



Hillfest is coming and so is the Third Whole Foods Co-op Tofu Toss!



It's time to get your teams together for the Whole Foods Co-op Tofu Toss. It's easy!
Stop at Customer Service to pick up your Tofu Toss Entry Form.

1. Pay your \$5.00 entry fee.
2. Show up at 4:30 on Saturday, September 17th in the Whole Foods Co-op parking lot with your team and some dollars to bribe the ref.
3. Toss some tofu, have some fun and maybe you'll be the lucky first-place prize winning team.
4. Feel great that your entry fee as well as all bribes will benefit the Mind2Mind program!

back 40 "local motion"

by Alex Mohrbache, Produce Assistant Manager

In 2007 the produce purchasing guidelines were amended in response to a growing interest amongst the Owners and Board to have more local produce sold at Whole Foods Co-op. It was agreed that one way to increase the amount of local food in the store was to allow for more local non-organic produce to be sold, without compromising our commitment to substantiability. Under the old purchasing guidelines, local non-organic fell in with all other non-organics, and after sourcing organically from around the nation. In response to what we were hearing from the owners, a new set of guidelines was approved.

The New Produce Purchasing Guidelines

- 1) *Local Certified Organic (seasonal)*
- 2) *Local Non-certified Organic (affidavit growers under NOP)*
- 3) *Local sustainably-grown/minimal chemical application/non-GMO produce (seasonal)*
- 4) *Good quality Certified Organic from closest possible source.*
- 5) *Non-Organic items to best serve customer needs with reference to established chemical exposure research (e.g., Environmental Working Group)*
- 6) *Waxed items only when necessary (labeled as such), excluding petroleum based waxes*

Because this change reflected a new focus on local non-organic produce it was necessary to develop a new set of criteria for buying from local non-organic growers. This became known as the "Local Grower Agreement" and is meant to help distinguish growing practices among local farmers in order to maintain the high environmental, social, and health standards of the Co-op. Here are a few examples:

- Grower uses the application of organic material as part of soil fertility management,
- Grower uses tilling and soil conservation techniques that reduce erosion, and
- Grower does not use additional labor in growing, processing or handling that is compensated at a rate lower than the current state minimum wage, with the exception of on-farm family labor and/or barter arrangements.

criteria as defined by the USDA Rule. These situations can occur for a variety of reasons. For instance, last year we had a grower who had just moved to a new farm and still needed three years of land records to be Certified Organic. He had been listed as an Affidavit grower but had begun to sell more product than the \$5,000 per year maximum required for Affidavit growers. Instead of cutting him off because he lost his Organic status, we instead had the option to continue purchasing his product under the Local Grower Agreement. The only major switch in this situation was switching his products' signage from "Local Organic" to "Local Non-Organic" to reflect his new status.

Another situation came about this year as a long time Certified Organic grower, Mike Olund, will be selling his farm to a couple who would like to take over the operation. Because this transaction is happening during the busy part

farm that we are excited to be working with this season is the Community Action Duluth program "Seeds of Success" (see above). This program converts empty city lots into large community gardens where low-income people are employed to grow and sell produce to local area businesses. The project does a terrific job providing work experience and fresh food to these low-income Duluthians, but due to the nature of the program's budget and multiple land areas it would be difficult for it to be either Certified Organic or Affidavit Organic. Instead, the Local Grower Agreement is a perfect way for the program to still be able to commit its products to healthy and sustainable practices.

When shopping the produce section this season you will see the majority of the local produce coming from the outstanding Certified Organic growers who have been working with the co-op for years and are dedicated to the mission of the National Organic Standards board. These products have green signage stating "Local Organic" as well as the farm or grower's name in the lower left hand corner. The products from the Local Grower Agreement farms have red signage stating "Local Non-Organic" and they will also have the grower's name in the lower left hand corner. Thanks so much for your thoughtful shopping at the Co-op. We know these differences are important to you, so we will continue trying to make this information easy to understand and readily available.

INTERESTED IN REGIONAL FOOD ISSUES?

Check out the information and opportunities at:
www.duluthcommunityfarm.org
 • www.superiorfoodweb.org/LAFS/compact.pdf

A complete copy of the Local Grower Agreement can be seen online at <http://wholefoods.coop/docs/LGA.pdf>.

We have now had the Local Grower Agreement in use for almost four years and during this time it has proven useful for situations where a grower cannot meet the Certified Organic or Affidavit

of the growing season, the new farmers will not have the time to work on certification until next year; however, the operation is also too big for affidavit status, so the Local Grower Agreement will be used here as well to allow us to continue doing business with the new farmers as they work toward certification.

One more Local Grower Agreement



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SUMMER 2011

GAZETTE



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GARBANZO GAZETTE

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STORE HOURS:
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\$100 per voting membership

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



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 Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Monday, August 1, 2011. Refer submissions and questions to shannon@wholefoods.coop.

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

management report

by Sharon Murphy, General Manager

In support of management's recommendation, our Board of Directors approved the following resolution at their March 2011 meeting:

WHEREAS, building a local food system can create farming, processing and distribution jobs and increased regional economic strength; and

WHEREAS, building a local food system can provide fresher and healthier foods that can address the obesity epidemic that has resulted in increased food related diseases such as heart disease and diabetes; and

WHEREAS, building a local food system can reduce food miles, soil erosion and ground water contamination with an increased direct relationship between the farmers and the consumers; and

WHEREAS, building a local food system can revive small towns, rural schools, businesses, and support the development and diversification of the rural infrastructure throughout our region.

RESOLVED that on March 28, 2011, the Board of Directors of Whole Foods Community Co-op, Inc., Duluth, MN, unanimously supports **The Superior Compact's goal to increase purchases and production of local foods to 20% by the year 2020 and to 50% by the year 2050.**

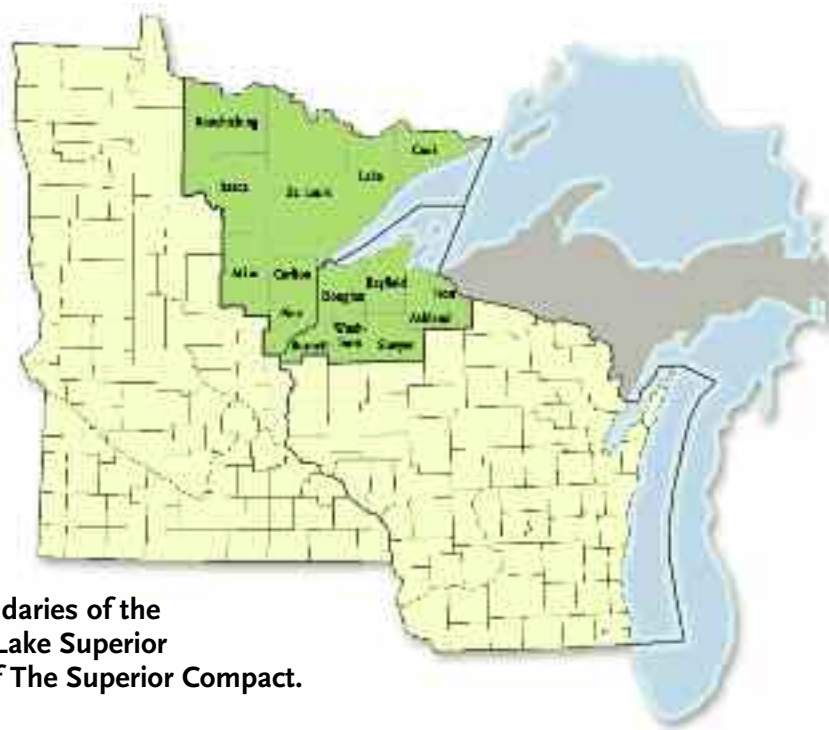
The boundaries of The Superior Compact, the Western Lake Superior Region, are narrower than WFC's 2008 definition of LOCAL, but now we have an opportunity to continue to partner with non-profits, municipalities, colleges, hospitals and other businesses in this region to achieve

"the collective vision, communication and collaboration needed to develop a secure, resilient and just food system." For more information on our region's capacity to meet the goals of The Superior Compact, please visit www.superiorfoodweb.org/LAFS/compact.pdf.

OUR HISTORY WITH THIS REGION'S FOOD SYSTEM

WFC has demonstrated a preference for purchasing locally at least since 1974 when we opened at 631 East 8th Street and developed a fresh produce department. We defined LOCAL in early 2008 as products that are grown within a 300-mile radius of Duluth OR are produced by an independently-owned business (e.g., sole proprietor, partnership, cooperative, or non-publicly traded corporation) within a 300-mile radius of Duluth. Our Annual Report to Owners includes a comparison on LOCAL purchases in the current and previous years.

