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# GARBANZO GAZETTE



DULUTH, MINNESOTA

FALL 2013

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## GARBANZO GAZETTE

Published by:  
Whole Foods Co-op

610 East 4th Street  
Duluth, MN 55805

phone | (218) 728-0884  
fax | (218) 728-0490

[www.wholefoods.coop](http://www.wholefoods.coop)

### STORE HOURS:

7 AM – 9 PM every day

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 **November 1, 2013**. Refer submissions and questions to: [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop)

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The information in the Garbanzo Gazette is also available on our website at:

[www.wholefoods.coop](http://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 the Summer 2013 Gazette, I wrote about management's vision for a second site. Then on July 15, 2013, the Duluth News Tribune wrote about our plans for a second site. Suddenly, "where will it be" was the inevitable topic of every conversation I had. We are probably a year or more away from a definitive answer to that question, but WFC's Owners will learn more about our options at the 2013 Annual Meeting (October 26, 2013).

By then, management and the Board will have had a chance to study, distill and come to terms with the results of the June 2013 site survey conducted by Dakota World Wide, Minneapolis.



*"Minnesota is the number-one cooperative state in the nation. In our state, cooperatives annually record about \$34 billion in revenue and employ approximately 46,000 people. More than 1,000 cooperatives serve 3.4 million member-owners (many are members of more than one)." – From the Business Newsletter (March 2013) of Mark Ritchie, MN Secretary of State*

Our expectations are that site survey will project sales potential for up to a dozen neighborhoods from Cloquet to Two Harbors and from Superior to Hermantown. That sales potential will factor in, for example, how many current WFC owners reside there and the impact of their purchases moving to a second location, what is the grocery/natural foods/organic foods competition there, what is the overall population density/demographics/likelihood to purchase natural foods there.

The Board and management will also consider comments received from Owners and our community, responses to the consumer surveys that will be

conducted by Swim Creative, Duluth, in August and September, and what we've learned about multi-store operations from our peers and consultants in the food co-op sector.

This year's Annual Meeting (invitation coming to you soon in the 2013 Annual Report) will be the first, but not the only, opportunity for Owners to learn about the survey results and next steps in our branching out process. Also on that meeting's agenda: an opportunity to choose the non-profit recipient of 2013 unclaimed abandoned equity, the Board's decision on a patronage rebate for fiscal year 2013 (ended June 30, 2013) and a free dinner and drinks! Hope to see you there. **GG**

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

### PROGRESS ON ENDS

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

*"In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system."*

In the April - June 2013 quarter, management reported the following progress on ENDS:

- \$3,200 Younger Next Year event at the DECC
- \$2,000 Grant/Nettleton Community School Collaborative Summer Programs
- \$2,000 Food Cooperative Initiative/FCI
- \$2,000 Damiano Center
- \$2,000 Local Initiatives Support Corporation/LISC
- \$500 Cornucopia Institute
- \$500 Friends of the Duluth Library
- \$500 CHOICE, Unlimited Hike for Health
- Management participation with and logistical support for the Good Food Network Steering Committee, Growing Farms Board of Directors, the Safe and Walkable Hillside Committee, the Grant/Nettleton Community School Collaborative Board and Hillside Connects.
- Support for The Cab Coupon Program
- 10 cents for each packet of garden seeds sold to support urban gardening
- Payment of wages, salaries and benefits for 113 employees amounted to \$554,397
- Quarterly discounts to Owners amounted to \$21,010
- Sales of LOCAL (within the 15-county Superior Compact area) products amounted to \$209,416 (4.13% of total sales); sales of REGIONAL (within a 300-mile radius) products amounted to \$497,741 (9.81% of total sales).

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# board report our deep roots

by David Helf, WFC Board Vice President



In May I traveled back in time 200 years. I visited the UNESCO World Heritage Site of New Lanark, Scotland, where Robert Owen created a model industrial community. The setting is delightful: The numerous well-restored brick buildings are feet from the River Clyde, below a beautiful waterfall, surrounded by a deep mature forest. Beyond the beauty, the expert restoration, and the fascinating interpretations of history, there was another reason I was there: We can draw a direct line from our cooperative to the experiment of New Lanark. The seeds of our movement were planted there.

New Lanark is synonymous with Owen and his social philosophy in matters such as progressive education, factory reform, humane working practices, international cooperation, and garden cities, which was to have a profound influence on social developments throughout the 19th century and beyond. Owenism, utopianism, philanthropy, cooperation, communitarianism, industrial capitalism, concepts of the sublime landscape, and models for modern conservation partnerships were all shaped at New Lanark. 1

Robert Owen can be seen as the intellectual founder of the cooperative movement. In this industrial setting, he promoted his vision of kindness, tolerance, co-operation, eight-hour work days, respect for children and the need for education, free medical care and free housing.

In England in 1844, inspired by Owen and others, the Rochdale Equitable Pioneer Society organized the first successful cooperative, also in textile mills.

