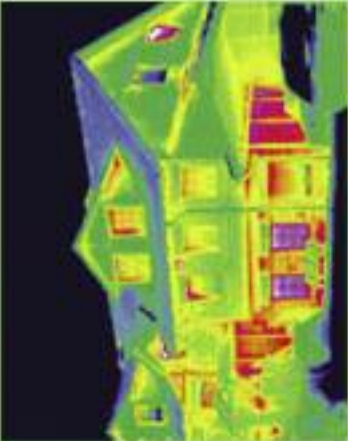




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DULUTH, MINNESOTA

SUMMER 2010

GARBANZO GAZETTE



GARBANZO GAZETTE

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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

"So we've industrialized and consolidated our farms into giant factories that use pesticides, herbicides, growth hormones, antibiotics, genetic modification and other untested and even inhumane practices, all in the name of low price. The high price comes when we pay the doctor, the drugstore and the hospital... Wouldn't it make more sense to pay more for nutritious, non-toxic food and less for illness and disease?"

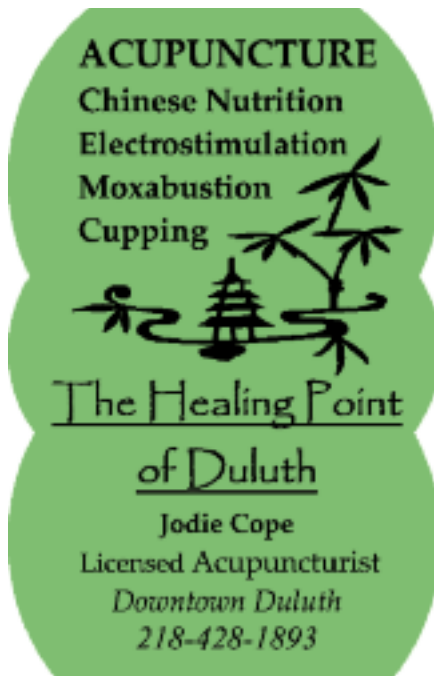
— Ken Whitman, "Are we getting what we pay for?" *Organic Connections*, March–April 2010.

In my previous column, I reported on how staff have partnered with others in our community to achieve progress on 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.

Now I want to report to you on how, in 2009, we allocated resources, in-kind contributions, and the purchasing power of our Owners and customers to achieve progress on *creating a healthy community*:

- \$5,000 to the Duluth Community Garden Program to support development and maintenance of urban gardens in the City of Duluth.
- \$493 to the Duluth Community Garden Program representing 10 cents for every packet of organic garden seeds sold.
- \$5,000 for event costs of the Superior Grown Food Summit, a public conversation about our regional food system held in Duluth on Saturday, Nov. 14, 2009.



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

- \$165 in mileage reimbursement to WFC employees who chose to volunteer as farm workers for local growers who supply produce to WFC.

- Program sponsor of East Hillside Mind-to-Mind summer program for children including presentation on organic farming methods and rental of van for local farm tour for participants.

- \$2,897 to Lake Superior Sustainable Farming Association representing 2009 abandoned equity distribution pursuant to vote of Owners in September.

- Over \$69,000 of consumable food and other products to Second Harvest Northern Lakes Food Bank, CHUM, Loaves & Fishes House, and other area non-profits.

- Our Promotions & Education Department distributed over \$5,600 of cash, gift card and in-kind contri-

butions to area non-profits.

- WFC's purchases from local growers and from independently-owned, local food producers increased by 15% while store sales increased by 6%; the number of local growers on Produce Manager Michael Karsh's contact list increased from 27 to 45.

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 a small retail food store tucked away in a neighborhood on a hill in Northern Minnesota. And one way, maybe the best way, we can show that recognition and respect is to continue working for the sustainable development of our community, our region and our planet. **GG**



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book review

— Judy Kreag, Member-Owner

In my last book review I discussed inflammation and its tremendous impact on our bodies (*Inflammation Nation* by Floyd H. Chilton, PhD). Today's review shows a similar link between fungi and many of the same diseases for which we can't seem to find a cure..

Both books seem to be able to show a strong connection between many common diseases and our diet. Both have

been able to see great success with diet changes — from lessening of symptoms to outright cures.

Doug Kaufman sets out to educate, and educate he does. He has a quiz to help you determine if fungi might be instrumental in your health issues. He gives an initial diet to follow (including eggs, meat, vegetables, fruits and carrot juice), along with a list of good foods and a list of foods to avoid. He

includes healthy recipes, and finally, along with all of this information, he gives you testimonials. Kaufman's book communicates detailed information in words and concepts that are easy for the reader to understand.

The bottom line is that Doug Kaufman wants you to become more involved in your own healthcare. He encourages you to find a health care provider who is open to new information. With so much new information coming out each and every day, we often can do some of our own research and share what we have learned with our health care provider. We need to work as a team and be willing to look at our own eating habits and take responsibility for them. A practitioner can't help us if we refuse to look at our lifestyle and acknowledge how it may be affecting our health.

The Fungus Link

by
Doug Kaufman

In this book, Mr. Kaufman talks about connections between fungi and arthritis, digestion, respiration, mental health, dermatology, hearth health, allergies, yeast related issues, and chronic pain. He shows the connection

between food and fungi, adding that sugar is one of the main ways to feed out of control fungi in our bodies.

However, he points out that the right kind of carbohydrate in a non-toxic individual will supply energy, while the wrong type of carbohydrate in a fungally-toxic individual will actually suppress energy. Many times just by eating the right kind of foods we can bring our bodies back into balance.

One of the reasons that more is not known about fungal toxicity is that the symptoms of a fungal infection mimic many other common disorders. Antibiotics are often used to clear up these disorders and as many of you know, antibiotics kill good as well as bad bacteria and can cause our intestinal tract to get out of balance. It is at that point that we become susceptible to fungal diseases. What we must keep in mind is that if the treatment we use to correct a disorder is not working, we need to look for a different answer. Inflammation and fungal infection are just two of the many other possibilities.

After reading this book I now understand that one of the reasons many of my health issues persist, even though I eat many organic foods, is because of my lifestyle (too many restaurants & desserts). Realizing that the average American eats 130 lbs. of sugar a year (not hard to believe when you look at our sugar-filled holidays), it is easy to see the validity of the information in this book. If you would like to know more about how you can take control of your health, pick up a copy of *Fungus Link* in the book section of the Co-op.