With our first move to 4th Street in 1993, WFC began connecting our LOCAL growers with our Owners and customers through our annual outdoor event, Midsummer Food Fest. In 2008, we sponsored our first LOCAVORE Challenge providing information, recipes and support for consumers interested in eating LOCAL for a day, a week, a month... Each year, we link the kick-off of the LOCAVORE Challenge to the Midsummer Food Fest, an opportunity to meet LOCAL growers and the peak of abundance for fresh, LOCAL foods.



**The boundaries of the
Western Lake Superior
Region of The Superior Compact.**



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

WFC Owners were instrumental in founding and operating Common Health Warehouse, a cooperatively owned wholesaler that distributed natural and organic foods to co-ops and buying clubs from the Upper Peninsula of Michigan to Montana from 1975 to 1993. WFC Owners first documented our Food Policies, values and priorities in 1995, in an inclusive process that many communities and institutions are now experiencing.

From the late 1970s and through the 1980s, WFC Owners and staff participated on the Duluth Food & Nutrition Council offering nutrition education, working with the Duluth Public Schools on food quality issues, and organizing the Churches United in Ministry/CHUM Food Shelf. WFC Owners and staff conducted cooking classes and nutrition education through community ed and in public school classrooms long before we had our own classroom.

Randy Hanson, a WFC Owner and professor at UM-D, invited WFC to participate in the Regional Food Summit conducted at UM-D in November 2009. That event included a presentation on the work done at UM-D on the capacity of our region to produce enough food to sustain the health of our community. What we learned at the 2009 Food Summit combined with the listening sessions our Board conducted with Owners, producers and community partners led to WFC's participation in the Green Jobs Initiative/Food System and then to the Duluth Community Farm Committee. Our Board's support for The Superior Compact is yet another step toward creating a healthy community. GG

The outstanding cover "food" comes to us from local fiber artist Denise Perry. Denise dyed, wove and assembled this piece, recently featured at the Duluth Art Institute's show "Totally Warped". It features several natural dyes as well as actual food components (corn kernels and banana chips).

Photograph courtesy of Annie Dugan.

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board report tackling the farm bill

by Chris Edwardson, Board President

In my previous article I mentioned that the first new topic of study that the Board was going to take on was the Farm Bill. After reading that, many may have asked "why on earth would you do that and why would we care?" That is a good question that I will try to answer in this short article. Since the Farm Bill legislation determines the national direction of food and farm policy it can have a significant impact on the quality and price of food available to our Owners.

The "Farm Bill" is renewed by Congress every five years under various names, such as the "Food, Conservation, and Energy Act of 2008." This is our Country's most important piece of legislation on food, farming, nutrition, and land use. It covers multiple issues and programs with a cost of \$90 billion. Food stamps, school lunches, and nutrition programs make up about half of the spending. Commodity programs (crop subsidies) are more than 30 percent, with the remainder in programs, ranging from conservation, forestry, and renewable energy to beginning-farmer programs and rural development.

Since a major emphasis of your Co-op is to provide healthy food to Owners and the community, how organic foods fit into the Farm Bill picture is very important. It wasn't until the 2008 legislation that "organic" made it into one of the title names for the first time (Title X: Horticulture and Organic Agriculture). This is meaning-

ful in that organic agriculture should no longer be viewed as a small niche market, but as a viable, lucrative industry supported by a community committed to expanding organic food production and policies now and into the future.

The organization that your Co-op belongs to, the NCGA (National Cooperative Grocers Association), is working to influence the Farm Bill through its membership in the National Organic Coalition. As reported by NCGA, the National Organic Coalition, (NOC) is a national alliance of organizations working to provide a "Washington voice" for farmers, ranchers, environmentalists, animal welfare activists, consumers and progressive industry members involved in organic agriculture. The coalition operates under the central principles that protecting the stringency and integrity of the national organic standards is necessary:

- To maintain the organic label's value to consumers;
- To realize the environmental benefits of the organic agricultural system;
- To provide and encourage diversity of participation and fair and equitable access to the organic marketplace; and
- To ensure the long-term economic



Chris Edwardson
Board President

viability of organic family farmers and businesses.

Further, the Coalition believes that organic agricultural policy must encourage continuous quality improvements, sound stewardship and humane practices. The Coalition is focused on federal organic agricultural policies, which promote this mission, including implementation

of and beneficial reforms to the Organic Foods Production Act of 1990 and implementation of organic and other related provisions of the Farm Bill.

These provisions in 2008 were primarily seen in mandatory funding for organic research and organic market data collection; programs to assist farmers transitioning to organic, including provisions that coordinate organic interests with existing conservation programs; and increased funding for organic certification cost-share reimbursements.

These programs and the necessary funding need to be continued in the future. I encourage you to learn about the Farm Bill and write your legislators and Farm Bill committee members to encourage their support of provisions that advance organic agriculture.

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

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:
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 January-March 2011 quarter, management reported the following progress on ENDS to the Board:

- \$500 for organic seeds for the Seeds of Success program.
- \$1,000 to East Hillside Patch Mind 2 Mind Youth Program.
- \$500 to Hartley Nature Center.
- \$210 to support staff attendance at the Midwest Organic Sustainable & Education Services/MOSES Conference in La Crosse, WI.
- Management participation with the Safe and Walkable Hillside Committee, Hill Fest 2011 Committee, the Duluth Community Farm Committee, the Grant Community School Collaborative, and the 4th Street Arts-Based Revitalization Committee.

news bites



USDA deregulates genetically engineered alfalfa farmers and seed producers launch preemptive strike against Monsanto.

Article at:

www.cornucopia.org



Northeastern Minnesota waters and forests are threatened by sulfide mining and industrial expansion. Environmental laws and rules are being changed to facilitate the fast-tracking for permitting this non-ferrous mining and thus reducing the protection to our waters, air and Lake Superior. Citizens must educate themselves to the risks of Acid Mine Drainage (AMD) and engage in legislative and informative action. **Some helpful links:**

Save our Sky Blue Waters

info@sosbluewater.org
www.sosbluewaters.org

Center for Biological Diversity

(218) 525-3884
www.biologicaldiversity.org
mfink@biologicaldiversity.org

Save Lake Superior Association

mail@savelakesuperior.org
www.savelakesuperior.org

Friends of the Cloquet Valley State Forest

friend@friendscvsf.org
www.friendscvsf.org

Northeastern Minnesotans for Wilderness

www.nmw.org

National Wildlife Federation

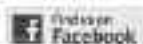
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anniversaries

JUNE:

Dean Bishop, Administration	2 Years
Anton Lepak, Deli	4 Years
Michael Olker, Front End	6 Years
Joe Ulvi, Merchandising	5 Years

JULY:

Jessica Belich, Front End	10 Years
Kelly Bittner, Merchandising	3 Years
Eloise Boisjoli, Merchandising	1 Year
Jennifer Harner, Deli	2 Years
Luke Vandrovec, Front End	2 Years

AUGUST:

Mauro Alves, Deli	1 Year
Kristine Bergren, Produce	1 Year
Kenny Bitzer, Front End	2 Years
Brian Bluhm, Front End	1 Years
Charles Danielson, Front End	1 Year
Michael Fudala, Deli	1 Year
Laura Irving, Produce	4 Years
Timothy Malkovich, Produce	3 Years
Kevin "KC" Meyers, Front End	2 Years
Cameron Reider, Merchandising	3 Years
Jim Richardson, Merchandising	13 Years
Dylan Savall, Front End	2 Years
Josh Swanson, Deli	1 Year
Andy Theuninck, Administration	6 Years

the buzz wfc staff news

by Jill Holmen, P & E Coordinator

Lucky Summer Honey aka "The Bee Girls" Shannon (Promotions & Education Manager) & Rae Lynn (Merchandising Asst. Manager) are scraping frames and brood boxes while impatiently awaiting the arrival of their bee packages. Fingers crossed for some outstanding honey output from their little friends this year. Go Bees!

Customer Service Clerk Sarah Garramone reports that she and husband John have had great success in their homemade sauerkraut making efforts. Sadly, the attempt to grow Keffir Limes and Meyer Lemons indoors hasn't been quite as successful, but they continue to garden undeterred and are currently nurturing orchids and jasmine with gusto.

The final outcome of the Hoop Coop Dreams fantasy basketball league places Manager On Duty (MOD) Luke Vandrovec at the helm, beating Customer Service Clerk Eric Nied in 6 out of 9 stat categories in the final championship. Luke will be awarded the Silver Chair, a practical traveling trophy to use during the following year. Final standings are as follows:



1. MOD Luke Vandrovec's Denfeld Blue Dogs: 99-90-0 (.524)
2. CSC Eric Nied's Elmwood Park Bobcats: 113-74-2 (.603)
3. WFC Owner Rain Elfvin's C- birds: 98-90-1 (.521)
4. Produce Clerk Justin Petite's Howard WarHawks: 90-97-2 (.481)
5. Merchandising Clerk Cameron Reider's Hillside Shop'nCarts: 80-108-1 (.426)

We'd like to congratulate Front End Clerk Jonathan Kresha for being awarded a "Minnesota Goes to Berlin" fellowship to study foreign language instruction and to intern at an elementary school in Berlin. This opportunity comes to him via the Center for German and European Studies (CGES) out of the U of M as well as the Checkpoint Charlie Foundation in Germany.

