

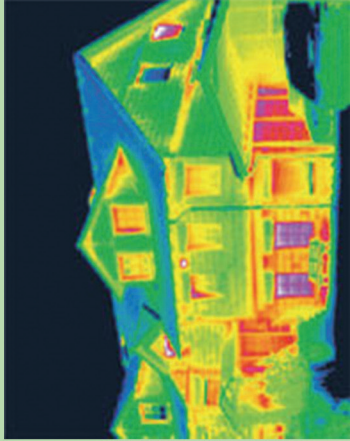


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DULUTH, MINNESOTA

WINTER 2009-10

GARBANZO GAZETTE



GARBANZO GAZETTE

Published by Whole Foods Co-op
610 E. 4th St. • Duluth, MN 55805
(218) 728-0884 • fax (218) 728-0490
www.wholefoods.coop

STORE HOURS:
7 am – 9 pm every day

Membership Investment:
\$100 per voting membership

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

The Garbanzo Gazette is published four times a year (March, June, September, December) for the Member-Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Member-Owners. Submissions must be received one month prior to publication. The next deadline is Monday, February 1. Refer submissions and questions to shannon@wholefoods.coop.

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The information in the Garbanzo Gazette is also available on our website at www.wholefoods.coop



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

In July 2009 we received the results of the random survey of 1,071 Owners conducted by the University of Wisconsin-River Falls using the format developed by the National Cooperative Grocers Association/NCGA. Responses from 445 Owners were compiled, graphed and compared to responses at other food co-ops around the US.

Thank you so much to our Owners who took the time to complete and return this lengthy and thought-provoking survey. While details are proprietary, survey trends, preferences and comments, along with other comments received from our Owners and community, are and will be incorporated in strategic planning by management and by the Board over the next year.

For example, following the Board's allocation of a FY 2009 patronage rebate, management recommended including a promotion with the rebate check to encourage Owners to cash their checks promptly and at WFC. This recommendation was based on data from FY 2009 purchases indicating the proportionate-to-purchases rebate of over 1,000 Owners would be under \$1.00

and on results of the 2009 survey indicating 55% of respondents shop at WFC twice a month or less.

Some examples of comparison of our survey respondents to respondents at other food co-ops:



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

- WFC respondents place considerably more importance on product selection, product quality and store cleanliness when choosing where to shop.
- WFC respondents are less influenced by cooperative ownership.
- WFC respondents purchase a higher proportion of their bulk products and a lower proportion of their dairy and meat products.

Benefits of cooperative membership are tied to use — the more goods you purchase at WFC, the more you benefit. The more Owners we hear from about what goods and services you want, the more empowered we are to meet your needs. We are stronger together. **CG**



Wonderful Winter Concerts



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Debbie Gravitte

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Mozart Symphony No. 40 in G minor
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www.duluthcommunityed.org

Bonnie Williams Ambrosi is a certified Integral Yoga instructor and Ayurvedic Health Educator. A grihastashrami is one who sees the home as an ashram – a refuge and place of sincere spiritual practice.



welcome, new member-owners!

Matthias Solomon
Melissa Winkler
Leonard Cersine
Colleen McDonald
Lila Stevens
Susan Peak
Luke Vandrovac
Jill Grafmyre
Sarah Peltó
James Langworthy
Louis Samsa
Samuel John
Dennis
Tessa Larson
Alison Hoxie
Michael McDonald
Thomas Stackland
Sheila Arimond
Christina B Trok
Rosemary Madison
Justin Conklin
Howard L. Maki
Daniel Francis
Merritt
Steven Veit
Kay Kennedy
Traci Petrich
Alexander Bauer
Sandra Mackay
Kevin (Kc) Myers
Rhonda Haugstad
Eric Stupak
Anthony Hermes
Kathryn Keeley
Michel C. Harry
Amy Broadmoore
Clare Hintz
Dennis Croft
Nathan Hurliman
Daria Day
Elaine Schmid
Steven Kuehn
Fiona McNaney
Nicholas
Dagostino
Paula O'Brien
Alana Marie
Friedman
Lynn Maas
Pamela Schmitt
Cameron Reider
Tiffany Stoeke
Sandra Klein

Sara Balmer
John Stetson
Rosanne Jaski
Sherrie Blocker
Julie Schafer
Johnson
Candace L
Anderson
Sara Floerke
Rachel Ursin-
Schiff
Michelle R.
Carlson
Brett Beckius
Beth Flynn
Suzanne Jokela
Jaime Milbridge-
Scott
Angie Wambach
Phillip Pechek
Jacquelin Sebastian
Marina Uehara
Meaghan
McAllister
Anne Marie
Parish
Jack Lee
Gunderson
David M Eckel
Clinton Koehler
Leif Arntson
Katelyn Rennicke
Margaret
Couillard
William Howard
Bruce Larson
Gina Marie
Wheatman
David Hillila
Matthew Lindberg
Jill Eidenschink
Steven Blondo
Lucas Donahue
Annette Hofslund
Sally A Mayasich
Cathy Niemi
Nicole Gramm
Ardys M Richards
David Reinke
Anthony Rubin
Sheila Lee
Oshaughnessy
Andrea Bierbrauer
Julie Ray
Beth Bayley
Kathleen Simpson
Hubbard

Shannon Kirby
Chanelle Hill
Carol Roback
Amy Larsen
Vanessa Isola
Al Nyquist
Nancy Schwerdt
Willie Love
Susan I Amber
Rebecca Loken
Jacqueline
Semaan
Candace Allender
Anne Fisher
Jonathan Ewalt
Sloveig Lange
Rachelle West
Margie Nelson
William Garnett
Debra Livingston
Rubye Wallan
Jodi Johnson
Deborah
Kamunen
Cristy House
Kristin Regas
Jean Ann Laine
Meghan
Marthaler
Mike Huckleberry
Erica Lemay
Deborah Freberg
Carolyn Linn
Hally Sharrow
Earl Rosenwinkel
Susan Vogt
Rhonda Nordin
Celeste Curley-
Black
Kyle Benson
Sara Junge
Paul McArthur
Carla Powers
Emily Burgess
Patricia Angelos
Catherine Beaver
Lynne Raschke
Debra Hawpetoss
Marc Bellario
Shauna Mahle
Jane Herrick
Andrea E
Peterson
Carrie Taylor
Kemp
Kathleen Braddy

membership matters

by Mark Friederichs, Board Member

Editor's note: In the last issue of the Gazette, Membership Matters was not attributed to the correct author. The last article, as well as this one, were written by Mark Friederichs. Thank you, Mark, for your contributions to the Gazette as well as to the Board!

On October 10th, over 100 loyal members and their guests made their way to Marshall School for the opportunity to sit down with fellow members at this year's annual meeting despite flu concerns and a stubborn rain that seemed to span the entire month of October. Members enjoyed a phenomenal meal (thank you to the Ledge Rock Grille) and great conversation ending with everyone's (or at least my) favorite dessert... ice cream. Following dinner, Jamie Harvey of the Institute for a Sustainable Future and founding member of the Health Care Without Harm campaign, gave an informative and enthusiastic presentation about the different ideas currently being utilized around the country to create and strengthen healthy and sustainable food systems along with the different strategies needed to re-create



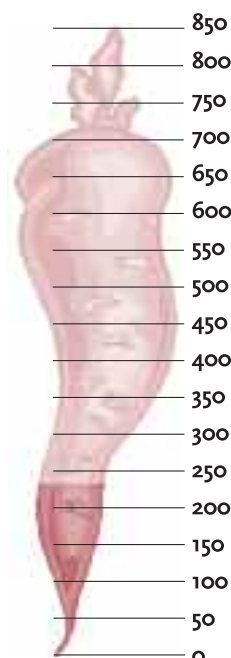
Jamie Harvey

a healthy Mother Earth. After the meeting conversations broke out amongst the tables resulting in a host of unique ideas on how WFC can and should continue to participate in

creating a more healthy and sustainable food system here in Duluth. It was a great evening and the perfect ending to Whole Food Co-op's fiscal year 2009.

In 2009, thanks to loyal Member support, dedicated staff, and superb management, we heard the news about the first Patronage Rebate since 2003! What awesome news. Sharing in the collective success of all of our Member-Owners is one of the fundamental reasons people come together to form cooperatives. Our ability as a cooperative to issue patronage rebates results in more dollars remaining in Duluth and less dollars being sent to Capitol Hill. Without the continued support and loyalty of its members, WFC wouldn't be able to make the positive impact that it has in the Duluth community for nearly 40 years. With strong Member support we can all look forward to continued success in 2010 and beyond. Thank you all!

GG



New Member-Owners from August 1, 2009 – October 31, 2009. Current number of active Members: 5236. Current number of Member-Owners since July 1, 2009: 229. Can we reach our goal of 800 new Member-Owners by June 30, 2010? Welcome and Thank You to all of our new Members!

MEMBER COMMENTS REQUESTED

Following a recommendation from the Member-Owner Committee, on May 25th the Board of Directors approved an amendment to the Member IOU Policy as follows:

"... WFC members with fully paid-in equity may charge purchases to a maximum of \$20.00 payable within two (2) weeks from the date incurred..."

This amendment will be effective January 1, 2010, subject to related comments received by Member-Owners. Please direct your comments and questions by email to the Board at wfcbod@wholefoods.coop or in writing to the Board of Directors, Whole Foods Co-op, 610 East 4th Street, Duluth, MN 55805.

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winter classes

December

Herb Crafts for Kids: Gifts to Give

Instructor: Celia Linneman

Saturday, December 5
12:30–2:00 pm

Hey kids! Want to give your parents, teachers, or relatives something completely original? In this class we'll make some great presents to give for Christmas, including: a lavender eye pillow, salt and sugar scrubs, aromatherapy body spray, and lip balm. This class is for kids 7–12, and will be limited to 14 kids.