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.

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Fresh Perspective

Organic Options

April brought our 40th Earth Day. So much has been done, yet there is so much more to do. What would you do to make the planet environmentally sound and its inhabitants better off? You might say you'd like to help feed the world while protecting its resources. That would be an admirable goal. Supporting the growth of organic agriculture can do just that. According to a recent International Federation of Organic Agriculture Movements (IFOAM) report, the world's undernourished people reached one billion in 2009. In a nutshell, 15 percent of people are hungry; and most are women and children despite the fact that the world produces 125 percent of the required food for all to eat.

Of the one billion, three quarters of the undernourished live in rural areas. How can this be? What about the green revolution? The green revolution is said to have accomplished a lot but it failed to combat hunger. What about the

promises of genetically engineered crops to feed the world? Within the media the agro-industry proposes a second green revolution based on genetic engineering. Unfortunately, this feeds the industry's self-interests by boosting its bottom line and continuing its control of the world seed supply but it does not contribute to feeding the poor.

What about organic agriculture — can it help solve the hunger crisis? Well yes it can! According to the IFOAM report, "Organic Agriculture based on its encouraging concepts, experience and examples proposes a paradigm-shift in food security policies to ensure that hunger is

history by 2050." That's quite a statement, so how can that be so?

The needs of rural people and the sustainable use of natural resources are at the core of the organic farming system. Organic agriculture uses locally adapted technologies to create employment opportunities and income. Organic agriculture encourages low external inputs to minimize risk of indebtedness and intoxication of the environment. Organic agriculture increases harvests through practices that favor the optimization of biological processes and local resources over expensive, toxic and climate damaging

agro-chemicals. Organic agricultural practices bring degraded land back into production.

The slightly lower yields of organic agriculture in favorable, temperate zones are compensated with approximately 10-20 percent higher yields in difficult environments.

Responding to a frequently asked question: can the world be fed by the worldwide adoption of organic agriculture? YES!

Tremendous strides have been made in the last decade toward organic agricultural systems, producing safer, more nutritious and better tasting food with fewer resources and less waste. It is up to us to keep this progress going.

How can you help organic agriculture feed the world? Learn about the science and technology driving innovation on organic farms and in organic food manufacturing plants. A great organization is the Organic Center, which provides a great monthly electronic newsletter called "The Scoop." For a free subscription, visit www.organic-center.org.

Another way to help is by supporting organizations like the Organic Farming Research Foundation, which funds the grants, research, policy and public education programs that help set the course of where organic farming should be in the future and how to get there. To find out more go to www.ofrr.org.

Last, keep buying organic food whenever possible and support the stores that provide you with fresh quality organic food

Ask Dr. Patty Produce

Q: Dear Patty, With all this new information coming about GMOs why don't countries ban them? Don Bromberg

A: Dear Don, One has! This past October the Irish Government voted to ban the cultivation of all GM crops and introduce a voluntary GM-free label for food. The ban includes meat, poultry, eggs, fish, crustaceans and dairy produce made without the use of GM animal feed. The agreement specifies that the Government will "Declare the Republic of Ireland a GM-Free Zone, free from the cultivation of all GM plants." Perhaps the United States will take a hint from its European ally.

References this issue: Ireland Bans GMO Crops, <http://www.enn.com/business/article/40579>; "Putting the Last First — The Organic Answer to Food Security For All", 10/12/09, www.ifoam.org/; www.organic-center.org

This Month's Tidbit

Genetically engineered corn, soybeans and cotton have increased pesticide use in the U.S. by 318 million pounds since 1996, largely as a result of the rapid spread of glyphosate (Roundup) resistant weeds. Herbicide use on so-called "herbicide-tolerant" crops rose a remarkable 31 percent from 2007 to 2008

SOMEWHERE IN BETWEEN

For those in-between months where local summer crops have not shown up yet and the winter supply starts looking all too familiar. That's when a good imagination and some good recipes come into play like this. From Jennifer Brewer, try:

Easy Vegetable Cashew Stir-Fry over Brown Rice

- 1 T Coconut Oil (olive's ok, just don't heat it too high)
- 1 Onion, sliced
- 1 Red Bell Pepper, sliced
- 1/2 lb Broccoli Florets
- 1/2 lb Crimini Mushrooms, sliced
- 1 small head Napa Cabbage, thinly sliced

Sauce:

- 1 T Arrowroot
- 1/3 C Tamari
- 2/3 C Vegetable Broth
- 2 cloves Garlic, minced
- 1 2-inch piece of fresh Ginger, minced
- 1/2 C Raw Cashews

Slice onion and pepper. Prepare broccoli into florets, slice mushrooms and Napa cabbage.

When vegetables are ready, heat oil in heavy skillet or wok. Add onion and pepper and cook for 3 minutes. Add broccoli and mushrooms and cook for 5 minutes more. Add cabbage and cook, stirring for 2 minutes.

Meanwhile, mince garlic and ginger. In a small bowl, mix together the arrowroot, tamari, vegetable broth, ginger and garlic. Whisk until smooth. Pour sauce over vegetable mixture, stirring constantly.

When sauce has thickened (about 2 minutes), stir in cashews and serve immediately over cooked brown rice. Serves 4

If you like this recipe, go to Jenny's website for some more ideas: www.nourishingnutrition.com.

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Dean's Report

the Dean goes back to school

by Chris Rubesch, Promotions and Education Coordinator

This January I went back to school. WFC-U that is. This January I was hired as a Promotions and Education Coordinator at the Whole Foods Co-op. and, although the winter semester of classes was already in full swing, I dove right in. I began by familiarizing myself with our great kitchen and learning space, making connections with our network of instructors, and looking ahead to the Spring and Fall classes I would begin to organize. During this process I learned three important lessons.

The first thing that I learned is that you love ethnic cooking. Minnesota may be the land of hot dishes and Jell-o salad, but that doesn't mean you don't love curry, basil, and ginger too! This spring we've held sold out classes on Caribbean, Indian, and Asian cooking just to name a few.

