

back 40

by Michael Karsh, Produce Manager & WFC Owner

The cold always drives me to the kitchen and hearty fare, and weather was the hallmark of much that challenged us this last growing season. Flooding brought huge losses to Food Farm (the reason we were waiting so long for carrots and broccoli) while drought shrunk the onions and a late frost early in the year shrunk the apple crop throughout the region. The flooding on the east coast and the damage to infrastructure brought even more tightening to our supply of

We know that cooking from scratch gives you the most flexibility and money savings in your kitchen, but what if you are a scratch cooking neophyte?

products this year. Ultimately, these are all quite small challenges when we look at the images from other parts of the country; rather it is a challenge to be even more creative, and that’s what this issue is all about!

We know that cooking from scratch gives you the most flexibility and money savings in your kitchen, but what if you are a scratch cooking neophyte? Here are ten tips for purchasing, using and storing produce so that it will serve you and your budget well in the coming season:

1. When introducing more greens into your family’s diet, start out with something mild like chard or Lacinato kale. With the chard you get two vegetables for the price of one. Chop those stems and use them like celery in salads and other dishes. Store them in a plastic bag or air-tight container. If greens look wilted, soak them in lukewarm water for 15 minutes, then chill in the fridge.

2. If you are baking with apples, choose our bags of “Sale Apples” that have a few bruises versus the 3# bagged versions. This is because the bags tend to have smaller apples which are great for lunches and individual snacking, but the small size means you spend more time prepping them than the larger sized apples. Plus, the Sale Apples are a great value!

3. Store your potatoes in the refrigerator if you do not go through them quickly. Organic potatoes are not treated with sprout inhibitors and so will sprout faster than their chemical-laden peers.

4. When you are trimming up vegetables—such as celery, carrots, onions and the like—save the trimmings in a gallon plastic bag in your freezer to use for making stock another day.

5. Typically, bagged table carrots are just not as pretty as the bulk version; if this is not a problem for you, it will be no compromise in taste and nutrition to buy the bag and save on the price.

6. Check out the Environmental Working Group website (www.ewg.org) and look over their lists indicating which produce items have the largest and smallest pesticide load. WFC sells non-organic options for price breaks, and we typically follow the Clean List closely.

7. When buying a head of lettuce, peel eaves from the outside, leaving the stem intact versus chopping the whole head up (unless you have a dinner party going on). This prevents scarring and breakdown on the remaining leaves and gives the lettuce better storage capability.

8. Cut the tops off your green top root crops (e.g., carrots and beets). The tops are fed by the root, and will draw off moisture and vigor in storage. Note: carrots tops are great for rabbits, not so much so for people. Beet tops, however, are more nutritious than the roots!

9. Do not wash an entire container off berries unless you intend to eat them all right away, it reduces shelf life significantly.

10. Never store your tomatoes in the refrigerator; cold destroys taste and texture. Instead, if you want to have tomatoes over a period of time, select them for firmness and ripeness to accommodate your time schedule for eating them just as you do with bananas and other soft fruit.

As we move into 2013, feel free to stop by and ask questions about anything we carry, and share your stories about what you are doing with produce in your own kitchen. We love to hear from you! [GG](#)



HUMMUS MARAK

Submitted by Michael Karsh, Produce Manager & WFC Owner

- 4 T olive oil
- 2 medium yellow onions, coarsely diced
- ½ t fenugreek seeds
- 4 cardamom pods, crushed
- ½ t cinnamon, ground
- ½ t paprika
- ½ t turmeric powder
- 1 t parsley flakes
- 2 t salt
- 8 C water
- 4 C garbanzo beans, cooked and salted
- 2 T dates, chopped

Pour olive oil into a heated, medium-sized saucepan and warm through. Add onion and fenugreek and sweat, covered, over medium heat for 5 minutes. Add cardamom pods and sweat for 5 minutes more, stirring periodically until onions turn a golden brown color and become slightly transparent. Add remaining spices, salt, beans and water and turn heat up to medium-high. Bring soup to a boil, then reduce heat and simmer for 10 minutes. Stir in dates and simmer for 5 minutes more. Turn off heat and allow to stand for 10 minutes. Serve with Prepared Cheese (see following recipe) and pita wedges or GF Flatbread (see following recipe). Serves 6.

PREPARED CHEESE

Submitted by Michael Karsh, Produce Manager & WFC Owner

- 24 oz container of small curd cottage Cheese
- 1 strong cheesecloth or jelly bag

Drain off as much of the liquid from the container as you can before removing cheese. Spoon into bag and rinse well under cold water, seeking to remove as much of the milky liquid as you can. Twist bag until it creates significant pressure on the cheese and continue to knead/squeeze it until very little liquid continues to come out and the texture of the cheese is dry and densely packed. Keeping the cheese in the bag, press it into a mold of your choice and refrigerate for at least one hour. Unmold and remove from bag and place on a plate to serve with soup. A nice thick slice on top of the steaming broth when serving is ideal!

GLUTEN-FREE FLATBREAD (continued)

Preheat oven to 375° F. Mix dry ingredients well in a large bowl. Add wet ingredients and mix with a hand mixer on high for 2 minutes. Grease a large (non-aerated) pizza pan and spread dough out evenly over whole surface with a dampened spatula. Bake for 15 minutes or until starting to turn golden in color. Cut into desired shapes with a pizza cutter. Great warm or cooled, also makes an excellent pizza crust. I recommend serving these with serving with them with caramelized onion, bacon bits, and a bottle of Żywiec (Polish Beer).

Try these honey-roasted carrots and see if they bring on your dance. Mmm, mmm, these are sure to get you dancing without a whole lot of work. —Organic Options

HONEY ROASTED CARROTS

Adapted from Organic Options via www.allrecipes.com

- 8 carrots, peeled
- 3 T olive oil
- ¼ C local honey
- salt to taste
- black pepper, freshly ground to taste.

Preheat an oven to 350° F. Place whole carrots into a baking dish and drizzle with olive oil. Mix until the carrots are completely covered with olive oil.

Pour on the honey evenly and season to taste with salt and pepper and mix until evenly coated.

Bake in the preheated oven until just tender, or cooked to your desired degree of doneness, 40 minutes to 1 hour.



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annual recipe issue

GARBANZO GAZETTE



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WHOLE FOODS CO-OP HOLIDAY HOURS

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STORE HOURS:
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Ownership Investment:
\$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 Co-op to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is January 31, 2013. 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

SHARE THE LOVE

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

management report

by Sharon Murphy, General Manager & WFC Owner



"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."
– Whole Foods Co-op Ends Statement

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

BALLOT RESULTS

Results of the 2012 Board Election and Issues Ballot:

- With appreciation to all Board candidates, the following Owners were elected to three year-terms effective in October 2012: Jennifer Cummings, Chris Edwardson, Mickey Pearson and Jean Sramek.
- A majority of Owners voting chose Growing Farms, a Northeast Minnesota farm incubator project, as the recipient of the balance of unclaimed abandoned equity for 2012.
- Owners also voted approval (284 in favor, 13 opposed) for amendments to WFC's Articles of Incorporation increasing the shares of Class A and Class B stock to allow for thousands more Owners and increasing shares of Class C stock which will allow the Board to develop policies offering Owners the option to invest in increments of \$500/share. There are no additional votes or benefits for Owners who choose to invest in Class C stock. In profitable years, the Board may declare a dividend to be paid on Class C stock. Details on the opportunity to purchase Class C stock will be mailed to Owners in early 2013.

BOARD ACTIONS

Board Actions Reported at 2012 Annual Owners Meeting:

- The Board approved a change in the payment plan for Class B stock (\$80) from two years to one year from the date of purchase of Class A stock. This change will be effective January 1, 2013, and will not impact the payment plan for Owners who join prior to that date.
- The Board approved a change in the Owner Household Policy to require that the Owner (first person named on the Subscription Agreement) reside at the address for that Owner number.
- In consideration of achieving higher than expected sales growth and lower than expected expenses in FY 2012 and after absorbing the "extraordinary expense" of over \$375,000 for flood repairs, the Board approved a patronage rebate for FY 2012 in the amount of \$323,133. Eighty percent (80%) of this patronage rebate will be retained as equity and 20% (\$64,627) will be distributed to Owners prior to December 31, 2012, in proportion to their purchases during FY 2012.

STRATEGIC PLAN

Management's Strategic Plan for Growth of WFC:

Following a joint Board and Management Team meeting on August 27, 2012, the Board accepted management's Strategic Plan for Growth of WFC. The intent of this plan is to focus our energy and resources on internal readiness to support an additional location as well as on debt reduction and operational improvements to better serve our Owners, employees and community. We agreed that growth is needed to sustain our business and to achieve progress on our ENDS Policy including, but not limited to, creating a larger market for LOCALLY grown and produced foods and ending up with a healthier community.

Management will engage professional services for independent analysis of market capacity and potential sites and will consistently include opportunities for Owner input on site criteria and expectations through surveys, annual meetings, owner forums and posting plans for comment. In this International Year of Cooperatives, WFC is proudly aware of what makes us important to our community:



**WHOLE FOODS
CO-OP**
Community Owned
That's the Difference

COOPERATIVE ENTERPRISES BUILD A BETTER WORLD

notes from the front reduce, reuse, redeem 2.0

by Michael Olker, Front End Manager & WFC Owner

For the past 6 years, WFC has been offering an incentive to customers who bring reusable bags to pack their groceries. Shoppers can choose credit in the form of a punch card or may choose to donate their credit in the form of an electronic entry at the registers. Each punch or donation is worth \$0.05. For those who choose to collect punches on a card, the card is worth \$1.00 off a purchase of \$1.00 or more when full (20 punches).

For those who donate their 'punch', we tally the total monthly entries of donated punches through our Point of Sale system and issue a check to

Second Harvest Northern Lakes Food Bank. Thus far, Second Harvest has received over \$13,000 in donations from WFC on behalf of shoppers who choose to donate when they bring their own bag. We love the success of this program and we get a warm fuzzy feeling each month when we issue the check to Second Harvest. You should too. It is your practices that make this happen.

To help make this program even better and to assist with the financial needs of Second Harvest, your Co-op will be adding to the donation amount! Starting January 1, 2013, WFC will kick

in an additional nickel turning each donation into \$0.10 for donated bag credits.

Donating is easy, fast and paperless. Just tell your cashier you'd like to donate your bag credit, and voila! Ten cents goes to Second Harvest. Don't worry if we forget to ask or if you forget to tell us, we default to donations when you bring your own bag. We know that our local food bank will tremendously appreciate this money, and we hope that you continue to bring your shopping bags and keep this program going strong! Go Co-op! **CG**



the buzz

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

STAFF NEWS

Congratulations to MOD Lisa Moran as she launches her small business website: lisamoranphotography.com. She reports the site is still a bit under construction, but 'tis very exciting nonetheless. Lisa is a fantastic local photographer with reasonable rates, so if you're in the market, here's a chance to support one of your co-op staffers. Best of luck to you, Lisa!

Valerie Acquard of the Front End and Customer Service desk reports that she and husband Josh had a successful garden this year, yielding about 20 pounds of tomatoes, 10 pounds of carrots, four new types of flowers, and enough squash to last the winter. Valerie also lauds her "first successful bell peppers planted from seed!" Despite a challenging growing season, "This is proof that small-scale, organic gardens can be productive and prolific even in the face of farming adversity," say the happy growers.