Jonathan will be a teaching assistant there mid-May through mid-June, will return to the states to work his 11th summer at the Madeline Island Music Camp (14 years including his time as a student), then looks forwards to student teaching and returning to WFC in the fall. We wish him the best of adventures. Auf Wiedersehen!

our outstanding staff

MARCH :



Gumby:
Rebecca Bischoff,
Merchandising Clerk



Customer Service:
Steve Larson,
Deli Counter Clerk

APRIL:



Gumby:
Kelly Hickler,
Deli Counter Clerk



Customer Service:
Josephine Lepak,
Front End Clerk

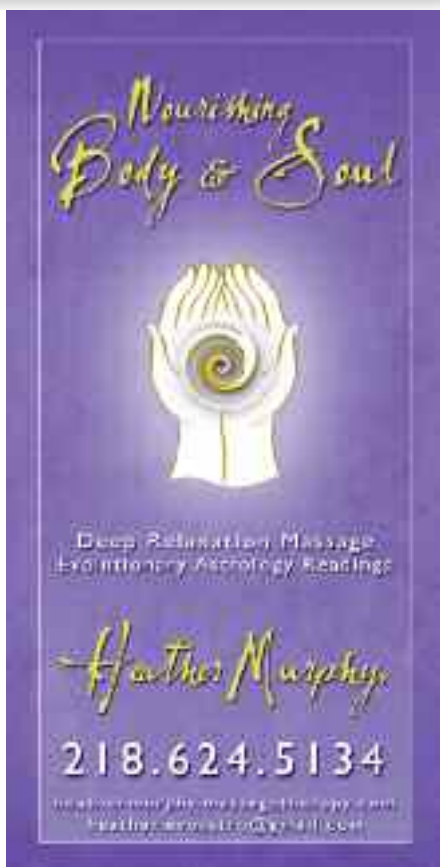
MAY:



Gumby:
Kristin Antil,
Produce Clerk



Customer Service:
Aaron Connolly,
Deli Counter Clerk



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Reduce Stress
Increase Energy
Balance Emotions
Build Community
Evolve





in balance with ayurveda

by Bonnie Ambrosi, WFC Owner

If you know just a little about Ayurveda, you're probably familiar with the idea of balancing the elements in our bodies to create health; and with the terms vata, pitta and kapha, which describe the major elemental combinations. A different Ayurvedic approach, however, is to focus on the gunas—the three essential qualities of existence.

Tamas is heaviness, darkness, decay and death. Its energy is downward. In nature, tamas puts the trees and hibernating animals to sleep in winter, and decomposes the fallen leaves into rich leaf mould. It is the gravity that roots us to the earth. In humans, tamas grants us restorative periods of deep rest and withdrawal from the sense world. But too much tamas causes us to withdraw from life in general, sinking into lethargy, inertia and depression. We see the tamasic quality of darkness in racism, prejudice, and other forms of ignorance.

Rajas is restless, goal-directed action. Its energy is outward. There is nothing leisurely about rajas! In nature, rajas powers the frenetic activity of spring, when every living thing is on a mission to grow and procreate. Rajas moves the great beasts and birds of prey as they stalk their quarries. It drives the ants in their relentless work.

In humans, rajas is our get-up-and-go, the desire to achieve our goals and acquire what we need. Too much rajas makes us power-hungry, impatient, manipulative and greedy.

Sattva is clarity and peace. Its energy is inward and upward. In nature, sattva is the transcendent luminosity of the rainbow, the stars in the clear night sky, the sunrise over the lake. In humans, sattva is a sense of ease and contentment, peace of mind, calm alert presence, insight, kindness, tolerance, adaptability, and general happiness.

While all three gunas have their place in the human psyche, true health means growing in sattva. This is not a seasonal adjustment, as with the elements, but a lifetime endeavor. Diet is an important aspect of this, but not the only one. All of our experiences contribute to the balance of the gunas.

Tamas is increased by foods and experiences that make us feel heavy and dull: alcohol, fast food, greasy fried food, highly processed food, old leftovers. Some drugs are tamasic. So are long periods of inactivity, watching television, and lack of fresh air and interest.

Rajas is increased by foods and experiences that overly stimulate or irritate our systems, including caffeine, factory-farmed meat and eggs, raw garlic, refined sugar, and salt. Highly com-

petitive activities, noisy entertainment, and hectic schedules all increase rajas.

Our culture is rajasic in its rushed and competitive nature, and tamasic in its fast-food diet and overall lack of healthy physical activity. Computers, by the way, are both rajasic (in their stimulation of certain aspects of the brain) and tamasic (in keeping the user immobile except for small hand and wrist movements). TV and movies likewise.

A tamasic response to this would be to say "Oh, what's the use—I can't change any of this." A rajasic approach would be to embark upon an ambitious reform program that is too hard to sustain. The sattvic way uses the principle of "replacing with good." Rather than struggling directly with habits we'd like to change, focus instead on gradually increasing sattva. Here are the basic sattva-building activities:

Eat some fresh, simple foods every day. Local is best. Fruit is especially sattvic, as are whole grains, good quality milk, unsalted nuts and seeds, and natural sweeteners.

Spend time in nature. If you can't get outside, at least gaze out the window at a tree or the sky, or enjoy a bouquet of flowers or a houseplant or a fish. Nature is pretty hard to avoid completely!

Engage in creative, non-competitive activities. Draw, sing, dance, cook, play the kazoo, fold paper. . . It totally does not matter how well you do these things. Don't do them to impress anyone, or to achieve anything. Find little ways to create just for fun and for joy.

Garden. Yes, gardening is a prime sattvic activity! Rajas may creep in as compulsive weeding, tamas as allowing your garden to become overgrown with weeds. Find the middle path.

Meditate and do Yoga. These practices are all about sattva. There are lots of styles and lots of teachers. Find one that suits you and stick with it.

Practice compassion and truthfulness. Try repeating the affirmation "I am compassionate" to yourself several times a day and see how your outlook changes. Or challenge yourself to be both kind and truthful and see what comes of that. These are qualities that ground us in clarity and peace.

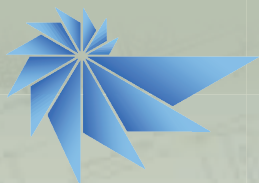
As you grow in sattva through these activities, your attachment to rajasic and tamasic things will diminish gradually and naturally. The yogis say it is like the light of dawn, inexorably increasing until the darkness of night has simply melted away.

So you want a simple practice? Wake up and smell the coffee! 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

**Ayurveda is a Sanskrit word meaning "the complete knowledge for long life" and deals with measures of healthful living during the entire span of life and its various phases. Ayurveda*

stresses a balance of three elemental energies: vata, pitta and kapha. When these three regulatory principles are in a more balanced state, the body will function to its fullest.



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Annual Meeting Planning
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Study Committee
Term expires 2012
mark@wholefoods.coop

David Helf

Annual Meeting Planning
GM Evaluation Committee
Term expires 2011
davidh@wholefoods.coop

Theresa Koenig

Vice President
Board Recruitment Committee Chair
GM Evaluation Committee
Study Committee
Term expires 2012
theresa@wholefoods.coop

Heather Murphy

Secretary
Annual Meeting Planning
Board Recruitment Committee
Study Committee Chair
Term expires 2011
heather@wholefoods.coop



Sharon Murphy, General Manager
Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
728-0884/w
728-0490/fax
smurphy@wholefoods.coop
WFC web site: www.wholefoods.coop
e-group address to communicate with entire Board and General Manager:
wfcbod@wholefoods.coop
Call 218 728-0884 to leave a call-back request for a Board member.
Letters addressed to Board members c/o Whole Foods Co-op, 610 E. 4th St., Duluth, MN 55805 will be forwarded unopened to the Board/Board member.

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

membership matters

by Theresa Koenig, Board Vice President

Cooperatives, both in principal and in practice, value democracy. Our Co-op holds its next Board election this September when owners will have an opportunity to choose the servant-leaders who will continue to keep an eye on the future for our cooperative. The Board of Directors sets and monitors governance policies that are the Co-op's foundation, and it continually examines and updates the long term vision for the future of the Co-op. It is the Board's responsibility to be the voice of owner interests in the formation and monitoring of those policies. This business belongs to over 6000 members of our community, and voting in this election is one way for those owners to be heard.

