



back 40 not yet

by Michael Karsh, Produce Manager & WFC Owner

At this time of year, anxiousness to get plants and seeds in the ground are locked in a “not yet” reality. Winter was real this year, with some rock bottom lows and even some snow to boot. During some of our rock-bottom temps back in January I had the pleasure of

will be working with several growers to bring some obscure and unfamiliar varieties with which you can dirty your hands! Keep an eye out for some new gardening tools, soil amendments and seed options from the Merchandising Department.



Produce Clerks Kristine Bergren & Hally Sharrow “wearin’ of the greens.”

visiting the Wheatsville Co-op in Austin, TX where chilly meant 50 degrees at night. While there I saw their bedding plants out for a March planting and it made me all the more excited for our upcoming season. As in the past, we will be offering Barb’s Gardens’ bedding plants, with the Growing Guide already available for your dreaming on the WFC website. Additionally, we

Thinking ahead to this season there is so much potential on the horizon for local growers, with the number and depth of offerings showing up during our annual process. In order to deepen our support of local, we provided a first and second crack at our growing market to folks within our LOCAL definition so that if they had not dreamed big enough, they knew that you all would be out there wanting more. We have seen new growers emerging, both

urban and taking over older rural operations with a passion for both organics and quality that inspires me. I can spend a bit of time evaluating green beans, and greatly enjoyed Zenith City Kitchen Garden’s haricots verts last year for instance. We also saw a transition at Olund’s Greenhouse where we will have a second set of growers in as many years. Mike made sure to pass his wisdom on, and we look forward to wonderful things out of that ground again.

You will see our new signs in the department yet this year, touting our REGIONAL definition. When we changed our LOCAL definition from a 300-mile radius to the Superior Compact region we realized that it was still important to communicate some things. WFC prioritizes our LOCAL growers first and foremost, but we also recognize the need to support a regional food system that will both augment our LOCAL supply as well as give us the opportunity to build infrastructure in our region. The terrible winter season of rain and frost in the West brings home the reality that our food system is very much tied to the experiences of California. While this may not change completely, there is much that we can do as a Co-op and you can do as a shopper to support regional food production and storage just by looking for our wide selection of REGIONAL products as the season moves on. Why buy cabbage from California when it grows and stores perfectly well out at Harvey Lambright’s farm in Lime Springs?

Finally, keep an eye out for changes in the department as far as display and



Before



After

Your co-op Produce Department continues to offer value. Co-op shopper Angela Goutermont turned her case of Extreme Produce Special Honeycrisp apples into applesauce and apple pie filling after her family “ate them as fast as I peeled them”! Extreme Produce Specials are advertised on our Facebook page, so keep your eyes peeled there for future deals.

selection. We have been challenged over the past year to expand our variety and in how to best handle what we do have on hand. It may be a lot of work, but the effort itself is actually enjoyable for the staff that dream up and implement better ways to bring you variety and quality. If things have changed their location, or if you are overjoyed that you can regularly find a new favorite let a Produce worker know so we can do our best to serve you as we head into our favorite season, the growing season, in the Northland.

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Matt Rogotzke



Matt Rogotzke, Dan Linder & Leah Rogotzke



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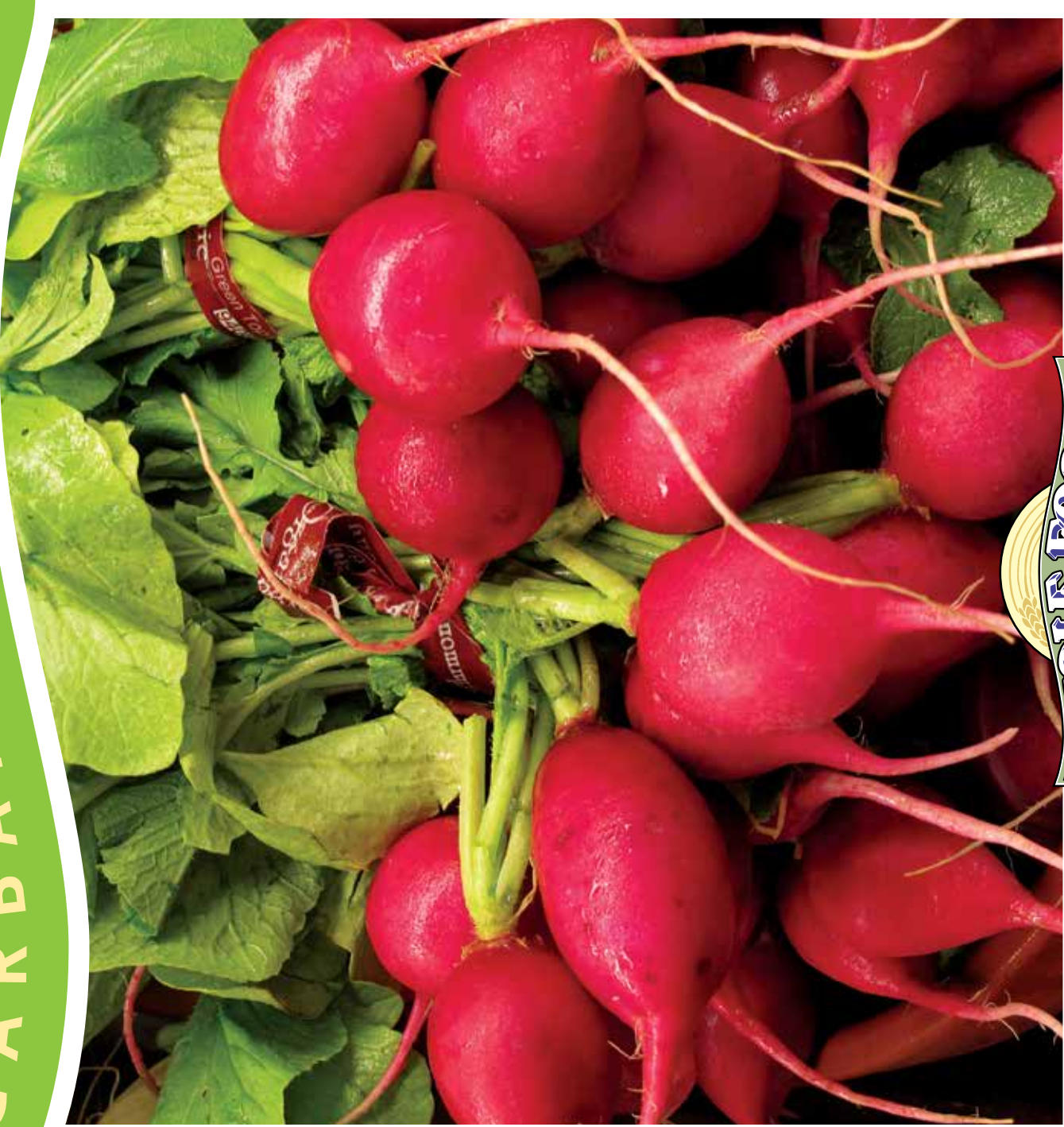
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GARBANZO GAZETTE

Published by:
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The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op 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 Owners. Submissions must be received one month prior to publication. The next deadline is April 15th, 2013. Refer submissions and questions to:

shannon@wholefoods.coop

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Before recycling this copy of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

management report

by Sharon Murphy, General Manager & WFC Owner



"Change is always a threat when it is done to me, but is always an opportunity when it is done by me."

