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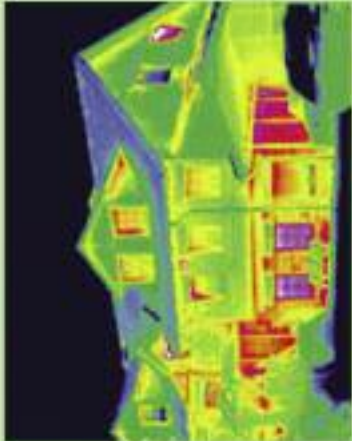
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DULUTH, MINNESOTA
GARBANZO

SPRING 2010
GAZETTE

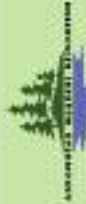
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GARBANZO GAZETTE

Published by Whole Foods Co-op
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www.wholefoods.coop

STORE HOURS:
7 am – 9 pm every day

Membership Investment:
\$100 per voting membership

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

The Garbanzo Gazette is published four times a year (March, June, September, December) for the Member-Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Member-Owners. Submissions must be received one month prior to publication. The next deadline is Friday, April 30. Refer submissions and questions to shannon@wholefoods.coop.

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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.

management report survey says...

by Sharon Murphy, General Manager

The seventh Cooperative Principle adopted by the International Cooperative Association/ICA in 1995:

Concern for community — While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

The 2008–09 economic recession that many of us are still digging out of re-emphasized the relevance of our Board's ENDS Statement:

In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.

We continue to work on action steps for the goals developed at the 2009 Food Summit at UMD last November (www.superiorfoodweb.org). Across the US, communities are coming together to promote personal health and environmental stewardship while revitalizing local economies. There are many proposals for the use of more sustainable practices and, at least for a while, quite a few opportunities for funding. Even the US Department of Agriculture has a new initiative supporting the development of local and regional food systems (www.usda.gov/knowyourfarmer).

Locally, the City of Duluth, the A.H. Zeppa Family Foundation, the Duluth Superior Area Community Foundation, the Local Initiatives Support Corporation, and the Ordean Foundation have coordinated efforts to develop "green jobs" = jobs relating to or involving actions for protecting the natural environment that have career growth potential and a living wage (<http://duluthgreenjobs.ning.com>). Work groups are creating action plans for green job development in the areas of: Government and Schools, Built Environment, Transportation System, Food System (this is where WFC is participating), Resource Production, and Energy Production.

Within our Hillside neighborhood, WFC is participating on committees to ensure a safe and walkable Hillside, to sponsor a HillFest block party on 4th Street in September 2010, and to re-energize the Hillside Business Association.



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

This year, 2010, marks WFC's 40th anniversary as a Hillside business and as a consumer-owned cooperative. As we celebrate this anniversary, we recognize

and respect the contributions of a group of people who started one small business tucked away in a neighborhood on a hill in Northern Minnesota. And one way, maybe the best way, we can show that respect is to continue working for the sustainable development of our community, our region and our planet. **CG**

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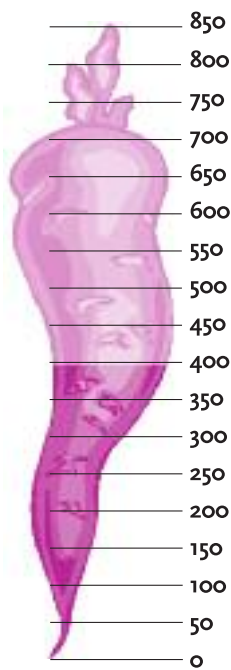
welcome, new member-owners!

Vivian L. Ormston
Janee Beck
Mitchell Peterson
James A. Peterson
Anne C. Sullivan
Winne Peterson
Ruth Henry
Sara Baylor
Katherine N. Story
Sara Krueger
Kathleen Cargill
Loralee Pasley
Yvonne Johnson
Gene K Schweiger
Wendy Wennberg
Michelle Sternberg
Roland Yeaton
John Myers
Jeanna Gagne
Rosy Bradley
Nancy Ziegler
Patricia Ann Ford
Chally Topping-Thompson
Shane T. Budreau
Joann Devich
Randi Hadland
Karen M. Johnson
Cheryl Michon
Diana Oestreich
Sheryl Theuninck
Sonya House
Shelly Barlass
Lynelle Gay
Hanson
Tricia Feiertag
Christopher Sauve
Evelyn Wing
Linda Mankus
Stacey Nilsson
Robin McCartney
Jan Harkins
Brandy Maki
Nora Bock
Judy Nyhus
Kari Dresback
Thralow
Debra Wentzel
Randy Fender
Kristine Crowley
Jessica Ann Forsman
Shannon Smith
Jeff Fluguear
Billy Ray
Townsend Jr.

Nita M. Nankervis
Susan Coen
Kristine Moos
Gayle Standage
Paige Doyle
Meggan Czapiga
Linda Boben
Terry J. Cooper
Mary Ann Jones
Paolo Terzi
Karen J. Johnson
Joan Farell
John-Paol Metsa
Kenneth Bitzer
Linda Burns
Jean M. Christensen
Gayle Coyer
Larissa Schmitt
Anne C. Deignan
James Thomas
Wilde
Cheryl McNulty
Debra Ellison
Ann-Marie Carlson
Emily Ostos
Sherri Maisuk
Rebekah E. Nelson
Jan Meneely
Kathleen Valenti
Donald C. Carlson
Trevor W. Peterson
Emily Darnell
Jason Rindahl
Christina Wood
Rebecca Minor
Andrea Hankins
Rebecca Herstad
Michael F. Berthiaume
Rebecca L. Ratajek
Patrick R. Carlson
Neena Anne Kidd
Mary Slattery
Laurie Micheau
Genevieve Teneso
William Van Loh
Hana R Goldfine
Steven James
Dalager
Dennis Nordine
Alicia Kay
Johnson