The second thing I learned was that you don't just like to cook. Some of our most popular classes in the past few months have included topics ranging from making herbal medicines, to gluten free eating and shopping, to the Mediterranean diet.

Finally, I've learned that flexibility is key at WFC-U. My lesson in this came during preparations for a children's cooking class. Coming into this class I had no idea what cooking with 10 budding chefs was going to be like. As the class began we all got to work helping to cook the different dishes, learning all about the ingredients, and picking up some basic cooking skills too. Even though this class might not have been what I expected, it turned out to be one of the most fun and informational class of the semester.

You can be sure that as I begin to put

together another semester of classes I will take these lessons to heart. Prospective and returning WFC-U participants can look forward to a wide range of upcoming class topics such as Scandinavian cooking, homeopathic medicines, food preservation, filled pasta cooking, and even basic money management. Our fall classes will resume in September and the schedule for these classes will be available on our website and at the customer service center at the end of July.

If you ever have any ideas for classes you would like to take please don't hesitate to fill out a comment card, and I'm looking forward to seeing you at the "U"!

Chris Rubesch is an ultra-marathoner and first-year beekeeper.

news bites

INTERESTED IN SUPPORTING THE DEVELOPMENT OF URBAN GARDENS

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. Community Action Duluth is looking for donations of vacant land, plants, seeds, dirt, compost and tools to begin a long-term and extended season project to increase the amount of local and affordable food in our region while providing employment to low-income people (angie@communityaction.duluth.org).



PATRONAGE REBATES DISTRIBUTED FOR FISCAL YEAR (FY) 2009

Over 4,600 patronage rebate checks were mailed to Owners in early December 2009. Please cash your check. Checks not cashed 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 available for purchase at the Customer Service Counter. WFC's Courtesy Cab Coupon program began on a trial basis in December 2009 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.



LEARN ABOUT LOCAL FARMS AND FARMERS

Visit the website for the Lake Superior Sustainable Farming Association (www.lssf.org) and www.superiorfoodweb.org



CALL FOR ART!

Member-owner art show to be on display in the BCO seating area during the month of October 2010. Interested members contact Jill at jillh@wholefoods.coop Space is limited and some conditions apply. WFC thanks the following businesses for doing an amazing job upgrading the look and feel of our classroom:

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theresa@wholefoods.coop

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Sharon Murphy, General Manager
Whole Foods Co-op
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728-0490/fax
smurphy@wholefoods.coop
WFC web site: www.wholefoods.coop
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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

Happy 40th Birthday!

by David Helf, Board President

Do you remember what you were doing 40 years ago? If you're old enough, you may recall the first Earth Day. At my school, we spent the day trying to understand problems caused by pollution, and we resolved to go forth and solve those problems. In Duluth, a group of 20 was concerned about the quality of food available locally, but rather than just study the problem, they started something. They called it the Whole Foods Co-op. The rest, as they say is history — our history.

The numbers are impressive. What took place in the first floor of a house on East 2nd St now happens in a modern building of 18,600 square feet, with 5,500 Member-Owners, 86 employees, and annual sales of over \$10,000,000. We owe an incredible debt to those 20 pioneers. What foresight!

Here's a sign of how things have been going lately: At a recent Board meeting, we approved 86 new memberships (that's just one month's worth!) Our

continued growth tells us we are doing something right. But these new Member-Owners didn't just wander into the store one day to escape the cold wind and suddenly decide to plunk down 100 bucks. I suspect they were part of someone's social network, as suggested by Alison in this month's *Member Matters*. Welcome to all new Member-Owners!

That original group of 20 represents a pebble thrown into a lake, with ripples reaching outward. Forty years later, those ripples still travel, touching new people, who are looking for good food, food with a conscience, and a way of doing business that does more than sell food.

The three men and four women of your Board of Directors come from two continents, range in age from twenty-something to almost sixty, have a variety of life experiences, yet we are single-minded as we work for you. We recognize that for Whole Foods Co-op to have gotten this far, many people have helped bring about many changes. We study, listen, deliberate, and act on behalf of our Member-Owners.

Help celebrate 40 years. Cut some cake. Attend our gala largest-ever annual meeting. But let's all keep our expectations high. If you like something here, tell us. If something is less than you'd expect, tell us also. Hold us to a high standard. Write me at: davidh@wholefoods.coop Thanks for reading. **GG**

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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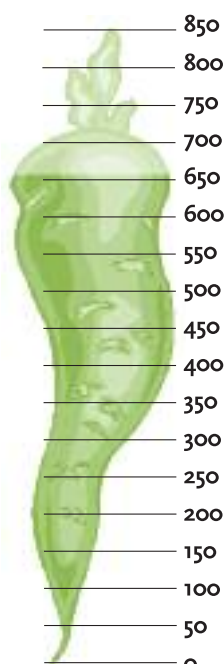
Dustin Holden, LMFT
218.722.1920
90 East Superior St.
Duluth, MN 55802

welcome, new member-owners!

Chris C. Williams
Lillian Cain
Vivian Pleus
Beth A. Petereson
Rick Giswold
Autumn Hommerding
Dana Miller
Steve Patrick
Rachel Yrjanson
John Knierim
Teresa S. Burgoon
V. Kay Goodman
Melissa Bell
Gretchen Ringdahl
Wendy L. Smykalski
Debra J. Lieberg
James Hongisto
Denise Coleman
Lyng
Lisa R. Reeves
Shari Olson
Betty Juno
Andrew Reitz
Brent Kustermann
Janna Gilbertson
Beth Cash
Susan Mattson
Robert Jokela
Ann F. Clark
James Lyndon
Urness
Mary Booth
Kristine
Schottenbauer
Joshua Friend
Jodi Slick
Zachary Zorbas
Christin Lind
Kris Gerard Jacobs
Charles O.
Nahgahnuh
William Kinsley
Diana Buhr
Jeremy A. Anderson
Lisa A. Larson
Ivy Cotone
Bernadette Johnson
Matt P. Jackson
Betsy Crist
Bryon Colby
Chenoa Williams
Jonathan Otis
Stephen Bockhold
Arek Lucich
Edward Felix
Piasecki
Ryan Maki
Karri La Barre
Timothy P. Fallon
Amy Angeline Grigal
Nikolaus Wourms
Doreen Hansen