STAFF ANNIVERSARIES

December

Brooke Carlson, Finance	1 year
Adam Luesse, Produce	1 year
Cara Scannell, Deli	1 year

Front End Clerk Jonathan Kresha reports he is having a fabulous time teaching Spanish part-time in Proctor, as well as giving private German and Viola lessons. Talk about a renaissance man...and a wonderful instructor, to be sure. Happy teaching, Jonathan.

Exciting news for Deli Counter Clerk Kathleen Roberts as she launches a new online magazine, PROOF, through provegallery.com. She recently e-published the first issue and is looking forward to more projects to come. Congratulations, Kathleen!

Adam Hakkila Wisocki, Promotions & Education Coordinator, is excited to report his journey into the world of crafting beer. He celebrates his first gluten-free creation, "Sassy Pants Ale", and looks forward to many more brews in his future. We look forward to an invitation to his tasting party (hint hint)!

January

Taylor Goebel, Deli	1 year
Angela Hanson, Deli	2 years
Sarah Kocian, Produce	1 year
Alex Mohrbacher, Produce	6 years
Debbie Manhart, Deli	13 years
Eric Reed, Merchadising	8 years

Customer Service Clerk Eric Nied announces his upcoming art show in the Brewery Creek gallery at WFC in January, featuring paintings on original window glass from the 1920's central Wisconsin home he grew up in. We're looking forward to your show, Mr. Nied. A sneak peek can be seen here:



Spring by Eric Nied, Customer Service Clerk & WFC Owner, Acrylic on vintage glass window

February

Amanda Borgren, Finance	5 years
Justin Hemming, Deli	13 years
Lisa Moran, Front End	2 years
Sharon Murphy, GM	33 years
Rianna Reiter, Deli	7 years
Shannon Szymkowiak, P&E	10 years

rising stars

by Dylan Savall, Front End Assistant Manager & WFC Owner

This past October, I, along with Assistant Produce Manager Alex Mohrbacher, Deli Counter Assistant Manager Alyssa Elliott, and Assistant Merchandising Manager Marit Eales were given the opportunity to attend Rising Stars training in Austin, Texas. Three experts in the organic food and co-operative movements facilitated Rising Stars: Carolee Colter, Mark Mulcahy and Allen Seidner. This three-day training covered a variety of topics that the four of us will be able to incorporate into our individual positions, as well as our interactions with the entire co-op.

The trainers presented new ideas and concepts that I am excited to implement in the Front End Department. For example, modifying the interview process to ask more behavioral questions for motivational fit is one method that can help reduce the amount of staff turnover. The Front End is striving to reduce turnover by hiring and retaining employees that fit well with WFC. I will also be looking at ways to help our operations run more efficiently as a department. Part of this will include making change more normalized... but not change for the sake of change since it is best to critically analyze our systems and processes in order to effectively implement any changes. This will be done with input from both Owners and staff. Finally, I am hoping that through more staff training opportunities we will be able to empower our cashiers to make more decisions regarding transaction procedures and/or inaccuracies so our owners won't have to hear, "hold on, let me get a manager." I want the co-op to continue to offer the best service in town.



Assistant Merchandising Manager, Marit Eales and Assistant Front End Manager, Dylan Savall on tour at Wheatsville Co-op in Austin, TX

The four of us were also given ideas to be implemented in all departments. First, we would like to look into more training opportunities across the departments for product knowledge and to streamline operations. An additional aspect of this would be to develop a more consistent communication plan across departments. We are all hoping to utilize the three-step training process that we were taught to better train new employees and employees in new positions. This process will ideally assist new employees in retaining the large amount of new information given during training. Lastly, we will continue to pay attention to the financial success of the store as a whole as well as the financial success of our individual departments and focus on the relation between the two.

While in Austin we did have some time to explore the city. We stopped at some shops and ate at a wide variety of restaurants and food trucks. Our first night there we were able to see the world-famous "Austin Bats" (if you are unfamiliar with the Austin Bats I would suggest Googling it). The best part about the trip, outside of the training of course, was the tour of the Wheatsville Co-op. The staff at Wheatsville was extremely welcoming and they were all willing

to answer any questions we threw at them. We also had the opportunity to visit the Black Star Pub and Brewery Co-op, which just opened this past year. Black Star is a brewery and restaurant that is run on similar co-operative principals as Wheatsville and WFC.

The four of us were honored to represent WFC at rising stars and would like to give a big THANK YOU to our GM Sharon Murphy for this incredible opportunity. We are all looking forward to implementing the knowledge and skills we acquired at Rising Stars. GG



The curious cats, Galileo and Roundelay show the versatility of the reusable Co-op Stronger Together bag. They do recommend washing the bags before shopping!

STAFF AWARDS

September



Gumby Award
Kenny Bitzer
Manager on Duty (MOD)



Customer Service
Elise Ames
Produce Clerk



Safety Award
Grainger Scherer
Merchandising Clerk

October



Gumby Award
Alex Linn
Front End Clerk



Customer Service
Daniel Norgard
Front End Clerk

November



Gumby Award
Erin McDonnell*
Merch Clerk & Deli Cook/Baker



Gumby Award
Adam Luesse
Produce Clerk



Customer Service
Eric Neid
Customer Service Clerk

Correction from August



Customer Service
Erin McDonnell*
Merch Clerk & Deli Cook/Baker

* Sorry Erin! We misprinted your last name in the previous Gazette issue. Erin McDonnell, was the recipient of the Customer Service Award for the month of August, not Erin Eklof.



BOARD OF DIRECTORS

Jennifer Cummings

Board Recruitment Committee
Term expires 2015
[jcummings@wholefoods.coop](mailto:jcumings@wholefoods.coop)

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Board President
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Finance Committee
Term expires 2015
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Vice President
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Term expires 2014
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INTERESTED IN HOW THE BOARD WORKS?

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



ownership matters

by John Westlund, WFC Board Treasurer

At the annual meeting in October held at the DECC 125 owners plus 54

guests came together to learn how their Co-op did over the past year. The financial performance was very good in spite of a \$375,000.00 one-time charge for repairing the flood damage of this past summer. Information was shared about what is planned for the future, and changes that were made to our ownership capital structure that will facilitate growth and expansion in the future.

When we look at the cooperative principles that WFC is founded on we see that ownership is voluntary, each Owner has one vote, and Owners benefit themselves and others through support of Whole Foods Co-op. Owners, by being owners, show their concern for our community by supporting our ENDS policy, which allows us to work for the sustainable growth of our community. WFC made contributions to community organizations during our fiscal year ending June 30, 2012 totaling \$28,523.00.

I want to share with you why ownership matters. We all know that without Owners, there would be no WFC. So here is a story about how the Owners helped each other after the June flood.

Remember the flood of June 20th? Many people and businesses were affected by this disaster.

WFC was no exception. We lost a major part of our parking lot, the new expansion lot was damaged, and we had only 19 parking spots left out of 54.

We were concerned that WFC would suffer a large reduction in business. Boy, were we wrong. Our Owners didn't stop shopping. Our deli sales were up over 2011 by almost 12% from July through September. Our average number of transactions was up over 2011 by 6%. We had 189 new Owners join in the July–September period. Sales growth was over 9.5%, and operating income was up 7.2%.

Owners really came through during a very difficult time. Even through all the difficulties we encountered, you, the Owners of Whole Foods Co-op, had the patience and loyalty to carry WFC forward. Our individual success as Owners is derived from our use and commitment to the WFC. It was noted at the annual meeting that because of our ownership's commitment, a patronage rebate of \$64,627.00 will be paid to Owners in good standing prior to the end of 2012, in proportion to their purchases during FY 2012.

The co-op was also the recipient of an outpouring of support from co-ops across the country as they learned of our flood damage; cards, emails, and gift baskets were sent to the staff.

We must recognize the support of one local cooperative, Builders Commonwealth. They were by our side through

the entire project. From early morning on the 20th of June to completion of the rebuild in late October they provided safety, clean up, protection of assets, and the supervision to get the job done.

The United Nations declared 2012 the International Year of Cooperatives. WFC shared education about the cooperative business model, articles concerning the IYC, and continual information about IYC from October 2011 through October 2012.

At the annual meeting we had an exercise to come up with headlines for news stories from the future about the WFC. I picked out some that I thought spoke volumes of what our ownership thinks of their co-op.

- Co-op wins national award for customer service!
- Co-op's community gardens successful beyond expectations!
- WFC supports Local Agriculture Movement!
- WFC expands to two new locations East and West!
- WFC ownership exceeds 20,000!

These are just a few of the many headlines submitted (see more on page 14). With a strong, committed, and positive ownership they all are just a matter of time! **GG**



board report

by Chris Edwardson, WFC Board President

Your Board of Directors wants to thank all of our Owners for their

patience, persistence, and purchases while we were undergoing the big fix of our parking area. Now that the parking lot is open, I hope we can get back to business as usual and move forward with plans to learn where and when we can open a second site in Duluth.

If you missed this year's annual meeting, that was one of the "announcements" that was made. The DECC did a great job of catering this event and gave us a beautiful room with great views of the harbor. We were so impressed, we plan to hold the meeting there again next year. Please plan to attend and join other Owners in celebrating, learning, and participating. It is your co-op and your voice matters.

Writing about celebrating reminds me that I have the pleasure to let you know that the Board declared a patronage rebate for Owners. The check you

receive this year may not be quite as much as last year, but considering the damage done by the flood we are still in a good financial position and doing a patronage rebate is good for WFC. The details of how a patronage rebate works, who is eligible, etc. can be found at www.wholefoods.coop. I encourage you to visit our website to learn more. And please be sure to cash your rebate check, because we eventually pay tax on uncashed rebates.

One very positive effect of a patronage rebate is that the equity portion of our balance sheet increases. And that is also one of the advantages of our soon to be offered Class C stock. We plan to sell Class C stock to pay off our debt (what we owe the credit union for our store and the SBA for the parking lot repairs) and in so doing we will increase our equity (ownership value), which in turn improves our balance sheet. Putting together the Class C offering will be one of the major tasks for the Board during the next few

months. I think you will find after reading the prospectus and learning more about how this Stock works, you will agree that Owners made a great decision to authorize the offering.

A strong balance sheet will allow WFC management to proceed with confidence on their plan (wholeheartedly supported by the Board) to explore the potential of opening a second store in Duluth in the next three to five years. You will have plenty of input into this process and by the time you are reading this the Board will be discussing just how we will gain insight and participation from our Owners. But as always, you can contact us by e-mail at any time with your thoughts, questions, concerns, etc. You elected us and we are dedicated to serving the best interest of all our Owners.

In closing, thanks again for continuing to support your store, especially during difficult times. Be proud that you are an Owner of WFC, helping to sustain the local economy. **GG**

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new owners!

Fiscal Year 2013 began on July 1, 2012. Since then, 263 people have become Owners of your co-op, including these folks who joined from August 1 – October 31. Welcome to Whole Foods Co-op!