Tamera Moe
Dylan Tusher
Denise Nobs
Solveig Johnson
Mary L Allen
Adam Wisocki
Laverne I. Rengo
Sadie Hondl
Judith Nelson
Adam Renne
Liz Scheidt
Monique Rogers
Joseph Vondrachek
Diane Malm
Annette Riley
Sarah Mickelson
Thomas Kogowski
Jodi Clair
David Rosc
Kathleen Mctighe
Darold Powers
Kathleen Dougherty
Cheryl J. Smith
Sarah Schmidt
Dawn Witherill
Eric Huie
Sue York
Leevi Olkonen
Kathy Deroche
Claudia Modich
James Obrien
Rochelle Cleary
Anna Lepage
Jenni Tryon
Carlson
Jeanne Oman
Kevin Pexa
Terese Taly
Jack Lee
Jennifer Buccanero
Brian Votava
Mary D Ahlstrand
Honor Schauland
Chris Blomer
Benjamin R. Forrest
Janice Crede
Caleb Thom
Judith Wesley
Sam Morley
Kristin Goff
Julie Oconnor
Kelli Burkland
Gloria Walters

Desiree Whiteside
Eric Herrmann
Kit Davis
Helen Sesser
Katherine Jacobs
Patricia Berntsen
Meghan Rose
Johnson
Alicia Hernandez-Gilbert
Cynthia Bakke
Elizabeth Isakson
Martin Goldberg
Ken Dean
Matthew Hirsch
David P. Fagerstrom



One hundred sixty-six new Member-Owners from November 1, 2010 – January 31, 2010. The total number of new Member-Owners since July 1, 2009 is 396. Can we reach our goal of 800 new Member-Owners by June 30, 2010? Welcome and Thank You to all of our Members. We wouldn't be around for the last 40 years without you!

membership matters

by Mary Dragich, Board Member

What is our co-op's place in the ever-changing food system world? Concern for community, an international co-op principle, is grounded in social responsibility. It guides cooperatives to help make a better society. Our co-op demonstrates concern for the western Lake Superior region by "supporting, investing in, and partnering to create a healthy community including, but not limited to, a healthy regional food system" (see the ENDS statement, page 6).

What does the co-op do? It works hard to stock locally grown and made products throughout the store. Supporting local growers and producers creates healthy community by strengthening relationships among community members and by keeping money in the community. This is why I am a WFC Member-Owner. I like knowing and supporting the people who produce the food I buy.

Behind its familiar face as a local food provider, the co-op is involved in many other community projects involving food systems issues. For example, Sharon Murphy, co-op manager, is a member of the Local Area Food System committee, the group that brought us last November's Food Summit. Members of the group, who include food producers, academics, and consumers, know that local food is in high demand and want to address infrastructure and other issues that stand in the way of a stronger local food system.

Sharon and I are members of the Green Jobs Initiative Food System Committee. Funded by a coalition of local organizations and foundations, the Green Jobs Initiative brings people from various community sectors together to develop action plans for green job development. The food system task force looks at ways to build the regional food system while establishing green jobs. Small groups work on ways to employ people in urban farming, farm education, and in increasing food supply and job projects similar to Chicago's Growing Home.

The co-op is a co-sponsor of this

year's One Community, One Book program featuring Barbara Kingsolver's *Animal, Vegetable, Miracle*. The co-op will offer special classes, sponsor events, and assist with event publicity. Co-op support of Slow Food Lake Superior includes ticket sales, posting event information, and staff presentations at events.

Other projects in the community that address food system and issues include the Duluth's Statewide Health Improvement Program, which addresses school nutrition. Coordinated by Fit City Duluth, this project assesses current nutrition policies and practices and helps develop and implement changes in Duluth schools. Groups at area colleges and universities encourage their food services to serve locally grown food.

Co-op Management, Staff, and Board members keep our ears to the ground. Learning about community projects helps us decide whether or how partner with others to make contributions toward a better society. What matters to you? Let us know what you're doing. Suggest new ways in which we can practice the principles that underpin community cooperatives. **GG**

The following folks have undeliverable rebate checks awaiting them at Customer Service. If you are on this list, come on in. If you know somebody on this list, tell them to come on in. Have some ID ready to pick up your check and verify your contact information so we will not have problems in the future delivering checks or any other important co-op information.

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Edward Brown	Anne Ralins
France	Jordan Saethre
Ryan Dahlberg	Lanay Samuelson
Ethel Davis	David M. Smith
Angela Grow-Vidito	Russell Stewart
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spring classes

March

Gluten-Free Tour de Taste: a free WFC event

Tour hosts: WFC Promotions & Education Staff

**Tuesday, March 9,
6:00–7:30 pm**

Does Celiac Sprue or a Gluten Intolerance leave you stumped for dinner or snack ideas? Would you like to taste some of the gluten-free products the co-op offers? If so, please join us as we navigate the gluten-free products in the store, taste some along the way, and help you find delicious alternatives that won't leave you twisted up in knots. This free event is catered specifically for those with wheat and gluten intolerances. Limit: 20 participants. Registration is required.

Creating Lasting Change

Instructor: Paula Williams

**Tuesday, March 16,
6:00–8:00 pm**

Are you ready to make some changes in your life? Spring is the perfect time to plant the seeds of change that will, with tender, loving (and persistent) care, grow into a flourishing garden! Join us in this engaging class as we explore the role (and power) of our values and habits in the change process.

Eating the Elements: Ayurveda and the Six Tastes

Instructor: Bonnie Ambrosi

**Thursday, March 18,
6:00–8:00 pm**

In the ancient Indian science of health called Ayurveda, "taste" is a system for describing which of the five elements — earth, water, fire, air, and ether — are present in a food. Understanding the six tastes can guide you in choosing foods that support your health, and bring a new level of awareness and appreciation to your meals. Join us for a fun class on how to eat the Ayurvedic way, with delicious examples of all six tastes!

Caribbean Roots, Spring Break Style

Instructor: Lyndon Ramrattan

**Tuesday, March 23,
6:00–8:00 pm**

Imagine spring break in the Caribbean but without the airports and the crowds! Join Trinidad/Tobago Islander Lyndon as he cooks up another feisty array of dishes, tropical style. You'll be educated, entertained, and well-fed in this class. Menu items include a pineapple-mango salsa, Caribbean Coconut Shrimp or Tofu Curry (Tofu for the Vegetarians), and a Caribbean Herbed Roti (Roasted Herbed Flatbread). Your taste buds won't be disappointed!