We are all well served by informed and effective Board leadership, which comes when the Board itself takes on the responsibility of examining its strengths and weaknesses, knows the

limits and expectations for its performance, and educates itself accordingly.

An important part of this work — Board development — is engaging in an ongoing process of reaching out and finding those owners who are excited and passionate about the work the Co-op

is doing, and who are willing and able to serve on the Board. If steering the future of your

co-op is something that interests you — you are needed! It is never too late to begin the process to determine whether or not running for the Board is right for you. Developing a pool of potential candidates ultimately enables the Board to build and perpetuate institutional wisdom over time.

Qualified Board candidates are active WFC Primary Owners in good standing, with a minimum of 90 days

David Abazs of Round River Farm & Renewables, has agreed to be our keynote speaker at the 2011 Annual Owners Meeting at Clyde Iron Banquet Center on October 14, 2011. **We'll see you there!**



consecutive ownership. Applicants must have attended two of the 12 most recent board meetings prior to the August 1st application submission deadline. To learn more about serving on the board or the application process, contact Theresa Koenig, Recruitment Committee chair, at theresa@wholefoods.coop, or any board

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Vitality is an overall health indicator and immune function requirement. HTMA is a non-invasive laboratory test (hair mineral analysis) which indicates nutritional deficiencies, mineral levels and toxic metals. Information you can use to; enhance your diet (with essential nutrients); eliminate toxic metals; and restore mineral ratios to a healthy balance. Avoid (multiple) remedies focused on symptom relief alone. Deep-healing *Nutritional Balancing* therapy can reinvigorate energy-production capacity at the cellular-level by balancing body chemistry and restoring vitality.

- ✿ Assess toxic-load (body burden).
- ✿ Restore healthy mineral ratios, remove toxins and strengthen immune function.
- ✿ Avoid nutritional supplements you do not need (or may even be doing you harm).
- ✿ Achieve self-reliant health resilience.

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HEALTHOUSE



welcome, new WFC Owners!

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Collette M. Stone
Susan M. Peterson
Kathleen Bodner
Jordan T. Vargason Sr.
Gregory T. Sawyer
Briana K. Coughlin
Craig A. Bulow
Phyllis Sabol
Kristen Augustyn
Kim J. Dahlquist
Brandon P. Watson
Corrina M. Halstead
Patricia E. Lindberg
Diane M. Marshall
Christopher M. McMahon
Scott L. Tomczak
Andrew D. Carlson
Cheryl Zupec
William M. Adamczak
Dawn Kephart
Elizabeth M. Lensing
Eugene T. Carlson
Stacy M. Locker
Susan E. Christensen
Molly J. Mcadam
Mary H. Paploris
Brynn M. Sias
Jordan J. Unseth
Aerin T. Anderson
Cynthia M. Gentz
Heather Lang Jacobsen
Cynthia Salakka
Alisa J. Nelson
Corey A. Hanson
Deserae L. Hendrickson
Pamela R. Foster
Chris W. Hull
Sarah L. Haavisto
John P. Kowalczyk
Stephen K. Parrott
Brian S. Moore
Michael L. Kohn
Joyce L. Houtz
Steven L. Lipton
Matthew R. Mulliner
Tina M. Hietala
Honore V. Lehtinen

David L. Cowardin
Lisa R. Peterson
Julie A. Beaulieu
Mark Sweere
Elizabeth B. Preston
Robert J. Norstrom
John M. Callahan
Ann M. Yapel
Randy Lloyd
Pat A. Larson
David E. Harper
Kimberly Collins
Kelly K. Mcfaul-Solem
Renan E. Cruz
Patrick A. Casey
Shirley M. Deerman
Joelle Galo
Jon Heyesen
Gina Debreto
James Dang
Amanda L. Nix
Lisa J. Hoch
Warren L. Johnson
Thomas C. Mitchell
Galen L. White
Elizabeth B. Byler
Kyle S. Thompson
John M. Alexander
Lana N. Jackson
Claire Musech
Delores A. Kovash
Richard Blackford
Joshua S. Ward
Elizabeth C. Radosevich
Patrick D. Sullivan
Jennifer McKibbin
Dean A. Krych
Evan A. Britzius
Heidi Lynn-Holbeck
Joseph A. Antilla
Wade A. Porter
Bonnie Lou Dunphy
Georgia A. Miller
Kristine Michaelson
Nicole N. Bloom
Karen L. Houle

Holly C. Tanner
Diane L. Liukkonen
Katrina Haskins
Lynn D. Williams
Bonnie L. Pahlen
Jeanine G. Kitterman
Clarice C. Zauhar
Rebecca S. Matson
Colleen E. Smith
Lee O. Carlson
Celeste E. Kawulok
Claire E. Hoffman
Katherine A. Baxter
Cynthia A. Kunz
Vivianna Pauly
Lori McIntyre

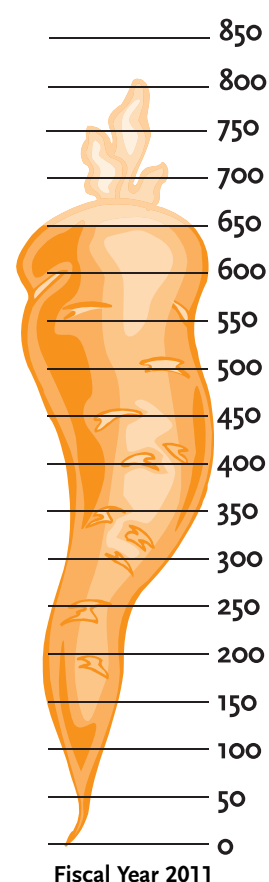
Molly E. Irwin
Sally Jo M. Myers
Valerie Barber
Christopher R. Lian
Zaundia Z. Klingbeil
Virginia J. Holte
Nancy L. Beckman
Tris Rude
Theresa R. Lundgren
Debra J. Johnson
Sara E. Peterson
Kimberly S. Lindquist
Mary A. Stone
Lindsay Josephine Savage
Stanley Hudson
Kala Edwards
Cheryl L. Pierzina
Charles W. Richards
Mary Lou Christiansen
David Lunderville
Jim D. Collins
Ethan J. Sohm
Samantha Lakosky
Michael J. Wendling
Kerry L. Bing
Dusty Dixon
Jan Mansell
Jayme Schrader
Tamar E. Madura
Carol S. Kivi
Jay Brettingen
Kathryn Wegner
Stephen M. Braun
Peter Bedard Iii
Dolores Meidl
Gina D. Middlestead
Julie Slowiak
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Dolores Stoffel
Robert Chellew
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Victoria Lindholm
Andrea Westerlind
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Samaira Q. Mujteba
John Westlund
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Cari Labonne
Gertrude Maly
Debra T. Hennessy
Kathryn Wallis
Elaine L. Wiggins
Barbara Leshovsky
Stanley D. Gensky
Judy L. Larson

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.

Kenrea J. Perell
Leah E. Berg
Lucie B. Amundsen
Taylor C. Bozicevich
Elizabeth A. Lund
Frederick J. Smith
Marilee V. Parenteau
Charyl R. Weingarten
Sharlene M. Santmyer
Erin A. Marple
Ruth A. DeJarnette
Edward G. Heisler
Marcie Stoyke
Lisa M. Melka
Janice E. Parham



From February 1, 2011 to April 30, 2011, your co-op has gained 192 new Owners. This makes a total of 650 new Owners since the beginning of our fiscal year on July 1, 201. We only need 155 to reach our goal of 805 by June 30, 2011. Thank you for making your co-op strong!

special order policy change

Effective July 1, 2011, the Owner discount on eligible special orders will be 15% in all departments.

Special order policy purpose:

- **Allow customers access to more products** than the store offers.
- **Allow customers to make quantity purchases**, e.g., full cases, with advance notice and without reducing access to products for other customers.

- **Offer a financial benefit** to Owners/employees.

Policy

- **Establish and promote a single percentage discount** for Owner/employee special orders excluding non-discountable items and subject to advance notice

and/or quantity requirements for special orders of prepared foods.

- **Promote the special order discount** for Owners.
- Management has discretion to **offer an in-store case discount** to Owners/employees on a limited,

item- by-item basis; an in-store case discount is available only on appropriately signed items.

- **Fulfill special order requests** for any products that we can acquire subject to quantity requirements.
- **A non-refundable deposit will be required**, based on the discretion of the manager/buyer, before placing a special order; deposit will be refunded if product cannot be obtained in satisfactory condition at quoted price.
- **Perishable special orders** must be claimed within 48 hours of notice of receipt.
- **Non-perishable special orders** must be claimed within two weeks of notice of receipt unless special arrangements are made with the manager/buyer.