Today, we take for granted most of what existed in New Lanark, but Owen's ideas were revolutionary when human beings were little more than replaceable cogs in the gears of industry. Before Marx and Engels published their "Communist Manifesto," Robert Owen wrote:



Robert Owen, Cooperative Visionary

*There is but one mode by which man can possess in perpetuity all the happiness which his nature is capable of enjoying—that is by the union and co-operation of All for the benefit of EACH. Union and co-operation in war obviously increase the power of the individual a thousand fold... Is there the shadow of a reason why they should not produce equal effects in peace; why the principle of co-operation should not give to men the same superior powers, and advantages, (and much greater) in the creation, preservation, distribution and enjoyment of wealth? 2*

In Duluth, there is a business, not in the textile industry, but in the world of retail grocery, that is owned by us. Robert Owen would approve of the way we do business. We provide decent jobs with good benefits, following our cooperative principles.

We started small, and are poised to expand in the Duluth area. I predict that in forty more years our heirs will trace their own involvement with cooperatives back to our founding in 1971; back to Rochdale, and to Robert Owen at New Lanark. Our roots grow deeper as we invest and re-invest in the community. Stay tuned for exciting developments as growth gets closer.

1. <http://whc.unesco.org/en/list/429>  
2. <http://www.robert-owen.com/quotes.htm> GG

# ownership matters you talk, we listen; repeat as necessary

by Mickey Pearson, WFC Board Member

As our Austin to Memphis flight began its descent on Sunday morning, I groggily awoke from my first brief nap of the day. Apologizing to my neighbor for very nearly sleeping on his shoulder, the two of us struck up a conversation. Less than eighteen hours after my last CCMA workshop, I was explaining the cooperative model to someone for the fourth time. Clearly, something had sunk in over the course of the days prior.

For the uninitiated, the Consumer Cooperative Management Association (CCMA) annual conference was held in Austin, Texas, in early June. Whole Foods Co-op sent six representatives: General Manager Sharon Murphy, Front End Manager Michael Olker and Board members Jennifer Cummings, Heather Murphy, Jean Sramek and me. Over the course of three days, we toured Austin's vibrant local economy, took part in a wide variety of enriching workshops and engaged with fellow managers and Board members from across a wide spectrum of co-ops.

To be honest, I went into the experience with some amount of trepidation, bracing myself for coffee-fueled attempts to stay alert during what I feared would be dry, mundane speakers dictating slides in cold, windowless conference rooms. Even as I write this, I am surprised at the enthusiasm and vigor I felt at each workshop. Not since the first week of class in my freshman year of college have I felt such prolonged and genuine thrill for learning.

While the concepts in each course seemed to dovetail nicely with the ones that preceded it, the conversations and discussions with fellow attendees were just as informative and enriching. We as owners can be extremely proud of our co-op

and confident in our future. Our experiences, both positive and negative, are not so unique and we have a strong network of fellow cooperators nationwide on whom we can call to celebrate our victories and to seek solutions to our obstacles.

Clearly, having taken the step last year to seek election to the Board puts me firmly in the camp of strong co-op supporter. That said, I liked to think of myself as being pragmatic and level-headed in that support; I was not a cheerleader for the business model as much as a believer in our store as an important component to my beloved Duluth. CCMA, however, has unearthed in me a rarely felt enthusiasm for a movement and ideology. We on the Board talk about owner linkage often, though I have so far waited for you to come to me. Let this be fair warning to you as owners (and Duluthians in general) that I intend to seek you out and make the conversations happen. Texas lit a fire and I intend to keep it burning! GG

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**Chris Edwardson**  
Board President  
GM Evaluation Committee Chair  
Finance Committee  
Term expires 2015  
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**David Helf**  
Vice President  
Finance Committee  
GM Evaluation Committee  
Term expires 2014  
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**Heather Murphy**  
Secretary  
Recruitment Committee Chair  
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**Mickey Pearson**  
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**John Westlund**  
Treasurer  
Finance Committee Chair  
GM Evaluation Committee  
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[johnw@wholefoods.coop](mailto:johnw@wholefoods.coop)

e-group address to communicate with entire Board and the General Manager:  
[wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop)

To leave a call-back request for a Board member call:  
(218) 728-0884

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

will be forwarded unopened to the Board/Board member.

**Sharon Murphy**  
General Manager

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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.





## the buzz

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

### STAFF NEWS



Sarah Hannigan, Store Manager  
& WFC Owner

Please help us welcome Sarah Hannigan to the Store Manager position. She starts in September supervising day to day store operations and reporting to the General Manager.

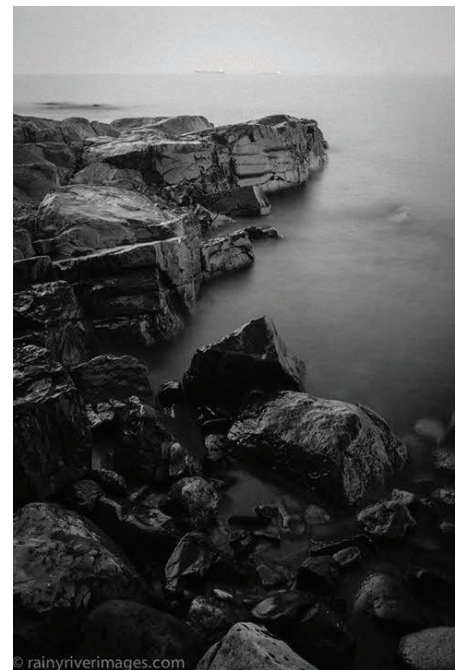
Everything is happy and healthy on the home front this year, says Customer Service Clerk Valerie Acquard. "The garden is doing great...looking forward to an excellent harvest, and the chickens are well and growing every day. We also added five Muscovy ducks who are the stars of our tiny barn."

