org/>

Document health risks of genetically modified foods:

<http://www.seedsofdeception.com/Public/GeneticRoulette/HealthRisks/ofGMFoodsSummaryDebate/index.cfm>

Non-target effects of genetic manipulation:

http://natureinstitute.org/nontarget/report_class.php

Food additives glossary:

<http://www.cspinet.org/reports/chemcuisine.htm>

Food democracy legislation tracker (by state):

<http://www.environmentalcommons.org/tracker2007.html>

Interactive Factory Farm Distribution Map (by county):

<http://www.factoryfarmmap.org/>

Food and Water Watch:

<http://www.foodandwaterwatch.org/>

2008 ELECTION OF BOARD OF DIRECTORS

In response to environmental concerns expressed by Members and in an effort to control escalating printing and mailing costs, the Board has authorized an electronic voting option for the 2008 election. Members will still have the option of submitting a paper ballot, with the dual envelope system required by the State of Minnesota to ensure anonymity. However, a paper ballot will not be printed and mailed to every Member. Please review the 2008 Annual Report for details on the process for this September's Board election and let us know what you think of the election options by completing the survey included with the ballot. Election options also posted at www.wholefoods.coop.

MEMBER APPRECIATION DAY — WEDNESDAY, OCTOBER 8, 2008

Active (current address on file, current on equity and credit payments) Member-Owners will receive a five percent (5%) discount on all eligible purchases (does not include milk, soy milk, butter or bananas) purchased and picked up on that date.

Book Review

by Judy Kreag, member

Of course, it was the title that grabbed my attention. Aren't we all busy people looking for an easier way to eat healthily? Recipes we don't have to cook? Tell me more, I thought.

The author, a 36-year-old woman, was experiencing early signs of aging and health problems. Instead of just accepting this, she looked at what she could do to improve her health and raw food was one of the answers she looked into. She did a lot of research and because of that we can benefit from this book in many ways. She did the experimenting and now all we have to do is buy the ingredients!

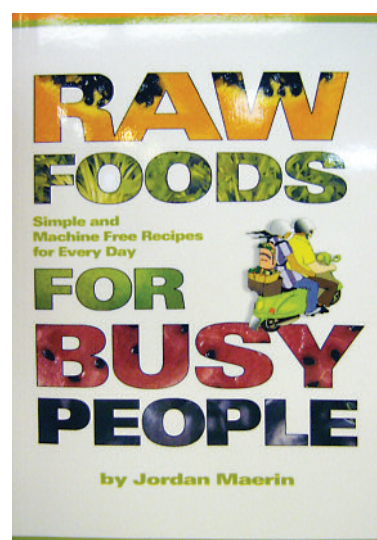
Jordan's first chapter is the ABC's of raw food. She discusses the fact that many of the authors of the books she

recommends have recovered from life threatening diseases. She talks about different blood

types, enzymes, protein, etc. and how to make a slow transition to healthier eat-

ing. What I liked is that she lists many other books to back up her information. She talks about convenience foods, eating out and how to make healthy eating easier. Maerin gives menus and definitions of ingredients to help the reader better understand the recipes. All that is left is to pick an enticing recipe and give it a try.

Her book touches on salads, marinades, soups and desserts. My favorite



chapter was the one on marinades. You can take some of your favorite vegetables, marinate them and nibble on healthy snacks for several days with little fuss.

So, pick a category and give it a whirl. The book can be found in the book section at the store.