Cooking in a Winter Wonderland

Instructor: Shannon Szymkowiak

Tuesday, December 8
6:00–8:00 pm

Shannon talks and writes about eating locally and she's putting her money where her mouth is. This class will feature some tasty dishes celebrating local ingredients for wintertime. Learn how to cook with root vegetables and take advantage of other abundant ingredients in our area during the non-growing season.

Raw Christmas Goodies

Instructor: Emily White

Thursday, December 10
6:00–8:00 pm

Ho Ho Ho and a Merry Raw Christmas! Want to indulge a little this holiday season while still eating things that are good for you? While a dessert is still a dessert, raw desserts won't have any of the gluten or pure sugar that most holiday desserts have. Not only are they delicious, but these Christmas goodies are pretty good for you too!

ON-LINE ENROLLMENT FOR WFC CLASSES

Check out the selection of classes available at WFC and enroll at the Customer Service Counter in the store or, beginning December 1, you can enroll on-line at www.wholefoods.coop

This is a very simple savory-sweet appetizer or dessert course. Feel free to substitute your own favorite cheese or tortillas. Makes one small pizza.

Johnny Appleseed Zza

– From the belly of Promotions & Education Coordinator and Member Owner Jill Holmen

- 1 T or so of Butter
- 1 Honeycrisp Apple, chopped (you may not need the whole apple)
- 1–2 cloves fresh Garlic, minced
- 1 T fresh Ginger, minced
- 2–3 T Honey
- Pinches of Clove, Cinnamon, & Nutmeg
- Fresh ground black pepper
- Sea salt
- 1 pkg Brown Rice Tortillas
- 1/4 C Gruyere Cheese, grated
- 1/4 C Gjetost Cheese, grated (a caramel-like Norwegian goat-cow blend)
- Sriracha sauce to garnish, optional

January

Through a Parent's Eyes; A Natural Approach to Children's Health

Instructor: Dr. Anthony Macioce

Saturday, January 9
11:00 am– 12:00 pm

As a parent you want what's best for your child. But have you ever really thought about what the simplest actions and decisions that you make on a daily basis can mean for your child's health, both now and far into the future? From nutrition to exercise, ADHD to obesity, immunity to vaccinations, we'll break it all down and take a look at what it means to grow up healthy... through a parent's eyes.

Special Pricel: \$5 for WFC members, \$10 for all others

Baking Gluten-Free Bread

Instructor: Emily White

Wednesday, January 13
6:00–8:00 pm

If you're sick of spending extra money just so you can have a sandwich on ho-hum bread, learn how to spend less and make your own. Instructor Emily White, our regular Raw Foods instructor, also eats gluten-free and has spent her time perfecting gluten-free bread recipes. Come and learn, taste, and get recipes!

Celebrating the Chinese New Year

Instructor: Robert Giuliani

Tuesday, January 19
6:00–8:00 pm

If you're looking for an excuse to throw a party, boy do we have one for you! In this class chef Rob Giulliani will show you how to make an assortment of appetizers from several different regions of China to celebrate Chinese New Year. Don't worry; with the amazing aromas wafting through the air, we won't let you go hungry!

Sauté the apple, garlic & ginger in the butter on medium heat for 3 minutes or so. Add the honey, clove, cinnamon and nutmeg. Stir and continue to simmer for a couple of minutes. Pull from heat and let sit for 3–5 minutes to cool slightly. Scoop this mixture onto an open brown rice tortilla and spread evenly. Sprinkle with fresh ground black pepper and sea salt. Top with the grated cheeses, and into the oven she goes! Broil the pizza under a watchful eye until the cheese is melted and the edges of the tortilla start to crisp. Pull from oven, top with a swirl of Sriracha hot chili sauce if you like. Cut and serve! Enjoy.

Serve with scalloped potatoes and a Caprese salad (tomatoes, fresh mozzarella, fresh basil, olive oil, balsamic vinegar, and salt and pepper).

Fermenting Your Foods

Instructors: Jennifer and Andrew Sauter-Sargent

Saturday, January 23
10:00 am–12:00 pm

Join us with Spirit Creek Farm owners Jennifer and Andrew as we learn some of the basics of fermenting. In this class we will have the opportunity to taste Spirit Creek Farms products as well as make individual containers of sauerkraut to bring home.



Emily White, popular Co-op instructor.

February

The Mediterranean Diet

Instructors: Adam Sundberg and Shannon Szymkowiak

Tuesday, February 2
6:00–8:00 pm

In the first half of this popular class, Dr. Sundberg will go over the tenets of the Mediterranean Diet and explain why this is one of the healthiest diets in the world. Shannon Szymkowiak will spend the second half of the class showing you how to prepare some exciting dishes that follow the diet's rules.

Kids in the Kitchen: Breakfast Anyone Can Make!

Instructors: Katie Lisi and Theresa Koenig

Friday, February 5
6:00–8:00 pm

In our last popular Kids in the Kitchen class we asked the kids what they wanted, and breakfast it was. We've put

together a menu that anyone can make: puffy oven pancakes, Frittata, fruit and yogurt parfaits topped with homemade granola and other favorite kid friendly breakfast foods. This class is open to kids 8–12 years of age.

Aphrodisiac Food for the Lover's... Ahem, Soul

Instructor: Jahn Hibbs

Thursday, February 11
6:00–8:00 pm

Through the ages, many foods (both common and not so common) have gained amorous reputations, some for their nutrition, some for their power of suggestion, and some for the sheer comfort they inspire. We won't be getting dirty, but we will be making some very sexy food including: a velvety butternut squash with rosemary oil, arugula salad with a warm honey vinaigrette and toasted pine nuts, smoked oyster pate, and a sinfully fragrant vanilla custard.

Healthy Breakfast

Instructors: Jodie Cope and Heather Pitschka

Tuesday, February 16
6:00–8:00 pm

Bring Western nutritional principals and Eastern medicinal energies to the breakfast table. Learn the how, why and what of breakfast from Registered Dietician Heather Pitschka and Licensed Acupuncturist Jodie Cope. Class will be interspersed with lecture, demonstrations and plenty of tasting so come hungry.

Making Pasta from Scratch

Instructor: Robert Giuliani

Saturday, February 22
12:30–3:30 pm

Making pasta at home may seem painstaking and confusing, but it's really easier than you think! In this class we will learn the process of mixing, rolling, and preparing fresh pasta. Surprise your family and friends with the authentic taste of Italy!

Italian-Style Meatloaf

– Debbie Manhart, Deli Manager and Member Owner

- 1 lb Ground Beef
- ? C diced Yellow Onion
- 3 Roma Tomatoes, diced
- 1 T Parsley, fresh, chopped
- ? C Romano Cheese
- 1 t Garlic, fresh, minced
- 1 T Dijon Mustard
- 1 T Tamari
- 1 Egg
- 1 C Bread Crumbs
- 1 pkg Pancetta or Prosciutto

Combine all ingredients except the Pancetta or Prosciutto. Form into a loaf. Wrap the Pancetta or Prosciutto around the loaf. Place loaf on a sheet pan lined with parchment paper or sprayed with canola or olive oil spray. Bake at 375 degrees Fahrenheit for approximately 1 hour.

Scalloped Potatoes

– Debbie Manhart, Deli Manager and Member Owner

- 3 T Butter, melted
- ? t granulated Garlic
- 1 t Sea Salt
- ? t Black Pepper
- ? C Milk
- 5 med Potatoes, white or russet
- 10 Mushrooms, sliced
- ? C Yellow Onion, diced
- 1 C Cheese (Swiss or Fontina works well)
- ? C Parmesan or Romano cheese
- 2 t Parsley, fresh, chopped
- ? t Paprika

Combine all but the last 3 ingredients and place in a casserole dish sprayed with olive oil or canola oil. Top with the last 3 ingredients. Cover and bake at 375 degrees Fahrenheit for 1 hour. Remove lid and bake for another 20–30 minutes until potatoes are done and top turns slightly crispy.



Making Herbal Medicine: The Basics

Instructor: Celia Linneman

Tuesday, February 23
6:00–8:00 pm

This class will cover many different ways to make handy herbal products, from teas, tinctures, vinegars, oils, salves, steams to capsules, syrups, lozenges, flower essences, dream pillows, electuaries and even herbal gelatin. There will be a sprinkle of herbal medicine basics, like blending teas, action categories, and balancing formulas.

Instructor Bios:

Jodie Cope

Jodie is a licensed acupuncturist at The Healing Point of Duluth where she practices ancient medicine for a modern world.

Robert Giuliani

After attending the Art Institute in Minneapolis, Robert headed to the Culinary Institute of America in Napa Valley. Here he learned about wine, restaurant management and cooking from master chefs from around the world. Since then, he has worked at several restaurants, including The Mashall Fields Cafe, Martini Blu, Joe's Garage, Kozy's Steaks and Seafood and Hell's Kitchen.

Jahn Hibbs

Jahn is currently a Produce Clerk at Whole Foods Co-op and is very creative with her recipes. Aside from being a great cook and extremely knowledgeable about all produce, Jahn also compiles or creates all the recipes that you'll find in the WFC produce department.

Theresa Koenig

One of your Whole Foods Co-op Board members, Theresa loves working with children of all ages, and she strives to serve healthy food to her own three children. Theresa has also played an active role in the Duluth City Chickens group, and has a chicken coop in her backyard!

Celia Linnemann

Celia has been studying plant medicine for 7 years. She worked with an acupuncturist and herbalist in her hometown of Taylors Falls, MN for 4 years, and completed an internship at Sage Mountain in Vermont with herbalist and author Rosemary Gladstar. Over a year ago, she started Duluth Botanicals, an organization that offers an herbal product line, two monthly study groups, herb walks and health consultations.

Katie Lisi

Katie blends her degree in nutritional sciences with a passion for fun, healthy eating. She spent several years exposing grade school students to cooking and forming healthy eating habits, and wishes everyone could enjoy a "party-in-their-mouth" from the food they prepare and eat!

Dr. Anthony Macioce

After completing his undergrad at University of Minnesota-Duluth, Dr. Macioce went on to get his doctorate at Northwestern Health Sciences University. In his ten-year career, Dr. Macice has received "Chiropractic Passion Award 2008" from Chiro Advance Services for leadership and contributions to the chiropractic profession and is the Senior Consultant for the Foundation for Wellness Education.