Front End Assistant Manager Dylan Savall reports, "This past July 14th I had my 10- year high school reunion in River Falls WI. As class President I was responsible for planning it and if I may say so myself, it was a huge hit!" We had no doubt it would be, sir!

A roadside safety reminder from Deli Baker Tracy Blue: "During this these months when the weather is beautiful, many folks ride their horses on the roads and bike with/walk with their dogs. Please remember these creatures are our best friends and deserve respect and space when in close proximity. Be considerate—give us room and don't speed away quickly once you've passed." Let's keep our companions safe! Thank you.

Big things continue to transpire for former Deli Counter Clerk Kathleen Roberts. This past June, she was awarded the McKnight/Arts and Cultural Heritage Emerging Artist Fellowship by the Arrowhead Regional Arts Council and will be using the award to create an online, trans-media book over the coming year. She will also be a featured speaker at the Minnesota Artists Exhibition Program's annual meeting at the Minneapolis Institute of Art this November. Wild applause to Kathleen!

Jason Kokal rarely leaves home without his camera, and has a face-lifted website up and running at [www.rainyriverimages.com](http://www.rainyriverimages.com). Also, if you haven't noticed his cards for sale here at the co-op, check them out—they're lovely! **GG**



Salties on the Rocks by Jason Kokal

### STAFF ANNIVERSARIES

#### September

Colleen Kelly, HR	8 years
Kirsten Long, Produce	2 years
Dolores Meidl, Deli	8 years
Darcy Sathers, Merch	18 years
Per-Gustav Swenson	
Front End	2 years
Micah Tigner, Front End	1 year

#### October

Lisa Anderson, Merch	16 years
Jill Hall, Merch	8 years
Jesse Hoheisel, Merch	8 years
Julie Kohls, Merch	11 years
Josephine Lepak,	
Front End	3 years
Corey Sather, Front End	1 year

#### November

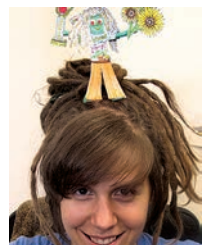
Emily Darnell,	
Promotions & Education	4 years
Marit Eales, Merch	2 years
John Freedline Sr., Deli	8 years
Jason Kokal, Front End	9 years
Jacob McMiller, Deli	7 years
Darnell Nelson, Front End	2 years
Wendy Sjoblom, Deli	8 years
Roger Yeager, Deli	2 years

### STAFF AWARD WINNERS

#### June

Awards take a summer vacation

#### July

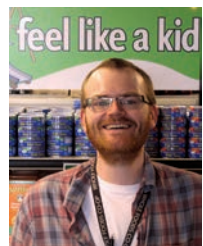


**Gumby Award**  
Sarah Sather,  
Promotions &  
Education  
Coordinator



**Customer Service**  
Roger Yeager  
Deli Cook

#### August



**Gumby Award**  
Dylan Savall  
Front End Assistant  
Manager



**Customer Service**  
Micah Tigner  
Front End Assistant

The **Customer Service Award** recognizes employees who consistently go out of their way to provide the best possible service. Our staff is truly a wealth of knowledge, and we are fortunate that they are willing to share insights with our Owners and patrons. Many thanks, award winners, for making the co-op a true leader in customer service!

The **GUMBY** is awarded to employees who 'bend over backwards' in their daily duties. They are flexible with their schedules as well as their job requirements. We heartily congratulate and thank our long list of **GUMBY** award winners!

### OWNER ART SHOW

**Attention Co-op Owners!**

WFC will host an Owner Art Exhibit this upcoming October in the BCO seating area.

Space is limited and some restrictions apply.

Inquires please contact Jill at:  
[jillh@wholefoods.coop](mailto:jillh@wholefoods.coop)

### Saturday, October 26

### ANNUAL OWNERS MEETING

**Save The Date!**

WFC's 2013 Annual Owners Meeting and dinner will be held at the Harbor Side Room at the DECC on Saturday, October 26.

Your invitation and meeting notice will be included in the 2013 Annual Report.

## WE WANT YOUR INPUT!

**WHAT DO YOU THINK? The Whole Foods Co-op can't wait to find out.**

Visit [My.WholeFoods.Coop](http://My.WholeFoods.Coop) and help us better serve you by answering a few questions. After you have completed the survey, make sure to register to win the \$100 Whole Foods Co-op gift card, that will be given to one lucky participant. The survey will only take five minutes to complete, and will be available to fill out from **September 1st to September 30th**.