April

Back Country Gourmet

Instructor: Chris Rubesch

**Thursday, April 8,
6:00–8:00 pm**

April is a great time to start hitting the local parks and trails, and to start planning for your big summer camping adventures. Join Chris Rubesch, ultra-marathoner and back-country cook, as he shows you how to create some filling trail-side foods that are easy to pack and satisfying to consume. With the secret to making backpacking chili, pancakes, and even your own power bars you'll never have to resort to freeze-dried meals again!

Baking Gluten-Free Bread

Instructor: Emily White

**Wednesday, April 14,
6:00–8:00 pm**

If you missed Emily's gluten-free bread class last session, you have another chance! This is the same class as offered in January, which filled up, so if you've taken the January class, please don't sign up for this one. Learn how to spend less and make your own delicious gluten-free breads. Instructor Emily White, our regular Raw Foods instructor, also eats gluten-free and has

spent her time perfecting gluten-free bread recipes. Come and learn, taste, and get recipes!

The Art of Vegetarianism

Instructor: Tony Ferguson

**Friday, April 16,
6:00–8:00 pm**

If you're wondering how to incorporate more vegetarian foods into your life, but are unsure where to begin, this is the class for you. Tony will discuss some of the basics of vegetarian cooking, create some artful, easy-to-learn recipes, and will inspire you to introduce more live and healthful foods into your kitchen.

From Winter Stores to Forest Floors

Instructor: Tom Linderholm

**Thursday, April 22,
6:00–8:00 pm**

Barbara Kingsolver's award winning book *Animal Vegetable Miracle* has touched the hearts and appetites of many. Join us along with chef Tom Linderholm to celebrate the concepts presented in Kingsolver's book and kick off the local eating season in style. This class discusses the transition out of the pantry into our own back yards, and how to utilize the bounty of each season. From preserved, root-celared, and canned goods to early spring mushrooms, micro greens and ramps, you're sure to leave class feeling inspired and ready for a fresh year of local eating.

Tastes of India

Instructor: Koresh Lakhani

**Thursday, April 29,
6:00–8:00 pm**

Former restaurateur Koresh will guide class participants through some of his favorite, easy-to-make Indian dishes. He'll feature such classics as

Basmati Rice, Dal (split pea soup), Navraton Korma (mixed vegetables in light cream sauce), Curried Chicken, Naan (flat bread), Chai, and as a bonus, Koresh's recipe for home-made Paneer (cheese). Your taste buds won't want to miss this class!

May

Say Cheese!

Instructor: Shannon Szymkowiak

**Thursday, May 6,
6:00–8:00 pm**

In answer to the many requests for a cheese class, here it is! In this class, we will expand your cheese selection beyond basic cheddar by tasting a variety of cheeses, preparing some dishes with some unfamiliar varieties and making a basic cream cheese from scratch. This class is the answer to the question, "There is so much cheese, how do I choose?"

Spring Asparagus

Instructor: Scott Graden

**Tuesday May 11,
6:00–8:00 pm**

Explore a variety of cooking methods and recipes as Scott Graden, chef and owner of the New Scenic Café, walks you through some of his favorite creations using spring asparagus. Recipes include asparagus flan, appetizers, side dishes, and more. Join us to celebrate one of spring's finest first vegetables.

That's How We Roll!

An Introduction to Spring Rolls, Egg Rolls, and More.

Instructors: Debbie Manhart & Kate Toumi

**Thursday, May 20,
6:00–8:00 pm**

Does making your own egg rolls and spring rolls seem too difficult? Is it possible to create tasty rolls without the use of a deep fryer? Find the answers you seek in Debbie & Kate's class, learning new techniques for these delicious all-season appetizers. You'll discover new egg and spring roll recipes as well as accompanying dipping sauces. We guarantee you'll leave class feeling ready to roll!

Canapés

Instructor: Scott Graden

**Tuesday May 25,
6:00–8:00 pm**

Planning on entertaining or simply looking for some easy, tasty, and healthy appetizers? Learn how to make a variety of sweet and savory canapés using the season's freshest ingredients. Scott Graden, chef and owner of the New Scenic Café, will share recipes, techniques, and presentation ideas on how to make small bites big business in your home.

THE FINE PRINT... READ ME PLEASE!

Unless otherwise noted, 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 at least 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.

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gourmet to go

spring is in the air

by Debbie Manhart, Deli Manager

Spring is just around the corner (I hope) which means changes are in the air and spring cleaning. The Fog City Deli has decided to make some changes we hope you will be excited about. We are going to re-do our coffee bar menu and our sandwich menu (don't worry — we will keep the best sellers). This is something I am excited to take on and I would like to get ideas from our staff and customers. If you have any ideas, please write them on a comment card and they will be forwarded to me. Don't feel bad if your sandwich or coffee idea doesn't make it to the menu as there are only so many of each we can offer. However, we are currently highlighting a new sandwich of the month and in March will be starting a coffee drink of the month, so your ideas may end up there as well.

Exciting news for you olive lovers out there — we have been able to reduce the prices! Some olives we were able to reduce by more than half so stop by the cheese case and check out the new prices. We also have some new olive-

related items such as the cheese stuffed olives and the olive salsa, so check those out as well.

For those of you who really look forward to the cheese of the month here is a preview of the next few months:

- March — Havarti/Spanish
- April — Goat/Chevre
- May — Manchego/Muenster

Another exciting thing happening is that Kate, one of our Bakers, and I are doing a "This is How We Roll" class in May. We will be teaching how to make egg rolls and spring rolls as well as some dipping sauces to go with them. Want to learn or just need some new ideas? Sign up for this class.

Oh, yes, I love spring — mainly because it means summer is on the way.

Debbi Manhart is looking forward to some time at the cabin this summer and spending time with her new niece.



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news bites

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Visit the web site of the Duluth Community Garden Program (www.duluthcommunitygarden.org) or email at duluthcommgarden@yahoo.com. The Garden Program's Growing Together Campaign needs sponsors to fund much-needed improvements to the garden sites including fencing, water and compost.