Heather Pitschka

Heather is a registered dietitian at St. Mary's/Duluth Clinic. She works in the Health Systems Diabetics Center.

Jennifer and Andrew Sauter-Sargent As the owners of Spirit Creek Farm, Andrew and Jennifer have a deep commitment to the local economy and environment. They live in an off-the-grid solar panel farm, and in 2007 they built a certified kitchen so that they could share some of their lacto-fermented foods. They currently sell Kim-Chi, Sauerkraut, and Kombucha to WFC.

Dr. Adam Sundberg

Dr. Adam Sundberg is a chiropractor practicing at the Duluth Chiropractic Clinic. After taking nutrition classes in chiropractic school, he became interested in how food affects our health. One of his favorite things about what he does is helping people learn how to live more healthy lives.

Shannon Szymkowiak

As the editor of the Garbanzo Gazette, Promotions & Education Manager Shannon is no stranger to our many Members. Working in the natural foods industry for over 17 years, he has dedicated her life to teaching people about food and the many ways it affects us. She believes that you can save money and time by knowing how to cook.

Emily White

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

THE FINE PRINT... READ ME PLEASE!

Unless otherwise noted, classes are \$25.00 each for non-Members and \$20.00 each for Members unless otherwise noted. You must pre-register, as space is limited. Prepayment of your class is required to reserve your spot. Classes and lectures must have a minimum of 6 students signed up 48 hours in advance for the class to take place. If there are less than 6 students registered, each student will be called by WFC and informed of the cancellation. They may then either put their pre-paid money toward another class taking place within the next three months or they may receive a full refund. If a student cancels at least 48 hours before the class, the refund will be applied to a future class or a full monetary refund will be given. No refunds will be given for cancellations received after the 48-hour deadline or for no-shows. Please be on time! Late arrivals are disruptive to the instructor and other students. The classroom is open at least 15 minutes before each class. Anyone arriving more than 10 minutes late will, unfortunately, not be allowed into the class and will be counted as a no-show. If you have any questions, please contact Anni Friesen at 218-728-0884 ext. 182 or anni@wholefoods.coop

news bites

PATRONAGE REBATES DISTRIBUTED FOR FISCAL YEAR (FY) 2009

Over 4,600 patronage rebate checks will be mailed to Owners in early December. Please cash your check promptly. Checks not cashed within ninety (90) days will add to WFC's tax liability in 2010. As an incentive to promptly cash even the smallest checks, WFC is offering a 5% discount if you apply your check towards a purchase here before January 15, 2010. For details on the who, what, why and when of patronage rebates, please visit WFC's web site: www.wholefoods.coop



INTERESTED IN SUPPORTING THE DEVELOPMENT OF URBAN GARDENS

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



SUPPORT FOR ALTERNATIVE TRANSPORTATION

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



SUPPORT FOR RECYCLING

In partnership with Western Lake Superior Sanitary District, the Minnesota Chamber of Commerce and Minnesota State Operated Community Services, WFC is now accepting clean plastic bags for recycling through the "It's in the Bag" program. A drop-off container is located next to the ATM.



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Time magazine article: <http://www.time.com/time/health/article/0,8599,1917458,00.html>

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Itemized Deductions
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Rental Income
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Enrolled Agent
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board of directors

Alison Champeaux

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

Mary Dragich

Term expires 2012
maryd@wholefoods.coop

Chris Edwardson

Finance Committee
Term expires 2012
chrise@wholefoods.coop

Mark Friederichs

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

David Helf

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

Theresa Koenig

Vice President
Board Recruitment Committee (Chair)
GME Committee
Ad Hoc Policy Committee
Term expires 2012
Theresa@wholefoods.coop

Heather Murphy

Secretary
Board Recruitment Committee
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

board report

who's the boss at the co-op?

by David Helf, Board President

I had a neighbor once who worked for a local Frozen Foods Magnate here in Duluth. He once told me a little story about what it was like to work for the man we'll call The Boss. The Boss and his underlings would sit around a large table in the meeting room, mostly listening to The Boss speak. Every so often, after The Boss would finish his latest monologue, one of his underlings would click a little hand-held counter, and exclaim enthusiastically, "That was your (xxnth) great idea today, Boss!!!"

Maybe my neighbor was exaggerating what it was like to work for this self-made millionaire, or maybe not, but I was reminded of that story after our last Board meeting. It struck me what a contrast there was in how The Frozen Food Magnate and the Board of Whole Foods Co-op do business. That evening, we had a lively discussion that involved everyone around the table, each taking their turn at describing what they thought we should be doing to successfully fulfill our 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."

I seriously doubt that one person could come up with the good ideas that covered nearly three pages of notes that evening. My hand got tired from operating the clicker.

It's true that we cannot make rapid executive decisions like the Frozen Foods Magnate. And yes, this sort of decision-making, through collaboration, cooperation, and consensus, is messier

than if we would just give one person the power to decide. In a real sense, at Whole Foods Co-op, over 5,000 people have a stake in each decision the Board makes, so that's why it's so important we get things right, even if it takes longer. Our strength lies in shared, not dictatorial decision-making.

I'm honored to be the latest Board President. I'm excited to be on your Board, one of seven people who take seriously your investment in your store. I take seriously your trust, and take seriously our mission. There's pressure in this job, but it's a good pressure. I would just like to highlight a few facts gleaned from an exhaustive survey 445 of you kindly completed this past summer. Of these

Member-Owners and shoppers, 94% said they were satisfied or extremely satisfied with the store as a whole. And 95% said they would recommend Whole Foods Co-op to a friend. Good numbers, eh?

Rest assured, as former Governor Ventura was fond of saying, rest assured that we will not call time out and take it easy just because we got good marks this time. (We still have five or six percent of you not completely pleased!) We'll do the hard work of trying to continue to set goals that help us succeed. You're ALL The Boss. Every time you buy what you need at our co-op, you make an important decision. (click!) Every time you recommend Whole Foods Co-op to a friend, you are working for our success.

Hold us accountable. Hold us to high standards. That's why we serve. Your Board, me included, will enthusiastically continue to work on your behalf in trying "to create a healthy community." **GG**



David Helf
Board President

BOARD ELECTION/ SURVEY RESULTS

There were five candidates for four positions = top four vote-getters elected:

Mary Dragrich	3-year term
Chris Edwardson	3-year term
Mark Friederichs	3-year term
Theresa Koenig	3-year term

Local, mission-related non-profit agency chosen to receive a cash donation from WFC for the balance of unclaimed abandoned equity that will be allocated later in 2009:

Lake Superior Sustainable Farming Association

Top three social/environmental issues that Owners think WFC should champion:

- #1 Support local sustainable agriculture (136 votes)
- #2 Address local hunger problems (77 votes)
- #3 Support efforts to improve the environment (66 votes)

INTERESTED IN HOW THE BOARD WORKS?

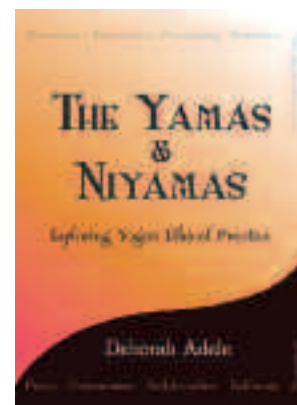
Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time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

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In Balance with Ayurveda

by Bonnie Ambrosi, Member-Owner

I usually write about what to eat for balance in each season. But this time, let's simplify things with one rule about how to eat:

When you eat, just eat. Give your full, peaceful attention to your food. That's it. Simple, but not easy. If we are eating alone, there is a very strong temptation to read, listen to the radio, watch tv, or work while we eat. If we are eating with others, we naturally need to give attention to the people we are with, perhaps reserving almost no awareness for the food itself. The problem with this is that food does not nourish us only on a chemical level. If this were true, we could just pop meal pills like they have in science fiction stories and save lots of time and dish-washing!

Food also nourishes us through our senses. But to receive that nourishment, we must be present. When we are not, our stomachs get full but our senses remain unsatisfied, and so we continue to eat. As a result, we eat too much, yet a lot of the goodness and enjoyment of the food is wasted, never registering with us at all.

Consider this alternative: When it's time to eat, take your food to a place that you find pleasant — a spot by a window is nice, or outdoors in warmer weather. If the tv, radio or computer are present, they should be turned off. Do not take a book or magazine with you. Allow yourself a moment to feel grateful. Then begin to eat!

This is not an intellectual exercise in which we think about the food. Although knowing that the food we're eating was grown locally, produced organically or purchased at a fair price for the grower may allow us greater peace of mind as we eat, a better time to reflect on these issues is when we are planning meals, shopping, and reading about our food system. When we actually sit down to eat, the practice is to let our minds become quiet, one bite at a time — just eating, smiling, being present.

Why is this so hard? We're busy people. We may feel that we are wasting time if we just eat, rather than piggy-backing that activity with one or two others. Actually, it is never a waste of time to be totally present in what we are doing. On the other hand, it is truly

a waste of food and time to eat without awareness.

We may find that we are deeply addicted to multitasking, and are actually unable to simply do one thing, calmly and mindfully. If that is the case, what more pleasant place to begin our recovery than with food! If we can learn to sit down and eat a sandwich with a peaceful mind, just think where that could lead us!

We may be so wired that our brains crave constant stimulation and entertainment. Having nothing to focus on but the taste and texture of a salad can make the monkey-mind quite desperate. In fact, if we are accustomed to eating unconsciously, this kind of attention may feel very uncomfortable or even downright threatening to that part of the ego that wants to keep our habits in the dark. Don't give up! Have an adventuresome attitude! The space of awareness we are creating is much larger and more open than the cramped quarters we inhabit when we eat and multitask.

In other situations, like when we're eating with a group of people, we can still give at least some of our attention to our food. When it's time to talk, speak. When it's time to take a bite, stop talking and taste! You can still listen to the conversation without com-

pletely ignoring the food you have in your mouth. Talking about the food is a nice way to help each other deepen our awareness of what we're eating.