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grocery gab

by Lisa Anderson,
Merchandising Manager

We are fortunate and lucky to have a lower level used for product storage, office, and meeting space. Over the last few months changes have been made and equipment added in an effort to improve and increase the services we offer. Our frozen storage space has doubled, and our storage cooler received an 8' by 16' addition. We also replaced most of the shelving for dry goods, which enabled us to streamline stocking procedures and create space for document storage. Of course, there were bumps in the road, stuff in the way, and at times the re-learning curve was steep, but overall the process and outcome has been positive and beneficial. We hope you notice these efficiencies on the sales floor as well.



Beginning July 1st, all qualifying special orders will receive a 15% discount. We reviewed the discounts (or lack thereof) other Co-ops offer, and decided it was time for a change. Depending on what it is you order, our current system has four different levels of discounts, so a move to one set level will be easier to explain to our Owners and process for our staff. Storing an increasing number of special orders has also become challenging, so please continue to pick up your special orders as soon as you can; within 48 hours for perishables or one week for dry goods. If you need to make special arrangements for picking up your order, please talk to the department buyer and we can work with you.



New storage racks will help with stocking efficiencies.



Yes, this cooler IS much bigger...



...now with more room for local eggs!



The Deli finally has their own freezer...



...but now it has walls.

7th Annual

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new products

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- **Florida's Natural**
Orange Juice w/Calcium
- **Wildwood**
Vac-pack Firm Tofu
Sprouted Extra Firm Tofu

FROZEN

- **Canyon Bakehouse**
Gluten-Free Hamburger Buns
- **Wyman's**
Frozen Wild Blueberries
- **Luna & Larry's**
Coconut Bliss Cherry Amaretto
Coconut Ice Cream
- **Ben & Jerry's**
Late Night Snack
Bonnaroo Buzz

GROCERY

- **Inka**
Puffed Corn Snacks
- **Tanka Buffalo Sticks**
Original & Spicy
- **Maple Valley***
Maple Candies
- **Justin's Peanut Butter Cups**
Dark & Milk Chocolate
- **Newman's Own Licorice**
Original & Strawberry
- **So Delicious Coconut Milk***
Original, Unsweetened, And Vanilla
- **Frontier Peppercorns***
Pink & White in reusable grinders
- **Pamela's Gluten Free**
Single Serving Baking & Pancake Mix
Single Serving Brownie Mix
- **Hansen's Junior Juices***
Apple Juice & Berry Medley
- **Late July Gluten-Free Snack Chips***
Sea Salt, Ranch, and Mild Green Mojo
- **Pretzel Crisps**
Original & Supreme Thin Pretzel Snack
- **Food Should Taste Good**
Chocolate Tortilla Chips
Cheddar Tortilla Chips
- **Mintwater**
Goodberry Mixed Berry Flavored Water
- **Solid Gold Naturals**
Sundancer High Protein Dog Food

HBC

- **Dr. Bronner's****
Shikakai Pump Soap 24 oz
Lemongrass Lime
Lavender
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Women's Stick Deodorant
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Deodorant
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Coconut Milk
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Yumberry
Acai
Bourbon Vanilla
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Kid's Bronchipret Respiratory Syrup
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Tart Cherry 60ct tablets
- **Rainbow Light**
Vanilla Rice Protein 1oz packets
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- **Nougat Brown & Teak Creams**
Color Plus Prep Treatment
- **Burt's Bees**
Cranberry Pomegranate Sugar Scrub
- **Badger**
Vanilla Coconut Moisturizer
- **NatraCare**
Ultra pads
Super Plus tampons

- **Kirk's**
Original Castille Shampoo & Conditioner
Original Castille Body Wash
- **Nature's Plus**
Bone Power softgels
- **Traditional Medicinal**
Throat Coat Herbal Syrup
- **Barlean's**
Kid's Omega Swirl
- **Zand**
Quick Digest is back!

MEAT

- **Valley Natural Co-op**
Various cuts of Beef, Bison, and Lamb

* Contains Organic Ingredients

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Oscar, Lisa, Freyja, & Lucia in their Land Trust home that they purchased last year, just a few blocks from Whole Foods Co-Op

East Hillside Homes for sale:


819 N. 10th Ave E: 3BR, 1 bath, \$89,000
1023 N. 12th Ave E: 3 BR, 1.5 bath, \$99,900
1628 E. 8th Street, 3 BR, 1 bath, \$108,000

Walk, bike or take a short drive to the Co-Op by purchasing one of these beautiful homes, offered at \$30,000 below market value to income qualified buyers. For more information on these or other Land Trust homes, call 727-5372 or visit www.landtrustduluth.org

Northern Communities Land Trust

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

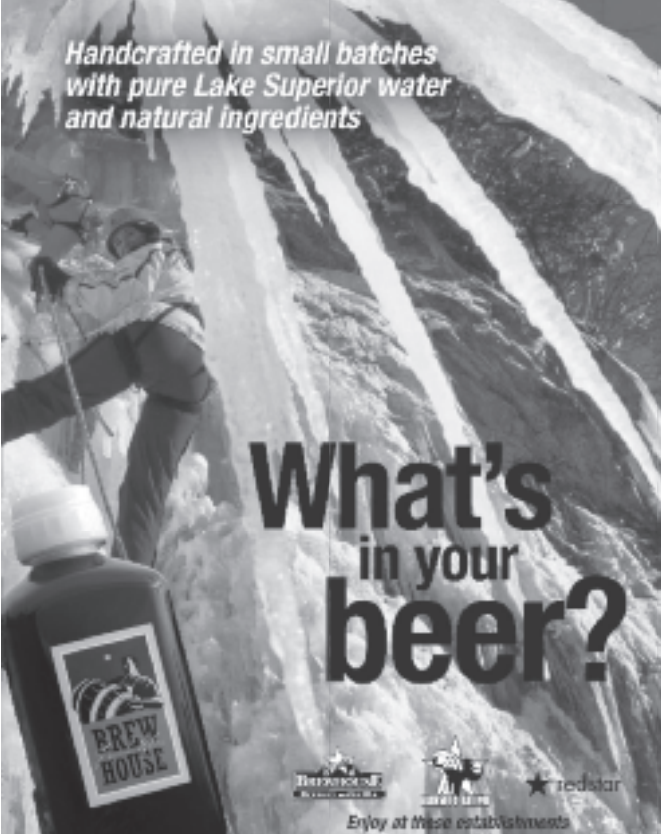
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midsummer food fest eat local challenge saturday, august 6



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fresh perspectives

Produce: the key to good health

Billboards tell us every day to eat burgers on white bread, TV commercials encourage us to eat quick, fast, processed food to make the most of our busy lives. Unfortunately, advertisers don't remind us that these diets high in refined foods raise sugar insulin levels quickly, leading to inflammation, which causes many diseases.

Strong evidence has emerged that over-consumption of animal products and pesticides may also be part of the problem. What can we do? Shopping here is a good place to start, as there is a great selection of whole grain, minimally or unprocessed foods to choose. Consider adopting an anti-inflammatory diet, eliminating all refined foods, sugar and foods high on the glycemic index. Every day new research shows that (organic) produce is a wonderful disease-fighting partner. Here are a few examples.

- Cruciferous veggies and leafy greens such as **kale, cabbage, bok choy, broccoli and cauliflower** are great choices if you're worried about breast cancer. A great source of Vitamin C and rich in natural cancer-fighting plant chemicals, these are believed to help inhibit breast cancer cells from growing as quickly.
- Researchers at the Linus Pauling Institute at Oregon State University have found that sulforaphane – a compound found in cruciferous

vegetables has strong anti-cancer properties. **Broccoli and broccoli sprouts** have the highest amount, so they could be a major player in preventing prostate and colon cancer.

- **Berries:** New research shows men and women who regularly eat berries may have a lower risk of developing Parkinson's disease. Ripe in-season berries, no matter the color, are good

THIS MONTH'S TIDBIT

Want to be part of An Organic Conversation?

Listen to An Organic Conversation "a weekly inspiration for anyone who eats" on Saturday mornings at 10 a.m. PST at www.anorganic-conversation.com.

for the body. Blueberries and blackberries are shown to have the most antioxidants, but it's their vitamin C and fiber that make them a top-pick for breast cancer health.

- Berries often contain high amounts of pesticide residue, so locally grown organic is your best choice.
- Men may also further lower their risk of Parkinson's by regularly eating **apples, oranges, grapefruit** and other sources rich in dietary components called flavonoids. Flavonoids, also known as vitamin P and citrin, are found in plants and fruits.
- Papaya contains papain, a protein-digesting enzyme. Together with

other nutrients such as vitamin C and E, papain helps to reduce inflammation, and improves digestion and burn healing.