PATRONAGE REBATES DISTRIBUTED FOR FISCAL YEAR (FY) 2009

Over 4,600 patronage rebate checks were mailed to Owners in early December. Please cash your check. Checks not cashed within ninety (90) days of the date of issue will add to WFC's tax liability in 2010. For details on the who, what, why and when of patronage rebates, please visit WFC's web site: www.wholefoods.coop



SUPPORT FOR ALTERNATIVE TRANSPORTATION

Duluth Transit Authority/DTA bus passes are now available for purchase at the Customer Service Counter. WFC's Courtesy Cab Coupon program has begun a six-month trial run in partnership with Go Green Taxi and Yellow Cab of Duluth. Details on this program are available at the Customer Service Counter and on WFC's web site: www.wholefoods.coop



SUPPORT FOR RECYCLING

In partnership with Western Lake Superior Sanitary District, the Minnesota Chamber of Commerce and Lincoln Park Life Skills (MN State Operated Community Services), WFC accepts clean plastic bags for recycling through the "Its in the Bag" program. A drop-off container is located next to the ATM.



SUPPORT FOR HAITI

Through July 2010, 100% of donations to the Cooperative Emergency Fund will help the long-term rebuilding efforts for cooperatives in Haiti. For more information or to make a donation, visit the website of the Cooperative Development Fund (www.cdf.coop).



HIGHER NUTRIENT LEVELS

For the latest study to find significantly higher nutrient levels in organic food: http://www.naturalnews.com/027854_organic_food_nutrition.html



HONORABLE MENTION

Congratulations to our fellow cooperators at the Wedge Co-op in Minneapolis for achieving an honorable mention in the medium category of the Global Awards for Cooperative Excellence announced in November 2009 in Geneva, Switzerland. (<http://www.globalawards.coop/PreviousWinners.aspx>).



board of directors

Alison Champeaux

Ad Hoc Policy Committee
GME Committee
Term expires 2011
alison@wholefoods.coop

Mary Dragich

Term expires 2012
maryd@wholefoods.coop

Chris Edwardson

Finance Committee
Term expires 2012
chrise@wholefoods.coop

Mark Friederichs

Treasurer
Finance Committee (Chair)
Term expires 2012
mark@wholefoods.coop

David Helf

President
GME Committee (Chair)
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Term expires 2011
davidh@wholefoods.coop

Theresa Koenig

Vice President
Board Recruitment Committee (Chair)
GME Committee
Ad Hoc Policy Committee
Term expires 2012
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Heather Murphy

Secretary
Board Recruitment Committee
Term expires 2011
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Sharon Murphy, General Manager
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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.

ends statement

In Duluth, there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.

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

board report may you live in interesting times

by David Helf, Board President

We are in the second year of a serious recession. Many economic indicators tell us we may be moving towards a stronger economy by year's end, but households have suffered. Jobs were lost; retirement savings diminished, and homes were foreclosed upon. A fair question to ask is, "How is the Co-op doing?"

One important measure of the health of a retail business like ours is sales growth. When we opened our new store, sales grew about 55%. Fiscal year 2009 saw sales growth of slightly less than 6%. I think most of us would see that as an ominous trend.

With a larger store the phenomenal growth was expected, even predicted, but the severe downturn was not. New store or not, Whole Foods Co-op did not remain an island of prosperity. National and world economies are too interdependent.

Not long ago, we had to react to lower sales and general sluggish business conditions, and to be frank, it was not the most cheerful of times to be a Board Member. As I attended meetings I recalled the old Chinese saying, "May you live in interesting times." Boy, times got very interesting.

It was, however, about the best education Board Members could have had. Those detailed spreadsheets took on new significance. Management kept us informed about sales growth, profits (and losses), average daily sales, and dozens of other measurements of how a business is doing. Like a ship changing course, we saw how successful management reacts to changing conditions.

Despite the gloomy economic news that assaults us, our good-looking and talented management has been proactive, and kept the Co-op strong. They revise the business plan constantly, and react to market trends and changing Member-Owner needs nimbly. Staff has become more flexible, more experienced, dare I say *smarter* about what it takes to keep the Co-op running well (and profitably). All this, and service remains great.

(WARNING: Do not read this and announce afterwards, David says that times are great. Please do NOT take that as my message.)

What I am trying to say is, that under difficult economic conditions, maybe the worst many of us have ever seen, the Co-op is surviving, more than surviving,

and making the best of the situation. I'll be sure to tell you when things are rosy and wonderful, but we're not at that point just yet.

So continue to support the business you own. All the intelligent management there is cannot replace the support from our 5,300 or so active Member-Owners. You have helped make us successful by first of all, deciding to join, and second, by shopping at the Co-op. The recent dividend the Board declared was concrete proof that the success of our Member-Owners and the Co-op itself are linked. With a little luck and great management, maybe these dividends will become commonplace. We'll watch how the year turns out, and keep you informed.

We continue to be forward-looking, planning for success, knowing that our Member-Owners and shoppers will continue to want sustainable, local, and organic products, and are strongly supportive of our goals. Tell us how we can do it even better, and tell your friends what they could gain by becoming Member-Owners.

Thanks for reading. **CG**

E-mail questions or comments for the Board at wfcbod@wholefoods.coop



David Helf
Board President

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 and co-op events.

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In Balance with Ayurveda

by Bonnie Ambrosi, Member-Owner

If you've read past installments of this column, you will have noticed that I often refer to the tastes of various foods. In Ayurveda, taste (or rasa, in Sanskrit) is a system for describing which of the five elements — earth, water, fire, air and ether — are present in a food.

If we say, for instance, that a food tastes **sweet**, that means the elements of earth and water are present, with their distinctive qualities of cool, moist heaviness. **Salty** taste is created by water and fire, holding moisture and heat in the body. **Sour** taste is made of earth and fire. Earth is heavy and cold, while fire is light and hot; the combine to form a taste that is mildly warming, rather light, somewhat moist. **Pungent** taste indicates the presence of fire and air—hot, light and dry. **Bitter** taste alone contains the element of ether, combined with air. It is the coldest and lightest taste, and fairly dry. **Astringent** taste comes from earth and air, which balance each other to create a mildly dry, cool, grounding effect.