Robb Garni
Marilee K Malec
Natalie Johnson
Paul J Tuite
Susan M Jordan
Jacqueline O Bensman
Michelle M Reynolds
Luke Morcomb
Michele Rene Jackman
Beverly G Peterson
Stephen Thayer
Bethany Berry
Laurie E Miller
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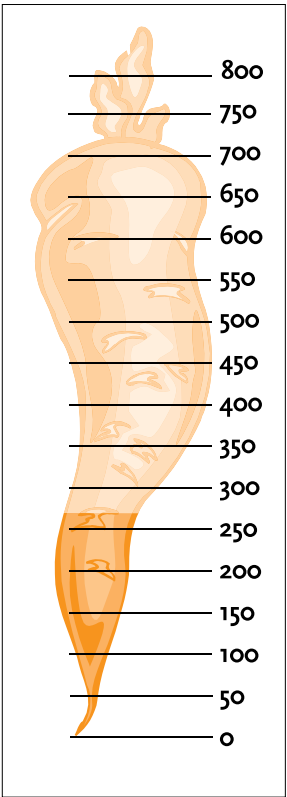
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Brooke Hatlestad
Anne Woolley
Michelle Macdonald
Kathryn R Draeger
Amy Demaster

EQUITY PAYMENT REMINDER

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

Sheena Rowe
Laura Dahl
Don Brewington
Joseph R Ismil
Stephen E Baillie
Fiona M Ohalloran Johnson
Donald Werdict
Amy Jo Swing
Alexandra C Quick
Michael Hartley
Jeffrey J Cadwell
Callista J Nelson
Scott D Mccollam
Marinda S Reid
Luke D Sharman
Jefferey A Antonson
Jessica L Peterson
Brian R Downing
David A Brown
Stacy White
Angela M Sharp
Grant P Oseland
Amber Griffith
Catherine Hanson
Jordan Hawkinson
Michael Levar

Gary Rosier
Lisa M Thorsvik
Gregg A Morris
Kimberly A Storm
Sonja J Anderson
Kyle Eklund
Yvette C Ibrahim
Lisa A Filiatrault
Karlee Jo Davey
Dustin Schallert
Laura S Mullen
Judy Gordon
Susan Dedina
Wing H Chan
Matthew M Kent
Thomas Deschenes
Mark Bryngelson
Lynn Mcginty
David A Cincoski
Stephanie Ann Goldfarb
Zakeyyeh Y Wazwaz
Garrett V Soper
Corina J Ganje
Karl Moe
Lorraine Lubiani
Kathy Shryack
Katrina JWeisinger



Terry Sandiford
Jonathan W Opacich
Peggy Rouleau
Tyler M Seymour
Lindsey Asbury
Peter Reynolds
Susan N Brewer
Jay Ferguson
Timothy S Velner
Paul Hitz
Andrew Hyser
Bradley Hembree
Kyle Dickinson
Matthew Gordon
Craig Gustafson
Erik Elmstrand
Miranda L Lynch
James Hyde
Pamela S Johnson
Richard Youmans
Kelly Finnegan
Alexa K Stabe
Debra K Karvonen
Morley C Spencer
Debra A Gonser
Kristen Dobosenski
Rachel A Kostelic
Kimberly E Hollencamp
Roseanne C Byrne
Margaret R Simon-Conley
Eileen Brown
Jenna Krueger
Barbara F Savage
Carrie A Lane
Shelia C Sumner
Gabriel J Gardner
Thomas M Patten
Shelley Zuehlke Chandler
Joan M Najbar
Lexi R Raisanen
Kim Svoboda
Jill-Ann Hoag
Carl F Berwald
Katja M Cappette
Mike Haasch
Wilfred C Anderson
Anna Kohlhaas
Elsa Swenson
Diana Sartell
Andrew Pudwill
Sara Collins
Eleonora Lesar
Josette Olson
Laura Crosby
Travis S Calgaro
Erika B Hamre
Janet S Rosen
Deborah Kimball
Aurora Baer
Cecelia Livingston GG



NATIONAL CO-OP MONTH IN 2012: INTERNATIONAL YEAR OF COOPERATIVES

In honor of October as National Co-op Month:

- WFC matched 1% of sales on Saturday, October 20, raising our total donation to the Cooperative Development Fund's Howard Bowers Day event to \$740. The purpose of the Bowers Fund is to strengthen the food co-op community and it does this by giving grants for the training and education of food co-op staff, managers and board members.
- WFC made a \$500 commitment to the National Cooperative Grocers Association/ NCGA World Food Day promotion in support of the No Kid Hungry campaign. In advance of World Food Day (October 22), NCGA and its member food co-ops across the country, including WFC, committed \$106,000 to the campaign to fight childhood hunger in the U.S. On October 22nd WFC received \$230 in customer "round-up" donations at the checkouts bringing WFC's total contribution to the No Kid Hungry campaign to \$730.
- And WFC contributed \$500 to NASCO (North American Student Cooperatives) for scholarships to the Cooperating to Survive and Thrive Beyond Capitalism: Building a Solidarity Economy Conference in Ann Arbor, Michigan, in November 2012.



THANK YOU KYLE MAUNU!

For several years, WFC Owner Kyle Maunu has generously donated a portion of his antique Co-op Brand merchandise for display during October (Co-op Month). In honor of the International Year of Cooperatives, the display will be up longer. It cn be viewed in Produce.


ITEMS ON LOAN

Many thanks to the Carlton County Historical Society for the loan of three display boxes of photographs of area cooperators and their co-operatively-owned businesses from the early Twentieth Century. Look UP when you are shopping to find these displays.

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.

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WFC-U winter classes December 2012 – February 2013

DECEMBER

Gluten Free Cookie Baking Ellen Turner

Saturday, December 8th
10:00 AM – 12:00 PM

Whether you suffer from gluten allergies and have become a jaded consumer of sub-par baked goods, or you simply love a challenge, this class is right for you. We will focus on cookies, including a few holiday-themed varieties. Chocolate will be featured prominently in many of the recipes. Tips and tricks for making successful gluten-free cookies will be shared. So come ready to eat, learn, and explore the many challenges and rewards of gluten-free baking!



Learn new skills!

Basic Holiday Bread Baking 101 Kathleen Busche

Sunday, December 9th
12:00 PM – 3:00 PM

If you have been longing for the smell of fresh baked bread cooling in your kitchen... this is the class for you. Designed for beginners (or those that have tried, but never been successful), in this class you'll learn the basics of baking bread using recipes for a few favorite holiday breads (cinnamon rolls, challah and cardamom coffee bread). Class will cover: the basic ingredients used in bread, the importance of temperature, how to work with yeast, the tricks to getting your dough to rise, kneading and shaping bread. At the end of class participants will have the skills to enjoy the pleasures of freshly baked bread. This is a hands-on class. Please bring an apron and loaf bread pan to class. You will be going home with a loaf of bread ready to be baked.

JANUARY

Inner Fuel for Outer Cold! Sonja Ramos

Saturday, January 12th
10:00 AM- 12:00 PM

Are you an outdoor enthusiast? Do you scan the skies for the first flakes to fall and run to your wax bench and blow the dust off the skis or reach into the depths of that closet under the stairs for the snowshoes? If so, THIS is the class for you! We will talk about all things active and all things outside and most importantly, how to fill your tank with the appropriate fuel to exceed all your expectations for a most excellent day outside that DOESN'T have any room for sugar crashes, low blood sugar or a cold core! This is a hands-on class where you'll get down and dirty with some of the best ingredients on the planet for your body temple. Prepare to make some yummy treats that are portable and calorie dense to fuel you for hours. You will also learn about great foods to keep on hand for cold climates like ours and tips on keeping your inner core warm, which is vitally important if you spend a lot of time outside in the cold!

JANUARY (continued)

The Grain Station Esther Piszczek

Tuesday, January 15th
6:00 PM – 8:00 PM

Are you interested in including more whole grains in your diet, but find the bulk section overwhelming? Come learn how to identify, buy, store, and prepare whole grains, as well as increase whole grains in your diet. Samples and recipes will be provided.

The Gluten Strain Dr. James Hoeffling

Tuesday, January 29th
6:00 PM – 7:00 PM

Gluten-Free seems to be the big buzz word right now. You hear the term more frequently and likely know someone is on the "diet". Why does eliminating gluten affect different people in different ways?

Dr. Hoeffling, a certified gluten coach, will breakdown the gluten-free mystery and will answer many of your questions concerning this topic such as:

- What is gluten?
- Why do some people notice big changes going gluten- free and others do not?
- What is causing this sudden "out break" of gluten sensitivity?
- How does gluten affect health conditions including Autism, ADHD, osteoporosis, and many auto-immune conditions including RA, MS, Psoriasis, and Thyroid.
- It seems like everything has gluten in it, what can I eat?

Gluten-Free Tour de Taste: Tour Hosts: WFC Promotions & Education Staff

Wednesday, January 30th
6:00 PM – 7:30 PM

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

FEBRUARY

Naturally Leavened Breads for the Home Baker I Kathleen Busche

Saturday, February 2nd
9:00 AM – 12:00 PM

The benefits of baking naturally leavened bread include drop dead gorgeous loaves of bread that are not only easier to digest but are also better tasting and last longer than bread made with commercial yeasts. In this introductory class, you will learn the basics about how to grow, feed and maintain wild yeast (sometimes referred to as sour dough); the health benefits of using naturally leavened breads; working with time and temp to schedule bread baking around a busy schedule; how to create complex flavors using "wild yeast"; and how to use your home oven to create beautiful artisan bread.

This will be a hands-on class. All class participants should bring an apron (and a clean glass pint jar if they wish to take home starter. Bread tasting will occur at the end of class.

FEBRUARY (continued)

Intro to a Whole Foods and Plant-Based Diet Claire Musech

Tuesday, February 5th
6:00 PM – 8:00 PM

Take charge of your personal health and wellness! Join the Buyer/Receiver of our Produce Department for an introductory course that will equip you with the knowledge to begin a journey towards better health through a plant-based diet. We will explore the basic of this lifestyle from how to shop whole foods, distinguish different greens, make fresh juice, and prepare delicious meals. Come curious and leave inspired. This class is designed for the beginner.

Intro to a Whole Foods and Plant-Based Diet Claire Musech

Saturday, February 9th
2:00 PM – 4:00 PM

Take charge of your personal health and wellness! Join the Buyer/Receiver of our Produce Department for an introductory course that will equip you with the knowledge to begin a journey towards better health through a plant-based diet. We will explore the basic of this lifestyle from how to shop whole foods, distinguish different greens, make fresh juice, and prepare delicious meals. Come curious and leave inspired. This class is designed for the beginner.

South of the Border II Debbie Manhart

Wednesday, February 20th
6:00 PM – 8:00 PM

When you look at a map you notice the vast multi-colored shapes that are Nation States the world encompasses. Unfortunately these are not little scratch-and-sniff gateways into that regions specific local cuisine. This class will explore several Central American regions' cuisine that will get your mouth watering and wanting to learn more about the cuisine in the different regions south of our border.

Naturally Leavened Breads for the Home Baker II Kathleen Busche

Saturday, February 23rd
9:00 AM – 12:00 PM

Class II will take you to the next level of bread baking. This class is specifically designed for participants who have either taken Class I, or have had some experience using naturally leavened bread and want more depth and understanding. The class will utilize participant's experience as well as the instructor's fine tuning skills to create naturally leavened artisan breads at home. Though the basics will be reviewed, the focus will be on using our shared experiences to help perfect the quality of naturally leavened breads baked in our homes. We'll cover: the differences between starters; using different flours for different breads; how to shape and score breads; different methods for creating crusty bread; trouble shooting mistakes; and using scientific methodology in baking. This will be a hands-on class. All class participants should bring an apron. If participants wish, they may bring a sample of their bread or starter. Bread tasting will occur at the end of class.

FEBRUARY (continued)



Delicious when it's made by you!