As simple as it is, eating mindfully is really a very profound practice, the effects of which may ripple out into every part of our lives. In the Bhagavad Gita it is said that "Food is Brahman." Every bite is an offering of divine energy, manifested as food, into the sacrificial fire of agni, the fire of digestion. Many Western table graces also suggest the sacramental quality of eating. But we can only experience food in this way if we are paying attention. We have so much food, but for the most part we are not really aware of it except in a shallow way.

If you already eat mindfully, I am very happy for you! If you do not, and you accept my challenge to take up this practice, feel free to write to me about your experience!

To paraphrase a wise saying:
A journey of a thousand miles starts with a single bite! **GG**

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

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Zucchini Granola Cookies

— Christie Culliton,
Member Owner

Wet Ingredients:

- 3/4 C Butter or Spectrum Shortening, softened
- 1 1/2 C Brown Sugar, packed
- 1 Egg (I use egg replacer, or omit all together and add 2 T of soy milk)
- 1 t Vanilla
- 3 C Zucchini, grated, skin on or off (if it's a big zucchini, scrape out the big seeds, they don't bake up well)

Dry Ingredients:

- 3 1/2 C all-purpose Flour (if you use Gold-N-White Flour, decrease to 3 C flour)
- 3 C Granola Cereal (any kind you like, I used one with sunflower seeds)
- 1 t Baking Soda
- 1 t Salt

Optional Ingredients:

- 1/2 C Chocolate Chips
- 1/4 C dried Cranberries
- 1/4 C dried Coconut
- 1. In a mixing bowl, cream butter and brown sugar. Beat in the egg, and vanilla, beat in zucchini. Combine flour, granola, baking soda and salt in a separate bowl, and then add to wet mixture. Stir in chips by hand.

I read somewhere that if you use a wooden spoon, rather than a metal spoon to mix in the chips they will taste better (whether this is true, I haven't done the laboratory testing!)

- 2. Drop on to pan (I cover my pan with parchment paper so I don't have to grease the pan). Bake at 375 degrees Fahrenheit for 8-10 minutes or until done. Remove from pan and set on a wire rack to cool.



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the buzz

wfc staff news

by Jill Holmen, P & E Coordinator

Front End Clerk Sarah Garramone is excited to report the she and her husband John recently made a batch of crabapple jelly and "it turned out awesome." Here begins a life-long adventure of turning their backyard bounty into delicious treats!

Jill Holmen, Promotions & Education Coordinator, has a couple of thank-yous to offer: First, to the kind co-op members who helped reunite me with my "borrowed" bicycle, and second to the Northern Communities Land Trust for their wonderful support in helping me purchase my first home! You folks provide a truly incredible service to our area. Thank You.

Front End Clerk Eric Nied reports that he and two friends spent summer weekends working on (and completing) a 9-hole disc golf course in Wascott, WI. "The course features rugged terrain along a spring-fed creek, winding through old growth White Pines into a 70-year-old Jack Pine stand. The signature ninth hole is a downhill bomb to the right, over the forest and creek into a small clearing." At this time, it's a private course, but they hope to someday expand to 18 holes and host a tournament. This is happy news to a community full of disc-golf fanatics. Nice work, gents!

CORRECTION: Justin Petite (JP) of Produce has been with us for 3 years, but his anniversary was missed in the last Gazette. Let's give it up for JP!

DECEMBER ANNIVERSARIES:

Robert "Cody" Macomber, Deli	1 year
Sonya Welter, Merch	7 years

JANUARY ANNIVERSARIES:

Alex Mohrbacher, Produce	3 years
Karen Johnson, Finance	4 years
Eric Reed, Merch	5 years
Debbie Manhart, Deli	10 years

FEBRUARY ANNIVERSARIES:

Amanda Borgren, Finance	2 years
Kala Edwards, Deli	4 years
Rianna Reiter, Deli	4 years
Shannon Szymkowiak, P & E	7 years
Justin Hemming, Deli	10 years
Sharon Murphy	30 years



September Award Winners:
Gumby Award: Luke Vandrovec, Front End Clerk
Customer Service Award: Jordan Schreiber, Merchandising Clerk

October Award Winners:
Gumby Award: Karen Johnson, Finance Coordinator
Customer Service Award: Martha Livingston, Front End Assistant and KC Myers, Front End Assistant



November Award Winners:
Gumby Award: Jeff Greensmith, Produce Clerk and Anton Lepak, Deli Kitchen Clerk
Customer Service Award: Nick Pawlenty, Deli Counter & Kitchen Clerk and Alisha Stalker, Front End Clerk

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• Westby Cottage Cheese

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- 24oz. Regular 4%

• Goodbelly Probiotic Juice

- Blueberry Acai

• Holy Land

- Jalapeno Hummus

GROCERY

• Just Tomatoes

- Dried Blackberries

• Yogachips Dried Apple Chips*

- Original Apple
- Apple Cinnamon
- Strawberry

• Thousand Hills

- Grass Fed Beef Jerky

• Clif*

- Chocolate Brownie Clif Bars
- Cool Mint Chocolate Clif Bars
- Caramel Nut Brownie Luna Bars

• Divine Fair Trade Chocolate Bars

- 70% Dark Chocolate
- Dark Chocolate Mint
- Milk Chocolate
- Milk Chocolate w/ Hazelnuts

• Chocolove Mini Bars

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- Cherry Almond Dark Chocolate
- Raspberry Dark Chocolate
- Toffee Almond Milk Chocolate

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• Spike

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- Tenderizer Seasoning

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- Holy Mate! Tulsi Mate Blend

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- Skin & Coat Health

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• Hain

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- Garden Carrot Complexion Soap

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FROZEN

• Ciao Bella Gelato

- Chocolate Hazelnut

• Luna & Larry's Coconut Milk Ice Cream*

- Naked Coconut
- Vanilla Bean
- Chocolate Hazelnut

• Udi's Gluten Free bread

- Brown bread
- White bread

• Julie's Ice Cream*

- Almond Bars
- Gluten-free Sandwiches

• World Catch

- Maryland-style Crab Cakes

* Organic

**Fair Trade

A raw foods recipe that everyone can enjoy!

Living "Rice" with Walnuts and Cranberries

– *Amanda Belcher, Produce Assistant, Deli Assistant and Member Owner*

1 lb Butternut Squash, peeled, seeded, and cut into small cubes

1/2 C Yellow Onion

1 T Cumin

1 T Coriander

1/2 C Cilantro leaves, chopped

1 C Walnuts, crushed

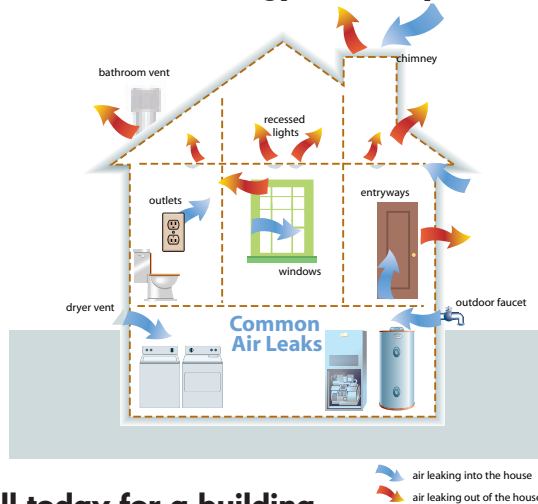
1 C dried Cranberries

2 t Sea Salt

In small batches, place cubed squash in a food processor and process into small pieces. When squash reaches the consistency of rice grains, remove from processor and place in a large mixing bowl. Add onion, cumin, coriander, cilantro, cranberries, walnut, and salt and combine. Will keep for 2 days in the fridge.

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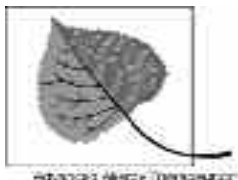
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Every time I make this soup, it's different. It usually depends on what is in my refrigerator and pantry. If I have more vegetables in the fridge, I'll throw them in. This year I canned tomatoes with a pal, so I used a 32 oz jar that didn't seal instead of a smaller jar or fresh tomatoes. Adjust spices according to your taste buds; I never measure spices, but I tried my best to estimate when I made my last batch. The last time I made this, the only vegetable that didn't come from a friend's garden was the chard. I love my friends, and they love coming over for soup!

Lisa's Lovely Lentil Soup

— Lisa Anderson, Merchandising Manager and Member Owner

- 2 c Lentils
- 8–10 c Water or Stock
- 2 Bouillon Cubes (if using water)
- 1 Onion, diced
- 1 Carrot, chopped
- 2 Potatoes, chopped
- 6–8 Cloves Garlic, minced
- 1 Red Pepper, chopped
- 1 bunch Chard, chopped
- 16–32 oz Tomatoes
- 1 1/2 t Cumin
- 1 T Oregano
- 1 1/2 t Basil

- 1/2 t Thyme
- 1/8–1/4 t Cinnamon
- 1 T Lemon Juice
- Shake of Crushed Red Pepper
- Lots of fresh ground Black Pepper
- 2–3 t salt

Bring water to a boil with the bouillon cubes. Add lentils and simmer for 20–30 minutes, until lentils become soft.

Sauté the onion while the lentils are cooking. After a few minutes, add the carrots, garlic, and red pepper to the onion. When the vegetables are sautéed and the lentils become soft, add vegetables to the lentils, along with the remaining ingredients. Lightly boil everything until the potatoes are soft, about 20 minutes. Add more water if necessary.

I usually add more salt and pepper for my own serving, and let others decide on their salt preference. A shake or two of shredded Parmesan or some sharp cheddar added to your bowl can be fun.

Serve with a warm buttered baguette, or dip it in a mix of olive oil and balsamic vinegar.

Rich, heavy and creamy! Great for extra cozy winter padding!