– Rosabeth Moss Kanter, Author and professor at the Harvard Business School

Sharon Murphy, General Manager since 1988, attended first CCMA in 1988, Gazette contributor since 1978.

Keeping in mind the above quote, in early December thirty WFC employees participated in a "Bottom Line Change" workshop. We learned about our personal feelings on change and what it takes to successfully move change, like planning for and opening a second site, through a group process.

In one exercise of groups from 3-5 people, we listed our fears/concerns about opening a second site and then, individually, had an opportunity to indicate in writing if we agreed with fears/concerns listed by others. Once responses were collated, there were 28 categories of fears/concerns with the three most commonly agreed upon (risk of one or both stores failing, half of customers will be gone, no consistency between stores) receiving nine hash marks each.

Later, we listed our reasons in support of opening a second site and then indicated our agreement with the comments of others. Once responses were collated, there were 57 categories of reasons to support opening a second

site with the most commonly agreed upon (more purchases from LOCAL farms and LOCAL producers) garnering 124 hash marks. The second most popular (more jobs with benefits) gathered 81 hash marks.

Adding the information from these workshops to the previous survey comments and to "headlines" from Owners at the October Annual Meeting and looking forward to the surveys and forums planned for 2013 and 2014, management will continue to acknowledge and address your fears and concerns (we have them too!) and we will plan, train, consult and communicate to live up to your expectations for Whole Foods Co-op.

This time we can make change feel like addition – our plan is for a second site that may become your new favorite co-op or where you may only go occasionally or where you never go but you hear that the folks in that part of town are delighted to have a co-op in their neighborhood.

There will be more Owners, more energy and more support for the cooperative business model. We will be able to purchase more from LOCAL and REGIONAL growers and producers and that means a stronger local economy and a safer food supply for all of us. But we need to hear from you to make this project the best it can be. Please participate in our surveys – the next official one will be an on-line survey in May or June, but we may also offer quick surveys in the store, the Gazette and/or on our website (www.wholefoods.coop) and Facebook page.

The first professional market study to assess the areas most likely to support a sustainable second site will be conducted this summer, and we expect to have the results in time for the 2013 Annual Owners Meeting on October 26, 2013. Save the date.

WHOLE FOODS CO-OP

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PROGRESS ON ENDS

In the Policy Governance model, an ENDS Statement answers the question "What will be/is different because this co-op exists?" The ENDS Statement approved by the WFC Board of Directors on March 23, 2009, is:

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."

In the October-December 2012 quarter, management reported the following progress on ENDS:

- \$500 Friends of the Duluth Public Library
- \$500 One Roof Community Housing
- \$250 Beyond Pesticides
- \$50 East Hillside Community Center
- \$698 Second Harvest Northern Lakes Food Bank (\$0.10/pound of whole turkeys purchased at the Co-op in November 2012)
- \$500 Midwest Organic & Sustainable Education Service
- Management participation with and logistical support for the Good Food Network Steering Committee, Growing Farms Board of Directors, the Safe and Walkable Hillside Committee, the Myers-Wilkins Community School Collaborative Board, and Journey Health Cooperative.
- Support for the Cab Coupon Program.
- Payment of wages, salaries and benefits for 108 employees amounted to \$683,965
- Discounts (only quarterly and Owner Appreciation Month discounts) to Owners amounted to \$40,523.
- Sales of LOCAL (within the 15-county Superior Compact area) products amounted to \$156,036.10 (4.60% of total sales); sales of REGIONAL (within a 300-mile radius) products amounted to \$361,003.39 (10.64% of total sales).

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the buzz

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

STAFF NEWS



Look at Declan napping. Sharon is a natural!

Our GM Sharon Murphy now has a new title: Grandma. Declan Murphy Van Ess was born to Erin Murphy and Jason Van Ess on January 17, 2013, in Oregon. Congrats, Grandma Murphy!

Kristine Bergren, Produce Clerk, will be adventuring in South Korea this spring to visit friends living there. She reports, "We will undoubtedly spend most of our time together imbibing, sampling local cuisine, and riding bikes to the beach for fresh sea fare." Bring back some recipes please, Kristine?

Kathleen Roberts, Deli Counter Clerk and collaborator with Prøve Collective gallery announces they will be participating in the first Twin Ports Arts Month. They also intend to host an upcoming Rally in the Alley downtown (location TBD) with bands, art, and

general merriment. Stay tuned for more funky stuff from our friends at Prøve, located at 21 N. Lake Avenue, Duluth.

WFC is happy to now be selling photographic cards from behind the creative lens of Front End Clerk Jason Kokal. Be sure to peruse his selection at the store, as well as to check for updates on his website:

www.rainyriverimages.com.

A little sneak peek can be seen here:



Photograph by Jason Kokal, Front End Clerk

Here is the buzz from Team Sather (That's Corey of the Front End & Sarah of Promotions & Education):

"We are enjoying our first winter living in Duluth and are pleased to note that it is indeed warmer here in the Hillside than it is in Fargo. Corey finished his first semester of college with a 4.0- the first of many we're sure!" Congrats Corey, and welcome to the P & E "Dork Squad", Sarah. We're lucky to have you both.

Customer Service Clerk Valerie Acquard and her hubby Josh have exciting news to report: "By the time this newsletter runs, we should be knee-deep in chickens! We are adding a flock to our garden plans this year. We plan on getting Buckeye Chickens, which are a heritage dual-purpose breed, known for being cold-hardy and excellent natural bug control. We do plan on keeping a laying flock, and letting them mate naturally next spring. We are not in the city so keeping a rooster should be no problem for us."