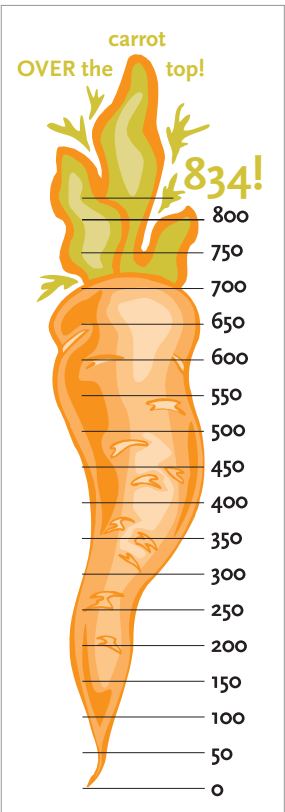
## new owners!

**WOWZA! The wrap up to Fiscal Year 2013 was a whiz-bang success. From April 1, 2013 through June 30, 2013, your co-op gained a total of 834 new Owners. Our goal was 800. This is just one more example of how we are stronger together.**

### Welcome, new Owners!

Helen Hendrickson	Angela Lee Piket
Robert Kelly	Laura Tovar
John T Sargent	Gina M Tennison
Tammy Heikkinen	Loranda E Mcleete
Kelly R. Smith	Judith H Brown
Jason Penney	Bjorn J Carlson
Jessica J. Campbell	Jennifer A Tharge
Robin L. Wheaton	Alice S Johnson
Angela J. Plunkett	Patricia J Mester
Janice Murray	Kimberly B Carlson
Pauline A. Veatch	Patricia Muttonen
Susan L. Sivertson	Elizabeth A. Brown
Teresa Zupancich	Todd R. Bosell
Amanda M Boman	Sherri J Maier
Jaime S. Fish	Robert O. Greenberg
Andrea E. Mattison	Justin W Juntunen
Nancy A. Namaste	Patrick R. S. Colvin
Rebecca L Davidson	Erica L. Hom
Susan E Mccleron	Virginia R Lord
Karla J Winterfeld	Sarah B Goldberg
Anthony P Miller	Amanda A. Ashbach
David A. Schultz	Lana J Birkeland
Sara Jo Zeleznikar	Heather S Thomas
Jacqueline Silverness	Jennifer P Rodgers
Christen Ann Hull	Sue Ann Lemon
Bonita Lynch	Leslie A Stevens
Faith E Dillon	Cindy L Mace
Michelle E Kolodge	Deeann M Hogenson
Patricia M Miller	Aaron K. Stewart
Denise L Heise	Geri L Chapman
Lisa Ann Hoffman	Tamara R. Welzant
Marieta L Johnson	Patrick W. Driscoll
Karen H Stgeorge	Dale W Osby
Charles A Thorson	Jeffrey A. Morrison
Deanna Melin	Mark D. Blom
Aaron J Koll	Lester J Hunt
Matthew Becka	Sharon E Ojala
Jodi R. Peterson	Rozanne L Hink
Heather H. Pekkala	Catherine R Lawler
Tania D Moerke	Elizabeth M. O'brien

Andrea Woyt	Heather M. Wirtz
Robert J Korman	Martine J. Gutsch
William M Wolf	Sandra K. Henderson
Karn M. Juusola	Sascha C Meyer-Ruud
Michaela C Doyle	Ruth M. Thomson
Deborah K Allmon	Adele E Krusz
Valli P Prebor	Adam M Staupe
Teri L Akervik	Susan M Modean
Kevin A Swanberg	Vicki Hansen
Julie M. Anderson	Michell S Bergren
Nicole K Bakken	Julie M Williams
Catherine T Letourneau	Gary A Shaver
Marilyn K Hagen	Jeremy N King
Cynthia A. Kari	Janet J. Lunde
Robert Q. Troy	Chad W. Johnson
Bradley J. Bergslien	Therese J Hallback
Kim A Garrett	Jade L Beyer
Mary Beth Kessler Kjolhang	Shelly D Janson
Makoons P. Miller-Tanner	Angela J Weiss
Wendy L. Caldwell	Jennifer A. Martynuik
Richard Linde	Amanda L. Wenberg
Richard W Colburn	Donna M Schilling
Neal B O Shaughnessy Jr.	Tina L Wester
Maija H Jenson	William M. Abene
Danae Rose Quirk Dorr	Christina M Tardiff
Tawny L Smith-Savage	Joel P. Heckman
Matt P Judd	Betsy J. Strom
Victoria L Zeman	Patrick S Flaherty
Kathleen S. Bray	Jess M. Koski
Jacob A. Ryan	Sarah Erickson
Michelle A Balthazor	Brian R. Erickson
Mycole P Conner	Jane E Van Slooten
Beri Lynn Boyer	Benjamin J. Fornear
Tara A. Bryant	Erica S. Henkel
Kristina A. Bourne	Aderinsola B Gilbert
Judson A Coleman	Romayne M Thompson
Peter R Taylor	Claudia M. Anick
Frances M Green	Tiffany D Skoog
William Wade	Amanda J. Cherne
Jonathan J Palutke	Mayson Longley
Esther E Derby	Ann C. Fairbanks
Sarah B. Winter	Lesley Stewart Lenox
Cornelia B. (Cindy) Raab	Susan J Christenson
Cory M. Konsti	Tara L. Mattson
Lori L. Luoma	Troy Carlson
Karen Ellen Jukich	Kim Louise Patrick
	Kathleen R. Patrick
	Samantha Lemay