Onion Pizza

— Amanda Borgren, Finance Assistant

- 1 Rustic Pizza Crust
- 1 – 8 oz pkg Organic Valley Cream Cheese, softened
- Gorgonzola Cheese Crumbles
- 2 med Red Onions
- 1 C Pecans
- 2 T Olive Oil

Thinly slice red onions, caramelize on your stovetop or in your oven in the olive oil. Spread the softened cream cheese on the crust. Evenly distribute the onions, gorgonzola crumbles and pecans on top of the cream cheese. Bake at 375 for about 15 – 17 minutes or until crust is golden brown.

makes cents

cooperatives cooperating

by Robin Ongaro, Vice President Marketing and Business Development, MCCU

Good neighbors with a lot in common.

That pretty well sums up the relationship between the “Central” branch of Members Cooperative Credit Union (MCCU) and next-door-neighbor, Whole Foods Co-op.

MCCU is very proud of its relationship with Whole Foods Co-op. We are proud to be their financial lender of choice, and we look forward to a long and evolving cooperative partnership.

As you know, belonging to a cooperative is a way to live your values — as an owner you have a greater say in the direction than you ever would at a large grocery store or at a big bank.

Here are a few highlights of shared values and offerings:

- We hold a shared focus of helping our members/owners live better lives with careful use of limited resources.
- Neither are owned by a handful of stockholders, rather each are owned by thousands who have joined together to collectively receive the benefits of a cooperative effort.
- Green values. Whole Foods Co-op was Duluth's first LEED building, MCCU won recognition for its building at 40th Avenue West, and continues to pursue “greening” of its other facilities.
- Mutual commitment to the East/Central hillside neighborhoods.
- Size of Member/Owner base: Whole Food's serves more than 5,200 owners and MCCU serves about 6,000 owners at our Central location.
- MCCU's ATM serves Whole Food's owners inside the Whole Food's store.
- We even share (cooperate) by sharing a mutually convenient parking lot and lighting.

With a philosophy of “People Helping People,” Members Cooperative Credit Union offers many benefits, money stays right here in the community with decisions made locally, and joining is easy.

To better serve our members/owners, MCCU offers more convenient locations and hours than any other credit union in Northern Minnesota, and as part of the Co-op Principle of “Education, Training and Information”, we bring free financial seminars that serve kindergarten through senior citizens to better prepare our friends and neighbors to live well and create a stronger community.

Real life. Real benefits. Be a part of the cooperative way of life.

Robin Ongaro can be reached at robin.ongaro@membersccu.org for financial presentations.

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deli-tastic special orders

the secret is out and it's time you knew, too
by Justin Hemming, Deli Kitchen Manager

Did you know that we have a special order brochure available at the Customer Service Counter and Deli Counter listing all the trays and desserts we can make for you? There are eight different trays to choose from in two different sizes and eight desserts we can bake for your eating pleasure. Simply call 48 hours before you would like to pick your order up. Also available are any of the 150+ salads, sides, main dishes and spreads that we make. We can work with you to narrow the choices and help you to decide. The prices will vary depending on the dish. Specialty cakes are also available — call for a quote. We can find something that will work for any dietary restriction.

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Roasted Chickens

Picture a crisp, succulent, roasted Gerber's all-natural Amish chicken with organic onions, organic garlic cloves, organic olive oil and organic, fresh herbs, sprinkled with organic black pepper and sea salt and all roasted to perfection. All that imagined goodness

can be had, made just for you for a mere \$9.99. Due to limited space, we put out two or three a day at approximately 5:00 PM. They often sell out quickly, so what is a hungry customer to do? All you have to do is call between 11 AM and 5 PM, Monday through Saturday, ask for the Deli kitchen, and place a special order for a roasted chicken at least two hours before you would like to pick one up. We can roast your chicken so it's done just before you get here. Now you can choose from new Lemon Zest & Black Pepper, Yellow Curry, Jamaican Jerk, Spicy Cajun, Fresh Thyme, or Fresh Rosemary seasonings in addition to our standard flavor.

Rustic Inn Pies

Sure, a drive up the North Shore is a beautiful ride but you could eat 14 pieces of pie by the time you even got to the Rustic Inn. The Rustic Inn has been a secret among those in the know but word is getting out about how good their pies are. They are made by hand, no frozen pies here! With deliveries every Tuesday and Friday afternoon, we are able to keep a variety on hand, but they do sell fast. If there

is a favorite you would like for any occasion, simply call to place a special order for your pie 48 hours before delivery. Eighteen varieties are available for special order; Lemon Angel (meringue), 5-Layer Chocolate, Raspberry or Blueberry cream, Blueberry, Blackberry, Apple, Caramel Apple Pecan, French Apple, Peach, Pecan, Cherry, Pumpkin, Raspberry, Cherry Peach, Rhubarb, and Strawberry or Raspberry Rhubarb.

Pizzas

We pride ourselves in making some of the best pizza in Duluth. It could be the homemade pizza crust baked on pizza stones or the sauce we make from organic tomatoes. Or it might be the special combination of the three cheeses we use. Whatever it is, you can be sure that we have slices available on the hot bar from 11 AM to 8:30 PM Monday through Saturday and 11 AM to 3 PM on Sunday. They are a great buy at about \$2-\$3 a slice depending on how many toppings there are on the featured pizza that day. But what if you want more than just a slice? You can order a whole 16" cheese or pizza-of-the-day to be ready in just 20-30 minutes. Call and ask for the Deli, tell them you'd like a pizza and it will be ready for pick up when you need it. Prices range from \$13.99-\$17.99.

your valuable co-op resource

— Jean Sramek, WFC Member and past Board President

I guess my punishment for missing the WFC annual meeting was 12 days of bad coffee. We made a loop through Carbondale, IL; Memphis, TN, Hot Springs, AR; eastern OK and the Kiamichi and Ouachita mountains, to a family event in Lindsborg, KS, then headed to I-35 and home.

Seriously. BAD COFFEE. Even the usually reliable Starbucks (when we could find them, which was almost never) were okay, but not great. We were not traveling among coffee-drinking people. Our posh hotel in Memphis had the same lousy coffee as our budget motels in Carbondale and Hot Springs. Lindsborg (aka "Little Sweden, USA") made me want to cry:

oceans of weak coffee. (We risked offending the B&B hosts by walking across the street to the specialty coffee shop for double- and triple-lattes and capps, which approximated real coffee). Don't even get me started about Oklahoma.

In spite of having a great vacation, we were jonesing by the time we left central Kansas. A whim and the need for petrol made us turn off in Lawrence. It shone like a statue of the Virgin Mary: The Community Mercantile Co-op. I walked in like I owned the place, found the deli, and we got ourselves two cups of pure joy. Dark roast coffee, obviously made with filtered water and freshly ground beans and real cream to top it off. John and I



Evidence that good coffee exists outside of Minnesota.

drank it like two addicts (well... yeah) and back on 1-70, fought each other for the last drops out of our "co-op advantage" cups).

A few hours later, we crossed the border from Iowa into Minnesota, and within an hour saw signs for Starbucks, Caribou, and Dunn Brothers. Ahhhh... home. But I should have known... a co-op would be my salvation. Also, Lawrence looks like a swell place to live. But then again, any town that would support "The Merc" is probably a swell place to live.

notes from the front

— Briana Lowrie, Front End Manager

Bus Passes and Postage Stamps Available at WFC

Duluth Transit Authority Bus passes are now available for purchase at the Customer Service Counter. Passes are available in varied increments at standard rates.

Not new to the Co-op, but maybe a reminder to you, books of USPS postage stamps are also available at WFC.

These services are more ways the Co-op is trying to help you save time and reduce your carbon footprint.



RRR Report

The Reduce, Reuse, Redeem Program has been in effect at WFC since June of 2006. Through the support of our customers who bring their own grocery bag(s), WFC has been able to donate \$3,889.75 to the Northern Lakes Second Harvest Food Bank and has reduced new paper bag consumption by a minimum of 106,015 bags.

Customers are also still able to redeem their own RRR punch cards to receive a dollar off their purchase in lieu of donating their punches.

Second Harvest regularly sends WFC letters of gratitude for the continued donations, but we must extend the heart-felt thanks on to the real heroes of the program — our diligent bag totin' customers. Bringing your own bag makes a positive difference in many ways. Keep up the great work!



WFC Gift Cards — the perfect gift!

WFC Gift Cards are available year-round, but you may want to keep them in mind as you make your holiday gift lists.

Know someone who has been talking about joining the Co-op? WFC Gift Cards are also




applicable towards the purchase of membership investment.

Know someone who shops at an NCGA-supported Co-op in another town? They're also transferable for use at those locations, too.

They're available in any increment at the Customer Service Counter.


Did I mention they fit nicely into greeting cards?

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I had this the first time on a canoe trip on the Green River in Utah. Evidently it is a traditional dish in New Mexico that the Pueblo Indians taught to the Mexicans. This is a really quick, inexpensive light meal for winter or summer when your garden is exploding with zucchinis.

Calabacitas

– Colleen Kelly, HR Manager and Member-Owner

- Serving size 2
- 2 small Zucchini (about 2 to 2 and one half cups)
- 3/4 – 1 C Sweet Corn (fresh, frozen or canned)
- 1/2 C Salsa
- 4–6 Tortillas
- Optional: diced red pepper, onions, black beans and/or chicken.

Cube zucchini in half-inch cubes, sauté in oil or butter until cooked but crisp. Add corn, sauté another couple minutes and add salsa, heat until it's warm. Serve in warm tortillas. I add a little salsa and yogurt as toppings.

E voila!

Briana’s Tomato Bean Bake

– Briana Brewington, Front End Manager and Member-Owner

- 1 – 15oz. can Black Beans, drained
- 1 C Onion, diced
- 2 cloves Garlic, minced
- 1 T Chipotle Hot Sauce (or add minced Chipotle or Chipotle chili powder into some hot sauce to taste)
- 1 pint Cherry Tomatoes, halved
- 3/4 C Pecorino or Parmesan cheese, grated
- Salt and Pepper to taste
- Preheat oven to 375°.