STAFF ANNIVERSARIES

March

Jennifer Ketola, <i>Front End</i>	1 Year
Chris Koop, <i>Deli</i>	1 Year
Claire Musech, <i>Produce</i>	3 Years
Grainger Scherer, <i>Merch</i>	2 Years
Cody Wagner, <i>Deli</i>	1 Year

April

Jeremy Beckman, <i>Merch</i>	7 Years
Rain Elfvin, <i>Admin</i>	1 Year
Jill Holmen, <i>P & E</i>	13 Years
Faith King, <i>Produce</i>	3 Years
Katherine Lamb, <i>Produce</i>	3 Years
Kathleen Roberts, <i>Deli</i>	1 Year
Hally Sharrow, <i>Produce</i>	2 Years

May

Susan Boorsma, <i>Front End</i>	8 Years
Sarah Fox, <i>Deli</i>	1 Year
Mike Haasch, <i>Deli</i>	1 Year
Michael Karsh, <i>Produce</i>	23 Years
Christa Knoll, <i>Front End</i>	1 Year
Dale Maiers, <i>Finance</i>	5 Years
Erin McDonnell, <i>Merch/Deli</i>	1 Year
Stephan Pestalozzi, <i>Deli</i>	1 Year
Kevin Taylor, <i>Merch</i>	7 Years
Ellen Turner, <i>Merch</i>	3 Years

STAFF AWARDS

December



Gumby Award
Jake Saari
Deli Kitchen
Clerk



Customer Service
Sarah Sather
Promotions &
Education
Coordinator

January



Gumby Award
Jon Opiciah
Front End Clerk



Gumby Award
Corey Sather
Front End Clerk



Customer Service
Hally Sharrow
Produce Clerk



Customer Service
Jonathan Halquist
Merch Clerk

February



Gumby Award
Elise Ames
Produce Clerk



Gumby Award
Julie Kohls
Merch Clerk



Customer Service
Jonathan Kresha
Front End Clerk

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Board President
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Term expires 2015
chrise@wholefoods.coop

David Helf

Vice President
Finance Committee
GM Evaluation Committee
Term expires 2014
davidh@wholefoods.coop

Heather Murphy

Secretary
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Term expires 2014
heather@wholefoods.coop

Mickey Pearson

Board Recruitment Committee
Term expires 2015
mpearson@wholefoods.coop

Jean Sramek

GM Evaluation Committee
Term expires 2015
jsramek@wholefoods.coop

John Westlund

Treasurer
Finance Committee Chair
GM Evaluation Committee
Term expires 2014
johnw@wholefoods.coop

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

To leave a call-back request for a Board member call:
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Letters addressed to:

Board members
c/o Whole Foods Co-op
610 East 4th Street
Duluth, MN 55805

will be forwarded unopened to the Board/Board member.

Sharon Murphy

General Manager
Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
phone | (218) 728-0884 | ext. 101
fax | (218) 728-0490

smurphy@wholefoods.coop
www.wholefoods.coop

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.

ownership matters



by Jennifer Cummings, WFC Board Member

CBLD 101: When was the last time you played with Legos? When was the first time you clearly understood a balance sheet? These times came together for me in early January 2013 when Whole Foods

Co-op sent four Board members to Minneapolis for training programs from Cooperative Board Leadership Development (CBLD, pronounced "C-Build"). Co-Board Member Mickey Pearson and I went to CBLD 101 where we learned a host of definitions, terminologies, and practices co-ops use to sustain democratic self-governance. The hosts started the morning after a light breakfast (including gluten-free bread!) with an energized introduction to Cooperative Board Development and a short history of the cooperative movement.

2012 was celebrated as the Year of Cooperatives, as declared by the United Nations. Our hosts, Michael Healy and Art Sherwood, both with CDS Consulting Co-op, a co-op of co-ops and long time cooperators, asked us to imagine "the decade of cooperatives!" and showed us: history, values, and principles; roles and responsibility; a vision of cooperative governance; and how to understand financials.

As Mickey and I carpooled back to Duluth, we reflected a sense of awe for the education and significance of the worldwide work of consumer owned cooperatives. There were many interactive prompts to engage with others and enough breaks and freedom to step out when necessary and to talk about the ideas flowing about. I was given a book by the woman who won the book for being a part of the highest number of cooperatives (nine) titled Weavers of Dreams: Founders of the Modern Cooperative Movement, by David J. Thompson.

Ban Ki-moon, Secretary General of the United Nations, said cooperatives remind us it is possible "to pursue both economic viability and social responsibility." Cooperatives in our region are choosing myriad ways of using collective assets to nourish community needs. I heard from directors whose co-ops are host to other businesses like a bookstore and coffee shop, built on city property, coordinate a reading program, have a monthly multi-course meal for owners, sell housewares, etc.

board report communication is key



by Chris Edwardson, WFC Board President

Webster defines communication as:

1. the activity of conveying information or
2. something that is communicated by or to or between people or groups or
3. a connection allowing access between

persons or places; as in "how many lines of communication can there be among four people?" or 4. interchange of thoughts or opinions, by conference or other means. Key means being principal, fundamental, chief, central or primary.

Why I am conveying definitions of something so "obvious"? Everyone knows what it means to communicate and why it is "key." The answer is simple (maybe); no matter what anyone says, communication can be difficult, one-way, uncomfortable, maddening, or just something "I am not going to listen to." However, in this case I entreat you to listen to – or in this case, read - the very important message that follows.

Over the next few years you will hear a lot about growth. WFC is in a position to grow in our community, to very likely add a second store and to become a greater presence in the region. Your Board will need to communicate with (convey information to) our Owners a vision of the future of our Co-op. In return, the Board will need to listen to your thoughts, and opinions regarding that future. The Board will speak with one voice when we talk to Owners, but each of our over 7,000 owners has their own voice and so the Board will have many diverse conversations (communications) with our Owners.

We will do our best to listen thoughtfully to all of your opinions, but in the end the Board will make a decision that it believes is in the best interest of all. We can hope to reach consensus on whatever decisions are made, but we are confident that some owners will agree to disagree and yet move forward with us. That can only happen through open and honest communication.

I hope you all agree that communication is key and over the next few years you engage respectfully with the Board through e-mails, personal encounters, and at future events we are planning. **GG**

Board members Jean Sramek and John Westlund took away from the CBLD Leadership training an exercise on strategic conversations and a leadership skill labeled "foresight", which includes knowing the history of the co-op as well as looking towards the future. We considered the decision, "How will we grow?" and were reminded that factors related to strategic decisions can be both inside and outside the co-op, e.g. demographics, level of competence and professional development, and whether there is room for potential growth (figuratively or literally) in the current co-op.

We also received a drawing of the "strategic sweet spot." Great visual representation of the visioning process! (who doesn't love a Venn diagram?) The possibilities are endless!

As Michael Healy said, "Every good idea started with a conversation. And every conversation starts at the table," I appreciate WFC welcoming everyone to a seat at the table. Every board meeting is open to Owners, every year we hold an Annual Meeting inviting all Owners and we are planning more Owner survey and forum opportunities for 2013.

WFC delivers significant value beyond purchases. Community owned – that's the difference. Owners gather, talk about, eat, shop for, and value food together. Our space on 4th Street and 6th Avenue on Duluth's Hillside is a thriving, vital source of life for our community. Ownership encompasses relationships and experiences with a whole food system.

"A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically-controlled enterprise." (International Cooperative Alliance, www.ica.coop) and we have a good time doing it! **GG**

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new owners!