Sweet taste, in Ayurveda, includes not just the obvious sweeteners like sugar, honey and molasses, but also

milk, grains, beans, seeds and nuts, fruits, some vegetables, and meat. **Salty** taste simply comes from salt. Sour is present in fermented foods, such as pickles, wine, and yogurt, and in acidic fruits. These three tastes form the basis of our diet. They include staple foods and they are the tastes we enjoy most, or even crave. They are calming tastes. Their action is to build mass—they transform energy into form.

The other three tastes are rather different. **Pungent** taste is found in most spices and in vegetables with a bite, such as radishes, hot peppers, basil, cilantro and parsley, onions and garlic and fresh ginger. We find **bitter** taste in asparagus, rhubarb, and some leafy greens. Swedish Bitters is a bottled preparation of bitter herbs that can be taken in a little water. **Astringency** turns up as a secondary taste in many foods: celery, cabbage, broccoli, cauliflower, kale, turnips and rutabagas, salad greens, potatoes, beans, rye, and certain fruits, including apples, figs, cranberries, pomegranates, and underripe bananas. We also find **bitter and astringent** tastes in two common beverages

— tea and coffee. Coffee can have some pungency too, as can tea if it is spicy. Black or green tea is more bitter; herbal tea with alfalfa, dandelion, chicory, strawberry leaf, or hibiscus is astringent. These are cleansing tastes. Their action is to transform mass into energy.

How do we apply this to eating for balance? In these weeks of late winter/early spring, conditions tend to be cool, wet and heavy. We may feel this in our own constitutions as congestion and sluggishness. Sweet, salty and sour tastes will bring even more moisture and weight into the body; but pungent taste will strongly warm and dry us, bitter taste will bring lightness, and astringency a grounded dryness. A diet of these tastes exclusively would be hard to take, but including generous amounts — in the forms of tea, spices, beans, leafy greens and

vegetables with a bite — will really help to balance the elements in our bodies, supporting and creating health.

As always with Ayurveda, the emphasis is on becoming more aware, rather than “getting it right.” When you eat, notice what you are tasting. Appreciate the play of elements in creating something so delicious as food, and feel the subtle effects of the different tastes. You may be led to try — and even enjoy — foods you've previously avoided! Happy tasting! **GG**

Bonnie Williams Ambrosi is a certified Ayurvedic Health Educator and teaches yoga and ayurveda at several locations. Contact her at (218) 728-9942 or grihastashrami@gmail.com or visit her website at grihastashramiyoga.com



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the buzz

wfc staff news

by Jill Holmen, P & E Coordinator

Front End Clerk Jenny Graupmann is busier than ever in her final semester of grad school, receiving a Master of Music in Vocal Performance. She sang the lead role of Nedda in the opera Pagliacci in February, and tackled her graduate recital that same month. Jenny now looks forward to performing in a Vocal Jazz Cabaret show at UMD's Weber Music Hall April 8-10 (7:30 pm) and an all-jazz recital in Grand Rapids in June. She has also put together a vocal jazz group who will be gigging around the area soon, performing vocal jazz, standards, pop tunes, etc. She notes that they will also be for hire!

March is Staff Art Exhibit month! What does the WFC staff do when we're not culling produce, grilling sandwiches, bagging groceries and stocking soup? Come and find out! A number staff members will show their artwork in the Brewery Creek Overlook area from March 3rd through April 6th.

Produce Assistant Manager Alex Mohrbacher and his partner Kate traveled to Costa Rica this winter! They spent time at a WWOOF (World-Wide Opportunities on Organic Farms) farm in Mastatal over Christmas, spent a weekend on the beach of Manual Antonio surfing and sloth-watching, then to Monteverde, high in the mountains, to practice Spanish and learn the intricacies of the coffee business. Their host family grows quality Arabica coffee beans, harvests, and roasts them on site. Thanks to Alex for sharing these travel stories and farming insights with us here at the co-op!

Front End Manager Briana Brewington and her husband Don excitedly report that they have a new puppy! She is a Black Lab/German Shepherd mix and her name is Greta. Greta is lucky to have such wonderful new parents.

Grocery Buyer Joe Ulvi sends this message: "Spring is just around the corner, and that means it's time to get the motorcycle ready. Weather permitting, the First Thursday motorcycle meet & ride will resume on May 6th!! So keep your eye out for the flier, and get that bike ready! If you haven't been on a ride, we meet every first Thursday of the month in the WFC parking lot at 5 pm, and go for a ride around 5:30. Everyone is welcome, so come on out!"

Promotions & Education Manager Shannon Szymkowiak will be somehow involved with "Older By The Lake," the newest Colder By The Lake production. Shows will run March 11-14, 18-20 and will also feature former Board President Jean Sramek. You will also recognize other WFC Member-Owners in the cast and crew of this funny look at the aging process.

Front End Clerk KC Myers, along with partner LeeAnn and daughter Lukah became new homeowners this past February! They bought a home through the Northern Communities Land Trust and are thrilled to have a place to call their own. Congratulations to them!



December Award Winners:
Gumby Award Winners: Front End Clerk Dylan Savall & Deli Kitchen Clerk Micah Walsh
Customer Service Award Winner: Front End Clerk Natalie Hansen

January Award Winners:
Gumby Award Winner: Deli Kitchen Clerk Danny Johnson
Customer Service Award Winner: Front End Clerk Eric Nied



February Award Winners:
Gumby Award Winners: Deli Counter Clerk Barbara Akre & Merchandising Clerk Jeremy Beckman
Customer Service Award Winners: Produce Clerk Tyler Sweeney & Front End Clerk Tim Malkovich

MARCH ANNIVERSARIES:

Kristen Augustyn, Deli	3 years
Sharon Murphy, General Manager	30 years
Micah Walsh, Deli	3 years



Alex and Kate in Costa Rica.



Briana and Greta the lucky dog.

APRIL ANNIVERSARIES:

Jeremy Beckman, Merchandising	4 years
Annette Hofslund, Front End	1 year
Jill Holmen, Promotions and Education	10 years
Katie Toumi, Deli	3 years

MAY ANNIVERSARIES:

Amanda Belcher, Deli	2 years
Susan Boorsma, Front End	5 years
Angela Branson, Deli	2 years
Sarah Garramone, Front End	1 year
Michael Karsh, Produce	20 years
Dale Maiers, Finance	2 years
Nicholas Pawlenty, Deli	2 years
Kevin Taylor, Merchandising	4 years



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Acid Mine Drainage (AMD) coming soon to MN lakes, rivers and streams, unless...