- Medicinal **mushrooms** such as the mild, smoky tasting shiitake, along with maitake, oyster, white button, crimini or portobello are revered for their immune-boosting properties. Most mushrooms have plenty of potassium, around 300 mg, lots of B vitamins, and up to 30 percent of your RDA of selenium, a trace mineral and antioxidant that is essential to good health.
- **Sweet potatoes** are a good source of complex carbohydrate, beta-carotene, manganese, vitamin B6, C, and dietary fiber. Working together, these nutrients are powerful antioxidants that help heal inflammation.
- Perhaps Popeye did know what he was talking about. **Spinach** is a rich source of anti-inflammatory and anti-oxidative flavonoids and carotenoids. It's a powerhouse of nutrients, including vitamins A, B2, B6, C, E, K, calcium, folate, iron, magnesium, manganese, potassium and tryptophan.

Spinach is another item that is better organically as it is regularly contains high levels of pesticide residues.

The organic produce department helps in your quest for better health. If you still aren't sure where to start, ask for a sample and you'll be on your way. **GG**

notes from the front

by Briana Brewington,
Front End Manager

RRR Progress Report

In part of WFC's Reduce, Reuse, Redeem Program, est. June 2006, the Co-op has donated \$7,282.50 to the Northern Lakes Great Harvest Food Bank and saved a minimum of 191,870 paper bags. Thank you to all shoppers who participate in bringing their own bag(s) from home. The Food Bank and the environment appreciate it.

Panhandling in the parking lot

As warmer weather approaches, so does the increase of folks wading through the parking lot looking for monetary assistance. WFC's stance is to discourage panhandling on the premises. Giving money to a panhandler is at the giver's discretion, but we ask you to refrain, so as not to promote repeat panhandling or the additional unsavory situations from which panhandling can lead. For your safety, under no circumstance should you ever open your actual wallet to retrieve money to give to someone.

If a panhandler at WFC approaches you, please let someone at the Customer Service Counter know so we can address the panhandler in person. To be fair, we generally give panhandlers a couple gentle requests to move along before any further action is taken. Thank you for your consideration in this matter.

Which register lane is open?

We recently installed numbered illuminated globes at each register. We are tweaking the specifics of operation yet, but you should be able to look down the row for lit globes to indicate which registers are open.

Using your New Owner Swipe Card

We've made it one step easier to use your Owner swipe card (key fob or wallet card) with a card scanner at each register faced toward the customer for self-scanning. Simply scan the barcode of the card anytime between items being rung through by your cashier and your Owner number will be entered.

Primary Owners, please ensure those household members you give extra cards to are listed on your account. If they are not, you may fill out an Owner Solutions form at any register and at the Customer Service Counter.

Co-operation among Co-operatives

In appreciation of member/owner support of retail grocery/natural foods co-ops, WFC now acknowledges member/owners of other food co-ops by offering them WFC Owner Extras pricing. To ensure proper and consistent discount pricing, a current member/owner ID card is required to be presented to the cashier during the transaction.

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- Garden volunteer nights

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HARTLEYNATURE.ORG



local farm spotlight

Seeds of Success

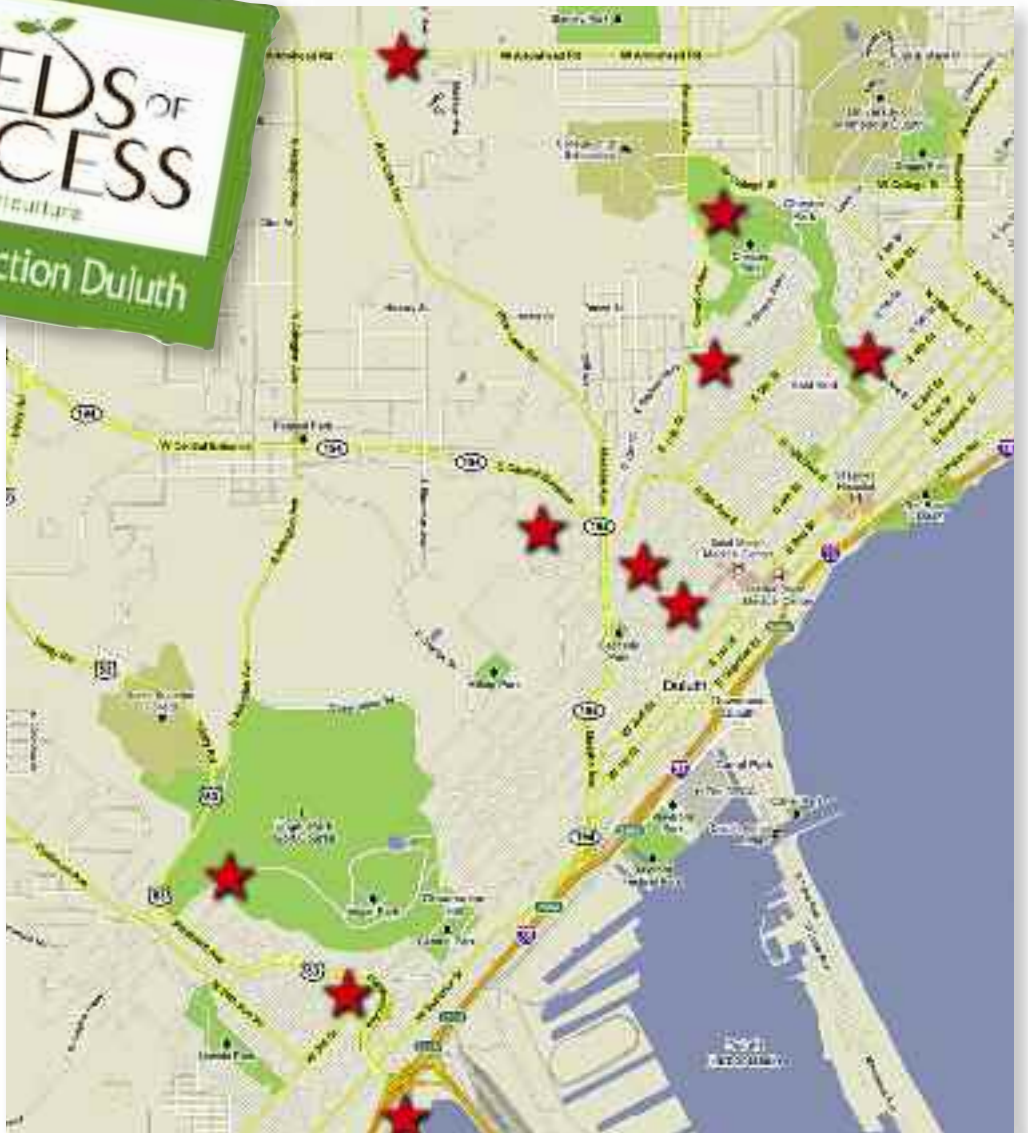
Signature crop: Micro Salad Greens

Can't live without: summer in Duluth

Miles from Duluth: 0

Seeds of Success specializes in producing a wide variety of high quality produce while fostering a commitment to sustainable agriculture within the low-income population. Spanning about one acre, all the sites are located within the city of Duluth. The name "Seeds of Success" summarizes the vision of creating opportunities for low-income youth to gain employment and skills through sustainable agriculture.

Soph and Erin harvesting greens



Robert and Green Tomatoes at CB.



Robert and Dan building raised beds.



Rebecca at 7th with brassicas.



DeResha and Michael watering 21st.

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pokingthehive “surrender”

by Shannon Szymkowiak, Promotions & Education Manager & WFC Owner

Have you ever felt like you're banging your head against a wall? That nobody is listening? Heck yeah, we all have felt that way from time to time. Some of us are great at rolling with the flow and some of us do well sometimes but not others. I like to believe I can roll with it, but more often than not, I catch myself just banging away until I knock some sense into myself. It is then that I realize that it is time to surrender.

This spring, I have had several lessons in surrender. A subject near and dear to my heart, this concept of “knowing how to cook” has been at the forefront of my mind for quite awhile. I have been banging my head against a wall trying to figure out how to get all of the people who just “want a basic cooking class” actually into the WFC classroom. We have struggled with this for five years, offering a variety of basic cooking classes only to cancel them for lack of people signed up. I have tried to wrap my brain around this contradiction. We have otherwise great class attendance, but we see a lot of the same faces (thank you!) and these faces clearly have a grasp of what goes on in a from-scratch kitchen.

Finally, I realized that everyone has a different definition of “knowing how to cook”.

For some, it means that they can read the package directions and the finished dish looks like the front of the package. For some, it is choosing a recipe, buying the ingredients only for that recipe, preparing that recipe correctly and then finding they have to do it all over again the next day. For some, the cooking depends on the tools at hand – perhaps they don't own a knife or pot or have electricity at their home.

For me, “knowing how to cook” means dealing with your kitchen in a holistic manner. I can bake a chicken on Sunday and make stock from the bones, then chicken soup with leftover veggies and chicken bits. Perhaps there

is enough meat for a few sandwiches or a quesadilla as well. Then I can use the leftover cheese from the quesadilla to make homemade macaroni and cheese. With the leftover noodles, I can make.... Well, you get the picture. Many of you out there use this method in your kitchen too. The problem was, “How do I convert this knowledge in a class?”