Combine beans, onion, garlic, hot sauce, and salt and pepper in a 9" x 5" glass/ceramic baking dish.

Add the halved tomatoes and 1/4 of the grated cheese and lightly mix in.

Bake uncovered for 30 minutes, then sprinkle rest of cheese over top, and finish under the broiler until cheese is slightly browned.

Serve with sour cream in tortillas or with tortilla chips.

I call this “the Mary Cameron” after my mother. She makes this dessert thing that has all the same flavors and was the inspiration.

The Mary Cameron

– Cameron Reider, Merch Clerk and Member Owner

- 1 8 oz pkg Cream Cheese
- 1/2 C Maple Syrup
- 3 C Flour
- 1 T Yeast
- 1 – 1/2 (or so) C Water
- 1 Egg
- 1/2 C Sugar
- 1 C sliced Almonds
- Pinch of salt

Step 1: activate yeast in warm water.

Step 2: mix in flour sugar and some salt and add extra water until dough is firm yet a little wet.

Step 3: Let rise for 30 minutes

Step 4: mix cream cheese and maple syrup together

Step 5: roll out dough into a rectangular sheet about .5 inches thick

Step 6: spread cream cheese mixture onto dough and sprinkle with sliced almonds

Step 7: roll dough into a log shape (just like you were rolling up a rug)

Step 8: beat egg and brush egg wash all over the loaf and cut slits on top of loaf to let steam out

Step 9: bake at 350° F for 25–30 minutes.

Step 10: eat and enjoy

food solutions for managing diabetes

— Rebecca Schauer, R.D., L.D. printed with permission from the Mix

What diet should I follow? This might have been one of your first questions after being diagnosed with type 2 diabetes. But as you probably know now, the concept of a diabetic diet is basically a myth, and the best diet for a person with diabetes is really the same healthful eating that is best for everyone whole foods that are high in fiber and nutrient-dense, meaning they give you natural nourishment with the most nutrition for your calorie buck. Also, since type 2 diabetes tends to go hand-in-hand with obesity or cardiovascular disease, calories must be considered along with consuming healthy fats. But if one were to define a diabetes diet, you could say it is an eating pattern focused on plant foods, and smaller complementary amounts of low-fat dairy, lean meat, poultry, and fish. It would also consist of little to no highly processed foods, which are often full of refined flour, sugar and unhealthy fats.

Carbohydrate Control

But there is one dietary aspect that persons with diabetes need to consider that others don't, and that is carbohydrate control. As you know, your intake of carbohydrate-containing foods must be carefully controlled since it is carbohydrates that affect your blood sugar. For most people, carb-heavy items or the occasional sugary treat are OK, as long as the portion is controlled and it is figured into your overall daily carbohydrate and calorie allowance.

The American Diabetes Association recommends that approximately 60 percent of your total daily calorie intake should come from carbohydrate (relative to protein and fat the other calorie-containing nutrients). This range works for some people, but others may find that it hinders blood sugar control. The best way to determine your optimal daily carb intake level, and how different foods and carb levels impact your control, is to work with your diabetes care team. If your team provides you a registered dietitian specializing in diabetes care, he or she can help you with individualized food and

meal planning to optimize blood sugar control.

It is also important to remember that not all carbs are created equal. Certain foods can cause a more dramatic rise in blood glucose than others, even though they have an equivalent amount of carbohydrate, gram-for-gram. This is attributable to the glycemic index (GI) or glycemic load (GL) of the food, and foods with high GI values will cause blood glucose to rise higher and faster than foods with a lower GI. Finally, it is important to realize that reactions to all foods are highly individualized, and a meal that sends one person's blood sugar sky-high may hardly cause a bump for another. Regular after-meal blood sugar testing and logging is the best tool to understand the impact of various carb-containing foods on your blood glucose levels.

Healing Foods for Diabetes

Cinnamon

Many people with diabetes vow that cinnamon helps moderate their blood glucose. And various studies have shown it has positive effects. In one study (Diabetes Care, Dec., 2003), subjects with type 2 diabetes, and not taking insulin, were divided into six groups. For 40 days, groups 1, 2 and 3 were given 1, 3, or 6 grams per day of cinnamon while groups 4, 5 and 6 received placebo capsules. Even the lowest amount of cinnamon, 1 gram per day (approximately 1/2 teaspoon), produced an approximate 20 percent drop in blood sugar; cholesterol and triglycerides were lowered as well. When the daily cinnamon was stopped, blood sugar levels began to increase.

Still, the research on cinnamon remains inconclusive because not all studies show benefits. In fact, a meta-analysis published in the January 2008 issue of Diabetes Care looked at five randomized, controlled studies and found no benefit of consuming varying doses of cinnamon versus placebo, taken over a period of three months.

Despite the discrepancies in research, incorporating a ½ teaspoon of cinnamon into your diet each day is an easy, safe, and tasty way to explore better blood sugar control.

Vinegar

Other studies indicate that vinegar can decrease both fasting and after-meal blood glucose levels. The doses studied have ranged from a couple teaspoons to a couple tablespoons per day. According to Japanese researchers, the biologically active constituent in vinegar is acetic acid, the stuff that also makes your lips pucker. Acetic acid apparently inhibits the activity of several carbohydrate-digesting enzymes. So, when vinegar is present in the intestine, some sugars and starches temporarily pass through without being digested, resulting in lower impact on blood sugar.

Because vinegar can be hard to swallow on its own, one option is to make an oil and vinegar dressing or a bread dip that consists of 50–75 percent vinegar.

Black tea

A very recent study in the Journal of Food Science indicates that black tea contains a substance that mimics the type 2 diabetes drugs Precose and Glyset. The compound, a polysaccharide, inhibits an enzyme called alpha-glucosidase, which turns starch into glucose. Precose and Glyset work by inhibiting this enzyme. And according to the report, black tea contains more of this substance than either green or oolong tea. It's not clear, however, whether simply drinking black tea would provide the desired effects since the research team used a chemical extraction method to retrieve the compound from the tea and not simple brewing. Nevertheless, having a regular tea habit; black, green, oolong or white is proven to have a variety of health benefits.

Chia Seed

Used by the Mayans and Aztecs as both food and medicine, chia seeds are now backed by research as having ben-

efits for people with diabetes by helping blood sugar control, reducing insulin resistance, and improving blood lipids. However, the research remains scant, and large, randomized trials are needed to determine if chia really is an effective treatment for people with diabetes. But once again, chia seeds can be a healthful addition to the diet, as they provide an omega-3 fat known as alpha linolenic acid along with a bunch of fiber at 10 grams per ounce. The way chia seeds may work on after-meal blood sugar and insulin levels could be related to their viscous soluble fiber content. In the intestine, soluble fiber can reduce the absorption of carbs into the body is similar to the way in which oatmeal and legumes also help control blood sugar and cholesterol levels.

Dietary Supplements

The focus of this article has been on specific whole foods for diabetes. But it is also important to note that there are specific supplemental nutrients commonly used among people with diabetes. These often include: omega-3 fatty acids, alpha lipoic acid, chromium, coenzyme Q10 and magnesium. It is advisable you talk to your diabetes healthcare professional before taking any of these, to learn more about efficacy, dosing and contraindications.

Last Word

Even though a diagnosis of diabetes is never sought, it presents a unique opportunity to shift your diet and lifestyle choices in a positive direction. And with a little pre-meal planning and some post-meal assessment, you can still enjoy the foods you love, and you may even choose to indulge in some new, delicious, more healthful fare.

Resources: www.dlife.com
A great website to help with all aspects of your diabetes lifestyle.

Rebecca Schauer is a licensed, registered dietitian from Minneapolis. Stayed tuned for the opening of her nutrition counseling practice, WellBody-WellBeing, where she will help clients with weight loss, vegetarian and extitarian diets, and eating according to eco-nutrition principles.



savor the season

something new
and different

by Shanon Szymkowiak, Promotions & Education Manager

I love to cook. Those of you who read this column regularly are now muttering something about stating the obvious. But the thing is, I have been doing very little cooking these past months. I still like the idea of cooking, but feel uninspired when I walk into the kitchen. I have felt bored, like there is nothing new. I thought teaching a basics cooking class (which we get asked for all of the time) with Anni would rejuvenate me a little. Unfortunately, we have had to cancel every one of the Kitchen FUNDamentals classes for lack of people signing up. Disheartening. (sidebar to those who meant to sign up — you missed out big-time!)

Then one evening after eating my Chinese take-out, I started thinking about deep-frying. I really don't deep fry. Partly because it's fattening, partly because I really don't care for a lot of deep-fried foods (State Fair and Brewhouse onion rings notwithstanding) but mostly because I can never seem to get it right. Either the fat is too cool and the food turns out really greasy or it's too hot and the inside doesn't get cooked. Frustrating when you don't have a real fryer with a basket and temp control.

Then one of our departing staff members gave me an electric skillet. I noticed it had a temp control and deep sides and a cover — hmmm. "I'll bet I can deep fry in this", says I and a new cooking adventure was born.

I decided that my girth could not take too much experimenting and I already had cabbage in the fridge, so it seemed to make sense to try egg rolls. Then I could learn how to wrap them properly, too — two new skills with one stone, so to speak.

It really was easy. I heated up the peanut oil and made my filling and wrapped them up. I even made my own duck sauce — surprisingly easy — and feasted on my success. Although I'm not going gangbusters in the kitchen again quite yet, it was fun to try something new.

I would like to suggest that if you find yourself uninterested in getting into the kitchen that you try something new, too. Find a new vegetable to work into the dinner rotation or try a new cut



of meat or go meatless if you don't usually do that. Try a new technique. Buy yourself that one piece of kitchen equipment you've always wanted if it's in your budget. You could

always take a cooking class at your co-op for kicks (yeah, that would be shameless self-promotion). Just try something new and get out of your rut and into the kitchen. With the holidays and football and resolutions of all kinds coming up, it's the perfect time to get into the groove again with something new.