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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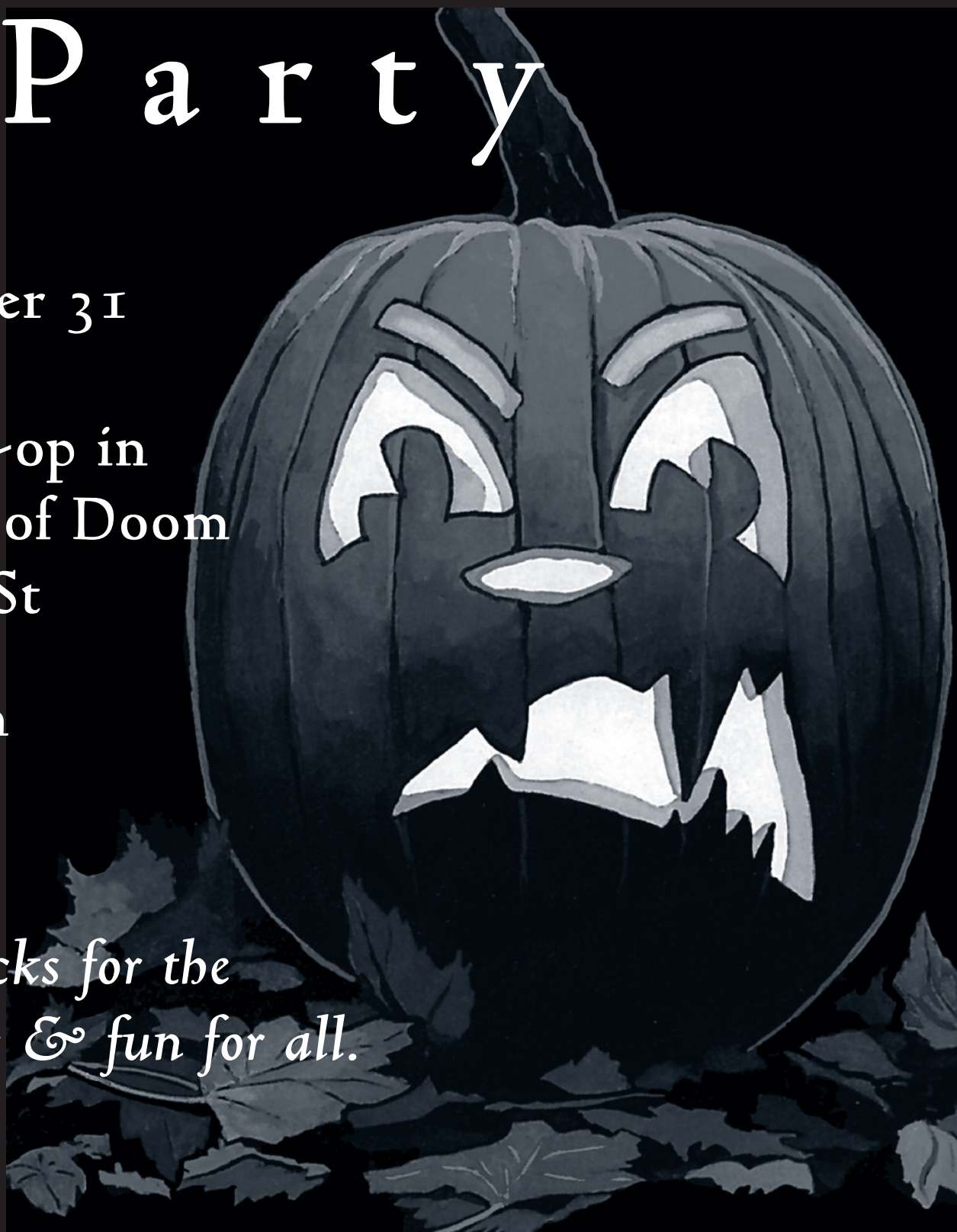


19th Annual Halloween Party

Friday, October 31
4pm – 7pm
Inside the Co-op in
the Dungeon of Doom
at 610 E 4th St

Free and open
to the public

*Games & snacks for the
children, music & fun for all.*



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Duluth

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Can you find me now?

Following the membership's approval of revised Articles of Incorporation and Bylaws, the Board established a procedure to comply with Minnesota law and revolve out abandoned equity (non-interest bearing common stock) of inactive Owners (e.g., Owners with no current address on file and/or who are more than two years behind in purchase of required equity and/or who have failed to comply with WFC's credit policies).

Beginning in fall 2008 and annually thereafter, subject to continuing to achieve membership and sales goals, the Board will authorize revolving out approximately \$3,000 of the oldest abandoned equity of inactive Owners:

- By mailing a check to inactive Owners who complete and deliver to WFC by November 14, 2008, a membership termination request (forms are available at the Customer Service Counter or by mail) including a current address, OR
- By transferring, at the written request of an inactive Owner delivered to WFC by November 14, 2008 (membership termination forms are available at the Customer Service Counter or by mail) abandoned equity to the Fran Skinner Matching Fund. The Matching Fund was created in 1991 to assist WFC members in purchasing the required amount of equity stock when this purchase would pose financial hardship. OR
- If an authorized request for membership termination is not delivered to WFC by November 14th, the amount of equity of an inactive Owner on the following list will be donated to a local, mission-related, non-profit agency as designated annually by active Owners.

We are asking active Owners — that's YOU — to help WFC in this process:

- 1) Please review the following names. If you know how to reach someone on this list, please advise him or

her to complete a membership termination request and deliver it to WFC by NOVEMBER 14, 2008, AND

- 2) Please participate in the decision on which local, mission-related, non-profit agency will receive a donation of abandoned equity after November 14, 2008. This decision process is included on the 2008 Board Election Ballot/Survey (www.wholefoods.coop).