Ben Ebacher
Pamela Lempi
Cynthia Sundstrom
Maureen Matheson
Stephen Arthur
Malory Schaeffbauer
Dale Nummi
Nora L. Eckstine
Lisa Haberling
Laura J. Furtman
Janet Sutton
Sheri Sullivan
Diane Kauppi
Nicole Enge-Frey
Katherine Laucamp
Lisa Consie
Erin Blazevec
Jill Rigling Fee
Edward Marsman
Julie J. Buria
Laura E. Juntunen
Maria Harvey
Sarah Ann Walker
Honor Schauland
Brooke Roalson
Mylie Pukema
Julie Meyer
Heather M. Franz
Candi Jean Broeffle
Brandon Carlson
Donald Kooiman
Terry J. Degerstrom
Duane Ohman
Heather Lee Horn
Anne Frances
Redfield
Lorraine Fish
Renee Pearson
Angela Rae Locker
David Robison
Moriah Grace
David J. Ongaro
Sandra Dantes
Pamela Gipe
Carrie Heikkila
Kelly Wark
Kirsten Kvalsten
Deloris Mcnaughton
Erika Mock
Heidi Severson
Dana Salmela
Joanne Joice
Nancy Krull
Elizabeth Jo
Johnson
Stacy Foster
Ellen L. Abare
Bruce Giersdorf
Delores Grunwald
Bette Greateon
Ann Boctor
Brooke Kennedy

Diana Mcfadden
Molly Hannan
Sharon Weisz
Judith Ling
Suzanne Palm
Leslie Ann Hanna
Kerry Jo Cain
Alisyn Friederich
Alyssa Smith
Summer Waldrop
Virginia Mainella
Angela Rae Richarte
Jennifer Berry
Michele Downey
Anne Scott
Beth A. Lind
Marianne T. Miller



The 259 new Member-Owners from February 1, 2010 to April 30, 2010 represents a dramatic upturn in Ownership. The total number of new Member-Owners since July 1, 2009 is 653. We are so close to our goal of 800 new Member-Owners by June 30, 2010 it's amazing! Let's extend a great big welcome to our newest Member-Owners. We wouldn't have made it 40 years without you all.

Nicole Caldwell
Daniel Carr
Lorenda Ingersoll
Elena Ingersoll
Jack Mahoney
Duane Fogard
Robert Bartlow
Nancy Schumacher
Marian Lanigan
Ellen L. Stasney
Anne Marie Gorham
Beverly Peters
Dana Varland
Sarah L. Renschler
Cheryl J. Husby
Beverly Robinson
Robert Roper
Heather Duval
Theresa Schmaedeke
Gustaf Ekstrand
Beth Magomolla
Gwen Anderson
Deborah Gibbons
Cheryl Floren
Sandra Manley
Melba Weller
Derrick Snyder
Erica Mulcahy
Sara Cook
Rita Marjut
Swanson
Robert Zaporzan
James Frericks
Lucy Sweeney
Jesse Shaddrick
James J. Thomas
Kelly Jo Messina
Samuel Bradley
John Bauman
Jennifer Rasmussen
Darlene Nagy
Mabel Vesel
Linda Kay Bergquist
Mary Jane Huggins
Cherie Lynn Ulvi
Roberta Pascuzzi
Erin Olin
Connie Thomson
Michell S. Parmeter
Scott Carlson
Kirsten Moore
Jenny Silvis
Edward Wilson
Julie Ernst
Kelly Hanson
Roger W. Hartzberg
Laura E. Regan
Devin Garrett
Michelle M. Seafolk
Lee Mielke
Emily Vos

membership matters

What or who influenced YOU to be a member?

by Alison Champeaux, Board Member

The WFC Board often discusses what makes Member-Owners tick. It is of great concern to us to know who you are, why you are an Owner, and what you like about WFC. This helps us guide the Co-op's direction and purpose for this year and beyond.

I heard on Minnesota Public Radio some interesting research about social networks; not to be confused with social networking. Our social networks are people in our direct circle, like family, close friends, and sometimes co-workers. Our indirect circle includes our family member's friends, friends of friends and friends of co-workers. Research showed that we are influenced by several dimensions, or circles of people and not just our friends. Think about it. Did you hear about a new restaurant in town because your friend heard it from their friend? This is more common than we think and it can affect the decisions and choices that we make.

Being a Member-Owner of the Co-op isn't always a conscious decision. I was a member at PCC Natural Markets in Seattle, so it seemed like a good choice to join WFC when I moved to Duluth. I did not fully appreciate why I

had joined until I met people in various circles who talked about the Co-op; I valued being a Member-Owner even more so when I became a Board Member.

People become Owners join for so many reasons, such as the great food, our commitment to local and regional food production, health and allergic needs, and more. Your membership at the Co-op is so important! You are not just a customer (although we value all our customers); you are an owner and have invested in an important, vital natural foods store that benefits our entire region.

If you are unsure why you are a member, ask other Co-op members in your social network for their perspective. If you are clear why you are a member and how you became one, then please let me know, so I can share this with the Board. And remember: as a member of several social networks, you can influence and encourage others to become a member of our Co-op. You can help us realize our mission, and help a healthy regional food system flourish.

Let me know why you are a Member-Owner:
alison@wholefoods.coop I would love to hear from you! GG

Michaela Frokjer
Michael A. Fowler
Jamie Tupper
Carl Huber
Fiona Mckee
Joelyn Woehler
Michael Anderson
Ilone Ann Hamilton
Nancy Wittmer
Daniel Holm
Grace Campbell
Tyler Barrell
Jonathan Kuchera
Arthur Gil De
Lamadrid
Desiree Murphy
Susan Vanoss
Jessica Frenz

Tamara Gatlin
Blazevic Reed
Lee Bujold
Lori Schroeder
Amelia Doth
Emily Opacich
Angela Krick
Meghan Gengler
Maria Mayotte
Arthur Simpson Jr.
Mary Jo Gunderson
Lori Nestrud
Mary Meyer
Sue Boman
Teresa Erkkila
Kimberly Dauner
Virginia Hanson