Fiscal Year 2013 began on July 1, 2012. Since then, 372 people have become Owners of our co-op, including these folks who joined from November 1 – December 31, 2012. We are on our way to meeting our goal of 800 new co-op Owners by June 30, 2013. Welcome, new Owners!

Tamilee Taylor Depre
Danielle Pearson
Patrice Stenhammer
Janet Bloom
Paula Bullyan
Brooke Herling
Jeanine Zachau
Mary Ostman
Cassandra M Stevens
Thomas J Miller
Matthew Franklin
Joyce Krmpotich
Shawn Amundson
Rebecca Mathews
Marie Frank
Amy Bartlette
Jennifer L Jones
Todd E Johnson
Shaloy Peterson
Judith Bernhardt
Denise Bussa
Barry Olsen
Sharon Mack
Michelle D
Johnson-Jennings
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Deanna Gregorich
Nicole M Anderson

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Roberta A Watsick

EQUITY PAYMENT REMINDER

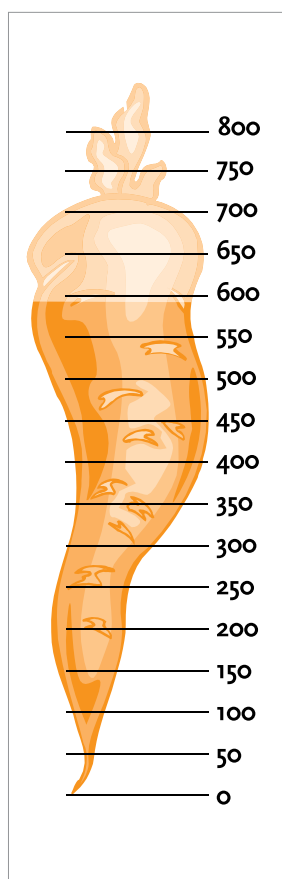
Owners who have a balance due on required equity (Class B stock) can now review that balance as the amount due will be included at the bottom of each receipt for purchases. This will be especially helpful for Owners who joined after January 1, 2013, when the payment plan period for Class B equity was reduced from two years to one year.

Judith Konkler
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John E Oxley
Cynthia L Sage
Michael R Bastin
Rachel E Deyoung
Kathleen Hein
Arlene Tucker

Brenda Hanson
Andrea J Deckert
Gregory A Abbott
Scott Kujak
Michele Des Rosier
Emily Horabik
Julie Hendrickson
Allie Tibbetts

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Diane Zachor
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Brynn Larson
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Jonnia Sarette
Misha Furniss-Page
John Tobin
Titus Johnson
Patricia Obrien
Erin Endsley
H M Casper
Elizabeth Friend
Zach M Beresford
Brandon A Swanson
Leroger J Lind
Kristin M Rolf
Mary E Thompson
Steve Yorde

Aimee Floto
Ann Ellen Redelfs
Jessica Winkels-Hagerl
Jonathan D Napoli
Jason C Leveille
Mary Duff
Dorothy Graff
Carleton Meyer
Kathryn R Ek
JC Curtis
Margot Klaber
Jordan Manuszak
Kathleen Mushkat
Kevin C W Yang
Hillary Matara
Leesa Lieffring
Lisa B Wiesen
Serena J Lynch
Jeffrey Klassen
Jane Cleave
Kristin Lee Horman
Amy L Vanguilder
Lynn Rae Ugstad
Scott G Ward
Kirsten Whittingham
Andrew Thompson
Catherine Patten



fresh perspectives a different kind of breakfast

by Organic Options

Many of us are used to having eggs and home fries for breakfast, or perhaps you have a Sunday morning ritual of pancakes and fresh berries or fried apples. Believe me, these are a great way to start the day. And they sure have been around long enough. How about branching out from the norm?

Here is a recipe that is new and exciting as well as healthy and seasonal that is sure to become your new favorite breakfast.

This time of year brings two very healthy produce items together with delicious results.

Sweet potatoes are high in complex carbohydrates that your body can turn into an energy boost. There's a lot of punch in a small package; just a half-cup serving is a good supply of protein, fiber, vitamin C, calcium, folic acid, magnesium, potassium and a mega dose of vitamin A. With all of this

packed inside, the sweet potato is a nutritional powerhouse.

Some plants, like kale, prefer cool weather, because the cold brings up kale's sugars and deepens its color, making it sweeter and more nutritious.

Deeper color means more carotenoids, a group of plant pigments that includes beta carotene and lutein, known to combat heart disease, cancer and cataracts.

Plus, a one-cup serving provides twice your daily needs for vitamins A and C, 20 percent of calcium and 10 percent of iron.

SIMPLE SPICED SWEET POTATO & KALE HASH

1 lg organic sweet potato, peeled and cubed into 1/2-inch cubes
1/2 organic yellow onion, chopped

1/2 organic red bell pepper, chopped
3 cloves organic garlic, chopped
3 T olive oil, divided
1 1/2 t pasilla chili powder
1 t kosher salt
1/2 t cumin powder
2 c chopped organic kale
1/3 c water
Salt and pepper

Mix the organic sweet potato, onion, bell pepper, and garlic to a large bowl.

In a small bowl, whisk two tablespoons of the olive oil, pasilla chili powder, salt and cumin together.

Pour the spiced oil over the potato mixture and stir the vegetables until they are evenly coated.

In a large sauté pan, heat one tablespoon of the olive oil on med-high heat.

Add the uncooked spiced vegetables to the pan. Stirring every other minute,

cook the hash for 6-8 minutes until the sweet potatoes are fork tender.

Add the kale and water and mix the greens until they become wilted, approximately one minute.

Season with additional salt and pepper and serve immediately.

Add a fresh cup of pressed coffee, some fresh squeezed tangerine juice, a copy of the Saturday New York Times crossword and your weekend breakfast ritual will never be the same.

Who knows? You may start a breakfast tradition around your house that will inspire you to change a few other routines.

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Lake Superior
**Good Food
Network**

Good Food Transforming Our Region Summit March 8-9, 2013

The Lake Superior Good Food Network is pleased to invite you to join our upcoming *Good Food Transforming Our Region Summit*. This event will bring together people, businesses and organizations from across our Lake Superior food bioregion for networking, education, and celebration. Learn how people are invigorating the vitality of communities across the Northland and shaping a healthy, resilient regional food system and how you can join in this movement. The concept that "it takes a region" holds true in variety of workshops.

Register TODAY at www.goodfoodnetwork.org

Summit

Friday, March 8th (1-4pm)
Saturday, March 9th (9am-5pm)
at University of Minnesota Duluth \$30

Community Celebration

Friday evening March 8th (7-9pm)
at Norway Hall, Downtown Duluth (\$20)



Rosslyn Kendrick
Certified Rolf Practitioner
Structural Integration

Student at the
Canadian College
of Osteopathy

218.600.0132



WFC-U spring classes March 2013 – May 2013

MARCH

Introduction to Middle Eastern Home Cooking

Noaf Wazwaz

Thursday, March 14th
6:00 PM – 8:00 PM

Have you ever wondered about the culinary delights of the Middle East? Would you like to experience new, unique, and delicious recipes and learn how to make them at home?