There was no way to impart even a fraction of this information in a two-hour class to twenty people at once and it occurred to me that if folks were already strapped for time, committing to several weeks of classes wasn't going to be practical either. I finally had to surrender and get to work creating something bigger and at the same time, think smaller. “Reclaiming Your Kitchen” made its debut on May 7th. This five-hour workshop included some goal setting, menu planning, idea swapping, vegetable prepping and a mess of other stuff. We were moving quickly and efficiently throughout the workshop with the attendees doing most of the kitchen prep for practice.

Most class participants left with a week-long menu plan and shopping list and the skills to put together future meal plans for whatever their kitchen goals were. I wanted to teach the world, but I had to surrender and

accept that eight people at a time were just right. They taught me a lot about consolidating information and imparting it in a digestible manner. In time, perhaps these eight will pay their knowledge forward to their children and the art of kitchen lore will not be a thing of the past. Their valuable feedback from the evaluation sheets will be taken to heart and applied to the next offering of this workshop in the fall.

You may have noticed that the title of my article has changed from “Savor the Season” to “pokingthehive”. This was another lesson in surrender. What started as an article to fill a page in the Gazette in 2003 has become something somewhat regular and the name, though appropriate at the time I began, really needed to be reflective of what I feel like I do sometimes – whether it is inadvertent or on-purpose. My sister has pestered me for years to blog, a task I thought of as the ultimate example of narcissism and boring as all-get-out. It wasn't until she pointed out that people would be interested in reading about and having a forum for

passing along information about beekeeping that this concept struck a chord. I've only posted twice, but I get it now. It's about conversation and keeping the lore of beekeeping alive as well as being a place for me to learn

more about the art of beekeeping and stewardship of my bees from those who know more. The blog will eventually talk about more and (hopefully) interesting topics, but I surrendered to this technological advance in communication as a way to reach more than just my immediate like-minded pals who also like to poke the hive from time to time.

What do you need to surrender? We have a wide spectrum of beliefs and passions within our Ownership. We hear about a lot of them through the “Give Us Your \$0.02” (customer comment) cards. We hear from you face-to-face as well. We get posters to hang and handouts to make available from the various causes and groups you all belong to. Enthusiasm can run high for many of us and it's hard to understand sometimes why people can't seem to see things our way. It can be frustrating bordering on irritating and sometimes downright angering. I will ask you, in the spirit of surrender, to let things go for just a day. Give in to the reality of the situation and just let it happen. Observe what occurs. Then try a new approach. Like the Annie's Cheddar Bunnies I give away at health fairs to get folks to come by our table, it is about meeting people where they are at and then offering them an open door to walk through instead of shoving them into a place that scares them. Ask as many questions as you get. Listen with intention then act from a place of understanding. Let me know how it goes (shannon@wholefoods.coop). I would very much like this article, like the blog, to become a place for exchanging ideas to make our world a better place through civil discourse. Thank you all.

Shannon Szymkowiak thanks the ER doc at St. Luke's for keeping her on this earthly plane a little while longer. You can bet that the garden, the bees, the dogs, her friends and her fella will be getting a little more attention as a result.



“Finally, I realized that everyone has a different definition of ‘knowing how to cook’”.

In the Reclaiming Your Kitchen workshop, we made a mess of delicious food throughout the day. Here are a few of the quick-n-dirty recipes you may wish to incorporate into your dinner menus.

Chicken Fajitas – Quick Style

- Chicken – pre-cooked bits or uncooked pieces roughly 1”
- Olive Oil
- Taco Seasoning
- Lime
- Onions, cut into slim wedges
- Peppers, any color cut into strips
- Wraps/Tortillas

Toppings:

- Avocado
- Salsa
- Sour Cream
- Shredded Cheese

In a cast iron skillet, electric grill or

sauté pan, heat olive oil over medium heat and add the onions. Sprinkle a small amount of salt on the onions to get the onions to sweat. After they have sautéed for a bit, add the strips of peppers and chicken if the chicken is raw. If the chicken is cooked, wait a bit before adding the chicken. Cook all of this swiftly, adding a bit of water if you need to finish the cooking and to get the bits off the bottom of the pan (deglaze). Lightly dust the items in the pan with the taco seasoning (you will not use the whole pack). Squeeze with lime juice for a final pan deglaze.

Put all items in the wrap with desired toppings and eat up.

NOTE: This recipe is easily convertible to beef, seafood or veggie fajitas. Use whatever you have left over in the fridge.

Fruit Couscous with Honey-Cinnamon Yogurt

MediterrAsian.com

- 1 c fresh unsweetened Orange Juice
- 1/4 c Water
- 1 T Sugar
- 2 c Strawberries, sliced
- 2 c Red or Green Seedless Grapes

- 1 c Whole Wheat Couscous
- 2 T Honey
- 8 T Greek-style Yogurt
- 1/2 t Cinnamon, ground

Heat orange juice, water, and sugar in a saucepan over a high heat until it comes to a boil. Place the couscous in a heatproof bowl, and pour the orange juice mixture over the couscous. Cover with a plate or clean dishcloth in order to trap the steam. After 5 minutes, fluff the

couscous with a fork. Next, stir in the strawberries and grapes. Cover and cool in fridge. While the fruit couscous is cooling, mix together yogurt, liquid honey, and cinnamon in a bowl. Serve the fruit couscous with the honey-cinnamon yogurt drizzled on top. You can also add a light dusting of cinnamon on top.



gourmet to go

spring changes and summer wishes

by Michael Fudala, Deli Counter Manager

With temperatures finally heating up, many of our lives go from the easy routine of winter into the flurry of activity known as summer. This is probably the result of our northern latitude and trying to cram as much activity as we can into the 3 greatest months of the year (no offense meant to the other 9 months; I think you're great also, but for different reasons). Personally, I try to make the most out of every vitamin D-absorbing hour in the day by spending as much time outside as possible; but to each their own.

A great thing about working in the deli is helping people make their busy lives easier. One of the many functions that we serve is bringing ease and convenience to people who are strapped for time and need a quick snack or meal on the go, or to bring dinner home to their family. We accomplish this by having a wide variety of pre-made salads and entrees as well as

tasty sandwiches and desserts. One of my favorite items to pick up for dinner is one of our roasted chickens. Granted, these are not the easiest of items to procure on any given day (I speak from my own experience), but with a little prior planning these are an easy jumpstart to a great meal. They are available in 5 flavors: *Fresh Thyme*, *Fresh Rosemary*, *Jamaican Jerk*, *Garlic*, and *Lemon Pepper*, and with 24 hours advance notice can be ready in time for your next dinner.

Another way that we can help with dinner is by offering pre-made pizzas. I know you already love our award-winning pizza by the slice, but we also offer pre-cooked or uncooked whole pizzas to take home — just inquire with any of our deli staff for details and prices.

Here are just a few more easy Fog City Deli dinner ideas:

- Did you know that we offer pre-sliced Applegate sandwich meat? We have

many varieties to choose from and we pass the savings of buying in bulk on to you!

- Did you also know that we have the same great Black Bean Burgers and Florentine Burgers that we use in our sandwiches for sale? If you don't see them in the salad case, just ask. We're always happy to grab whatever you need!

You have probably noticed a few changes in your Fog City Deli. We hope you like what you see. Many months of planning and work went into making these changes happen. Not all of the changes have transparent reasons. Some are obvious, like reorganizing the cheese case to keep similar cheeses together; others are not so obvious. One that many people may not notice is many of the ingredients in our salads are changed to reflect the seasonality of available produce, or because a product was discontinued or temporarily

unavailable and a new product was brought in to replace it. The reality is that this happens more often than you would think and this was part of the reason the decision was made to omit the ingredient listing on the signs in our deli salad case. We wanted to make sure that the ingredients that we say are in a salad are actually in that salad (just check the label). In addition, it is much easier to just update the item in the computer when a change occurs, rather than print a whole new sign and laminate it (and more eco-friendly as well). We are still able to keep the same transparency about the ingredients that we are using and still able to provide any additional information (short of the recipe) to you upon request—just ask any of our knowledgeable deli staff.

Now if only I could get my tomatoes to ripen before October... **GG**

Michael Fudala tries his hand at gardening every year with varying degrees of success.

recipes from your co-op

Each Winter Garbanzo Gazette is our recipe issue. It is chock full of delicious contributions from staff, Owners and non-profit partners we work with throughout the year. We also supply a mountain of delicious recipes in the store as well and we still get requests for more. Your wish has come true. Here are a few mid-year recipes to work into your menu plans. Give them a try and let us know what you think.