— Diadra Decker, Rapids Rider and BWCA camper

We ran an article in Minnesota Paddler, Aug/Sept 2008 issue with a similar cautionary message. Here's an update.

It is even more urgent that we warn our fellow Minnesotans that there is a grave and present danger to our precious waters from inviting a new kind of mining, particularly in the NE and SE of the state: metallic sulfide mining for copper, nickel and other minerals.

The typical pollution from this type of mining is far more persistent and toxic than from the more familiar iron/taconite mining. In our geology, these metals occur in sulfur-bearing rock. When this is pulverized and exposed to air and water, sulfuric acid inevitably forms.

The acidification of streams and lakes kills some aquatic life. The leached toxic metals destroy ecosystems. Acidification accelerates methyl mercury production, expanding fish consumption advisories. Elevated sulfates decimate wild rice stands.

real costs vs benefits

Down-playing the Acid Mine Drainage (AMD) threat, the governor, DNR Minerals, MPCA, northern MN legislators and Canadian extraction companies are promoting this dangerous industry ever more vigorously in our water-rich environment — one of the worst possible ecosystems for sulfide mining — promising jobs and economic development.

They continue to encourage this risky proposition for Minnesota taxpayers, despite overwhelming evidence that we likely would see environmental and human health damage and the related costs as is found elsewhere. Wisconsin has enacted a law prohibiting non-ferrous (non-iron) mining unless the company can show a comparable mine in North America that has operated for 10 years and one that has been closed for 10 years without polluting the water. There are none so far. Their "model" Flambeau mine may never be closed, as it continues to exceed water quality standards.

For a one-stop summary of the industry's claims, and a best-case economic report commissioned by them, visit MiningMinnesota.com, which is supported by the six non-ferrous (non-iron) mining companies who want a permit to mine copper, nickel, and other metals here.

Minnesotans must ask: "If these metals are so precious, are they more precious than our environment?"

Our clean water is the basis of life, health, our way of life and the economy especially in northeastern Minnesota near the Boundary Waters and Lake Superior basin. AMD goes on for centuries, passing to future generations the opportunity costs (not having these qualities and the potential benefits they bring) and the financial costs of potentially perpetual water pollution and treatment.

While pro-mining Iron Rangers excitedly anticipate a burgeoning new mining industry and jealously defend the first proposed open pit copper-nickel mine, many feel that choosing sulfide mining would displace more sustainable jobs. Ironically, for two decades, these northeastern Minnesota counties have seen steady economic and population growth, because of the diversifying economy based on quality of life — not more mining. In this same period the increasingly mechanized taconite industry has revitalized, but provided fewer jobs per ton of pellets produced.

citizen opposition

Concerned citizen groups do not see a positive balance of reward vs. risk from allowing sulfide mining in MN. It has caused extensive and expensive pollution problems virtually everywhere it has been done and accounts for much of the unfunded superfund backlog in the U.S. The volatility of metals prices on the world market injects risk for Minnesota by creating the familiar boom/bust mining economy. When companies go bankrupt, taxpayers loose.

For a film overview of sulfide mining, see <http://www.friends-bwca.org/news/2009/10/precious-waters-minnesotas-sulfide-mining-controversy/>

regulation and special favors

PolyMet's "NorthMet" open pit copper mine proposal near Babbitt is the first in a long string dotting the Laurentian divide, the backbone of our Arrowhead region from which water flows in three directions to the oceans. There is consensus among a citizen coalition that if we allow this first sulfide mining permit to set a precedent of short-cutting the environmental review process, our untested non-ferrous Minnesota mining rules, and the national Clean Water Act, then regulation of the industry as a whole will become unmanageable and severely polluting.

PolyMet's Draft Environmental Impact Statement (DEIS) has been in-process for about four years. It still leaves out critical analysis and disclosure of significant impacts that the public is entitled to review.

Beware of recurrence of a special-interest bill introduced in the 2008 Congress selling off about 6,700 acres of public land to this one company of about 20 employees, who have never operated a mine of any kind. (Oberstar's HR 4292 was supported by Senator Klobuchar as well). The proper land-exchange should be covered in the DEIS because the mine cannot proceed without surface rights to extract the minerals, but it is missing. The bill would circumvent the requirement to replace these wetlands and forests with equal value land in the same watershed. And it would nullify the native Anishinabe usufructory rights in this part of the 1854 ceded territory.

All of this extraordinary public peril to court a new, uniquely destructive industry is justified by promised jobs and royalties, but should be a red flag to citizens. The enormous costs of lost

resources and the financial burden of pollution clean-up or mitigation attempts should signal caution. This liability could go on for centuries — not the legacy we aspire to leave our children and future generations. See <http://WaterLegacy.org> for more information and links to background information and other groups concerned about AMD.

On further examination, the actual number and quality of jobs for locals over about one generation may not outweigh the long-term public costs to provide them — leaving the state impoverished rather than enriched by its flirt with sulfide mining. And the royalties may not measure up to the environmental destruction we are saddled with at the whim of this very mobile industry that has no loyalty to our communities.

Let your elected officials know that you insist on enforceable protective laws that permit a mine ONLY with:

- 1) Proving first that the proposed mine plan has been carried out in a comparable site without polluting for at least 10 years of operation/closure and 10 years after
- 2) Ensuring that no post-closure pollution treatment will be necessary or likely for more than 10 years
- 3) Financial assurance (money in a dedicated Minnesota bank account) adequate to cover costs of closure and post-closure activities in the worst-case scenario (not accepting mining, bank or insurance company guarantees).
- 4) Prohibiting sulfide disturbance in watersheds of special places, like the BWCAW and Voyageurs National Park

You can get contact information for your representatives at [//geo.commissions.leg.state.mn.us/districts/start.html](http://geo.commissions.leg.state.mn.us/districts/start.html)



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buying from the bulk bins

Earth Day is Every Day when you buy bulk
by Ellen Palmer, Member-Owner

Editor's Note: Member-Owner Ellen Palmer submitted this article for the Winter Gazette, but I asked her if I could feature it in our Spring issue as part of our tribute to Earth Day. She graciously agreed. Thank you, Ellen for some terrific tips on saving money as well as our resources.