Becky M Sippola
Michelle L Moden
Amelia C Legarde
Heather N Ward
Ellen J Condon
Jennifer Lynn Reed
Moses
David William Kalligher
Jennifer Boyle
Anna Lisa Scott
Andrew N. Ashcroft
Randi A Omdahl
Michael E Orman
Beattie E Rose
Deborah J Wagner
Ronald E Dallager
Mary T Kolenda
Sandy D Liles
Kristen M Surrell
Kali A. Goblirsch
Erica A. Allen
Sonja M Appling

Nicholas M Basta
Colleen M Vouk
Eileen F Christie
Tyson S. Rouleau
Valirick C Pepper
Sherry A Leveille
Courtney M Jensen
Evangeline L Devlin
Karrienne M. Youngblom
Katie R.B. Cook
Brenda J. Albright
Sandra A. Eller
Bradley G Keseluk
Victoria L Labau
Kerry Jean Aarnes
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Gregory J Petry
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Diane L Angelo
Susan C. Mollen
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## abandoned equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that WFC exceeded its annual goals for number of new Owners, amount of new equity and net profitability, at its July 2013 meeting, the Board unanimously approved returning approximately \$3,000, net after any indebtedness owned to WFC, of the oldest abandoned equity (no current address on file and/or Owner is more than two years behind in purchase of required equity and/or Owner has failed to comply with Owner credit policies). The process to return abandoned equity is to publish the names of these Owners in the Garbanzo Gazette and allow at least sixty (60) days (by November 15, 2013) for them to provide a current address and/or purchase required equity and/or comply with Owner credit policies.

**The balance of unclaimed abandoned equity will be donated to a local, ENDS-related non-profit chosen by Owners. As there is no Board ballot in 2013, Owners attending the 2013 Annual Meeting on October 26, 2013, at the DECC, will designate an abandoned equity recipient from the following list:**

- CHUM/Churches United in Ministry Food Shelf
- Kids Garden/Damiano Center
- Local Initiatives Support Corporation/LISC
- Myers/Wilkins Community School Collaborative (formerly Grant/Nettleton Community School Collaborative)
- One Roof Community Housing
- Seeds of Success/Community Action Duluth
- Other: \_\_\_\_\_

### PREVIOUS RECIPIENTS OF UNCLAIMED ABANDONED EQUITY

- Second Harvest Northern Lakes Food Bank, 2008 and 2010
- Lakes Superior Farming Association, 2009
- Duluth Community Garden Program, 2011
- Growing Farms, 2012

### 2013 ABANDONED EQUITY

Adams, Wendy	Gunderson, Evelyn
Anderson, Anna	Hilgenberg, Anne
Antilla, Nathan	Hutchinson, Robin
Bachmeier, Leah	Jacobson, Bryn
Barbo, Candace	Johnson, Danny
Berg, Sheila	Johnson, Michelle
Berning, Beckett	Johnson, Stephanie
Birkeland, Lana	Jordan, Evan
Bliss, Aaron	Klish, Merideth
Bosko, Miroslav	Kramer, George
Bradley, Jonathan	Kysely, Jenny
Brooks, Newton	Lawler, David
Bumgardner, Rena	Lien, Carey
Cedergren, Valerie	Linman, Gale
Chaney, Lisa	Lopez, Roxana
Clayton, Clare	Maciewski, Bryan
Cousineau, Terrol	Manning, Darlene
Dropp, Laura	McAdams, Matt
Dwyer, Martha	McGee, Casey
Elliot, Antony	McGovern, Terrance
Erven, Christine	McInnes, Bridget
Fisher, Paul	McIntosh, Patty
Gard, Julie	McMain, Gracey
Gibbs, Carrie	McManus, Dennis

Melton, David
Miller-Chasson, Damita
Mirau, Tyler
Moe, Shelley
Morales, Sarah
Murphy, Christian
Nelson, James
Nesgoda, Gary
Ness, Lori
Olm, Elizabeth
Olsen, Barry
Olson, Jennifer
Orourke, Douglas
Palkie, Kay
Pedersen, Royanne
Peterson, Cathy
Phelps, Michael
Phillips, Alicia
Reinke, Tanya
Richter, Jenny
Rorvick, Shelley
Rosin, Steven
Saillard, Heidi
Salgy, Connie

Salisbury, Gregg
Scanlan, Eddie
Schindler, Tracey
Schultz, Allison
Shaw, Yvonne
Slade, Vicki
Smith, Gregory
Sookochoff, Jesse
Spinler, Neal
Steciw, Ann
Stretar, Dayna
Sutherland, Lois
Thomas Jr, Richard
Tomaino, Christy
Tompkins, Willis
Tricola, Marlo
Utyro, Kelly
Veal, Terri
Viergutz, Anna Mae
Williams, Daniel
Williams, Lynn
Wolfe, Chris
Word, Ky



## local grower profile sassy is as sassy does

*Michael Stanitis, Sassy Nanny Farmstead Cheese, Herbster, WI*

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

Most evenings, Michael Stanitis takes his girls for a stroll. It's a much deserved cocktail hour for the goat farmer, and a time without rules or routine where the goats can be mischievous without creating chaos. By this time, everyone has had a long day. March through November, a typical day for Michael looks like this: early rise to milk, clean up, and feed his 34 goats—a three hour ordeal. Next, the 12 mile jaunt to Happy Hollow Creamery near Bayfield, WI, where he shares equipment with owners Fred and Kelly Faye to craft, finish, package, or deliver his signature cheeses. Then it's back

home to another round of feeding, watering, and chores. This full-cycle process from raising the animals to actually making the cheese earns him the rare title of Farmstead Cheese Maker. It's a seven-day-a-week routine and a one-man operation, so it's no surprise that cocktail hour features drinks a bit on the stiff side.