Margaret Plummer-
Steen
Rita Ohman
Steven Arnold
Heikkila
Karri Kiefat
Sarah Kern
Elizabeth A.
Pearson
Jennifer Marie
Heglund
Amie Lynne Biebl
William Narog
Mona Knutson
Jon Welles
Ann McIntosh
Linda D. Johnson
Pegge Skunberg

Victoria Starr
Catherine Swanson
Brigid S. Ripley
Bonnie L. Anderson
Rebecca Unzeitig
Thomas Chartier
Stephanie
Thompson
Cheryl A. Beres
Anh Ly
Henry Noordzy
Mary Schroeder
Angela D. Robinson
Linda Johnson
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Increase Energy
Balance Emotions
Evolve Consciousness
Discover Your Life Path
Build Community...



the buzz

wfc staff news

— by Jill Holmen, P & E Coordinator

Front End Clerk Alisha Stalker reports that she is one step closer to receiving her Wildlife Rehabilitation Novice Permit with the DNR and will be soon be able to rehab orphaned wild animals here in Minnesota! Alisha's interest in this was piqued after finding an emaciated bat in the co-op entryway last year and connecting with wildlife rescuers in the area.

Chris Rubesch, P & E Coordinator took FIRST place in the Ice Age Trail 50K marathon this past weekend in La Grange, WI!!! 50 kilometers is approximately 31 miles... longer than a traditional marathon, but not as long as some of the other races Chris competes in. Chris's wife Meg came in SECOND in the women's race, so another congratulations to her as well.

From lettuce to lens, we congratulate **Produce Clerk Sarah Lamb** for being invited to participate in the Duluth Art Institute's Emerging Photographers Exhibition, showing April 22–September 6 at the Depot. Way to go, Sarah!

Jenny Graupmann, Front End Clerk, is saving up to represent American Vocal Jazz at the International Society for Music Education's Symposium in Beijing, China, in August. Her group Lake Effect will be scattering their way across the globe for this exciting opportunity. Happy travels!



March:
Customer Service Award winners: Front End Clerk Jason Kokal and Deli Counter Clerk Angela Branson
Gumby Award winners: Deli Cook Kate Tourni & Merchandising Receiver Eriq Reed



JUNE ANNIVERSARIES:

Dean Bishop, Administration	1 year
Anton Lepak, Deli	3 years
Michael Olker, Front End	5 years
Joe Ulvi, Merchandising	4 years
Luke Vandrovec, Front End	1 year

JULY ANNIVERSARIES:

Jessica Belich, Front End	9 years
Kelly Bittner, Merchandising	2 years
Kelli Burkland, Merchandising	1 year
Rain Elfvin, Front End	6 years
Jennifer Harner, Deli	1 year
Alisha Stalker, Front End	2 years

AUGUST ANNIVERSARIES:

Kenny Bitzer, Front End	1 year
Jennifer Graupman, Front End	2 years
Natalie Hansen, Front End	1 year
Laura Irving, Produce	3 years
Timothy Malkovich, Produce	2 years
Kevin "KC" Meyers, Front End	1 year
Cameron Reider, Merchandising	2 years
Jim Richardson, Merchandising	12 years
Dylan Savall, Front End	1 year
Andy Theuninck, Administration	5 years



April:
Customer Service Award winners: Grocery Buyer Joe Ulvi & IT Coordinator Andy Theuninck
Gumby Award winner: Merchandising Clerk Kaily McKee



May:
Customer Service Award winners: Finance Coordinator Karen Johnson & Front End Clerk Janet Ramel
Gumby Award winner: Manager on Duty Jackie Bradley



Merchandising Manager Lisa Anderson shows off the drastic changes she and Hobbs from Garden Magic made to her back yard. Talk about a transformation — we can't wait to see those flowerboxes filled with blooms.!

Take a look at the ad below. One more Co-op staff member (and family) is a proud homeowner thanks to Northern Communities Land Trust. Congratulations KC!

Looking for local food for the soul?
Gloria Dei Lutheran is right around the corner...and all are welcome

219 N. 6th Ave. E., Duluth, MN
(218) 722-3381

Sunday Worship: 10-11am
fairtrade coffee, treats and fellowship after church

Lake Superior Celebration: July 18th
worship and fresh local fish feast
www.gloriadeiduluth.org

Northern Communities Land Trust

Helping families put down roots in our community



Homes for sale:
327 N. 58th Ave W: 3BR, 1.5 bath, \$94,000
216 S. 61st Ave W: 4 BR, 2 bath, \$104,000
1110 97th Ave W: 3BR, 1.5 bath, \$129,000
113 2nd St., Proctor: 4BR, 1bath, \$119,000
*Offered at \$20,000-\$60,000 below market value to income qualified buyers. For more information or a list of our upcoming homes in West Duluth, East Hillside & Congdon call 727-5372 or visit www.landtrustduluth.org

New Land Trust Homeowners: LeeAnn, Lukah, & KC
Over the years, we've helped five Co-op employees, including KC, purchase homes through the Land Trust.

Northern Communities Land Trust has been providing affordable homeownership opportunities for 20 years.



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new products

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- **Greek Gods Yogurt**
 - Plain 24oz.
- **Cedar Summit ***
 - Heavy Cream Pints
- **Earth Balance**
 - Soy-Free Spread
- **Batter Blaster ***
- **Goodbelly Probiotic Juice**
 - Pomegranate Blackberry
- **G.T.'s Kombucha ***
 - Superfruits
- **Food For Life**
 - Sprouted Corn Tortillas

FROZEN

- **Ciao Bella Sorbet**
 - Wild Blueberry
- **Luna & Larry's Coconut Milk Ice Cream ***
 - Almond Fudge
- **Udi's Gluten Free Bread**
 - Blueberry muffins
- **One Sun ***
 - Pizza Crust
- **Amy's ***
 - White Sauce Pizza

- **Gardein Vegetarian Meats**
 - Chicken Scalopini
 - Chicken Tenders
 - Beef Tips
 - Annie Chun's Wontons
 - Ginger Pork
 - Garlic Chicken
- **Almond Dream Ice Cream**
 - Cappucino Swirl
 - Chocolate
 - Vanilla
- **Ben and Jerry's Ice Cream**
 - Mud Pie
- **Stonyfield Ice Cream ***
 - Strawberry-licious
- **So Delicious Coconut Ice Cream**
 - Chocolate Almond Mini Bar