Come learn about cooking traditional Middle Eastern home cooking. Noaf will demonstrate preparing a main dish as well as a side salad. This class will be using meat as an ingredient in the main dish.

Chinese Dumplings

Weiguo Han

Tuesday, March 19th
6:00 PM – 8:00 PM

Come on down to the Co-op and learn how to prepare traditional Chinese dumplings! Students will get hands-on experience rolling and stuffing the dumplings, while also learning how to make the dough, vegetarian and meat-based fillings, and a dipping sauce. These savory dumplings are sure to be a hit!

Shoot for Your PR! : Wellness and Nutrition Tips While Training for a Full or Half Marathon

Sonja Ramos

Saturday, March 23rd
10:00 AM – 12:00 PM

In this class, you will leave with some great wellness and nutrition tips while

you are training for a full or a half marathon. We will talk about and try some different foods that are great for training and recovery. We will also talk about other forms of exercise that can compliment your training. Handouts, recipes and samples of different foods will be included in the class.

APRIL

Healthy Kids

Faith King

Saturday, April 6th
10:00 AM – 12:00 PM

This class will offer kids the opportunity to learn how to make healthy snacks, meals and even desserts. We will be making veggie pockets, popsicles, and more! It is taught with a hands-on approach and everyone will leave with their own cookbook to remember what they learned. There will be vegetarian, gluten and dairy free foods as well. Come join in on the fun! Ages: 6-12 years old. (Sorry parents, this class is for kids, but if you'd like to observe, we'll find you a chair.)

Breakfast Veggies

Esther Piszczek

Wednesday, April 10th
6:00 PM – 8:00 PM

Go beyond the green peppers, onion, and spinach in the occasional omelet to experiment with adding vegetables to your breakfast every day. Come learn how to break out of the "vegetable = salad" and "vegetables are not for breakfast" mode. Recipes and samples will be available.

Fit, Forty and Fabulous!

Sonja Ramos

Saturday, April 13th
10:00 AM – 12:00 PM

Are you over the age of 40 and active, or maybe you want to become more active? From a master runner to a beginner on the slopes of a ski hill, this is the class for you! In this class, we will discuss active lifestyles and the importance of balancing both the yang and the yin energies, especially when doing repeat exercise, such as only focusing on running in the summer or skiing in the winter. We will also discuss nutrition that is beneficial to women in their 40's and beyond.

Container Gardening

Scott Vesterstein

Thursday, April 18th
6:00 PM – 7:00 PM

Class fees go to the Second Harvest Food Bank

Do you cherish what little space you have in your yard, but still dream of growing your own vegetables? Sydney's Green Garden founder Scott Vesterstein will teach you how to grow pesticide-free vegetables anywhere with container gardening. Container gardening is a smart way to garden for those who lack the space for a traditional garden, or those who just plain hate weeding! A limited number of container gardens will be available for purchase at class.

Hemp for Vitality: The Emperor of Superfoods is Back

Benjamin Streit

Wednesday, April 24th
6:00 PM – 8:00 PM

Here's to hemp! No other source provides complete protein in such a digestible form, or has the oils essential to life in as perfect a ratio for human health as hemp! Organic hemp seeds contain all the essential amino acids and essential fatty acids necessary for healthy life. Come learn how to incorporate Hemp Seed into recipes and taste the delicious, nutritious and versatile Hemp Seed with "super" special guests: Chia, Coconut and Cacao! Class will consist of a nice balance of lecture, multi-media presentation, cooking, eating, show and tell, and hemp treats to take home!

Eating for Peace

Bonnie Ambrosi

Thursday, April 25th
6:00 PM – 8:00 PM

Learn how adapting your diet to your ayurvedic type can help you feel more peaceful! Ayurvedic constitutional analysis included. Instructor Bonnie Ambrosi is certified in Ayurvedic health education and Integral Yoga instruction.

Pack it Out: A Guide to Meal Planning, Rationing, and Cooking on Trail

Megan Entrikin

Tuesday, April 30th
6:00 PM – 8:00 PM

Get ready for your next trip to the back country! Whether you are new to trail camping or a seasoned warrior, this class will make your trail food planning and rationing much easier! In this class we're going to learn how to ration out bulk foods into organized and delicious meals for your backcountry trips. We will also prepare a few meals to provide tips and examples on how to prepare your own meals out on trail using single-burner stoves.

MAY

Get your Grill On!

Debbie Manhart

Wednesday, May 15th
6:00 PM – 8:00 PM

One of the cooking techniques Debbie truly enjoys grilling. She grills everything from fruits to veggies to cheese to meat. In this class, we will explore the different techniques and items that can be grilled either inside on a cast iron or electric grill or on your outdoor barbeque.

REGISTRATION

In person: Go to the CSC (Customer Service Counter) and let them know which class you'd like to sign up for. Cash, check, credit card, and WFC gift cards are accepted.

By phone: Please call 218-728-0884. We do need payment at the time of sign-up, so have your credit card ready.

Online: www.wholefoods.coop

FEES AND CANCELLATIONS

Class prices vary. Please visit www.wholefoods.coop for more information.

You must register 48 hours in advance in order for us to shop accurately for the class. Classes and lectures must have a minimum of 6 students signed up in order to take place.

Refunds or class credits (to be used within the next three months) will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

QUESTIONS?

Contact: Sarah Sather or Shannon Szymkowiak

By phone: 218-728-0884

By email: pe@wholefoods.coop



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notes from the front who are we?

by Michael Olker, Front End Manager & WFC Owner

The Front End. Who are we? We are the Clerks you count on to move you through the checkout lanes as efficiently as possible. We are the Customer Service Clerks answering questions, processing refunds, placing your special orders, and our favorite, signing up new Owners. We are Managers on Duty orchestrating the daily operations of the department while prioritizing the needs of customers throughout the store. We are baggers, cart pushers, eating area cleaners and above all else, we are happy to assist you. Although it may seem to some, being a Clerk isn't easy and it is definitely not for everybody. There is more going on than meets the eye as we do our best to accurately process your grocery order. As a conservative estimate, WFC Front End Clerks have memorized somewhere in the neighborhood of 100 produce PLU numbers. Some have even committed bulk PLU numbers to memory. Not everybody would understand what I mean if I mentioned that for breakfast I enjoyed a delicious bowl of Greek Gods yogurt and 548 topped with 378 and sliced 4011 and a perfectly brewed cup of 789. The goods

we see turn into numbers in our heads and we manage to keep it all straight! Well, mostly. We are human.