So, how did the sculptor with an art education degree find his place amid a herd of Sassy Nannies? His childhood was spent raising goats on a small farm, but Michael also felt drawn to revitalize the artisanal craft of cheese-making



Michael and a few of his sassy girls.

*“It’s bizarre to watch... very Jane Goodall.”*



From the farm to your table. Delicious!

in an area of Wisconsin that once boasted it. Eight of his ten acres were converted to pasture using Silvopasture principles, a combination of forestry, forage, and livestock that is mutually beneficial. Official commercial production began in 2011 and has been an ever-growing operation since.

Michael raises American and French Alpines, with no unnecessary medications or antibiotics used in their care. Their diet consists of hay from nearby Port Wing, along with grain which is necessary to maintain the energy of the girls who each supply eight to ten pounds of milk per day. While the Alpine breeds are typically more docile, they are still immensely clever with a distinct social order.

Delilah, Michael's first-born kid and oldest doe at the age of nine, is most definitely “the benevolent queen.” Positions in the herd trickle down from there, ending with the youngest, but when kidding season comes around, fighting ensues in attempts to secure a higher ranking. “It's bizarre to watch,” Michael says, “very Jane Goodall.”

As with any animal product, the well-being of the animal physically, environmentally, and emotionally is evident in the flavor of this cheese. These goats are well cared for and the cheeses immaculately crafted. Some folks have an aversion to that gamey/goat-y flavor in goat cheese, which can sometimes point to old or mishandled milk. The key to favorable flavor is fresh milk

and clean processing. Learning the artful intricacies of the cheese-making process is vital, too. “Cheese-making is like baking. It's all chemistry. If you don't pay heed, you end up with a lot of pig food!” says Michael. “I pay close attention to temperature, time, acid developments, measurements, and math. To say it's been a test of my character would be an understatement.” The character test was well worth it. Sassy Nanny cheeses have finesse, vitality and bring a wow-factor to the table. The co-op currently carries Lake Effect, a fresh spreadable cheese, Buttin' Heads, a sea-salt brined raw milk feta, Cabra Fresco, an homage to queso fresco, and Finit Sur La Paille, a classic French-style moldy rind aged soft cheese. Look for the smiling Sassy Nanny on the sticker. You'll find yourself with the same grin soon enough. **GG**



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## gourmet to go

by Matthew Litman, Deli Counter Supervisor

The incredible support that you show your Co-op means more jobs at the Co-op. The Fog City Deli recently hired an experienced supervisor for the service counter. Meet Matt...

**Bon Jour!** My name is Matt, and I am the new Deli Counter Supervisor at WFC! I am so excited to join this community of awesome individuals, as well as awesome Owners!

For the last 8 years, I have spent my time in different kitchens around the area, in the belly of the beast, cooking up a storm. I have spent time in corporate, local, family restaurants, as well as in a local hospital doing large scale batch cooking. Any cook will tell you that they value quality ingredients to create a product that is worthy of their mouth. WFC provides such great products, and I am excited to be working with them! I look forward to bringing

my skills that I have learned in the kitchen, to the counter! To serve the highest quality product at a great price!

I love food! I love to talk about food! I love to hear about food! Next time you see me, be sure to say "Hi" and introduce yourself, I will do my best to remember your name, as you are NUMBER 1!

See you soon! Cheers!

## co-op letter what 'value' should we expect from our food—and our soil?

by Ryan Batalden, St. Peter Food Co-op Owner

My wife and I are members of our food co-op in St Peter, MN, for many reasons that we value. We value local food for all of its greatness. It is fresh. It hasn't travelled very far to get to our mouths.

It also creates jobs for our local area. And I trust farmers I can visit and meet, to see how they farm. Many of them employ farming practices which improve their soils, such as cover crops and green manures. They also value the things on their farm that don't have direct monetary value, like bees, bugs, wildlife and wild plants.

We value the co-op employees—they are people who care about and strongly believe in what they do. And they are helpful and knowledgeable.

We value the wholesome, nutrient-dense food we can buy at our co-op. We even sell some of our farm products to our co-op.

Many of us co-op members, at least here in the Midwest, are no more than a generation or two removed from the 'family farm'. In fact, a lot of us own or may

someday inherit farmland. Or we know someone who may.

Agricultural land prices in the Midwest are extremely high. In fact, they are too high for the vast majority of beginning farmers and established family farms. The same goes for rental rates. In addition, most leases are only for one or two years, and allow little stability for a farmer to plan for the long-term.

I believe we should expect the same 'value' from our land and soil that we receive from our food co-op. The value we receive from our co-op only begins with pricing. It includes many other values, like I mentioned earlier. We value local food. We value healthy soil. We value bugs and bees and trees and even dandelions!