Dysfunctional Thyroid, a Lecture Dr. James Hoeffling

Tuesday, February 26th
6:00 PM – 7:00 PM

Why do I still have thyroid symptoms when my lab tests are normal? Sound familiar? If this is you or someone you know suffering from thyroid symptoms then this class is for you! Dr. Hoeffling will be discussing why you need to look at everything - not just the thyroid gland - to find out why you are having the symptoms you do. We will go over different causes of disruption of the thyroid that have little to do with the gland itself, what causes these disruptions, and what can be done to minimize these dysfunctions to get you back on the road to feeling good again!



Instructor Byron Johnson working the stove.

REGISTRATION

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

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

Online: Please visit www.wholefoods.coop

FEES AND CANCELLATIONS

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

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

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

QUESTIONS?

Contact: Adam Hakkila Wisocki or Shannon Szymkowiak

By phone: 218-728-0884

By email: pe@wholefoods.coop



gourmet to go

by Debbie Manhart, Deli Manager & WFC Owner

I have the wonderful opportunity of teaching public cooking classes for WFC. Recently, I taught a South of the Border class and focused on foods from Peru and Brazil and learned a lot about that region when doing research for this class that I thought I would share along with a few recipes.

In Peru and Brazil, rice is served with almost every meal even if there are a lot of other starches. Generally it's just plain, white rice. Breakfast normally consists of the previous day's leftovers and lunch generally isn't until 2 pm. Dinner is served around 8 pm.

Of course there is a lot of cheese to be had. Trying to source authentic South American cheese is very difficult in the States, but we recently found a good Cotija cheese that we now have available in our cheese case. Although this is actually a Mexican cheese, it has a flavor similar to Parmesan and texture similar to feta cheese. It is slightly salty and crumbles very well. It also holds up well to heat and I was able to make wonton wrapped cheese sticks out of it.

The base of almost all of the savory dishes is called aderezo or abogado and consists of red onion, garlic, and chili pepper (this is similar to the French version mirepoix that you might be familiar with consisting of onions, celery, and carrots).

I am currently scheduled to teach another South of the Border class in February when I will be focusing on Central American cuisine. Until then, here are a couple of Peruvian & Brazilian recipes for you to enjoy

QUESO TEQUEÑOS WITH GUACAMOLE (PERU)

1 package wonton skins
approximately ½ lb cold cheese
(cotija, farmers or feta work well)
avocados to taste
mayonnaise to taste
cayenne and/or chipotle powder to taste

Heat oven to 475° F (you may have to experiment to 500° F depending on your oven).

Cut cheese into sticks about ¾ the length of the wonton skin and about ¼ inch thick. Lay out a wonton skin and wet 3 sides. Place a cheese stick close to the edge of the side that you did not wet. Tightly roll the skin around the cheese and seal the other end edge. Squeeze the 2 sides together to form a tight seal. Set aside and continue the same process until skins are gone or cheese is gone or both.

Place seam down on a parchment paper lined sheet pan that has been sprayed with cooking oil. Spray the top of the sticks and place in oven for 5 to 7 minutes until browned.

Scoop avocado out and mash with mayonnaise (about 1 T per avocado). Add some spice to taste and serve with warm cheese sticks.

Note: These freeze or hold up well in the refrigerator and re-heat in the oven at the same temp for a couple of minutes.

Part of every child's birthday party and always available at tea time.



BOLITAS DE NUEZ – SWEET AS A NUT (BRAZIL)

2 C Brazil nuts, freshly ground
1 box Country Choice vanilla wafers, freshly ground
1 14 oz can sweetened condensed milk
½ C powdered sugar
cinnamon and chipotle powder to taste
dark or white chocolate to taste (optional)
cocoa powder (optional)

Mix together the nuts and wafers then add the condensed milk and mix until thoroughly combined.

Add cinnamon and/or chipotle powder to the powdered sugar.

Scoop out balls about 1 inch around and place in the powdered sugar mixture. Roll around and place on a tray.

Can be stored in a covered container in the refrigerator for about a week.

Other topping options: melt chocolate (dark or white) and drizzle over the top or roll in cocoa powder. **GG**



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news bites

SAVE THE DATE

Lake Superior Good Food Summit will be held March 8-9, 2013. Stakeholders from Northwest Wisconsin and Northeast Minnesota will come together for a conference designed to inspire, inform, connect and raise visibility about the people and issues that are part of a healthy, affordable, green and fair food system. If you have content ideas, send them to:

info@goodfoodnetwork.org

2012 FOOD CO-OP IMPACT STUDY

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

INTERESTED IN REGIONAL FOOD ISSUES?

Check out the information and opportunities at:

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

NOTARY SERVICES AVAILABLE

WFC's Finance Manager Dale Maiers is now a licensed notary. Dale's notary services are available free of charge to WFC Owners during week-day hours. Please call ahead (218) 728-0884, ext. 152, to be sure he is available.

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.

recipes

by Community Members, WFC Owners & Staff

Editor's Note: Each year, the co-op collects recipes to share with our shoppers. For several years, we have not only included recipes from our staff and Owners, but also from a non-profit that we work with during the year. Last year, we featured kale recipes from the Duluth Community Garden Program in celebration of the 2011 Vegetable of the Year. This year, we are coming back with a Vegetable of the Year encore, this time with beets. Thank you to all of our recipe contributors for making our world a little more delicious!



Here is one of my favorite ways to enjoy beets. I cannot claim these recipes as my own but this dish was a staple in my mom and both of my grandmas' kitchens. Anyone can make it their own by adding their personal touch. I cannot imagine eating this salad without good, crusty bread. It is "a marriage made in heaven"

I qualify this dish as "a marriage made in heaven" because I think that boiled eggs and roasted beets are the perfect complement to each other with the slight crunchiness and sweetness of the beets playing off the softness and chalkiness of the boiled yolks. The garlic/mustard vinaigrette plays an essential role as a sharp counterpoint to the qualities of the two other ingredients. Call me a French snob if you wish, but the best and only way to reveal the grandeur of the beet root is to roast it—period—unless you are making a borsch of course. – Francois

SALAD OF ROASTED BEETS WITH HARD-BOILED EGGS

Submitted by Francois Medion,
Duluth Community Garden Program

Roast the beets in the oven after washing them but without peeling or cutting the crown of the leaf stems or the end of the root off (they will bleed and loose moisture when roasting) – no oil is needed, but you can line your roasting dish with aluminum foil to prevent potential juice baking onto the dish. The oven temperature can be set anywhere between 350° and 450°. Time will depend on the size of the beets and the temperature; they are ready when the skin

wrinkles and the larger ones are easily punctured through with a fork. After letting them cool, the peel can be pulled off very easily.

Slice the beets ¼ inch thick, arrange on a platter and garnish with halves of semi-soft boiled eggs, or wedges of hard-boiled eggs, depending on preference. Drizzle with a home-made mustard vinaigrette. (see recipe below).

Garnishes can be added to this simple salad, such as blue cheese or goat cheese crumbs, walnut or pecan halves, or anchovies, as well as a sprinkle of chopped chives or parsley. Surrounding the beets with white Belgian endive leaves will add even more pedigree to this peasant dish along with contrasting flavor and texture. Enjoy with a slice of crusty artisan bread and a glass of chilled white or rose wine.

MUSTARD VINAIGRETTE: "A TRUE FRENCH DRESSING!"

Submitted by Francois Medion,
Duluth Community Garden Program

garlic cloves
dijon mustard (classic or old fashioned)
cold press extra virgin olive oil
balsamic vinegar
pepper, freshly ground
salt (fleur de sel—sea salt is preferred)

You will need: A medium size bowl, a fork or a small whisk, a damp kitchen towel, a garlic press, and a screw-top glass jar.

Roll the damp towel length-wise and make a loop with it that you lay on the counter. This is an old French trick which will allow you to whip the dressing with one hand while pouring the oil in a drizzle with the other and not having the mixing bowl dancing all over the counter. So let the mixing bowl rest at an angle on its towel nest, then process in this order: crush some fresh garlic, (3-4 cloves for a pint jar of dressing), add the mustard, (1-2 heaping table spoons for a pint jar), add the salt and pepper, (2 large pinch pepper, 1 large pinch salt), now add the balsamic vinegar while tossing the ingredients until the mix turns soupy (thick liquid). Finally, add the oil slowly in a continuous thin stream while beating the dressing...eventually, the emulsification will start to thicken, at this point, test your dressing, it should be very sharp but not overpowering...keep adding oil as needed. Once you've made this vinaigrette a few times you'll know exactly what you're looking for in taste, adjusting the amount of each ingredient. I usually make enough to fill a pint jar that will keep for few weeks in the refrigerator and that I use with all kind of salads.

Now, a few extra tips:

- Especially in hot summer days, it is much easier to get a good emulsification that won't break down if some of the ingredients are cold (the mustard specifically). If the emulsion breaks apart either when you're making it (using too much oil), or after being refrigerated for a while, here is another old French trick to re-emulsify it: add room temperature water a teaspoon at a time to the vinaigrette and beat it again.
- If you have a food processor, you can of course bypass the above technique to make the dressing and only mention old French trick for the bowl, to friends and family, showing the extent of your knowledge in classic kitchen lore.
- Make the dressing your own: skip the garlic altogether if you wish, replace the mustard with sour cream, use cider or red wine vinegar instead of balsamic, add a dash of walnut oil or smoked sesame oil for flavor, add any kind of fresh herb, or dry spice, or even a teaspoon of honey if you prefer it not so sharp...the sky is your limit, make the world your oyster as they say, I won't take it personally.

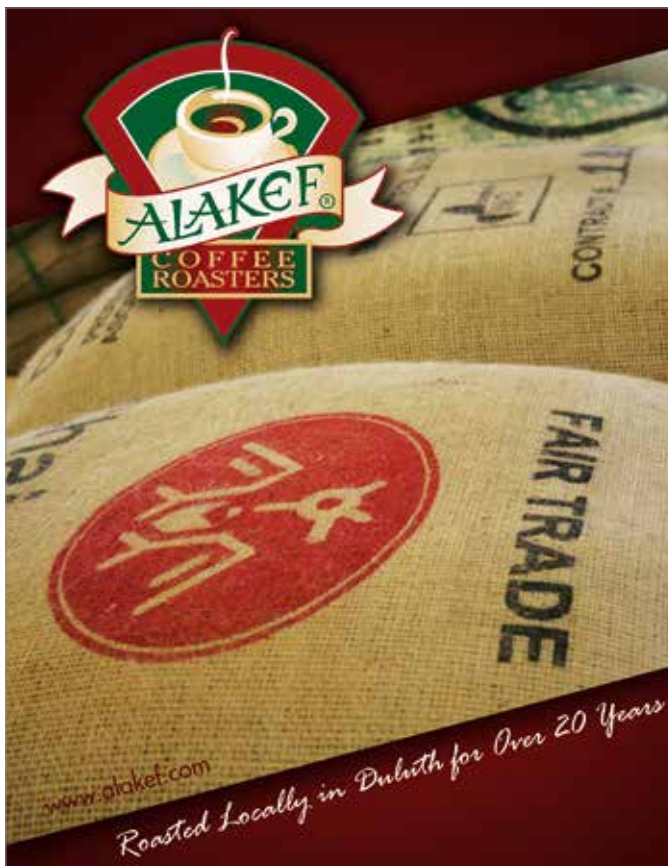


Curried Beets With Apple
Photo by David Johnson, WFC Owner

CURRIED BEETS WITH APPLE

Submitted by Cornelia Dacey,
Duluth Community garden Program

2 T vegetable oil
1 t cumin
1 onion, sliced
2 clove garlic, minced
1 C celery, diced
1 T fresh ginger, grated
¼ t cayenne pepper
1 t turmeric, ground
1 t curry powder
2 lb red beets, cooked, peeled and cubed
½ t kosher salt
2 apples, cored and cubed
2 T tamarind concentrate in ½ C water
1 t garam masala
½ C orange juice





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recipes (continued)

by Community Members, WFC Owners & Staff

CURRIED BEETS WITH APPLE (continued)

Cook beets by baking or boiling. Sauté onions, garlic, celery in oil until onions are opaque (about 2-3 minutes) add ginger, cayenne, tumeric, and curry and cook, stirring frequently for about 30 seconds.