As has been previously reported, WFC has been enjoying growth and increased business. I'm sure you've noticed it while shopping. (Is it me, or is the store starting to feel

small?) The Front End is serving upwards of 1,200 transactions a day at the registers. Each Clerk processes between 100-200 transactions during a shift. The Front End department

has made, and will continue to make adjustments to the scheduling needs of the store to ensure that our customers' needs are met. The service we provide is non-stop and our Front End staff makes it happen each and every day. Please join me in expressing a sincere thank you to an outstanding team of Front End Clerks, Customer Service Clerks and Managers on Duty who, as a team, work tirelessly together to give the best service to customers and to one another in an effort to make WFC a great place to shop and work. You are all truly an asset to WFC, a team worth bragging about, and the reason that the Front End rocks!

GREAT NEWS!

As of March 1, 2013, the ATM fee will be eliminated. Many thanks to you for supporting us during the ATM transition.



Richard Tosseland, L.Ac.
Licensed Acupuncturist

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218.722.2411
www.richardtosseland.com

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SAVE THE DATE FOR MAY 31-JUNE 2
MATTHEW WOOD, MS, RH -AHG is coming to Duluth to teach! The Lake Superior area herbalists welcome back one of our favorite teachers! Friday evening, Saturday, and Sunday. BASIC HERBALISM BEYOND FIRST AID – study of two or three dozen very basic, useful, safe and simple plants and related organ systems, organ affinities and the energetic states. This class will be suitable for the beginner, intermediate or advanced students. Registration -\$ 110.00 Extra Early-bird, by March 30th -\$90.00 Early-bird, by April 30th -100.00. Location-space provided by Holistic Health and Healing in the Marshall Professional building 1301 Rice Lake Road Register with Stacey Quade 218-591-2104 stacey@energyforlifeconnection.com

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gourmet to go

by Debbie Manhart, Deli Manager & WFC Owner

Spring is right around the corner (I hope) and with that always comes changes. Our recipes start getting lighter and hopefully soon we will have fresh, local produce. A couple big changes that are happening in the Deli are a new bakery case and a new hot pizza merchandiser.

As I write this, the new bakery case is being created by the clever carpenters at Builder's Commonwealth. This case will better merchandise all of the wonderful baked goods that our very talented bakers produce daily and will provide an easier shopping experience in that area as well.


The new hot pizza merchandiser should be shipped by mid-February and in place sometime toward the end of February. This will help us expand our pizza-by-the-slice options and hot grab-and-go food selection. We have many ideas ready to roll out like lasagna, soft pretzels, ribs, macaroni and cheese, seasoned tofu slabs, and many more. Your ideas are sure welcome.

The new hot food merchandiser should also free up space for us to offer more whole, roasted chickens. Keep in mind that you can always place a special order for a whole roasted chicken to pick-up any time you would like during the hours of 10 AM and 7 PM (10 AM – 12:00 PM pick-up time requests should be placed at least the day prior). Speaking of special orders, you can also order a whole pizza from us for pick-up. If you desire the pizza of the day, you can order in store and we'll have it ready in about 10 minutes. Custom toppings may take a little longer, so give us a call before you stop in.

And, last but not least, a big THANK YOU to all of our customers who have supported the Whole Foods Co-op Fog City Deli through purchases, comments, and suggestions. We couldn't do it without you! **GG**


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Wine in the Woods

Wine/Beer Tasting & Fundraiser **Thursday, April 18, 6-9 p.m.**

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Tickets: \$35 (\$45 at the door) To order call 724-6735

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More information on our website www.hartleynature.org.



recipes

Edited By Shannon Szymkowiak

Editor's Note: Although the Winter Gazette is our Annual Recipe Issue, we have had many requests for these recipes that were made for our Holiday Happitizer demonstration in December. They are great party favorites all year long. Enjoy!

CHUTNEY CHEESE BALLS

Adapted from www.bgh.com

16 oz cream cheese, softened
 ½ C chutney (you choose the flavor(s) you like best)
 ½ C green onion, diced
 1 clove garlic, crushed
 4 oz Colby cheese, shredded
 4 oz Monterey Jack cheese, shredded
 ½ C pecans, chopped
 ½ C dried apricots
 (or other dried fruit of your choice), snipped into small pieces
 ½ C pistachio nuts, chopped
 2 T Italian parsley, finely chopped
 salt to taste
 pepper to taste

In a large bowl, combine cream cheese, chutney, green onions, and garlic. Season to taste with salt and pepper. Beat with electric mixer on medium until combined. Fold in Colby and Monterey Jack cheeses. Divide mixture

in half and chill at least 2 hours or until firm enough to handle. Shape into balls.

In a shallow dish, combine pecans and apricots, in another bowl, combine pistachios and parsley. Roll one ball in the pecan mixture and the other ball in the pistachio mixture until completely coated. Cover lightly. Chill until ready to serve.

SWEET-N-SPICY PECANS

Submitted by Shannon Szymkowiak

1 egg white, lightly beaten
 1 T water
 3 C pecan halves
 ½ C evaporated cane juice
 (aka cane sugar)
 ½ t salt
 1 t ground cinnamon
 ½ t cayenne pepper

Preheat oven to 350 degrees. Line a baking sheet with aluminum foil or parchment paper. In a small bowl beat the egg white with the water. Stir in the pecans, mixing until well moistened. In a small bowl, mix together the remaining ingredients. Toss with the nuts. Spread nuts on prepared pan. Bake in preheated oven for 30 minutes, stirring once or twice, but keep an eye on it as these can burn quickly.

PARMESAN-CRUSTED GREEN BEANS

Adapted from www.strongertogether.coop

1 lb green beans, trimmed
 2 eggs
 1 C milk
 1 C flour
 2 C bread crumbs
 ½ C Parmesan cheese, grated
 2 t garlic powder
 2 t onion powder
 2 t oregano, dried
 3 T lemon zest (optional)

Preheat oven to 350° F.

In a medium stockpot, bring 3 inches of salted water to a boil. Add the green beans and cook for 3 minutes, remove from heat, drain and immerse in cold water to cool. Drain and set aside. In a small bowl, combine the breadcrumbs, Parmesan cheese and oregano with the onion and garlic powders.

In a wide bottom bowl, blend together the eggs and milk. Place half the flour on a wide plate, and half the bread crumbs on another plate. Working in small batches, place green beans in the flour and coat well. Remove the beans from the flour, shaking off any excess, and place them into the egg wash and coat well. Use a pair of tongs to remove

the beans from the egg wash and place into the breadcrumb mixture. Coat well with bread crumbs and place the coated beans onto a large baking sheet in a single layer. Repeat the steps with the remaining beans.

Bake the beans for 18-20 minutes until crisp, remove from the oven and serve, garnished with fresh lemon zest.

NOTE: These green bean "fries" are nearly as addictive as a snack or served along with sandwiches. Kids love them with creamy low-fat dressing as a dip.

STUFFED DATES

dates

assortment of items to stuff:

kumquats, Marcona almonds, herbed goat cheese, etc.