If you are one of those fortunate people who have or someday will have control over farmland, please consider the great responsibility that you have. Consider the 'value' that you want from that soil. Consider where you want your food to come from, and what you want to be in it, or not in it.

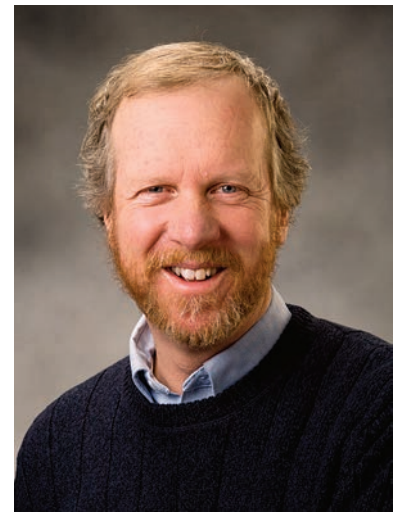
There are two major reasons that my wife and I are able to farm full-time to

support ourselves, with no work off of the farm. One—the support of our families. Two—there are two landowners that took it upon themselves to draw greater value from their land. I was able to connect with both of them, and offer them value that only began with financial value. And they gave me long term leases. In return, I am able to care for their land as if it was my own, because I know I will be its steward for many, many years to come. The value that my landowners receive includes healthy soils, cover crops, green manures, bee habitats, local food production and an improved local economy.

There are so, so many beginning and experienced farmers who would love to be good stewards of your land. There are many examples of creative, unique ways to accomplish this. And there are organizations and non-profits that can help you figure it all out and find your farmer. The two I recommend starting with are The Land Stewardship Project and the Midwest Organic and Sustainable Education Service. They would love to help you get the value you want from your beautiful, life-sustaining soil. **GG**

## news bites

### WFC REMEMBERS STEVE O'NIEL



Your co-op remembers long time co-op Owner and community advocate, Steve O'Neil. His list of community contributions is long, but we will also remember him as someone who was in the store almost daily with a smile and kind word for everyone he met. In his memory, WFC has contributed \$1976 (the year he became an Owner of the co-op) to CHUM, one of our common community partners. Thank you, Steve for leaving the world a better place.

### 2012 FOOD CO-OP IMPACT STUDY

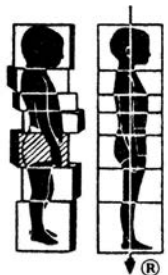
View a video of the results of the Food Co-op Impact Study comparing consumer owned food co-ops (including WFC) and conventional grocery stores at: <http://strongertogether.coop/food-coops/food-co-op-impact-study/>

### NEW BIKE RACKS

With much appreciation for his design and production assistance, as well as his patience for our convoluted parking lot improvement process, we welcomed the installation of custom-made 'vegie' bike racks by Will Adams.



Initial sketches submitted by Will Adams for his proposed custom bike racks at WFC.

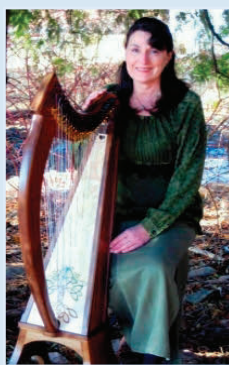


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## just label it co-ops support consumers' right to know

# JUST LABEL IT!

We have the right to know • [justlabelit.org](http://justlabelit.org)

Food labels alert us to potential allergens, help us do the math on our sodium intake, and even reassure us that our morning glass of O.J. is “not from concentrate.” Now, surveys show that over 90 percent of Americans want mandatory labeling on foods containing genetically modified organisms (GMOs). GE labeling is mandatory in much of the world already. In fact, 64 nations—from Brazil to New Zealand, plus the entire European Union—already require labeling to inform their citizens about the presence of GMOs.

GMOs are plants or animals created through the process of genetic engineering. This technology inserts DNA from one species into a different species. The resulting GMOs are combinations of plant, animal, bacterial and viral genes that cannot occur in nature or be created by traditional breeding.

Over the past two decades, GMOs have been entering U.S. grocery stores at a dizzying rate. While certified organic foods are prohibited from containing GMOs, the Congressional Research Service estimates that 60 to 70 percent of processed conventional foods contain GMO ingredients, none of which have been tested for safety by the FDA.

We believe people have a right to know what's in the food they're eating and feeding their families. Whole Foods Co-op has been a supporter of the Non-GMO Project and their independent, voluntary testing of GMOs for several years. That's why our co-op has joined other food co-ops across the country in support of the Just Label It (JLI) campaign, a national coalition of more than 650 organizations dedicated to bringing about mandatory labeling of genetically engineered foods in the U.S.

This October, National Cooperative Grocers Association, a business services cooperative owned by food co-ops including ours, is partnering with manufacturers to contribute \$75,000 to JLI. Together, we're supporting JLI's research to show that mandatory labeling will not increase food costs; efforts to educate lawmakers and the media about GMO labeling; and outreach to make more people aware of an important labeling petition to the FDA.