GROCERY

- **Solid Gold Pet Food**
 - We now stock a full line of this natural pet food, including cat, dog, and puppy food, treats, and natural cat litter.
- **Uncle Pete's ***
 - Locally Made Sweet & Hot Mustard

- **Muir Glen ***
 - Reduced Sodium Vegetable Soup
 - Reduced Sodium Chicken Noodle Soup
- **Glenny's Gluten-Free**
 - Vanilla Marshmallow Treats
 - Chocolate Marshmallow Treats
 - Peanut Marshmallow Treats
- **Q-Bel**
 - Dark Chocolate Wafer Bars
 - Milk Chocolate Wafer Bars
 - Chocolate Peanut Wafer Bars

- **Function**
 - Goji Berry Urban Detox Drink
- **King Arthur**
 - 2# Unbleached Cake Flour
- **Crown Prince Tongol Tuna**
 - Salted & Unsalted
- **Xylismart**
 - Powdered Xylitol
- **Yogi ***
 - Ginkgo Clarity Tea
- **Seventh Generation**
 - Disinfectant Wipes
 - All Purpose Disinfectant Spray Cleaner
 - Free & Clear Laundry Sheets
- **Traditional Medicinals ***
 - Heartburn Soother Tea
- **Honestkidz ***
 - Appley Ever After Juice Packets
- **Pacific ***
 - Spicy Black Bean Soup
- **Tanka**
 - All Natural Cranberry Buffalo Energy Bars
- **San-J**
 - Wakame Broth Packets
- **Good Health**
 - Hot Veggie Stix
- **Prometheus ***
 - Lemon Ginger Elixir
 - Lychee Wasabi Elixir

- **Mimicreme**
 - Non-Dairy Cream Substitute
- **GlutenFreeda Gluten-Free**
 - Natural Instant Oatmeal
 - Instant Oatmeal Variety Pack

- **Shelton's**
 - Canned Chicken Breast

- **Kame'**
 - Oyster Sauce

- **Rapunzel**
 - Vegetable Broth

HBC (Health & Body Care)

- **Burt's Bees**
 - Fluoride Free Whitening Toothpaste
 - Radiance Day Lotion SPF 15
 - Medicated Lip Balm

- **Radius Toothbrushes**

- **Deep Steep**
 - Honeydew Spearmint Foaming Hand Wash Refill 16oz *
 - Tangerine Melon Foaming Hand Wash Refill 16oz *

grocery gab

by Jesse Hoheisel, Cool Buyer

Grilling Meats

Grilling meats are making their way back into our store as the days are getting longer and warmer. You can expect to see pork ribs, tenderloins and bratwurst from Pastures-a-Plenty; both beef and bison kabob meat from Northstar Bison and Thousand Hills Cattle; as well as pork hot dogs from Lorentz. In addition to the kabob meat, we are also bringing in more steaks from Thousand Hills, in particular the rib-eye and round tip steaks. The round tip steaks, due to their smaller cut size and better price point proved to be very popular last summer and we're hoping it will go even better this year. As always, we are carrying the bison flank steaks for fajitas or steak sandwiches, and we can always special order almost any size or quantity of steak from Northstar Bison any time. Pre-made ground beef and bison patties are available in the meat freezer. Don't forget the fish — we have cedar planks available for those who want to grill up some salmon, whitefish, or trout and add a flavor that is both sweet and smoky, but at a much more subtle level than smoked fish.

Off the grill, we do have other summer favorites ready to go: sandwich meats from Applegate Farms, summer sausage from Thousand Hills, bison snack sticks for the trail and pre-cooked bacon from Beeler's.

- **Crystal Deodorants**
 - Chamomile Green Tea Mineral Roll On
 - Pomegranate Mineral Roll On
 - Lavender White Tea Mineral Roll On
 - Chamomile Green Tea Mineral Spray
 - Pomegranate Mineral Spray
- **Ecco Bella**
 - Hair & Scalp Intensive Therapy Oil *
- **ProSeed**
 - Feminine Rinse
- **Desert Essence**
 - Coconut Shampoo & Conditioner *
- **Pure Life**
 - Volcanic Clay Facial Mask *
- **All Terrain**
 - AquaSport & TerraSport Sunscreens
- **Amazing Grass**
 - Amazing Meals *
 - 12.2oz, 10ct boxes, singles
- **Rainbow Light Organics**
 - Women's, Men's & Prenatal Vitamins *
- **Rainbow Light**
 - Gummy Get Well
- **All One**
 - Rice Based Multi Vitamin & Mineral Powder
- **Source Natural**
 - Taurine Powder
- **Oregon's Wild Harvest**
 - Maitake 60ct *
 - Green Tea 90ct *

Meat

- **Tino & Tomasso**
 - Porketta
 - Turchetta
- **Beeler Pork**
 - Ham Steak

* Contains Organic ingredients
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for more information.





midsummer food fest eat local challenge saturday, august 7



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Find out what the **Eat Local Challenge** is all about.
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Join us Saturday, August 7 from 10am–2pm right in front of the store.
Your taste buds will be glad you did.

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www.wholefoods.coop 🌱 Open everyday 7am–9pm

In Balance with Ayurveda

by Bonnie Ambrosi, Member-Owner

Some people thrive in hot weather. (I will write columns especially for you folks in the fall and winter!) Others of us find that too much heat makes us crabby and miserable! The reason for this is that when one's constitution is already pretty fiery, adding lots more fire tips the scales out of balance. Symptoms range from minor irritability to major bad temper, rashes, fevers, infections and other "hot" disorders. What can be done to restore balance?

Look first at lifestyle. If you are a hot-headed Pitta, avoid intense summer heat, especially at midday. Do not bake on the beach or run on the blacktop at noon! Saunas are also a no-go. (Yes I know they're great for other constitutions, but not for you.) Do your gardening in the morning and the evening, if possible. Search out cool outdoor experiences — walking by a shady creek or gazing at the night sky. Back off from ultra-competitive activi-

ties to "cool it" figuratively as well as literally.