AIJALA, ANITA
ALEXANDER, BRUCE DAVID
AMATUZIO, LYNETTE
ANDERSON, LINDA
ANDERSON, SUSAN
ANNONI, ANTHONY M.
ARMSTRONG, JOHN
BABEU, LEO
BACIG, EDWARD
BARDON, ELIZABETH
BEAUDIN, ROSANGELA KAUL
BEDARD, THERESE
BEEDY, CINDY
BORCHERT, JULIE
BRASGALA, LYNN
BROSCHART, MICHAEL
BROWN, LAURIE M.
BRUNO, DAVID
CAREY, MARY V.
CAVANAUGH, ROBERT
CLARK, PETER L.
CLEVELAND, ELIZABETH
CLOW, GLADI
DAVIDSON, CHAR
DAVIS, PAMELA RUTH
DEAN, RICH
DONAHUE, JOHN
ELTIGRE', JUAN
ERLEMEIER, SUSAN
EVANS, JIM
FANGMAN, JOHN JOSEPH
FIEREK, ROBERT
FISHER, SARAH LYNEE
FREEMAN, GAIL
FULTON, CHRIS
GARRETT, KATHY JO BERRY
GARRISON, JENNIFER
GOODELL, ALISON
GOODSELL, ELIZABETH JO
GOSE, BUNTER
GREENE, MICHELLE ANNE
GRIMM, HELEN
GUERTS, MICHAEL

HAGBERG, IRENE L.
HANNU, MARY JO
HARRIS, LAURIE
HAUKINSON, LISA
HEARNS, MARY RAE
HELGESON, MARY L.
HUTCHINSON, DAVID
IRONSIDE, PAMELA
JAECKEL, LOIS E.
JENKINS, ANN
JOHANIK, PATRICIA
KARL, MARY
KAWULOK, CELESTE
KEMP, ROBERT J.
KNUTSON, MONA
KOHLS, SUSAN
KOOPMANN, JENNIFER
KREIMAN, MEL
KRMPOTICH, JOYCE B.
LANDMAN, RACHEL AMARA
LANE, CARRIE A.
LINNE, DEBRA K.
LITMAN, CHARLES KEITH
MARIENFELD, JOYCE
MARLOWE, LUCY
MARTIN, THOMAS R
MAYER, TERESA
MCGILL, LESLIE
MCINTYRE, ROBIN, E
MEIER, MICHAEL C.
MODEAN, ROCHELLE
MONROE, PATTI
NEELEY, PATRICIA
NEFF, KATHRYN
NUS, MARY
OLSON, LYNNE
PALKKI, SANDY
PESTALOZZI, BARBARA
PRUDEN, MICHAEL
RANDALL, CHRISTINE
RAVETTA, RENEE C.
SALMI, VERA
SANDAL, CHRIS
SCHMIDT, LYNETTE
SCHWENDIG, TRUDE
SELNESS, DOLORES
SHORT, LAURA B.
SKOMARS, KIM
SLIMAK, ROBERT
STELTER, VALERIE
TAWWAB, ARBRA
TREML, ERIC
WIITANEN, RUDOLPH

the buzz

— Jill Holmen, HR Coordinator

We have quite the renaissance staff here at the co-op. The Buzz allows you to fuel up on the latest employee news and to give you a sneak peek into our lives, both at the co-op as well as out in the community. So, go ahead... get your buzz on!

STAFF ANNIVERSARIES

SEPTEMBER:

Darcy Sathers	1995
Briana Lowerie	2003
Victoria Carper	2005
Colleen Kelly	2005
Jackie Bradley	2005
Michael Colvin	2005
Jahn Hibbs	2005
Dolores Meidl	2005
Heidi Frison	2005
Travis Erickson	2005
Brian Bluhm	2007
Martha Livingston	2007
Katie Borg	2007
Zachary Brown	2007

OCTOBER:

Lisa Anderson	1997
Julie Kohls	2002
Jill Hall	2005
Jesse Hoheisel	2005
Rae Lynn Monahan	2005
Amber Haselman	2006
Jeffery Greensmith	2007
Matthew Wenger	2007


Rain Elfvin, MOD, ran the Garry Bjorklund Half Marathon again this year. It took him half an hour longer to finish than it did last year, but he reports that he wasn't as stiff this year the day after and "that is worth something."

Briana Lowrie, Front End Manager, is a first-time new Auntie to little Fiona Mae, born July 12th. Congrats, Briana and family!