Add the beets, apples, salt and tamarind concentrate and orange juice. Add more water if needed.

Bring to a boil, reduce to simmer and cover and let simmer for about 20 minutes. Stir in Garam Masala. Taste and adjust seasoning. Serve hot with brown rice.



Berry Beety Cheesecake Squares
Photo by David Johnson, WFC Owner

BERRY BEETY CHEESECAKE SQUARES

Submitted by Shannon Szymkowiak,
Promotions & Education Manager
& WFC Owner

- 1 ¼ C graham cracker crumbs
- 3 T butter, melted
- 1 C + 2 T cane sugar
- 16 oz cream cheese, softened
- 2 t lemon zest
- ½ t vanilla
- 3 eggs
- 1 medium beet
- 10 oz mixed frozen berries
(I use a mixture of cranberries,
raspberries and blueberries)
- 10 oz blueberry fruit spread
- squeeze of lemon juice
- pinch sea salt

Heat oven to 350° F. Wash the beet well and cut off any greenery. Place in an aluminum foil packet, loosely closed around the beet. Roast for one hour or until the beet is fork-tender. When cool, the peel should come right off. Chop to a fine dice.

While the beet is roasting, blend graham cracker crumbs, melted butter and 2 T cane sugar and press into the bottom of a lightly greased 9" x 13" pan lined with parchment paper. Bake 10 mins. or until golden brown. Remove from oven and cool. Reduce oven temp to 300 F once both the beet and the crust have baked.

BERRY BEETY CHEESECAKE SQUARES (continued)

In a small saucepan, combine frozen fruit, finely diced beet, berries, a squeeze of fresh lemon juice and a pinch of sea salt. Simmer on low heat until thick. You can start this before the beet is done baking and add the beet near the end of the simmer time to save time. You can also start with raw beet, but the process will take much longer and you will not get the nice caramelized sweetness of a roasted beet.

In a large mixer bowl, beat the cream cheese until smooth. Gradually add 1 C sugar and beat until fluffy. Add lemon zest and vanilla. Beat in eggs, one at a time. Pour over crumb mixture.

Using a tablespoon, drop dollops of the berry mixture on top of the cream cheese. Once you have used up all of the mixture, use a knife to swirl it in the cream cheese.

Bake 1 hour or until firm in center. Cool to room temperature. Store in the fridge until ready to serve.

NOTE: Cheesecake freezes well. Wrap it tightly with plastic wrap and aluminum foil for up to one month. Defrost in fridge overnight.



BEET NAPOLEON

Submitted by Jill Holmen,
Promotions & Education Coordinator
& WFC Owner

- 5 medium/large beets, sliced ¼" thick,
roasted until tender
- 1 C brown rice vinegar, unseasoned
- 1 C cane sugar
- 9 oz goat cheese, softened
- 4 t fresh chives, minced
- 2 ½ t fresh thyme, minced
- 1 t black pepper, freshly ground
- 1 T fresh lemon zest
- ¾ C fresh orange juice
- 1 T fresh orange zest
- 1 T balsamic vinegar
- 1 small shallot, minced
- 3 T sesame oil
- 2 T gomasio (roasted sesame seeds ground
with 1 t sea salt)

BEET NAPOLEON (continued)

In a 12 inch skillet, bring rice vinegar and sugar to a boil. Reduce heat to medium-low and, working in batches, cook beet slices for approx. 2 minutes, turning once. Transfer slices to a paper towel-lined baking sheet. Pat dry and let chill.

Mix together goat cheese, chives, 2 table-spoons thyme, pepper, & lemon zest in a bowl. Set aside.

Bring orange juice to a boil in a 1-quart. saucepan. Cook until reduced to approximately ½C (5-7 minutes). Let cool. Transfer juice to a bowl along with remaining thyme, balsamic vinegar, orange zest and shallot. Whisk together and slowly drizzle in sesame oil until well mixed.

Stack 'em up! Place one slice of beet on work surface. Spread approx. 1 tablespoon of cheese mixture over beet. Top with another beet slice, pressing down so cheese oozes to the edge. Repeat with a total of 4 beet slices and 3 layers of cheese mix. Slice each stack into quarters. Skewer with a pick, transfer to serving plate, drizzle with vinaigrette, & garnish with Gomasio. Serve fresh and enjoy! (Roasted, rough-chopped hazelnuts also make a great garnish.) Serves 4-6.

I love this recipe, but we only cook it in the winter when we need to be warmed up and kept that way for a while. This recipe yields enough for four people, with just the right gravy to biscuit ratio. — Val

WHOLE WHEAT BISCUITS, WITH GRASS FED GRAVY

Submitted by Val Acquard,
Front End Assistant & WFC Owner

- Biscuits:
- 2 C whole wheat flour
- 4 t baking powder
- ½ t salt
- ¼ C COLD, unsalted butter
- 1 C buttermilk or milk with 1 T of vinegar
or lemon juice

Combine all the dry ingredients. Cut the butter into little cubes. Using your finger tips rub the butter into the dry mix until you have lots of flattened flakes of butter in with the dry stuff. Do this quickly so you don't melt the butter much with your hands. Once the butters worked in, make a shallow dent for the milk and pour it into the dry stuff. Stir the batter 6-10 times. DO NOT OVER MIX. The batter will be lumpy, sticky, and a general mess. It's supposed to be like that!

WHOLE WHEAT BISCUITS, WITH GRASS FED GRAVY (continued)

Put the dough onto a large floured piece of plastic wrap or parchment paper. You can use your counter top if well cleaned, and you don't mind cleaning it again afterward. Using a well floured rolling pin roll the dough very minimally about ½" thick, cut into desired biscuit size. Bake at 450° F for 10 minutes. Alternately, you can drop the biscuits onto the cookie sheet making biscuit lumps rather than neat circles.

All the following measures are sort-a measures. You might need more milk, or flour. I always just eyeball this recipe, no precision here.

Grass Fed Gravy:

- 1 lb sausage (I use Pastures a Plenty ground pork sausage)
- 2-4 T flour (I've used various kinds of flour for this)
- 1-2 C milk
- salt and pepper to taste

Brown the sausage well, do not drain the sausage. Turn off the heat. Sprinkle 1 T of flour into the grease. Let the flour soak up some of the grease stirring it while doing s. Once the pan seems dryer, turn the heat on to low or medium and add the milk. Stir it well for a few minutes to let the milk

soak into the meat and the flour. Once it's mixed, let the mix simmer and thicken. Continue to sprinkle in flour until you reach the right thickness.

Always wait a minute or two before adding more flour, especially with whole wheat flour. It takes a little longer for whole wheat flour to do its thickening magic. It usually takes another 5-10 minutes to get the gravy thickened and cooked. Add salt and pepper to taste, I am usually a little heavier on the pepper with this gravy.

The gravy will be lumpy because of the sausage, so this will hide any other lumps in the gravy. With practice you can make it smooth, and if you make it often enough even your Grandmother will think it's better than hers. You can also add 1 T Pure Maple Syrup at the end of cooking the gravy, if you want to add some maple flavor.



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recipes (continued)

by Community Members, WFC Owners & Staff

CURRIED APPLE SOUP

Submitted by Jill Holmen,
Promotions & Education Coordinator
& WFC Owner

3 T butter, oil, or coconut oil
4 large garlic cloves, minced
2 C onion, chopped
2 T fresh ginger, peeled and minced
1 t sea salt
5 C apples, peeled & chopped (tart is better than sweet)
2 T lemon juice
2 t dry mustard
1 t turmeric
1 t cumin
1 t coriander
¼ t ground cloves
1 t chipotle spice (or cayenne pepper)
3 C apple juice
2 C vegetable broth (or water)
½ - ¾ C sour cream or plain, unsweetened greek yogurt (optional)
almonds, slivered and toasted for garnish, (optional)

Heat oil/butter in stock pot. Add onion, garlic, ginger and salt over medium heat and sauté for 5-7 minutes. Add spices. Sauté for 5 more minutes.

Add apples, apple juice, broth (or water) and lemon juice, and bring to a brief boil. Reduce to simmer for approx. 10 minutes or until apples are tender.

Pull from heat and blend until desired consistency (I like some chunks in mine, but it's up to you). Return to stock pot and add yogurt or sour cream, if you like. I think this adds a nice creamy consistency. Do not heat after adding the yogurt/sour cream.

Dish it up and serve it hot! Topped with toasted slivered almonds and some fresh pepper is quite lovely. Enjoy! Serves 4-6.

Here's one our kids like that can be made gluten-and dairy-free too. — Amy Jo

GLUTEN-FREE VEGGIE PANCAKES

Submitted by Amy Jo Swing, WFC Owner
Adapted from Family Fun Magazine

1 C Bob's Red Mill gluten-free flour (WFC sells it in bulk)
1 t baking powder
1 t salt
¼ t pepper
1-2 egg
½ C milk (we use rice milk)
1 C carrots, grated
1 C zucchini, grated
1 C apple, grated
¼ c onion, finely chopped
canola oil
plain yogurt to taste(optional)
salsa to taste (optional)
ketchup to taste (optional)

In a large mixing bowl, stir together the flour, baking powder, salt, and pepper. In a separate bowl, whisk the egg and milk, then stir in the carrots, zucchini, apple, and onion. Add the wet ingredients to the dry mixture and combine thoroughly.

Place a large skillet or griddle over medium heat and add 1 tablespoon of oil. When the oil is hot, spoon the batter into the pan, about ½C per pancake. Cook the pancakes for 2 minutes on each side or until golden brown. Add more oil to the pan as needed. Remove the pancakes from the pan.

Serve the pancakes warm with a side of yogurt and salsa, or ketchup if desired. Makes 5-7 pancakes.

ARTICHOKE DIP

Submitted by Lisa Anderson, Merchandising Manager & WFC Owner
Adapted from recipes from Jesse and Chris von Rabenau

1-2 cans artichoke hearts (not marinated)
8 oz cream cheese, softened
½ -1 C mayonnaise
1 C parmesan cheese
1 C mozzarella cheese
4-8 cloves garlic
dill, cayenne, salt, and/or pepper to taste

Mix all ingredients together. Put into small baking dish. Bake at 375° F for 15-20 minutes, until bubbly and starts to brown. Serve with crackers, bread or veggies.