If your dates are not pitted, slice them lengthwise and remove the pit. Once the dates are pitted, stuff with whatever you desire. A contrast in flavor or texture works best, so using savory, salty, sour and/or crunchy fillings work well. Dates can also be wrapped in bacon that is held in place with a toothpick and baked until the bacon is just crispy. NOTE: This is a great snack to get the kids involved.



Photo by Rolf Hagberg

During March all donations to **CHUM's Emergency Food Shelf** will be proportionally matched by the Minnesota FoodShare March Campaign and the Feinstein Foundation.

Donations can be sent to: **CHUM Emergency Food Shelf**
 102 West 2nd Street, Duluth, MN 55804

Or purchase items during **WFC Round Up on March 16-17**
 and leave them for the Food Shelf on your way out.



"Pick battles big enough to matter, small enough to win"
 – Jason Kozol



On Saturday, March 17th, please join your co-op in the Minnesota FoodShare campaign by donating non-perishable food items or round up your purchase at the tills for the CHUM foodshelf.

Round up donations continue on March 18th, with matching donations by your co-op.

Thank you, cooperators, for your generosity.



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pokingthehive

by Shannon Szymkowiak, Promotions & Education Manager & WFC Owner

Spring! That hopeful, muddy, snowy, raw-wind season on the way to summer. So many of our New Year's resolutions have been forgotten or abandoned that I wonder why we make them in the dead of winter. Maybe it's the result of guilt and regret following a particularly indulgent time of year. To me, springtime, with its inherent theme of renewal is a better time to take stock and make changes. I feel that this time of transition between dormancy and vibrancy can be used to our personal advantage.

My never-changing mantra of "get back into the kitchen" forced me to put my money where my mouth was this past year. For seven weeks this fall, I was at Lake Superior College teaching basic whole foods cooking to a group of students in a conference room. The space we were working in was a challenge, but the students were eager and I hope they learned some skills to save money and time in the kitchen.

I had barely cleaned up the detritus from LSC when I was asked to come in and work with the Student Wellness Education and Enrichment Team (SWEET) at Denfeld. Denfeld teachers and WFC Owners Deb Wendling and Jeanne Tonkin gathered an enthusiastic

group of students who wanted to learn about basic cooking and whole foods. These young people were, in a word, awesome. For five weeks, they chopped, observed and tasted. I saw them step out of their comfort zones and overcome fear when I had them taste tempeh and cut up a raw chicken. I was challenged with their candid responses to trying the unfamiliar, but they always gave it a go, wrinkled nose and all.



SWEET showing off their mad knife skills

As a wrap-up, the SWEET kids put on a health foods expo during the school lunch hour. They had prepared several samples like kale chips, baked tofu, cara cara oranges and their overall favorite: pomegranate. They offered information and had a quiz that their fellow students could take to win a sticker. I was so proud of what they organized when so many of them

have after school activities and part time jobs. Their hunger to learn was (almost) as big as their hunger for the snacks we made each week. They were thrilled to be given their own cutting boards (than you Epicurean!) and I was thrilled to pass out a copy of the Joy of Cooking to each student from the co-op. I got teary when one of them asked me if I was coming back for the spring semester.

As adults, we have been told over and over since a very young age that cooking is a bore, a chore and something we should do as little as possible. Why kitchen work is so often devalued has always been a mystery to me. We all eat. What we eat should be at least as important as the phones we use, the cars we drive and the clothes we wear. I would argue that it is more important. When we prepare and consume our food with intention and care, it goes beyond mere bodily satisfaction.

As a child with parents who sometimes had difficulty making ends meet, I don't remember the times we ate fast food, but I do remember the times my mother said with a smile, "Let's have pancakes for supper!" Looking back, I think that probably bothered her, but the fun we had making pancakes

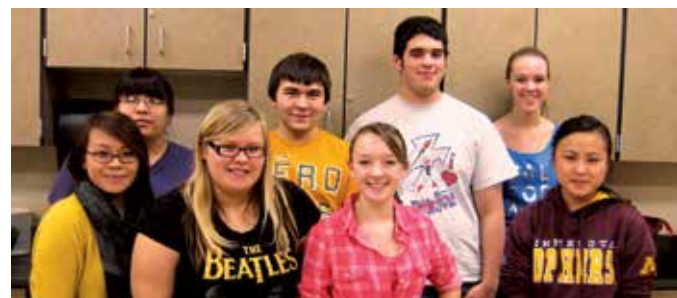
when it wasn't even breakfast (!) is a memory that lives with me to this day. Our kitchen was small, but it was filled with love, even when the cupboard was close to bare. Cooking from scratch saved money and taught self reliance, basic chemistry and creativity – skills I carry to this day.

After the SWEET kids cut up their chickens, they took them home to cook. The following week, we talked about what they made and so many of them said something to the effect of, "My mom/dad showed me how to bake/fry it. It was really easy!" All of these kids now have a memory and a skill that will last them a lifetime, too. It is humbling and an honor to be a part of that process.

As a part of your resolution to get back into the kitchen, consider attending all or part of the Good Food Summit on March 8 – 9 at UMD or the Community Celebration at Norway Hall in the evening of the 8th. Your co-op celebrates good, healthy food. We will be there in the "communal kitchen" of our friends and neighbors discussing the larger issues of food in our region. Resolutions will be made and possibilities discussed. I hope to see you there. I promise it will not be a bore.



The SWEET kids handing out samples for eager Denfeld students at their EXPO



Some of SWEET team: Front row (L to R) Connie Elder, Meaghan Fleischer, Brianna Hautajarvi, Ka Moua Back row: Joice Rising Sun, Wade Grawe, Will Richardson, Amanda Larson

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Photo of red oak by Kate Kubiak

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Youth Outdoor Expo

Saturday, May 4, 9 am - 1 pm

FREE event for youth age 7-15
(an adult must accompany participants)

Must pre-register, call 724-6735

Registered youth receive a free 6" sub from Subway and ice cream from Cold Stone!

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Summer Day Camps

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- Camps for ages 2-17
- Scholarships available
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- Early drop off, half day and all day options
- New "Counselor in Training" option for older youth, ages 13-17

On-line registration begins
March 27

Check our website for
more details at
www.hartleynature.org





news bites

SAVE THE DATE

Lake Superior Good Food Summit, March 8-9, 2013. Stakeholders from Northwest Wisconsin and Northeast Minnesota will come together for a conference designed to inspire, inform, connect and raise visibility about the people and issues that are part of a healthy, affordable, green and fair food system. Visit: info@goodfoodnetwork.org/goodfoodsummit.html

2012 FOOD CO-OP IMPACT STUDY

View a video of the results of the Food Co-op Impact Study comparing consumer owned food co-ops (including WFC) and conventional grocery stores at: <http://strongertogether.coop/food-coops/food-co-op-impact-study/>

INTERESTED IN REGIONAL FOOD ISSUES?