Rae Lynn Monahan, Merchandising Asst. Manager is a new mommy! She just adopted a beautiful female dog, a year-old Blue Heeler mix named Azule. Rae Lynn reports that her handsome cat Red Hamish is chumming up to Azule just fine. Whew!

Jill Hall, HBC Buyer, writes and directs Semblesque Performance Company's fourth original multi-

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media dance theatre production, "The Night That Robin Died." Performances will be October 16, 17, & 18 at the Venue on Mohaupt Block. Jill will perform along with other co-op faces: Merchandising Stocker Charlotte Van Vactor (& her two snazzy kids), Training Coordinator Jill Holmen, with costuming assistance by Sue Boorsma of the co-op Front End. See www.semblesque.org for more details.

Eriq Reed, Merchandising Receiver, is now the proud owner of a sweet little Hillside home! Happy Happy! Joy Joy!

Heidi Frison, Deli Baker, is in her 3rd year of commuting to law school at Hamline University in St. Paul. She traveled to the Central European University in Budapest in June to study cross-cultural dispute resolution and how to foster democratic dialogue through mediation. Nice work, Heidi. The world needs you!

Pauline Russell, Administrative Assistant, is singer-songwriter for local band High Volt Rustler. HVR will join with other local musicians to perform the Beatles White album as a fundraiser for the Sacred Heart Music Center at the end of September. High Volt Rustler also includes other co-ops "Cool Brad" Rozman (Cool Buyer) on percussion and Training Coordinator Jill Holmen on back-up vocals. Stay tuned for more details about this Duluth does White for Heart event.

Co-op baby Alice, now almost 8 months old (parents Justin Hemming, Kitchen Manager and Jahn Hibbs, Asst. Produce Manager) "can now do cartwheels, yodel, solve Sudoku puzzles and play "Oh, Clementine" on the bassoon," says dad. Mom is hoping Alice will grow up with the same talent for story-telling as her father!

Lisa Anderson, Merchandising Manager, says, "My new nephew born on April 22nd (Earth Day Baby!) named Tucker Lee loves his Auntie Lisie and doesn't cry when I hold him." Also: "My new 12 year old nephew-in-law Tanner learned how to waterski and then slalom in less than one week!"

We wonder if Auntie Lisa wasn't chasing him.....

Congrats, Lisa & family!

Jordan Schreiber & Zach Brown, Merchandising Stockers, Leigh Ann Sywassink, Deli Counter Assistant, and Matt Wenger, Store Keeper, spent 8 days in the Boundary Waters in July, doing some serious paddling and relaxing.

Give it up for our Staff award winners!!!

Please congratulate our award winners for July and August and look for their smiling faces in the store.

Kristen Augustyn, Deli Baker, our Gumby Award winner for July. Way to go, Kristen!



Jeff Greensmith, Front End Assistant & Produce Assistant received the Customer Service Award Winner for July. Congrats, Jeff!

The beloved Gumby award this month goes out to the ever-fabulous NIKKI of the Front End! Thanks to Nikki for all her great work and for being such a welcoming personality in our store!



The Customer Service award for August goes to ALEX of Produce! Alex is juggling a lot of things these days, with the farm and all, and yet he continues to be a smiling and helpful face in the ever-changing produce department. Thank you, Alex!

management report

As I write this, English and Finnish versions of the Cooperative Principles dangle side by side in our entryway in honor of the International FinnFest event taking place in Duluth and in recognition of the participation of so many people of Finnish heritage in the evolution of the cooperative movement in Northern Minnesota and Northern Wisconsin.

SOLIDAARISUUS is the Finnish translation of the Sixth Cooperative Principle: Cooperation Among Cooperatives. As October is National Co-op Month and the month we celebrate the cooperative beginning of WFC, it is a good time to highlight some of our efforts to live up to that Sixth Cooperative Principle.

Through our participation in the National Cooperative Grocers Association (NCGA), a business services cooperative for natural food co-ops throughout the US:

- Our customers benefit from lower everyday and sale pricing because NCGA negotiates purchasing for its member co-ops based on combined

volume (nearly \$1 billion/annual sales).

- Our Members benefit from Member-Only coupon books produced by NCGA.
- Our Managers benefit from peer networks, department-specific training, and sharing of best practices.
- We all benefit from product information including brochures, recipes and Locavore Challenge materials developed by NCGA as well as NCGA's advocacy on behalf of consumers.