It is soup season again! Here is a classic that is versatile for vegetarians and meat eaters alike. Buen Provecho! —Rae Lynn

CREAM OF BROCCOLI SOUP

Submitted by Rae Lynn Monahan,
Front End Assistant & WFC Owner

4 C water
1 head broccoli, chopped, including stems, peeled and chopped
1 potato, peeled and chopped
1 onion, chopped
2 carrots, cut into small pieces
2 cloves garlic
3 bay leaves
5-6 peppercorns
1-2 chicken breasts, chunked or meat alternative in bite sized pieces
1 T butter
1-1/2 C half-n-half or skim milk

Simmer all ingredients except ½ head broccoli florets, chicken and butter until tender. While soup ingredients are simmering, sauté other half of broccoli with chicken breasts or alterna- meat in the butter. When soup is ready to be blended, remove bay leaves and peppercorns. Blend vegetable mixture until desired consistency. In a separate stock pot, scald half-n-half or skim milk, then add blended veggies and sautéed ingredients along with:

½ t rosemary
½ t thyme
½ t cayenne Pepper
½ t chives
½ t sage
salt and pepper to taste
a dash of white wine or sherry

To thicken, use Parmesan cheese or seasoned bread crumbs with 1 T butter and flour or wine and cornstarch. Serve with homemade bread or dinner rolls and enjoy the warmth. Serves 6.

This is our go-to cookie recipe. Mud cookies are quick, simple, and as wholesome as you can expect a cookie to be. You can easily substitute for the milk and peanut butter to make them vegan and/or peanut-free. —Bonnie

NO-BAKE MUD COOKIES

Submitted by Bonnie Ambrosi, WFC Owner

¼ C milk
1 C sugar
¼ C margarine
2 T cocoa
½ C peanut butter
1 ½ C quick oats

Combine first four ingredients in a saucepan and bring to a full boil, stirring constantly. Boil for 1 ½ minutes. Remove pan from heat and stir in peanut butter until melted then stir in the oats. Working quickly, use two tablespoons to put mounds of hot mud cookie mixture onto a cookie sheet or two plates. The mixture will set up as it cools. Makes about 30 mud cookies.

If the mixture sets up too fast and won't hold together, call it mud crumbles and serve in little bowls or over ice cream.

This was Grandpa Johnson's favorite—a nice winter warmer upper! —Lisa

GRANDMA JOHNSON'S COOKED RICE

Submitted by Lisa Anderson,
Merchandising Manager & WFC Owner

1 C rice
4 C milk
1 C water
1 T butter
1 t Salt
¼ C sugar

Mix all together, cook over low heat for about 1 ½ hours, stirring occasionally. Spoon up in a bowl and sprinkle cinnamon on top (and sugar if you'd like it sweeter).

GRANDMA DARNELL'S SPAGHETTI

Submitted by Emily Darnell,
Brand Coordinator & WFC Owner

Sauce:
2-3 packages of pepperoni, coined
2 medium onions, chopped
2 stalks celery, chopped
1 large can Italian style tomatoes*
1 large can tomato sauce*
6 oz can tomato paste*
1 ½ C water
4 cloves garlic, diced
oregano, sage, rosemary, basil, thyme, parsley, to taste
sea salt to taste
black pepper, freshly ground to taste
1 ½ C water

*fresh diced tomatoes can be used in place of canned tomato products. I typically use a combination of fresh and canned.

Brown pepperoni in oil. Brown celery and onion. Add garlic, lightly coat in oil then add tomatoes. Cook 2-3 hours, add meatballs one hour before end of cooking time. Add seasonings the last 15 minutes of cooking time. If the sauce gets too thick for your liking, add more water.

Meatballs:
2 lbs lean ground beef
1 ½ t salt
¼ t pepper
1 egg
1 ½ C oats
1 medium onion, chopped
2 cloves garlic, minced
oregano, sage, rosemary, basil, thyme, parsley, to taste

Mix ingredients together. Form into 1 ½ - 2 inch diameter balls. Brown in oil then add to sauce. Cook for 1 hour in sauce. Serve on top your favorite noodles. My grandmother always used Rigatoni.

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recipes (continued)

by Community Members, WFC Owners & Staff

I hope you enjoy these little pockets of South American history. I tend to only make them in the winter as it warms the house, and all the bellies in it. And I encourage you to look up a little history of the tamale. Much like our local pasties, they have an interesting story. Tamales are like Aztec/Mexican pasties you can fill these corn pasties with anything your heart dreams of. The only thing to keep in mind is these will cook for a long time so if something you fill it with tends to lose its texture with cooking you might want to not use that. I've dreamed of using leftover chili, or even filling them with sweet fruit compote. I haven't tried this but don't be afraid to.— Val

VEGGIE TAMALES

Submitted by Val Acquard,
Front End Assistant @ WFC Owner

- 1 package corn husks
- 2 C masa harina
- 1 t baking powder
- ¾ t salt
- 2 t cumin (1 t for filling, 1 t for dough)
(I toast and hand grind whole cumin seeds)
- 2 t chili powder (recommend fiesta chili mix) (1 t for filling, 1 t for dough)
- 2 ¼ C veggie broth (2 C for dough, ¼ C for filling)
- 1 stick butter (veggie shortening can be used to make this vegan, or lard if you want lots of flavor and flakiness in the dough)
- 1 zucchini (or other preferred summer squash), chopped
- 3 green onions, diced white & green
- 2 cloves garlic, minced
- 1 T vegetable oil
- 1 bunch cilantro, chopped
- 2 whole roma tomatoes, diced (if using canned from home, drain well)
- juice of one lime
- 1/2 C cheese (optional)

The following can also be added after rough chopping and roasting them:

- 1 sweet or white potato
- 1/2 C mushrooms
- 3 poblano or other large peppers
- 1 carrot
- 1 celeriac
- 1 small winter squash of your choice

There are three easy steps to making tamales. The first two can be done a day ahead of time if needed.

Step 1: Make your dough. Take whatever fat you are using, and cream it. This could mean sitting in front of a T.V. with a fork and mashing cold fat for a while, or you can use a kitchen mixer like I do now. While this is happening (with the kitchen mixer, or while someone else mashes) mix 1 t cumin, 1 t Chili Powder, all of the salt, baking powder, and Masa together. Slowly add broth to the dry mix until you get a sticky dough. Sometimes I need more broth then this calls for, and sometimes I don't use all of it, so use your best judgment. You add this dough to the creamed fat and mix them together. Don't over mix at this point or your dough will dry out when cooked. If you are saving this for Tamale making tomorrow wrap it in plastic wrap, or parchment paper, or a zip-top bag. It will keep for about three days this way. Personally, I think day old dough soaks up more flavor and is lighter in texture.

Step 2: Make your filling. This can be made a day ahead of time. I recommend roasting the harder veggies, potatoes, mushrooms, onions, carrots, peppers, winter squash, or whatever you want to put in it, or whatever your garden yields. I roast mine at 425 degrees for 30-40 minutes or until just tender. If you are prepping for tamales tomorrow stop here, refrigerate the roasted nummies, and then reheat them with the soft stuff tomorrow. If you are making them today...

Heat the oil in a skillet. Sauté the garlic for 2-3 minutes, then add the softer fillings (summer squash, tomatoes, green onion). Then add the liquids (1/4 c broth, lime juice) and scrape the bottom of the skillet,

VEGGIE TAMALES (continued)

then add the roasted veggies. Simmer together for 5 – 10 mins. You can leave them on a low simmer while you stuff them, but if the liquid is disappearing, take it off the heat. Right before you start stuffing, add the cheese and cilantro. I like the freshness of cilantro, so I don't add it until I am stuffing. I often add a little dash of cilantro to each tamale.

Step 3: Stuffing Tamales! Soak the corn husks in hot water for about 20 mins. before starting and keep them warm by using a clean, wet towel to keep them under water, and a pot of water on the stove for rewarming the water. Take one or two of the thinner looking husks and rip them into strips. These will be used to tie up the tamales, but the more you practice the less likely you will need to tie them. Wrap them tight and they will stay closed.

Lay one husk out on a clean work surface or you can use a towel for less slipping around since your surface is going to get wet. Smear some dough on the widest part of the husk, about 2 tablespoons or so. Leave space at the top and bottom of the husk. Don't worry about precision here, the goal is just to wrap them all up. Put 1 tablespoon of filling in the middle of the dough. Now pick the whole thing up, hold it in your hands like a little book. The motion for sealing them up is like closing that book over and over. Once the dough looks like it's covering the entire filling, roll the husk up like a burrito, and tie it shut.

This really is the fun part, get your friends to help or kids; this is a great motor skill practice for little hands. Like I said, this isn't a precise practice it's more of an art. When you are done you will have a pile of corn rolled tamales! Woohoo!!! You can freeze them for later noshing, and they keep for a long time frozen, but if you're ready to eat these bundles of joy, move to the last step.

Step 4: Steam the tamales. Put all the tamales into a giant steamer. You can use a pressure cooker on a steam setting or you can use rice steamer. Another option is use a colander placed inside a bigger pot with water at the bottom. You can also use a water bath canning pot for this. Put a veggie steamer in the bottom to hold the tamales to keep them out of the water.

Steam the tamales 90 mins or 1 hour if they are frozen. Keep an eye on the water level. Once they are hot, they stay hot for hours. And by the way, don't eat the corn husk. They are just there to hold them together. I've seen at least one Northlander make this mistake.



Adam in Poland, land of Pierogi.

MIĘSO PIEROGI

Submitted by Adam Hakkila Wisocki,
Promotions & Education Coordinator
@ WFC Owner

- Dough:
- 2 lbs flour
- 11 oz whole milk, heated (the hotter the better, but must be bearable to touch)

Mix these ingredients. Set aside.

- Meat Mixture:
- 2 lbs low fat ground beef
- ½ lb sauerkraut
- 1 large onion (more is okay), diced
- salt to taste
- pepper to taste
- garlic, minced
- basil to taste
- additional seasonings of choice

Boil the sauerkraut for about 1 hour or until soft in pickled juice and water (if it is too sour, pour out some of the juice and add water). Once soft, hand squeeze the water out of the sauerkraut, reserving 1 cup of the liquid for use in the stuffing.

Sauté the onions and garlic until soft. Add sauerkraut. Fry for approx 10 mins. on low heat. Season to taste with salt and pepper. Cool this mixture.

When the pan cools completely, add raw ground beef and basil. Do not heat the meat. It must be raw.

Roll out the dough on a floured surface. Using a round cookie cutter or a wide mouth glass, cut circles of dough. Wet the edges of the dough with water. Place a spoonful of the meat mixture in the middle of the circle, fold over and press the edges to seal the stuffing inside. Continue this process until all of the stuffing is used. The Pierogi may be frozen for later use at this time.

To prepare the Pierogi, bring a large pot of water to a boil. Drop in Pierogi and boil. When they float, they are finished. You may eat them at this time or flash fry both sides in lard.

My family eats these pancakes with applesauce instead of maple syrup to keep them low glycemic, but they are pretty spectacular with applesauce and maple syrup together.