The following two recipes were turned in for last winter's Gazette, but we simply ran out of room. They were turned in by a staff member, but your editor did not record the name. The creator of these recipes will remain anonymous for the time being, but the delicious flavor will continue on in your kitchens if you give them a whirl.

Creamy Asparagus Artichoke Soup

WFC Mystery Staff

- 1 Leek, chopped
- 2 bunches Green Onion, chopped
- 1 clove Garlic, minced
- 3 stalks Celery, chopped
- 2 T Olive Oil
- 1 T Butter or Ghee
- 1 bunch Asparagus, sectioned
- 1 – 2 Artichokes, peeled & quartered
- 4 c Broth (Veggie or Chicken)
- 1 c Half-n-half
- 1 t Salt
- 2 t Pepper
- ½ t Turmeric
- ½ Cayenne Pepper

In a large saucepan, sauté first six ingredients. Add asparagus, arti-

chokes and broth; bring to a boil. Simmer until veggies are soft. Remove from heat. Using a blender or immersion blender, puree ingredients until smooth. You may want to strain if artichokes are too stringy. Return to pan. Stir in cream and spices. Cook until heated through.

NOTE: Try Roasted Red Peppers, Shallots or extra Asparagus on top for added deliciousness!

Sesame Noodle Salad

WFC Mystery Staff

Dressing:

- 3 T Olive oil
- 3 T Tamari
- 1 T Rice Vinegar
- 1 T Sesame Oil
- 1 ½ t White Sugar
- 1 T Ginger, grated
- 1 clove garlic, minced
- ¼ Cayenne Pepper

Salad:

- 1 pkg. Soba Pasta
- 2 – 3 med Carrots, shredded
- 1 small Cucumber, thinly sliced
- 4 Green Onions, thinly sliced
- 1 T Sesame Seeds

In a small bowl, combine all ingredients for dressing. Set aside. Boil noodles until tender (6 – 9 mins). Drain and rinse with cold water. In a large serving bowl, toss noodles, dressing and remaining salad ingredients. Refrigerate until serving time.

Three times yearly, we have staff pot luck days. This recipe was the winner of the dessert contest at the last pot luck. They are so tasty, you will want to hide a few in the back of the fridge for chocolate emergencies.

“Oreo” Truffles

Kristin Antil, Produce Assistant

- 1 lb Newman O's (3 sleeves)
- 8 oz Cream Cheese, room temp
- ½ t Vanilla
- 1 lb Milk Chocolate

White Chocolate for drizzling.

Using a food processor, grind cookies to a fine powder, one “row” at a time. With a mixer, blend cookie crumbs, cream cheese and vanilla — there should be no traces of the white from the cream cheese. Roll into small balls (1” dia) and place on a waxed paper-lined cookie sheet. Refrigerate for 45 mins. Line 2 cookie sheets with waxed paper. Melt milk chocolate over very low heat, stirring constantly (if the chocolate seems too thick, add a little canola oil). Dip balls in chocolate and remove with slotted spoon or two forks. Place on the cookie sheets until the chocolate is set. Drizzle with melted white chocolate if desired. Store in refrigerator.

NOTE: Other flavors like mint can be used in place of vanilla.

This is a recipe requested via customer comment card. It is the cheese fondue we served at this year's TASTE! at Fitger's.

Cheese Fondue

Shannon Szymkowiak, Promotions & Education Manager

- 2 c Gruyere cheese, shredded
 - 3 c Sparkling Apple Juice
 - 1 T Lemon Juice
- Bread cubes, apples, pears or whatever you'd like for dipping.

In a 3 quart saucepan, heat the Apple Juice until just under boiling. Using a whisk, sprinkle the cheese into the juice a handful at a time, stirring continuously. Wait until each handful is melted and incorporated before adding the next handful until all cheese is incorporated. Add the lemon juice. This makes the sauce smooth, so if you need to add a bit more, do so up to three tablespoons. Pour into your fondue pot, set the pot on low and have yourself a fondue party!

NOTE: you can substitute part of the Gruyere with Swiss and/or Gouda cheese and you can substitute the juice with a dry white wine.



Since the film screening of “Bag It!” and the original publication of the article above, we have received more than a few customer comment cards about reusable bags. We would like to keep encouraging the reuse of bags, but we also want you to be in the know.

even reusable bags carry environmental risk

by Michael M. Grynbaum, Staff Writer, New York Times

They dangle from the arms of many New Yorkers, a nearly ubiquitous emblem of empathy with the

environment: synthetic, reusable grocery bags, another must-have accessory for the socially conscious.

But the bags, hot items at upscale markets, may be on the verge of a glacier-size public relations problem: similar bags outside the city have been found to contain lead.

“They say plastic bags are bad; now they say these are bad. What’s worse?” asked Jen Bluestein, who was walking out of Trader Joe’s on the Upper West Side with a reusable bag under her arm on Sunday.

“Green is a trend and people go with trends,” Ms. Bluestein said. “People get them as fashion statements and they have, like, 50 of them. I don’t think people know the real facts.”

There is no evidence that these bags pose an immediate threat to the public and none of the bags sold by New York City’s best-known grocery stores have been implicated. But reports from around the country have trickled in recently about reusable bags, mostly made in China that contained potentially unsafe levels of lead. The offending bags were identified at several stores, including some CVS pharmacies; the Rochester-based Wegman’s grocery chain recalled thousands of its bags, made of recycled plastic, in September.

Concerns have proliferated so much that Senator Charles E. Schumer, a New York Democrat, sent a letter on Sunday to the Food and Drug Administration, urging the agency to investigate the issue.

Reusable bags have maintained their popularity even amid charges that they become hothouses for bacteria. <http://freakonomics.blogs.nytimes.com/2010/09/30/the-downside-of-reusable-grocery-bags>. The recent studies, none of which were conducted by the government, found that the lead in some bags would pose a long-term risk of seeping into groundwater after disposal; over time, however, paint from the bag could flake off and come into contact with food.

Climate-change-conscious shoppers at one of Manhattan’s culinary meccas on Sunday said they were chagrined that yet another good intention had gone awry.

“Bummer! We’re still not doing the right thing,” said Shelley Kempner of Queens, who was looking over the produce at Fairway on Broadway at West 74th Street. She prefers a reusable bag, she said,

because she “likes the idea of not putting more plastic into the environment.”

Told of the recent lead findings, Ms. Kempner sighed - “It’s still not good enough” - and wondered if she would have to switch to something else. “Are we going to have to start using string?” she asked.

“There’s always something wrong with everything,” said Barry Lebest, standing outside the Trader Joe’s on West 72nd Street with four reusable bags filled with groceries.

But Mr. Lebest, an alternative energy consultant, did not appear fazed by the revelations of lead. He said his home, in Gardiner, N.Y., had been outfitted with a hydroelectric plant that saved the energy equivalent of 200 plastic bags a day. “It may not be a total solution, but this is a step in the right direction,” he said of the suddenly sus-

pect bags at his feet. “The fluorescent bulbs we have now, they’re no good because they have mercury in them.

<http://www.npr.org/templates/story/story.php?storyId=31198>. You look at it as a transition.”

But many shoppers said they would continue relying on the bags until more information came out. The bags are usable for years, they said, and any long-term effects of lead may be offset by the environmental benefits gained by not using regular plastic bags.

“I wasn’t planning on throwing it out, so that’s a positive thing,” said Catherine Paykin, standing by the meat counter at Fairway. “As long as I use it and don’t throw it away, that will be my plan.”

Mr. Schumer’s family also shops



at Fairway. A spokesman for the senator said the family planned to bring the issue to the attention of the store to see if the bags there were affected. **CG**

The Co+op Deals bags we sell have been tested and they are lead-free as well as being from a fair-labor company (see onebagatatime.com for more information) and the canvas bags with our logo are made from organic cotton and printed with water soluble ink.

Additionally, reusing your bags at the co-op gains you a punch on your Reduce, Reuse, Redeem card. A full card gets you \$1.00 off your next purchase of a dollar or more. If you don’t wish to carry a card, we have cards at all of the registers and you can donate your punch to the Second Harvest Food Bank. Each full card equals \$1.00 for them. To help you remember to use your bags, check out these handy tips:

1. Put your bags in the front seat of your car before you start out for the store. You are more likely to forget if you put them in the trunk.
2. Hang them on the doorknob after emptying them so you remember to take them to your car.
3. Write “SHOPPING BAGS” at the top of your shopping list as a reminder.
4. Get one or two small pocket sized bags like the Chico Bags to keep in your purse for emergencies and impulse buying. And a couple of heavy duty bags for heavy/hardware purchases to keep in the car.
5. Decide that if you forget to bring the bag into the store, you will go out and get them before check out, or put items back in the basket and bag them yourself at the car. It won’t take more than once or twice to train yourself to bring them in the first time.
6. Don’t forget to wash your bags. You’re putting food in there!

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