Then look at diet. By understanding the virya — the heating or cooling energy — of food, you can make your summer much more comfortable. For example, all fermented foods have a warming virya, which means they will heat up your body, regardless of the temperature at which they are consumed. This includes yogurt, kefir, buttermilk, sour cream, pickles, and wine. Other foods with a strong warming virya are nuts, oils, very salty or spicy foods, meat, and (surprise) carrot juice! One serving will not turn you into an inferno, but if you eat these foods every day, you are putting a lot more fire into your system.

Other foods have a cooling virya. Include lots of these in your summer diet! Cooling vegetables are artichoke, asparagus, cabbage family (broccoli, kale, etc), celery, cucumber, green beans, eggplant, lettuce, peas, pota-

toes, spinach, and squash. Most fresh fruit is cooling, as are the herbs mint and cilantro. Unfermented cow's milk is very cooling. (Soy milk, not so much.) Beans and whole grains are pretty much neutral in energy. An interesting and intensely cooling herbal product which the Co-op carries is Swedish Bitters, a bottled distillation of many bitter herbs. Take a little in water to counter the effects of too much summer heat. The taste is more pleasant than you'd expect!

If the summer heat makes you into a hot-head, please use these tips to chill out and enjoy the season! 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

notes from the front

—Briana Brewington, Front End Manager

it's in the bag!

WFC accepts plastic material for recycling through the WLSSD's It's In The Bag Program. We've been participating in this program since the fall of 2009 and so far it's been a big hit. The program reports that WFC receives a significantly higher amount of material for recycling than their other pick-up locations. Thank you to all who have helped make this program a success. If you'd like to contribute to this effort of reducing plastic material that would otherwise end up in the trash, you may drop off acceptable clean plastic material in the bin at WFC.

material accepted for recycling

- Grocery bags
- Retail bags with ALL string ties and rigid plastic handles removed
- Newspaper bags
- Dry-cleaning bags
- Produce bags with ALL food residue removed
- Bread bags with ALL food residue removed
- Cereal bags with ALL food residue removed
- Frozen food bags with ALL food residue removed
- Plastic wrap from paper products (paper towels, etc.)
- Salt bags with rigid plastic handles removed
- Stretch/shrink wrap
- Zipper-type bags WITHOUT rigid plastic closing mechanism.

unacceptable material

- Soil or mulch bags
- Bubble wrap
- Food Containers
- Bottles

For more information visit www.wlssd.com or call (218) 722-0761.




reduce reuse redeem program report

Since June of 2006, WFC has recorded the impact of customers who reuse their shopping bags. As of April 2010, 134,193 shoppers have brought their own bag, with an average of about 5,000 each month. Each time a shopper brings their own bag they have option of donating a credit toward the Second Harvest Northern Lakes Food Bank or collecting them on a punch card for future redemption. Thus far, WFC has donated \$5,005.65 to the Food Bank solely due to this program. Participating shoppers must bring their own bag/carrying device into the store for credit — sorry, you can't just opt out of taking a bag. Thanks to all you shoppers who have also helped to make this program a success, too!




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WEST		Theme of the Week	CENTRAL/EAST	
Home Base	Dates		Home Base	Dates
Fairmont Park/Zoo	June 21-24	Wildlife	Lester Park/Brighton	July 26-29
Fairmont Park/Zoo	June 28-Jul 1	Plants	Lester Park/Brighton	Aug 2-5
Canal Park	July 6-9 Tu-Fri	Water	Lower Chester Park	Aug 9-12
Canal Park	July 12-15	People	Lower Chester Park	Aug 16-20

Camp runs Mon-Thurs from (8)9 to 4. Sign up for 1 or many weeks. **Affordable prices. Package deals. Lots of huge scholarships available. Free snacks provided by Whole Foods co-op everyday**

For more information about this and other Hartley camps, visit www.Hartleynature.org or call HNC at 218-724-6735

Sponsored By: Minnesota Lake Superior Coastal Program; Duluth Superior Area Community Foundation; Whole Foods Co-op



Savor the Season

— Shannon Szymkowiak, Promotions & Education Manager

It's snowing right now. March and April were snow-free and here we are, on the verge of summer and it's snowing. After writing (and then having to cut) the Spring Savor the Season article about springtime being a time of transition, it seems like a moot point to have transitioned mentally towards summer only to have snow falling.

Sometimes it seems like we take one step back for each two steps forward. I speak to groups and see excitement about what the Co-op is doing in our community, hear about people supporting their local businesses and asking questions about sustainable farming practices. Then I'll run into someone who can't seem to understand the importance of shopping locally or spending just a little extra for unadulterated food and I feel like I'm starting all over again. Or I'll have a conversation with a customer who doesn't think we're doing enough and that is equally (and sometimes more) frustrating.

Coincidentally, I have had a few interesting conversations lately that made me realize how deeply ingrained some of my beliefs are and how differing points of view can make for lively interactions. It reminded me again that we are all in constant transition.

I had a discussion with a gentleman who was upset at the amount of packaging we allowed with the food we sell here. I tried to point out to him that not everyone is in the same place as he and I when it comes to prepackaged foods. For some people, it is their first visit to the store and the idea of the bulk aisle is (believe it or not) a little overwhelming to them. Minimally packaged items help newer shoppers to transition to a more sustainable lifestyle, bit by bit. I sometimes jokingly

refer to Annie's Cheddar Bunnies as my "gateway drug" when I take them to offsite events. These delicious little morsels shaped like bunnies do not inspire fear of "hippie food" in folks new to our way of eating. They encourage tasting and dialogue. When I have people by their tastebuds, I usually also have their ears. That is when I hand them a *grains, beans or rice* brochure and talk about how easy and cheaply you can cook from scratch and most times, they listen because they start to realize that eating better doesn't have to be difficult or expensive or bland tasting. After doing this kind of work for about 17 years, I hear Grandma Irene on my shoulder saying "you catch more flies with honey than with vinegar". She was right.

We are approaching our Co-op's 40th Anniversary. I have a few things up my sleeve, but the serious planning has yet to be done. When I am doing my creative thinking (some people call it daydreaming), I think about the people who started the Co-op. What were their motivations? I want to pay homage to that time and place when events began to change the food scene in Duluth.