I originally got a recipe like this off the web and I can't find the recipe again to credit it (thank you whoever originally created one like this). I have a bad habit of scratching down new recipes on the back of envelopes, etc. changing them and then sticking them in my recipe binder once I discover I really like the recipe. I think the ground oats give them a hearty fluffy texture that reminds me of a Francis Moore Lappe's (Diet/Recipes for a Small Planet) oatmeal/whole wheat pancake recipe. — Colleen

PUMPKIN SPICE PANCAKES

Submitted by Colleen Kelly, HR Manager
@ WFC Owner

- ½ c oat flour (grind oats in food processor)
- ½ c sorghum flour
- ½ c buckwheat flour
- ½ c teff flour
- 2 t baking powder
- 1 t cinnamon
- ½ t nutmeg
- ½ t ground ginger
- ½ t salt
- 1 T ground flax seed
- 2 T grape seed oil
- 1 T molasses
- 1 T honey
- 1 C pumpkin puree
- 1 egg
- 1 ½ - 2 C non-dairy milk beverage (rice, soy, almond, hemp)

Mix together the dry ingredients. Add the rest of the ingredients and mix well. It is best if the batter is a little stiff. Ladle out ½ cup at a time on a hot skillet, flip when small bubbles pop on outside of edges of pancake. NOTE: You can add applesauce instead of pumpkin puree (use 2 table spoons honey and skip the molasses) or with an adjustment in the spices, you can mix nut butter and the oil for nut butter pancakes instead of the pumpkin. You can also interchange some of the gluten free flours. For a vegan version of this recipes, add 2 T ground flax seed and skip the egg. **CG**

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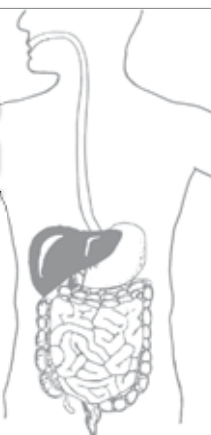
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A few months ago, our Bulk Buyer, Jim brought in farro. This delightful new grain has found a permanent home in my kitchen. It is toothsome and tasty and does not require pre-soaking. It can be used in place of rice for your favorite pilaf recipe or in place of barley in your beef barley soup. This is my current favorite way to eat farro as a side dish. I like to add more lemon juice than the recipe recommends and Parmesan cheese can be substituted for the Feta if you prefer. — Shannon

LEMON FARRO WITH FETA & HERBS

Submitted by Shannon Szymkowiak,
Promotions & Education Manager
& WFC Owner
Adapted from www.pressdemocrat.com

2 C farro
3 T sea salt
juice of 2 lemons, plus more as needed
3 scallions, white and green parts, very thinly sliced
½ C fresh Italian parsley, minced
6-8 oz feta cheese, drained and crumbled
5 T extra virgin olive oil, plus more as needed
black pepper, freshly ground

Put the farro into a strainer, rinse under cool running water and transfer to a medium saucepan. Add water to cover plus 3 inches, stir in 3 tablespoons salt and bring to a boil over high heat. Skim off any foam that forms on top. Reduce the heat to medium low and simmer until the farro is tender but toothsome, about 35 to 45 minutes.

Drain, transfer to a wide shallow serving bowl, drizzle with lemon juice. If you are eating as a cool salad, let it cool for 15 minutes. You can cover farro with a tea towel for up to 2 hours at this point.

To finish the dish, add the scallions, parsley and crumbled feta and toss gently. Drizzle with olive oil. Check your seasonings, adding a bit more lemon if it is not tart enough or a bit more olive oil if it is too tart. Correct for salt and season with several generous turns of black pepper, fresh from your grinder. Toss gently and serve. Makes 6 to 8 servings

NOTE: This dish has many adaptations. It can also be served as a cold salad. Try adding roasted asparagus, pistachio nuts, slivered almonds, peas or whatever strikes your fancy as it is in season.

fresh perspectives the weather inside is roasting

by Organic Options

You know the feeling. The weather outside is indeed frightful, and depending on where you live it could be downright bone chilling cold, wet, drippy and foggy, or dreary weeklong rainy, or snow piled higher than the roof.

Whatever weather makes you feel this way there is something that always makes you feel better when you walk in the door: the aroma and sound of a

THIS MONTH'S TIDBIT

Don't forget the nuts! Almonds, filberts, hazelnuts, cashews and walnuts are great choices for keeping your brain sharp this winter as each contains plenty of vitamin E, which is essential to cognitive function and has been shown to help decrease memory loss as we age.

favorite dish being prepared. It could be soup, baked sweet or russet potatoes, and roasted root vegetables that glisten from their own natural sugars being drawn out from the heat, home-made rolls, Shepherd's pie, I think you get the idea. Maybe you're even planning what you want to come home to during the next round of bad weather.

I say why wait? Why not celebrate the cooler weather and shortest days of the year by making something you or a loved one would love to come home to this week.

While warm food is comforting, adding some cool crisp wintergreens or lettuces to the meal is a welcome addition to a season of heavy foods.

Here is a recipe adapted from the *Vegetarian Times* from November/December 2007 that combines both:

MAPLE-ROASTED PEAR SALAD

2 T extra virgin olive oil, plus some for drizzling
2 T B-grade maple syrup (it has more of the maple flavor that makes this recipe work)
1 T hazelnut, walnut, or olive oil
4 small, firm organic Bosc pears, halved
½ C hazelnuts
8 C baby arugula or young frisee or a combination
3 oz Pecorino
3 T hazelnut, walnut, or olive oil
2 T sherry vinegar
1 shallot, minced (2 T)
1 ½ T local honey
1 T whole-grain mustard
1 C cooked organic red or gold beets, finely diced

To make Salad:
Preheat oven to 400°F, and line baking sheet with foil. Whisk together maple syrup and hazelnut oil in bowl. Brush oil mixture on pears, and place cut-side down on prepared baking sheet.

Roast 22 minutes, or until pears are tender and cut sides caramelized. Set aside to cool.

Reduce oven heat to 350°F. Spread hazelnuts on baking sheet, and toast 7 minutes, or until browned.

Transfer to kitchen towel, and rub off skins with towel. Cool, chop, and set aside.

To make Beet Dressing:
Whisk together oil, vinegar, shallot, honey, and mustard in bowl. Stir in beets, and season with salt and pepper.

Toss arugula/frisee with Beet Dressing in bowl. Divide among 8 plates, and top each with pear half.

Shave cheese over each salad with vegetable peeler, and sprinkle with hazelnuts. Serves 8.

This is light enough to keep you from feeling sluggish, yet has the warmth factor that brings comfort to any meal. This is also versatile enough to be a quick Tuesday night dinner or side dish for your contribution to a festive holiday meal.

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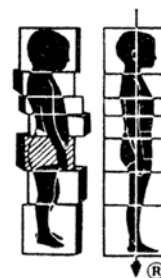
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Adult Flossing Toothbrush
Travel Flossing Toothbrush
Kid’s Flossing Toothbrush
- EcoFam**
Silver Bristle Flossing Toothbrush

BREAD

- Ozery Baking Company**
Muesli Morning Rounds
- Red Mug Bakeshop**
Focaccia
Swedish Limpa Rye
Ten grain wheat
Black Pepper and Cheddar Boule
Cranberry Wild Rice
Blueberry Almond Wild Rice
Grandma Gleny’s Bulgur Wheat
GF dinner rolls
GF Cinnamon Raisin
GF White Chia
GF Sandwich Bread
GF White Chia w/garlic
GF Sandwich w/herbs
GF Cranberry Wild Rice

BULK

- Crapola**
Red, White & Blueberry Granola

CHEESE

- Daiya**
Cheddar Wedge (vegan, dairy free, casein free, soy free, gluten free)
Monterey Jack Wedge (vegan, dairy free, casein free, soy free, gluten free)
Garlic Jalapeno Wedge (vegan, dairy free, casein free, soy free, gluten free)
- Organic Valley***
Cheddar American Singles*

CHEESE (continued)

- Hid-o-Whey**
Spreadable Goat Cheese With Honey
Spreadable Chevre
Spreadable Goat Cheese With Strawberries
- Queso Campensino**
Cotija (Hispanic Parmesan)
Carr Valley
Cranberry Chipotle Cheddar
- Ellsworth Creamery**
White Cheddar Cheese Curds
- Reny Picot**
Saint Rocco Brie
- Apetina**
Feta in Oil with Herbs and Spices

COOL

- Siggi’s**
Icelandic Yogurt
- Greek Gods Yogurt**
Vanilla Honey 24 oz
Fat Free 24 oz
- Brown Cow**
Maple Yogurt 32oz
- Blue Diamond**
Original Unsweetened Almond Breeze
- Chobani Greek Yogurt**
Raspberry

FROZEN

- Pumphouse Creamery**
Sea Salt Caramel Ice Cream
Mint Chocolate Chip Ice Cream
Vanilla Ice Cream
Chocolate Ice Cream
- Kinnikinnik**
Maple Gluten Free Donuts
Chocolate Gluten Free Donuts
- Canyon Bakehouse**
San Juan 7-Grain Gluten Free Bread
- Lifeway**
Berry Probugs Push-Ups
Orange Probugs Push-Ups
- Ben & Jerry’s**
Blueberry Frozen Greek Yogurt
- Sukhi’s**
Tandoori Chicken Naanwich
Chicken Tikka Naanwich

GRAB-N-GO

- Earth Café**
Blueberry Cheesecake (GF, dairy-free, vegan)
Banana Cheesecake (GF, dairy-free, vegan)
Raspberry Cheesecake (GF, dairy-free, vegan)
Strawberry Cheesecake (GF, dairy-free, vegan)

GROCERY

- Glutino**
Sea Salt Gluten Free Crackers
Rosemary Gluten Free Crackers
- Ojai Chef**
Latin (Chili Lime Cumin) Lemonaise
- Glutenfreeda**
Cranberry Cinnamon Instant Oatmeal
Strawberry Brown Sugar Instant Oatmeal
- Onion Crunch**
Crispy Onions
- Equal Exchange****
Baking Cocoa*

SPECIALTY

- Fentiman’s**
Lemon Shandy
- Honey Acres**
Honey Dill Mustard
Honey Hot Mustard
- Ines Rosales**
Sweet Olive Oil Tortas
Cinnamon Sweet Olive Oil Tortas
Sweet Orange Tortas
Rosemary and Thyme Tortas
Sesame Tortas
- Tillen Farm**
Crispy Pickled Asparagus
Hot and Spicy Beans

SUPPLEMENTS

- Natural Factors**
Theracurmin Tumeric Root Extract
Calcium Citrate
CalMag Citrate with D
- Source Naturals**
Migraine Blocker
L-Glutamine Powder 3.5 oz
D-Ribose 60ct
Green Coffee Extract 60 ct
Life Minerals 60 ct
- Manitoba Harvest**
Hemp Hearts
- Barlean’s**
Extra Virgin Coconut Oil
- Nordic Naturals**
Baby’s DHA
- Body Rescue**
Alkalizing Formula
pH testing tape
- New Chapter**
Mood Take Care
Zyflamend Liquid
Zyflamend Prostate
- Oregon’s Wild Harvest**
Burdock
Passionflower
Hawthorne
Chaste Tree
- Herb Pharm**
Eleuthero*
Shephard’s Purse*
- Futurebiotics**
White Kidney Bean Extract
- Hyland’s**
Restful Legs

* Contains Organic Ingredients
**Fair Trade

grocery gab

by Lisa Anderson, Merchandising Manager and WFC Owner

The Co-op continues to strive to meet your baking and cooking needs, especially during this holiday season. In addition to staples like chicken broth, pumpkin, pie shells, and cranberry sauce, this year we’ve been able to add some new staples, like lard and marshmallows. For those with dietary restrictions, we carry many vegetarian, vegan, and gluten-free options. We also have expanded our selection of flavor extracts for your cookie baking needs. If the idea of green bean casserole makes your stomach happy, then the addition of ‘Onion Crunch’ (crispy fried onions) should make your day. Take a look around for our new items. You may discover that we have become your one-stop grocery store.