What stops you from buying from the Bulk Aisle? Are you intimidated by the rows and rows of bins filled with mysterious beige items? Confused about what containers to use? Are you wondering how/what/ where to write a label so your cost is calculated correctly at checkout?

Don't let these obstacles prevent you from reaping the benefits of bulk! For Earth Day this year, I would like to share with you an introduction to buying in bulk from your local co-op. It's easy, inexpensive, and will show your support for creating a more sustainable world for you, your community, and future generations!

buying from the bulk bins: the benefits

Save money — most items are less per ounce than their prepackaged counterparts because you're not paying for packaging or advertising.

Buy only what you need — you don't have to pay for what you won't use and it ensures what you eat is the freshest it can be. It also prevents your cupboards from being overstuffed.

Reduces wasteful packaging — saves energy and natural resources that really add up —try keeping every food package you purchase for 1 year and you'll be forced out of your house!

Eat healthier — buying bulk can increase your tendencies to eat healthier. You can buy just the amount you need to try out those new healthy recipes you've found without committing your pocketbook or your cupboard.

Wide selection — you can often find a wider selection of items in bulk than in the prepackaged selections.

Organic options — organic items have a higher percentage of nutrients, no pesticide residue, better taste and of course are better for the environment and support sustainable farmers in your community.

how to bring that stuff home

The short story is to simply fill a bag, write the PLU code on the twist tie, and they'll weigh it at the register, but read on for the complete how-to.

containers

Bring your own from home — anything from your clean and dry spice jars, jars other food came in, empty shampoo bottles, etc. You should block out the entire UPC (barcode) with a black marker or cover it with a sticker so it doesn't accidentally ring as the packaged price as well as to let the cashier know it is a reused container. Reused containers earn you \$0.03 for each one you use.

Buy a container at WFC — WFC does have a variety of jars and bottles to take home all your goodies. Buy 'em now and bring them back again and again!

Use the plastic and paper bags provided — coffee bags are \$0.25, but the other plastic and paper bags in the Bulk Aisle are free.

weighing your container

If you choose to bring your own container, be sure and weigh your container BEFORE you fill so the weight of the container can be deducted from the price of the goods inside. It's just like the scale you used in Science class — either press the ZERO or TARE button and then place your container on the scale. Write down the weight on a sticker or twist tie that is provided (pencil and sticker/ties should be found nearby).

find and fill your product

You'll find the product (PLU) number on signs or on the front of the bins or containers. Just mark the product number on the container, the sticker, or the

twist tie provided. I often write down the name of the item also, so when I get home I can tell my spelt flour from my unbleached flour. But if you forget, you can look up PLU numbers on the home page of www.wholefoods.coop.

bring it to the check-out

The cashier will know what to do from here! Viola!

With a little exploring, I bet you'll find more products than you ever imagined offered in bulk — and less expensive than you ever thought...

Typically different types of bulk foods are found throughout natural food stores, so look around:

General groceries: Snack mixes, flours of all kinds, sugar, pastas, beans of all kinds, lentils, candy, cereal, granola, dried fruit, grains, TVP, bulk mixes (falafel, hummus, pancake, soup, chili, etc.) nuts, flax seeds, sesame seeds, pepitas, popcorn, and more

Baking supplies: salt, sugar, chocolate chips, baking powder, lecithin, and any other dry baking essentials (some of these are sometimes found with the dried herbs and spices)

Bulk items often found refrigerated: nut butters, pine nuts, bee pollen, tahini, yeast

Liquid food items: honey, molasses, maple syrup, oil, vinegar(s), vanilla extract

Liquid cleaning/body care items: dish detergent, laundry detergent, shampoo, conditioner, lotion, etc

Dried herbs: Everything imaginable — organized in alphabetical order

Spices: Everything imaginable — found alphabetized with dried herbs

Teas: Usually more varieties than you have heard of or could try in a year

Coffee: usually many different varieties — grind there or bring home whole beans

You now have the knowhow to try new herbs, spices, teas, pasta types, new odd grains — anything! There is virtually no drawback — just try a bit to see if you like it.

Ellen says: Have fun and don't be afraid to ask questions. Besides your informative friendly shopper, there are usually droves of co-op workers milling around ready to help you! Joy and splendor to you all year long!!!

notes from the front

—Briana Brewington,
Front End Manager

beefed up security measures

Recently, national regulations have been standardized requiring "Creditors", which WFC is considered, to comply with Payment Card Industry Data Security Standards (PCI DSS).

The procedures we have set for ourselves to comply with these standards include some basic physical measures like consistently asking for identification when required, to more back end measures like reinforcing firewall protection on our computer servers and data storage procedures.

Luckily, most of our procedures already fell in compliance with these standards when they were announced, but for total compliance a few things have changed in our procedures. Please do not be alarmed if we now ask you for identification or handle a transaction a little differently.

As always, we still only accept credit/debit/bank cards when the person presenting it is the same person listed on the card. Even if it is a joint account, it must be your name on the card if you wish to use it for payment.

We're one step closer to ensuring consistent personal identification security.



lot safety

I live within a really close proximity to WFC. I've literally walked my grandparents to the Co-op to let them see the store. I LOVE this neighborhood and community but also understand its sometimes unpredictable nature. I feel the presence of this Co-op has made the neighborhood safer than it was before we moved to this location, in part, because our trained staff are quick to respond to the occasional reports of shoplifting, panhandling, parking lot maintenance needs, and injury issues.


No matter the circumstance, we want every person at the Co-op to be safe, and we appreciate assistance to inform us of any situations that need attention.

If you notice any significant situation happening, in the parking lot or elsewhere, please immediately notify an employee so we can maintain the security that our customers and employees already appreciate. Thank you for helping us improve the security in and around the Co-op.

A couple of tips to remember for your own safety:

- Giving money to panhandlers is not encouraged — and *never* open up your wallet or purse in front of a stranger.
- If you ever feel your security is compromised, a WFC employee will gladly walk you to your car.