And what about everyone who came after? Everyone, including myself, wandered into a natural food store at some point and something clicked. For as big of a foodie as I am now, the first things I bought weren't even edible. I was buying unscented body care and laundry products to help end a skin condition. When that was literally just what the doctor ordered, I looked around one day at the food at the Powderhorn Co-op and bought a bag of Hain Carrot Chips. That co-op and that food product are no longer in existence, but both of them started me on my path. I know first hand the power of the "gateway drug".

Transitions

What was the first thing you bought at a co-op or health food store? I really want to know. I also want to hear your ideas about how we should celebrate our transition into the next 40 years. I've got the birthday cake covered, but any other suggestions will be considered.

Transitions. I hoped that some of my conversation with this young man helped to open his eyes to the fact that everyone is at a different place for different reasons. You can't assume that someone is willfully ruining our environment with their choices or you will never have a productive conversation. Does that make him wrong and me right? No. This conversation caused me to look at the next step I could take. I transitioned to becoming a more conscientious consumer because of our interaction. And with patience and education, we can help others along their path as well by example and dialogue. Be the example. Be the agent of change. But be gentle. Ears open with kindness.

I taught a class about cheese in May, and I was surprised at how many people were making something as simple as Mac & Cheese so difficult. Since I continually encourage people to save money by cooking from scratch, I thought I'd share this recipe with everyone. This recipe is very flexible. Feel free to stir in whatever is coming out of your garden for a more complete meal. Broccoli, cauliflower and greens are especially delicious. Leftover chicken or tofu also work well. Apologies to my vegan and milk allergy friends. Perhaps you can come up with your own version I can share in the Fall Issue of the Gazette. Just send it my way to shannon@wholefoods.coop.

Until then, eat well, and Savor the Season.

"Surprise" Macaroni & Cheese

7 oz Macaroni, Shells or Fusilli (WW pasta offers more nutrition)
3 T Butter, Earth Balance Buttery Spread or a combination of both
3 T Flour (I use Gold-n-White)
2 c Milk, Half-n-Half or a combination
1 8 oz pkg Cream Cheese (or 1 C homemade Cream Cheese)
1/2 t Sea Salt
1/2 t Black Pepper, freshly ground
1 T minced Onion (I use a grater to get it very fine)
2 t Dijon Mustard
2 C Cheese, shredded (almost any combination will work, but I like to have at least 1 c of something sharp like an aged Gouda or Cheddar)

Optional crunch topping:

1 c dry Bread Crumbs (crushed croutons work well and taste terrific)
2 T Butter, melted
2 T fresh Parsley or Chives, chopped

Preheat oven to 400 degrees. Bring a large pot of water to a boil. Add pasta and cook for 8 to 10 minutes or until just al dente; drain — don't over cook and don't rinse it. In a 3 qt saucepan over medium heat, melt butter and stir in flour. Cook for about 1 minute, until smooth and bubbly; stirring constantly until it is tan in color and gives off a nutty scent (look at that, you made a roux!). Mix in milk, cream cheese, salt, pepper, onions and Dijon mustard. Continue cooking on low heat until sauce is thickened. Add cooked macaroni and the rest of your cheese.

Pour into 2 qt casserole dish. If you want the optional crunchy topping, mix together bread crumbs, butter and parsley or chives in a small bowl; spread on top of the dish. Bake for 15 to 20 minutes or until golden brown and heated through. **GG**

Shannon has her black currant bushes planted and big plans for tomatoes instead of a front lawn.

back 40 Summer 2010 "Fibrous"

— Michael Karsh, Produce Manager

Summer is a favorite time in Duluth for a variety of reasons, if only for those few days of baking sun that MIGHT make a person believe they were in fact somewhere tropical. It is fun, and certainly easier to be a Locavore during this time of year, with the variety of offerings available being at peak from late June through August (look out for our own Locavore Challenge and Midsummer Food Fair to connect with this seasonal feast). While this seasonality is a pleasure, its transient nature belies the real strength that our local economics derives from agriculture in this part of the state where it is certainly less visible than the fence-to-fence fields of the southern part of the state.

The economic downturn, meltdown, recession — you choose — has certainly brought about an awareness of how important local economies are for our mutual well being. I knew it had sunk home when I started seeing Chamber of Commerce commercials touting the importance of buying local, something WFC has championed for decades. I have certainly mentioned

here before that I believe that economic realism will have to come to terms with what has been dismissed as untenable and at best a pleasant dream: a vibrant and integral local economic base in the age of free trade and economies of scale. If there is one thing that the recent economic mess has taught us, it is that the other shoe WILL drop, and fancy accounting and practices that make wealth from nothing can only suspend that reality, but not eliminate it. There are objective realities that must be reckoned with no matter what equations you use to explain them away.

As our local season heats up, we will begin with our Amish and more southerly growers — we are thankful for their blessing of a warmer starting season. However our close local growers, those we've dealt with for most of the two decades I have been with WFC, were and continue to be the fiber that gives structure to the bounty you as shoppers experience. Food Farm carrots, berries from Shary Zoff, cucumbers from Olund's Greenhouse are indispensable parts of the season, as

well as being tangible contributions to the success of WFC, but also the life of our region through those employed, mentored and inspired by them. Along with Farm Beginnings classes, and the work of the Sustainable Farming Association of NE Minnesota we are seeing more people not only deciding to stay in our region, but to thrive through methods of production and access to markets that have continued to improve through much effort.

Each year I make the trip to a farming conference in La Crosse, the largest of its kind in the region, and as I sit in the sessions I am continually struck by the ingenuity and genius resident in our own community as compared with the practices amongst the best in the region. These are individuals and families that have decided that their efforts are best put into communities tucked back in the pines, along the rushing rivers and even right here in town. They are recovering disused orchards, wast-



ed resources and a heritage that was current here in past generations. They are applying their skills and days to humane animal raising, and preserving both healthful food and our natural resources.

They're doing this without the benefit of the kind of financial support and tax breaks that traditional business development offers; that communities use to attract revenue to their region. Sustainable agriculture is not something that can be outsourced, it is a part of the place and region and so its success is also the success of that region in a way that no corporate success can be. In a very real sense it is neighbors feeding neighbors, come join us in celebrating the value of that as our season wears on!

Michael Karsh is the Produce Manager at Whole Foods Co-op, where he has worked for the past 20 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he has developed markets for local growers, with an emphasis on organics.