My recipe for egg rolls is dedicated to Chris von Rabenau, whose New Year's Eve Egg Roll Party I could never seem to get to. I hope the folks in Iowa appreciate it!

Egg Rolls with Duck Sauce

— with liberal thievery from Nasoya

- 1 lb Ground Pork OR
 - 1 pkg Extra Firm Tofu, drained and crumbled
- 3 T Hoisin Sauce
- 1 T Tamari
- 1 T Garlic, minced
- 1 t Ginger, minced (very fresh ground ginger can be substituted)
- 2 C Cabbage, finely chopped
- 1/4 lb Bean Sprouts
- 1/2 C Carrot, shredded
- 3 Green Onions, finely chopped
- 2 T Oyster or Hoisin Sauce
- 1 Package Nasoya Egg Roll Wraps

Vegetable oil for deep-frying (Peanut oil works well)

Duck Sauce for dipping (recipe follows)

Marinate the pork or tofu in 3 T Hoisin, tamari, garlic and ginger for at least one hour. Stir-fry pork or tofu mixture until lightly browned, 2 to 3 minutes. Add cabbage, bean sprouts, carrot and green onions and cook 2 minutes. Stir in oyster/Hoisin sauce. Let mixture cool. Use 2 tablespoons filling for each egg roll. Follow folding directions on package. To deep-fry: heat oil to 350 degrees, and deep-fry a few at a time, turning occasionally, until golden, 2 to 3 minutes. Drain on paper towels. To oven-bake: brush each egg roll with 1 teaspoon of sesame oil and place on a prepared baking sheet. Bake until the egg rolls are crisp on the bottoms; about 7 minutes; turn and bake until crisp all over, about 5 minutes. Serve with Duck Sauce.

Duck Sauce

- 1/2 C Orange Marmalade
- 1/2 C Apricot Preserves
- 1 T Soy Sauce
- 1 T Chili Sauce
- 1/2 t Dry Mustard

Heat until warm and force through a fine mesh strainer or process in a blender or food processor.

Shannon will be making the cheesecake, pies and sweet potatoes for Thanksgiving dinner. She is hoping for the appearance of the green bean casserole.

grocery gab

Pet Promise Pet Foods to be discontinued

We have recently received news that Pet Promise Pet Food will no longer be in the pet food business. Please feel free to place any special orders, and we will be stocking it as long as it is available from our distributor. We apologize for this, as we know many customers swear by this food and purchase it regularly. We are exploring new options and will strive to replace it with the best products we can. Please read the following statement from the Pet Promise website.

To our loyal Pet Promise customers,

For the past five years, we have kept our promise to you and your pet by bringing you some of the purest and most nutritious natural pet foods on the market. By purchasing our products, you have not only promoted your pet's health and well-being, but have also helped America's family farms and contributed to the sustainability of our planet.

Like many companies, however, we have been impacted by today's unfortunate economic conditions. Regrettably, as of January 2010, Pet Promise products will no longer be available in the marketplace.

As a loyal Pet Promise customer, you will no doubt find this news to be disappointing. You can, however, take pride in what you have helped accomplish in the five years our products have been on the market. We would like to take this opportunity to express our appreciation to you for joining us in carrying out our mission to help make the Earth a better place. We would also like to thank our partner Andrew Weil, M.D. and his organization for their invaluable support.

Dr. Weil's belief in our products has been reflected not only in the endorsements he has given them, but also by him choosing to feed them to his own beloved dogs. Our decision to discontinue the Pet Promise line is in no way a reflection on the confidence he has expressed in it, and is one we made based purely on economic considerations. Please accept our apologies for whatever inconvenience this decision may cause you and your loyal companions.

Sincerely,

Rick Spiekermann



Fresh Perspectives

make it easy on yourself

We all know the days get shorter this time of year but with everything going on, parties to go to, family and friends staying over and meals to plan, I know many of us wish they were longer. So what's the answer? Turning back the clock won't help. I say take another approach. Take a few minutes each week to plan out your menu and do your produce shopping in advance.

Knowing you have a busy weekend filled with guests, do your prep work ahead and things will go much more smoothly. Here are some ideas.

Make a veggie scrapple. This blend of veggies and peanuts forms a chilled loaf, which is then sliced and browned in oil. You can mince your veggies one night and assemble and fry it the next. Now you have the beginning of a nice lunch for your busy weekend. Just follow these simple instructions: Mince onion, carrot and green pepper. Add corn meal and salt to boiling water, stirring constantly until thickened. Add minced vegetables. Cook over hot water one hour. Add peanuts. Pour into well-greased loaf pan. Chill. When cold, slice and sauté in a small amount of oil until golden brown. Put this into a corn tortilla with a dollop of sour cream and small handful of salad mix. Mmmmm good!

A lunch idea that can be made ahead for a busy weekend is a muffaletta. This can be as simple or as extravagant as you like. Take a loaf of French bread; Scoop out some of the bread from the bottom half, creating a long bowl. Now fill it with olive spread, provolone cheese, grilled peppers, and fresh arugula or baby spinach. Cover the top half of the bread and press down firmly and

wrap tightly with plastic wrap. Weight it down with a cutting board and refrigerate overnight. All of the juices from the olive spread and peppers will have seeped into the bread and you can slice and serve with a bowl of soup and some fresh orange slices.

If you are going to be out late, make a quiche and some OJ for the morning after. The evening before chop and sauté your onions, peppers, spinach and mushrooms; whip the eggs and bake it the next night. If you do it early in the week make two and have one for dinner that night along with some baked yams or steamed broccoli. Having a bowl of grated cheese, some chopped onions, mushrooms, garlic, olives, along with some steamed chard in the fridge with a couple of pre-made crusts means you can have a pizza night without much fuss and a whole lot more fun.

The scrapple and the quiche can easily be made that far ahead. A soup or stew made on Sunday can be frozen and thawed the day before.

I think you are getting the idea. Another thought — avoid elaborate or involved recipes when you are trying to save time; you'll only end up frustrated and more harried. So, start with a plan:

- Choose recipes that are fairly quick and easy
- Shop for the week and all meals
- Make sure your pantry is well stocked with basics so you don't have to run to the store during your cooking time.
- Prep veggies ahead of time.

All these ideas will have you wishing for longer days, not because you are too busy but because you had so much fun at your events and gatherings.

There is another bonus from this:

your friends and family will enjoy the calmer you. And isn't that something to be thankful for?

Apples — Perfect For Every Meal

Apples can be used for many things during the fall. A couple of new favorites may be these two recipes from

Vegetarian Times that combine other fall favorites like pomegranates and cranberries with our beloved autumn fruit. The first is a salad that is simple to make and yet so delicious. Serves 4

Autumn Apple Salad with Pomegranate

- 2 t Olive Oil
- 1 large Shallot, finely chopped (1/4 C)
- 1/4 C Balsamic Vinegar
- 2 T Honey
- 1 head Red Leaf Lettuce, chopped

- 1 Apple, thinly sliced
- 3 oz Goat Cheese, crumbled
- 1 C Pomegranate Seeds

Heat oil in a small skillet over medium heat. Add shallot and sauté until soft and clear or for approximately 4 minutes.

Remove from heat and add vinegar and honey. Taste and season with salt and freshly ground pepper. Toss lettuce and apples. Drizzle half of the dressing and toss again. Divide salad among plates, top with goat cheese, pomegranate seeds, and remainder of dressing. Pair this salad with a nice slice of hearty whole grain bread, a glass of pinot noir, and baked potato and you'll have a healthy dinner that will satisfy even the hungriest of dinner guests.

If you are looking for something that will handle the sweet tooth without being too filling try this cranberry applesauce. It is so easy to make you'll wonder why you ate store-bought all of these years.

Cranberry Applesauce

- 6 sweet-tart Apples cored and cut into chunks (unpeeled)
- 2 C fresh Cranberries
- 2/3 C Granulated Sugar
- 1/2 C Sweet Cider
- 1/2 t Ground Cinnamon
- 1/4 t Allspice

Combine all ingredients in a large saucepan; bring to a simmer over medium heat. Partially cover, and simmer 25 to 30 minutes or until fruit is soft, stirring occasionally. Turn off heat and cool. Transfer to food processor or blender and pulse until smooth. Chill three hours before serving to let the flavors blend. This is great by itself, or served with graham crackers, or vanilla ice cream.

References this issue:

Autumn Apple Salad With Pomegranate & Cranberry Applesauce, *Vegetarian Times*, October 2008; Apple Facts, Philadelphia Vegetable Scrapple Recipe, *The Cook's Blessings*, Demetria Taylor, Random House, NY, 1965

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I know I did a Butternut squash recipe last year, but this one is sweet/savory, and I LUV Butternut squash, and I have so many this time of year.

This recipe came from my dear friend Kevyn, at Everybody's Farm in Dassel, MN. I have only changed it up a bit, because he kept it sweet for eating like a morning hot cereal, with dried apples. I wanted a sweet and savory dish for lunch or dinner, too. The cheese is really a wild card; you could use any variety that would go with apples, like sage derby or drunken goat.

Butternut And Apple Risotto

— Eriq Reed, Receiver and Member Owner

- 1 Butternut Squash (+/- 2 lbs)
- 2 T Olive Oil
- 3 tart Apples, diced, or
1 C diced Dried Apples
- Kosher Salt and freshly ground Black Pepper
- 6 C Tea, preferably homemade and fruity/spicy
- 6 T (3/4 stick) unsalted Butter
- 2 oz Pancetta, diced
- 1 medium Sweet Onion (like Walla Walla), diced
- 1 1/2 C Arborio Rice (10 ounces)
- 1/2 C dry White Wine
- 1/2 t Cinnamon, ground
- 1/4 t Cardamom, ground
- 1 C Parmesan, freshly grated

Preheat the oven to 400 degrees.

Peel the squash and scoop out the seeds. Then cut into chunks about 3/4-inch, to yield about 6 cups. Toss with olive oil, 1 tsp. sea salt and 1/2 tsp. black pepper. Roast on a sheet pan for 25–30 minutes, tossing once, until very tender. Set aside.