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Correction

The Winter issue of the Gazette was missing the quantities from two recipes. We are sorry. The missing links are as follows:

Italian-Style Meat Loaf

- 1/4 C Yellow Onion, diced
- 1/4 C Romano Cheese

Scalloped Potatoes

- 1/4 t Granulated Garlic
- 1/2 t Black Pepper
- 1/2 C Milk
- 1/4 C Yellow Onion, diced
- 1/2 C Parmesan or Roman Cheese
- 1/2 t Paprika

your co-op around town



trust in the land

This Land Trust fundraiser is just one of many events your Co-op supports throughout the year.



Clockwise from top left: The Fog City Deli Chocolat Pots De Creme were and event favorite. David Anderson of the Wine Cellars hails another partygoer. Delores Meidl, Deli Cook, enjoys the festivities.

In partnership with the band Wilco and Secret Service Productions, WFC helped raise money for the Duluth Community Garden Program and Little Treasures.

We just couldn't resist showing off our fantastic sandwiches, courtesy of the Fog City Deli.



CHUM volunteers spent the day collecting food for the annual Food Drive. Thank you, volunteers!



In lieu of the Back 40, Produce Manager Michael Karsh shares the basics of good eating from his daughter Kylie, age 7.



Several staff members lent their faces and jerseys to this year's Super Bowl display.

grocery gab

by Lisa Anderson, Merchandising Manager

My favorite new product? Uncle Pete's Mustard.

My favorite new product? Uncle Pete's Mustard. It's sweet and hot and very tasty. Uncle Pete's is a family owned and operated business from Rice, MN, and uses a third generation family Polish recipe to create this gourmet mustard. As Tom the owner says, "Just a dab will do!" Look for it to be sampled in the store, or just buy a jar. If you like spice in your mustard, this one will not disappoint!

Where did Green and Black's Caramel Chocolate bar go? I am very, very sorry to say that the company discontinued this item. We have Newman's Own Chocolate Cups (with peanut butter, caramel, and mint flavored filling), but I know it's not the same. However, G&B's did come out with a new Peanut and Milk Chocolate bar that is fabulous.

Pet lovers rejoice! With the discontinuation of Pet Promise pet foods (the company has disbanded) we have brought in Solid Gold Pet Food (www.solidgoldhealth.com). They offer a great variety of pet foods, for your large breed dogs (Wolf King, and Wolf Cub for the puppy) all the way to your littlest buddy (Just a Wee Bit). We also have access (finally) to real, free range dog bones and price competitive clumping cat litter. I tested Solid Gold vs. her usual fare on my dog (no animal was injured), and out of 10 taste tests, it was a tie between the Hund-n-Flocken and Wolf King; she wouldn't even touch her regular dog food. Catalogs and samples are available in the pet food aisle, and we are happy to place a special order for you.

book review

— Judy Kreag, Member-Owner

In the book, *Inflammation Nation*, Dr. Chilton calls it the Secret Epidemic. However, many doctors still aren't convinced that inflammation is involved in the myriad of diseases that are plaguing our society today. Dr. Chilton has set out to change that! Lupus, rheumatoid arthritis, allergies, diabetes, heart disease, dementia are just a few of the diseases we struggle with today, and Dr. Chilton is sure that inflammation is a strong factor in these diseases. In this book he is determined to explain how we can alleviate, and in some cases, rid ourselves of these diseases.

This book begins with a detailed explanation of inflammation and how it works. He includes pictures of the "war within" and talks about obesity and how that also figures into the equation. Finally, he discusses how what we eat affects the inflammation in our bodies and how overactive inflammation may be the trigger of many of the most common diseases in our society today.

The author then discusses different foods and which ones cause the most inflammation. I have to say I was really surprised by some of this information. We have been lead to believe that turkey, chicken and salmon are good for us, better than beef because of the hormones and antibiotics they put in beef. But Dr. Chilton says that these foods (turkey, chicken, egg yolks and farm fed salmon) contain the most arachidonic acid (AA) and that the AA in our food is one of the

Inflammation Nation

by
Floyd H. Chilton, Ph.D

biggest building blocks for inflammatory messengers.

Next we are guided through a lengthy explanation of which foods are helpful and which ones are not. He presents an eating plan that includes: 55 days of menu options (breakfast, lunch and dinner), 27 pages of recipes, a list of foods and their glycemic ranking, a list of foods and their inflammation ranking. Finally, he backs it all up with 23 pages of references.

This is not just a book to read and set aside. It is a complete guide to help turn around just about any health issue. If you don't have any major health issues right now, it can help you to maintain your good health. If you are struggling with any of the major illnesses listed, it may be able to help you reduce your symptoms and improve your overall health.

Dr. Chilton's hope is to bridge the gap between the discovery of new scientific information (this program is backed by six clinical trials and six peer-reviewed scientific journals) and public knowledge of this new work. Look in the book section of the Co-op to get your copy.

Judy Kreag has written two guidebook/cookbooks, taught cooking classes and has worked for a local nutritionist. She presently teaches at The College of St. Scholastica.

Editor's Note: In the Winter Gazette aka the Annual Recipe Issue, we had so many recipes submitted that there simply wasn't room for all of them. Please enjoy this recipe from Front Ender Sarah Garramone, just perfect for spring:

Creamy Asparagus & Artichoke Soup

- 1 Leek, chopped
- 2 bunches, Green Onion, chopped
- 1 clove Garlic, minced
- 3 stalks Celery, chopped
- 2 T Olive Oil
- 1 T Butter or Ghee (clarified butter)
- 1 bunch Asparagus, cut into bite sized pieces
- 1 – 2 Artichokes, peeled & quartered
- 4 C Broth (Vegetable or Chicken works well)
- 1 C Half-n-Half
- 1 t Salt
- 2 t Pepper
- 1/2 t Turmeric
- 1/2 Cayenne Pepper

In a large saucepan, sauté first six ingredients. Add asparagus, artichokes and broth and bring to a boil. Simmer until veggies are soft. Remove from heat.

Place these items in a blender and blend until smooth. Strain if the artichokes are particularly stringy. Return to pan. Stir in half-n-half and spices. Cook on low heat until heated through. Try roasted red peppers, shallots or extra asparagus on top for added deliciousness!