Check out the information and opportunities at:

- www.duluthcommunityfarm.org (Growing Farms)
- www.goodfoodnetwork.org (Good Food Network)
- www.lssfa.org (Lake Superior Sustainable Farming Association)
- www.superiorfoodweb.org/LAFS/compact.pdf (Superior Compact)

REDUCE, REUSE, REDEEM PROGRAM

Effective January 2, 2013, WFC will match each \$0.05 bag credit donated by our customers. The current recipient of donated bag credits is Second Harvest Northern Lakes Food Bank.

UNCLAIMED ABANDONED EQUITY

Pursuant to the vote of our Owners on the 2012 Board election and issues ballot, the balance of unclaimed abandoned equity in the amount of \$2,871.09 was donated to Growing Farms, a Northeast Minnesota farm incubator.

COOPERATIVE DISASTER RELIEF FUND

In November, WFC matched contributions from our Owners and delivered \$750 to the Cooperative Development Foundation's fund for cooperatives damaged by Hurricane Sandy.

new products

* Contains Organic ingredients

BREAD

Down in the Valley Bakehouse

GF Stuffing Mix

Red Mug Bakeshop

Gluten Free Cheddar/Chive Biscuits

CHEESE

Le Roule

Cranberry Cheese Spread

Belgium

Chimay with Beer

Kaserei Campignon

Cambozola

Capra

Goat with Honey

Coombe Castle

Saxon Shires (England's 5-Layer Cheese Assortment)

Singleton's

Double Gloucester

Belgioioso

Fresh Mozzarella Roll

BULK

Chocolate Ginger
Zen Party Mix
Sweetened Papaya Spears
Dried Pears
Almond Meal
Wheat Flakes*
Rye Flakes*
King Arthur Special Flour
Sorghum Flour
Whole Teff
Teff Flour
Oat Groats*
Coconut Flour*
Dairy-Free Grain Sweetened Chocolate Chips

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Key Lime 6 oz
Plain 32 oz
Vanilla 32 oz

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Plain Coconut Yogurt 24 oz

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Lacto-fermented Beets (seasonal)

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Sophie's Vegan Seafood

Shrimp
Crab Cakes

Artisan Bistro*

Salmon Bake

Handy

Crab Cakes

Ben & Jerry's

Frozen Greek Yogurt
Peanut Butter Banana

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Stella Mare

Soy Candles in glass

GROCERY

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Energy Coffee
Rescue Coffee

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Oatmeal Cookie Mix

Castor & Pollux Organic*

Adult Dog Food 5 lb
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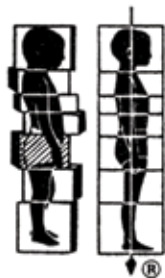
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Healing Touch Energy Therapy
Nutrition/Well-Being Consulting
Digestive Health Care
Mind-Body Therapies



Michelle Russell CHHP, CHTP

Marshall Professional Bldg | Suite 127 & 128

1301 Rice Lake Road | Duluth, MN 55811

phone: 218.724.3679

email: holistichealthhealing@gmail.com

web: holistichealthhealing.info



new products

HEALTH & BODY CARE (HBC)

Love & Toast

Hand Crèmes
Body Lotions
Shower Crèmes
Roller Perfumes

Green Sprouts

Nasal Aspirator

Clear Lungs

Chest Rub

One With Nature

Bar Soap:

Dead Sea Shea Butter Vanilla Oatmeal
Dead Sea Shea Butter Rose Petal
Dead Sea Shea Butter Dead Sea Salt
Dead Sea Shea Butter Lavender
Dead Sea Shea Butter Hemp
Dead Sea Shea Butter Lemon Verbena

Badger

Argan Hair Oil*

Life Flo

Pure Cocoa Butter 9 oz*

Tom's of Maine

Botanically Bright SLS Free Peppermint
Toothpaste

Zion Health

Original Clay Deodorant *
Citrus Clay Deodorant*

Evan Healy

Neem Immortelle Purifying Infusion*
Argan Intensive Facial Serum*
Sandalwood Facial Tonic Hydrosoul*
Lemongrass Facial Polish*

SPECIALTY

Peppadew

Whole Sweet Piquante Peppers

Ginger People

Sweet Ginger Chili Sauce
Ginger Sesame Sauce

Mitica

Almonds in Rosemary Honey

Divina

Green Olives stuffed with Almonds
Green Olives stuffed with Feta
Red Peppers stuffed with Feta

Corsica

Tomato Verte Spread
Peach-Apricot Spread

Fever-Tree

Lemon Bitters

The Gracious Gourmet

Balsamic Four-Onion Spread
Rosemary Pear Spread
Spiced Sour Cherry Spread

SUPPLEMENTS

Natural Factors

Serenity Formula
Advanced Eye Formula
Tranquil Sleep softgels

Source Naturals

Artic Pure Krill Oil 60 ct

Smarty Pants

Adult & Kid's Multi-Vitamin Gummies
With Omega 3

Whole Foods Co-op

Women's Once Daily Multi-Vitamin
Men's Once Daily Multi-Vitamin
Prenatal with DHA
Biotin 5 mg

Nordic Naturals

Vegan Liquid D3 1 oz

Floradix

Iron tablets

Teras Whey

Line expansion to USDA
organic offerings*
Goat Whey

Eclectic Institute

Powder Supplements:

Twango*
Kava Colada*
Elderberry Instant Immune*

Lemon Greens*

Broccoli Tune-Up*

Liver & Bile Purification *

Pure Essence

Ionic Fizz singles are back! Yippee!

Vega*

Vega One
Vega Smoothie
Vega Sport


Jakeman's

Throat & Chest Lozenges
Sambucol
Original Elderberry Syrup 4 oz

WFC 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.

Psychotherapy
that honors the whole person



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grocery gab

by Lisa Anderson, Merchandising
Manager & WFC Owner

High Mowing Organic Seeds (HMS) are once again available this season at WFC. We have been offering HMS for years, and have built a very successful relationship with this company. HMS started in 1996 as a one man operation in his back yard in Vermont. What began as a hobby soon turned into a viable business operation that offers more than 600 varieties of heirloom, open pollinated and hybrid varieties of veggies, fruits, herbs, and flowers.

HMS is committed to sustaining a healthy food system, and believes that it starts with the food we grow, and goes all the way to the economy that it supports. The farm in Wolcott, VT produces over 60 varieties of seeds each year. Due to the damp climate, short growing season, and cold winters in VT, only certain seed crops can be produced. HMS works with seed farmers across the United States, and has developed relationships with a handful of international wholesale seed companies that stand out in terms of their commitment to organics.

In addition to garden seeds, we will also be stocking some favorite items from years past, including organic pest control products, seed starting trays, peat pellets, and fertilizer. By starting with natural and organic products in your garden, you ensure that what comes out is good for both you and the environment. **GG**