Now that Thanksgiving is behind us and Christmas is ahead, consider WFC for your gift giving needs. This year we are bringing back a quite a few seasonal favorites from past years, as well as some fun, new items. Edible gifts are always a favorite and usually don’t end up getting traded at a white elephant party. Maple syrup in decorative bottles is always a hit, and it goes great with pancake mix from Homestead Mills in Cook, MN. In addition to local eats, we have a great selection of holiday snacks and chocolate. But get them while they are here – when they’re gone, they’re gone! Celestial Seasonings has also brought back their holiday teas, with a new variety available. If Candy Cane Lane or Ginger Bread Spice are names that appeal to you, stock up now.

Andrew Slade has written some great outdoor books for the Northland. “Skiing the North Shore” is packed full of useful information for over 30 cross country skiing trail systems. Maps, accessibility, difficulty, and uniqueness are just a few of the definitions you will find for each trail system. Mr. Slade’s other books “Hiking the North Shore” and “Camping the North Shore” also follow the same format and are great for anyone wishing to explore the wonderful outdoors in our back yard.

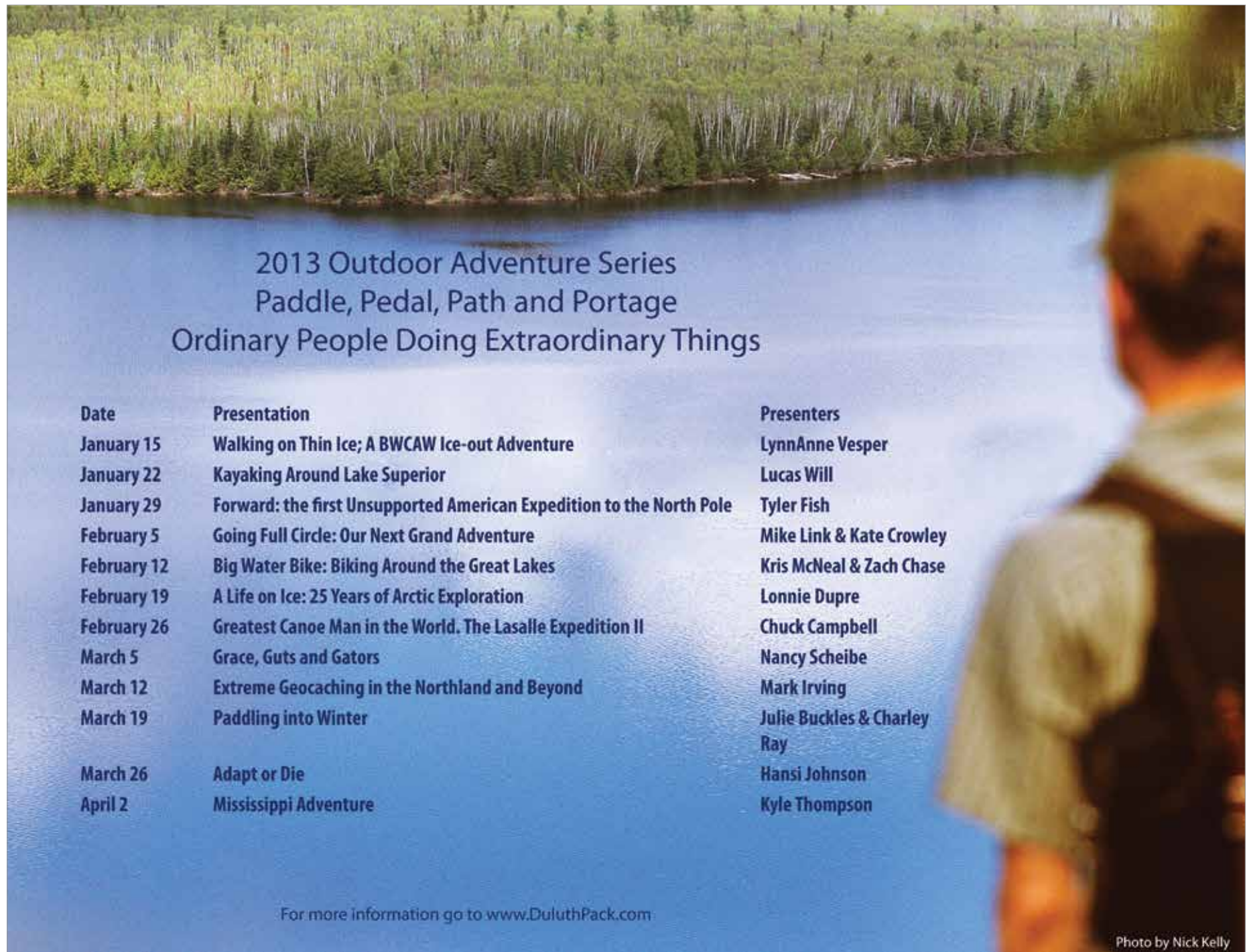
In addition to great local gifts, we will have a wide selection of fun, seasonal holiday body care items, from soap and lotion to lip balm and stocking stuffers. Candles and cards of different styles will be available for the season, but again, these will be here for a limited time, so get here early for the best selection. Make this a great holiday season, and get all your shopping done at your Co-op. With our newly expanded parking, why not stop by and stay awhile?

what's the headline?

by Annual Meeting Attendees

At the 2012 Annual Owners Meeting, we asked attendees to write a newspaper headline that they would like to read about our Co-op in 5 or 10 or 20 years. Here are the headlines fo some of your co-Owners came up with. What's your headline?

- Co-op serves the food desert of Lincoln Park with a mobile vehicle on a “weekly basis.”
 - The Co-op starts its own learning farm for area schools.
 - North Shore branch of the WFC growing strong in Two Harbors!
 - Whole Foods Co-op expands to Lakeside neighborhood.
 - Whole Foods Co-op opens its 3rd location—services all schools and hospitals in community, helps increase local food and farm production by 75%.
 - Co-op pays dividend 100% of cost for owners' stock.
 - Co-op wins national award for customer service.
 - Co-op sells stock for children that increases in value so that when they go to college they cash in their profit.
 - Whole Foods Co-op's profits exceed CUB Foods!
 - WFC finds location for 2nd store!
 - Each member should have a brick with their name on it.
 - Co-op at the old Bay Side Market site (Park Point).
- WFC in Duluth needs to expand due to consumer demand for organic foods.
 - Co-op's community gardens successful beyond expectations.
 - Whole Foods Co-op expands adding new store(s) ...
 - Whole Foods is generating all of its electricity needs through solar!
 - Alive over 70 – Great Food.
 - Whole Foods Co-op satellite location at Uncle Harvey's Mausoleum adds outdoor seating.
 - #1 Deal of the Day; #2 Welcome New Employees; #3 Helpful Healing; #4 Community News.
 - The Whole Foods Co-op opens New Additional Store!
 - Remember when the Co-op was simply a grocery store?
 - Advertise CO-OP.
 - I would like to read a headline in 5 to 10 years that Whole Foods Co-op now has a full stock of affordable goods for even the least economically successful people of whole Duluth area.
 - Whole Foods Co-op Inspires Spin-Offs.
 - Whole Foods Co-op Influences Electric Co-ops to Drop Nuclear Option.
 - Whole Foods Co-op Reaches 1 Million Members.
 - Whole Foods Co-op Buys SuperOne!
- Co-op – Duluth's Largest Employer!
 - New WFC web site – online ordering, check for special orders and more!
 - Whole Foods Co-op wins Nobel Prize in Economics.
 - WFC stays true to organics and fair trade despite increasing pressure from Monsanto.
 - WFC still strong after 80 years.
 - WFC Supports Local Agriculture Movement.
 - Whole Foods Co-op in Duluth Leads MN Co-ops to Eliminate Coupons.
 - Grand Opening at 2nd location, Whole Foods Co-op in West Duluth.
 - Whole Foods Co-op #2.
 - Co-op branches out into organic beer & wine shop, also sells beer- and wine-making supplies, bulk hops, etc.
 - Co-op Opens Butcher Shop!
 - Whole Foods Co-op Expands Yet Again and Covers Entire Block.
 - Whole Foods Co-op Expands to New 20,000 SF Facility.
 - Extra, extra, read all about it... Mini Convenience Co-ops Open in Neighborhoods!
 - Wal Mart Folds. Whole Foods Co-op Moves In.
 - Whole Foods Co-op Expands to a Satellite Store in Superior, WI.
 - Co-op Membership Hits 10,000.
- Whole Foods Co-op Expands Its Healthy Food with Gluten-Free Cooking Classes.
 - Whole Foods Co-op parking lot withstands rare Midwest earthquake that strikes Duluth!!
 - Voted #1 for the 10th Year in a Row, as the Best Place to Grocery Shop, Whole Foods Co-op!!
 - < 5 years – Juice Bar opens at WFC.
 - < 10 years – WFC Bakery opens.
 - < 20 years – Two Branches – East and West of WFC open in Duluth.
 - WFC expands to second neighborhood! (5 years or less).
 - WFC ownership exceeds 10,000 (5 years).
 - WFC ownership exceeds 15,000 (10 years).
 - WFC ownership exceeds 20,000 (20 years).
 - Whole Foods Co-op is supplying the local hospitals with locally grown vegetables and food for a healthier menu for people in the hospital.
 - Where are they now—stories of owners and employees and how their time at the Co-op influenced their lives.
 - Co-op increases local food in store by 100% plus!
 - Whole Foods Co-op—Wholesome, Healthy Food for All.



2013 Outdoor Adventure Series

Paddle, Pedal, Path and Portage

Ordinary People Doing Extraordinary Things

Date	Presentation	Presenters
January 15	Walking on Thin Ice; A BWCAW Ice-out Adventure	LynnAnne Vesper
January 22	Kayaking Around Lake Superior	Lucas Will
January 29	Forward: the first Unsupported American Expedition to the North Pole	Tyler Fish
February 5	Going Full Circle: Our Next Grand Adventure	Mike Link & Kate Crowley
February 12	Big Water Bike: Biking Around the Great Lakes	Kris McNeal & Zach Chase
February 19	A Life on Ice: 25 Years of Arctic Exploration	Lonnie Dupre
February 26	Greatest Canoe Man in the World. The Lasalle Expedition II	Chuck Campbell
March 5	Grace, Guts and Gators	Nancy Scheibe
March 12	Extreme Geocaching in the Northland and Beyond	Mark Irving
March 19	Paddling into Winter	Julie Buckles & Charley Ray
March 26	Adapt or Die	Hansi Johnson
April 2	Mississippi Adventure	Kyle Thompson

For more information go to www.DuluthPack.com

Photo by Nick Kelly

we survived the flood!

Without the suport of our co-op community, the flood damage to our parking lot could have been devastating. With patience and flexibility, we came through with flying colors. Thank you all!



One of our collapsed retaining walls.



20' down to the damaged culvert...



Digging, digging and more digging...



The digging begins...



The damaged culvert...



The new culvert begins to be installed...



The co-op's own Cool Jesse, EC Rain and FE Jason Kokal make up $\frac{3}{4}$ of the band Equal Xchange. Mat Milinkovich keeps up the beat.



Co-op staff, Owners and neighbors enjoy some great music.



Staff celebrated in-house with this delicious Fog City Deli creation!



Commemorative stencil christens the new pavement. Need we say more?



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