On July 30, 2008, WFC donated \$1,100.00 representing \$548.10 in contributions by customers and \$551.90 from WFC to the Cooperative Disaster Relief Fund (CDR) for co-op farmer-suppliers affected by recent flooding in the Midwest. The CDR is managed by Northcountry Cooperative Development Fund (NCDF). NCDF's mission is to promote economic equity and community stability by making loans to cooperatives. WFC has been a supporting member of NCDF since the early 1980's when we were unable to borrow money from a local bank because we couldn't get all the "owners" in to sign a loan for a refrigerator.

On October 8, 2008, our next Member Appreciation Day, WFC will donate 1% of sales to the Howard Bowers Fund for Consumer Cooperatives. The Bowers Fund provides scholarships and support to encourage and train people to pursue careers in the management of consumer-owned food cooperatives and to provide education programs for staff, board, and managers of consumer cooperatives.

WFC was supported by the Members Cooperative Credit Union for our expansion in 2005, and we continue to share a close banking relationship, an ATM, a parking lot, and many customers.

It is a cooperative world after all!

GG

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



Farewell and good luck to farmer John. Thirty-two years is a long time to cooperate and we appreciate it. See you on the Farm.



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WFC summertime antics

Grill Wars

At right: The Red Rock Radio crew gets ready to grill their burgers. Below: Debbie Manhart, Store Manager, relaxing before the First Annual Grill Wars began.



Melinda and Gene from Edge of the Earth Farm talk basil.



GM Sharon Murphy, FE Mgr. Briana Lowrie and FEA Amanda Borgren keeping the lines moving at MOFF.

Bike Winners

Once again, Honest Tea provided bikes for a store drawing. Dianna Begay (left) was our Member winner with her additional WFC prize pack and our non-member winner, Jane Larsen, won the other adult bike.



Midsummer Organic Food Fest (MOFF)



Mayor Don Ness considers this recipe entry from the Locavore Recipe Contest.



Celebrity judges, Carrie Slater-Duffy and Bill Jones testing another recipe entry.



Celebrity judges in front, MMS and Produce Mgrs taking up the rear.



MMS Coordinator Anni Friesen brings out another recipe to be tasted.

The Back 40 Dark Jewels

Baseline. Thinking conservatively and deeply into systems from food to social complexity requires a point of beginning to measure what follows. Especially in an election season the baselines shift as grand



Produce Manager Michael Karsh is admiring some locally-grown greens.

visions and hoped-for juggernauts reframe even the words we use. What is a reasonable price for a barrel of oil, and who gets to decide? What is the baseline we calculate from in order to determine if we can afford the promises and respect our roots inextricably tied to market economics?

Food is a baseline that lies very close to home. Hosts of farm bills have floated the boats of many an expansive agribusiness venture without respect for its unsustainability. Not unlike market speculation that drives the winds that power its profits, the kind of subsidized commodification of food that has been the norm has lost some of the abstractness that allowed it to function. The cost of fuel is not subsidized and cannot be denied; neither can the clearly suspect food safety practices of this same breed of farm. Tomatoes being plowed under, peppers

pulled from the shelf, and a government agency trying to pin the tail before more happens; national chains with no idea of the origin of their products having nothing but the same uncertainty to offer.

Whatever the virtues of free trade and the vices of complicity, what is the baseline for confidence in a market as globalized as any other? Our own

WFC Board offered a Locavore challenge this year. Timely and a popular concept at the moment, and paired with our farm tour to Grassroots Farm, one that offers more than a facile "Eat Local" to a culture with high expectations. Knowing where our food comes from, making informed decisions — just like much else this season — is the key to measuring the responsibility and responsiveness of the systems that

Knowing where our food comes from, making informed decisions — just like much else this season — is the key to measuring the responsibility and responsiveness of the systems that sustain us.

sustain us. Building local economies is critical, and a step toward sustainability. As we move from the rush of our short season here in northeastern Minnesota, we need to apply the same thought to our purchasing. Do we look at concentric circles regionally, is domestic product

a priority? What values can we export through foreign purchasing?

Like in our farm tour this year in which we saw the hard work that can transform a neglected field into a riot of seeds, those dark jewels, in full expression of their potential. We have the same opportunities now and each day. Systems have begun to change, and the largely hidden costs of food have begun to emerge, as well as the origin of items with the new mandatory labeling requirements for fresh Produce and other products (see: http://federalregister.gov/OFRUpload/OFRData/2008-17562_PI.pdf). However, one of the strengths of our economic system is that it has an uncanny ability to spin-up a setback into a new abstract concept or speculation, lifting all boats on a wave of profit. We have the opportunity to glimpse the baseline, and to impact that future if we look closely now. In downturns and hard times, the sustainable is economic wisdom. It always exists below the tossing waves; let's make it the measure of our critique of our home and national economics. **CG**

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