Meanwhile, brew tea (or mulling spices) in a large pot, keeping it at a low simmer.

In a heavy-bottomed pot or Dutch oven, melt the butter and sauté the pancetta and onion on medium-low

heat for 10 minutes, until the onions are translucent but not browned. Add the rice and stir to coat the grains with butter. Add cardamom and cinnamon and toast lightly before adding the wine. Cook for 2 minutes. Add 2 full ladles of tea to the rice plus 1 teaspoon salt and 1/2 teaspoon pepper. Stir, and simmer until the tea is absorbed, 5 to 10 minutes. Continue to add the tea, 2 ladles at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more tea.

Continue until the rice is cooked through, but still al dente, about 30 minutes total. Off the heat, add the roasted squash cubes, apples, and Parmesan. The risotto should be “loose and flowing,” not sticky. Add more tea if necessary. Mix well and serve.

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Ann Frett is a certified Feldenkrais® Teacher and has been teaching Awareness Through Movement classes and workshops for over 6 years. She is also a Physical Therapist, with a Master's degree from the Mayo Clinic. Ann's approach in working with people is very effective. She is able to create learning situations for students that provide significant results along with ongoing growth and improvement.

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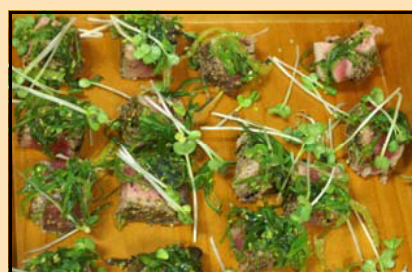
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back 40 winter

by Jahn Hibbs, Produce Assistant

Winter is a time of preparation in the Produce Department for the coming local growing season, and we begin by looking back over the year and planning for an even better one to come. This last growing season saw the largest increase in local growers that we have ever seen at WFC in my years as Produce Manager. Our ranks of farmers swelled from 26 in 2008 to 45 in 2009! This begs the question of where did all of these growers come from in such a short period of time?

The co-op has been the beneficiary of a robust local farm scene for many years, with growers who have committed to organics and worked with us over the years as both WFC and their own operations grew. Over the years mainstays whose names you have seen often have supplied a wide variety of the best quality produce available to us at any time of the year. As time has work on, some have retired, and more will do so. But our demand at WFC has grown beyond

what we can purchase directly in our local community. As the Co-op has looked ahead, regional food systems and the opportunity to be of tangible benefit to our region has been uppermost in our visioning how to continue bringing that quality food in the door and to your table.

Over the past two years is has been my personal pleasure to work closely with a number of Amish growers from Wisconsin, Minnesota and Iowa. Being strongly community oriented when once we have one family we are working with, we have found there are other certified growers within the community that are also looking for outlets for their produce. It was quite common to find whole families that had spun off acreage working and selling together, as well as mentorship relationships for the younger growers in which an established grower made room in their own market share for the newcomer.

Maybe a sign of the financial times, and



Jahn Hibbs

certainly evidence of the business acumen of the growers, we have heard of 5 or 10 acre portions that had been fallow that were now being considered for productions. Interest in winter greenhouse productions (a la Eliot Coleman) has hit an all time high. With the assistance of our own co-operative wholesaler, Co-op Partner's Warehouse, we are able to develop our own sourcing system to bring the fruits of these new opportunities northward.

I only wish I bought for half a dozen more stores to be able to make room for all the excellent produce we see, including the marathon run of fantastic beans, corn and bell peppers we saw this year. Most everyone's favorite squash, the butternut, is not much grown in Northeastern Minnesota, but our Iowa growers have come through with abundance and quality that graced our department this fall. There have been many items we were buying from

California, Florida, and elsewhere even during the summer and fall months that we now can buy as an investment in our regional neighbors.

And this is not to slight the growers closer to home who put in more asparagus, are planting fruit trees, grapes and berries for the coming years. In-town growers also had offerings on the shelves including our most local products to date coming from just about 4 blocks away, something that had not been the case for many a year since we had a Hmong family supplying herbs to us back on 8th street!

This time of the year is our planning time, and I want to thank all of our shoppers who completed the circle for our growers, new and old alike. Financial uncertainties in the highest places saw at the same time a solid recognition of the importance of local food and our local economies. Keep your eyes open for the coming year- the snow may have come, but buds are popping for an even better year!

Another favorite food from the kitchen of my Nana, Fae Mendel Neff, with help from a recipe from Recipezaar.com. Not considered one of the choice cuts, and thought to be tough, tongue can be every bit as fork-tender as a good brisket, but is a lot cheaper and leaner. Great sliced, the encrusted roast is delicious on its own and good for sandwiches (when there's any left). Tongue can be special ordered at WFC. Try something new from the Old World!



Best Braised Beef Tongue

— Michael Karsh, Produce Manager and Member Owner

- 1 fresh Beef Tongue (1.5-2 lbs)
- 2 t Garlic Powder
- 1 Bay Leaf
- 1 t Celery Seed

In a medium crock-pot, place washed tongue with spices and water to cover. Cook on low for six hours, or on high for four, until fork-tender, Remove carefully and place on a large cutting board. Peel away skin (this is quite easy, and can be done with a fork alone or the assistance of a paring knife as needed). Discard skin.

Encrust tongue with the mixture below:

- 2 T Paprika
- 2 t Garlic Powder
- 1/4 t Black Pepper, ground
- 2 t coarse or Kosher Salt

Also prepare:

- 2 large Sweet Potatoes (any variety), washed and sliced into small wedges

Pour 1/2 cup water into the bottom of a large casserole; place a meat rack or steamer basket into bottom of the casserole. Place tongue and sweet potatoes onto rack. Bake, covered, at 350 degrees Fahrenheit for 45 minutes. Remove from oven, cut tongue into thick slices on a bias. Liquid can be thickened for gravy. Serve hot with sweet potato wedges!

There is nothing that makes me hungrier than beautiful produce (except maybe not eating all and then spend the last half-hour of

work researching recipes.)

There is nothing I dislike more than looking at all of that beautiful produce and knowing that you

have vegetables that are a little past their prime sitting in your fridge. I have to admit that often the lure of a perfectly ripe heirloom beats out the slightly wrinkled cherry tomatoes in my fridge and I have much more food waste than I'd care to admit to anyone. Luckily, being broke greatly helps me to reduce this occurrence. Today I was really hungry (the whole staring at recipes thing), really broke, and with a lot of really ugly looking veggies in my fridge. I decided to make one of two things I always decide to make when this situation arises: pasta. (The other is some variation on stir-fry.) Though I used what I had, you could make this pasta with any other vegetables (carrots, beets, eggplant, etc.) as long as you adjust the cooking time.

Use-up-the-Produce Pasta

— Anni Friesen, P & E Coordinator and Member Owner

- 10 Cherry Tomatoes, halved
- 1/4 Red Onion, 2 in. chopped
- 2 small Sweet Peppers, sliced 1/4 inch
- 3 Mushrooms, sliced
- 2 cloves Garlic, minced
- 2 slices Prosciutto
- Feta Cheese, crumbled
- Fresh Parsley, chopped
- Kalamata Olives (optional)
- Olive Oil
- Salt
- Pepper
- Pasta of your choice

Turn the oven to broil as you prep your



veggies. Put all veggies except garlic skin side up in a baking pan and over them sprinkle olive oil, salt and pepper. Put in the oven and roast for 10-15 minutes. Meanwhile, fry Prosciutto in olive oil until a bit crispy. When Prosciutto is done, add garlic and roasted vegetables to the pan and give it a quick shake to coat the meat. Pour mix over pasta, and top with crumbled feta, fresh parsley and/or Kalamata Olives.

This is a fantastic recipe that a good friend shared with me this past summer. The recipe is very versatile you can add other ingredients or even take some away depending upon your preference. It is so easy and fun that you may want to make it year round!

Wild Rice Tabouli

— Raelynn Monahan, Merchandising Assistant Manager and Member Owner

- 3 C Water
- 1 C Wild Rice
- 2-3 Tomatoes (depending on size)
- 1 med. Cucumber
- 1/2 block Feta Cheese (or to taste)
- 1 C Parsley
- 1/4 C fresh Mint
- Lemon juice (optional)
- Olive oil (optional)

Bring water to boil, add wild rice, let simmer 30 minutes.

Allow rice to cool after cooking, chill in refrigerator for 1 hour.

While the rice is cooling, cut tomatoes and cucumber into bite size pieces, either crumble or cut feta cheese into small bits, chop herbs finely, season with salt to taste. Lemon juice or a dash of oil could be added for a dressing but I find the ingredients complement each other really well by themselves.

This dish is meant to approximate that staple dinner item of pasta and meat, but with a more healthful and gluten-free twist. I use venison, but crumbled tempeh or tofu, and any ground meat, would work well enough. As usual, a little weird, but there is never any left at our house...

Venison (or Tempeh) Helper

— Michael Karsh, Produce Manager and Member Owner

- 3 C cooked Pasta
- 1 lb ground Meat, Tempeh or Tofu
- 8 T Oil
- 3 T Nutritional Yeast
- 2 T Masa Flour
- 1 t granulated Garlic
- 1 t Paprika
- 1/4 t ground Black Pepper
- 1/2 t Parsley
- 1 t Salt
- 1-1/3 C Water

Boil pasta and drain. In a heated saucepan combine 6 T oil, nutritional yeast, Masa flour, granulated garlic, paprika, pepper and parsley. Sauté over medium heat, stirring frequently, for 1 minute. Add water and salt, and stir frequently while allowing to bubble for about 3 minutes. The goal is to allow the starch in the Masa flour to thicken the sauce, and the germ of the grain to get cooked so the final sauce is smooth and flavorful. More water can be added to adjust texture as desired. Once it has reached your desired texture, remove from burner. Now heat a large skillet, and brown your choice of protein in 2 tbsp oil. Once that is done, add pasta and sauce, and heat through. Serve warm!