While labeling opponents spend millions to defeat labeling initiatives, momentum for mandatory labeling is building. Over one million people have signed JLI's petition to the FDA already—more than any other food petition in FDA history. And, although it didn't pass, California's Proposition 37 to label GMOs brought the issue to the national forefront. Currently, GMO labeling legislation is pending in more than half of U.S. states!

Minnesota's bill to label Genetically Modified Foods—H.F. 850 and S.F. 821—will be coming to our legislature soon (no current legislation pending in Wisconsin). **GG**



Through our collaboration with Just Label It, we are an integral part of the GMO labeling movement.

- For more information about this bill, visit <http://www.righttoknowmn.org/>.
- To learn more about GMOs and make your voice heard, visit [www.justlabelit.org/take-action/](http://www.justlabelit.org/take-action/)
- or visit [www.strongertogether.coop/fresh-from-the-source/what-is-a-gmo/](http://www.strongertogether.coop/fresh-from-the-source/what-is-a-gmo/) to read more about GMOs.



## OWNER IOU BENEFIT CHANGE NOTIFICATION

At the July 22, 2013 Board meeting, the Whole Foods Co-op Board unanimously approved ending the Owner IOU benefit (maximum \$20 payable within two weeks for fully vested Owners) subject to a six (6) month Owner comment period effective after publication of this notice in the Fall 2013 *Garbanzo Gazette*.

The Board determined the Owner IOU was administratively costly, was accessed by less than 6% of Owners since January 2013, would be financially unsustainable to promote and would not be feasible to effectively monitor in a multi-store operation.

Management was directed to develop and introduce by spring 2014 another affordable Owner benefit that would be of value to all Owners and that could be promoted and monitored effectively in a multi-store operation.

Comments about this change can be directed to [wfcbod@wholefood.coop](mailto:wfcbod@wholefood.coop).

**Thank you!**

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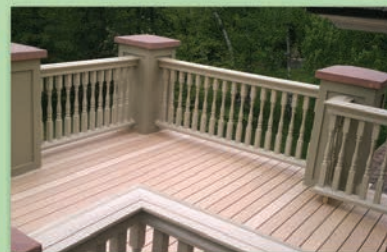
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# grocery gab summertime fun!

by Lisa Anderson, Merchandising Manager @ WFC Owner

Fall is descending upon us, and before you know it, the madness of the holiday season will be here. Like every year, we strive to be your one stop shop for cooking and baking needs, and this season will be no different. Last year was the best year yet for free-range and organic turkeys; we had a good supply of both fresh and frozen birds right up until the day before Thanksgiving. Again this year, we will have frozen turkeys available from the farms of Larry Schultz (organic) and Ferndale (free-range). They are due to arrive around Saturday, November 1st, and will range in price from \$1.99 to 3.29/lb. We will

also have fresh turkeys arriving around Saturday, November 23rd, from Ferndale and Kadejan (both free-range) for \$2.49/lb (watch our Facebook page in November). Turkey sizes will be available from 10 lbs to 24 lbs. We order our turkeys direct from the farm, and request specific quantities in different size ranges for the best selection. We are not guaranteed to get exactly what we order since these are small farm operations, but in past years they have all done a fabulous job filling our requests. In order to get the turkey of your size, stop in and get your bird early. We will do our best to keep a wide range of

sizes and brands, but if you don't see what you are looking for, just ask a staff person and we'll check to see what we have available in storage.

In addition to staples like baking flour, sweeteners, and organic stuffing, we also have lots of gluten-free options, including pie crusts, stuffing, cake and cookie mixes, crackers, and snacks. You can get your butter, heavy whipping cream, sour cream, pumpkin, chicken broth, and fresh squash right here. I look forward to this time of year for the eggnog – and we'll have it! In addition to the traditional dairy variety (Organic

Valley makes perhaps the best store bought eggnog out there), we will also have soy and coconut based non-dairy nog, both of which are great.

After Thanksgiving, we'll have some great gift items available, from beautiful candles to unique body care items. Don't forget to pick up some special seasonal items like holiday candies, cookies and Advent calendars (with Fair Trade chocolate!) – these also make great gifts and add pizzazz to your table. Have a great holiday season, and see you at the Co-op! **GG**

## new products

\* Contains Organic ingredients  
\*\*Fair Trade

### HEALTH & BODY CARE (HBC)

**Giovanni 2 CHIC Products**  
Avocado & Olive Oil Shampoo \*  
Avocado & Olive Oil Conditioner \*  
Avocado & Olive Oil Deep Moisture Mask \*  
Avocado & Olive Oil Leave-In Styling Elixir \*  
Avocado & Olive Oil Leave-In Moisture Spray \*  
Avocado & Olive Oil Anti-Frizz Serum \*

**Nubian\*\***  
Coconut Papaya Shea Butter  
Indian Hemp & Haitian Vetiver Lotion 8 oz  
Raw Shea Lotion 8 oz  
Coconut Papaya Lotion 8 oz

**Andalou Naturals\*, \*\***  
Untinted Beauty Balm aka “BB” SPF 30  
Sheer Tint Beauty Balm SPF 30

**EO\***  
Everyone Soap For Man Cedar Citrus 32 oz  
Everyone For Kids Coconut Twist 32 oz  
Everyone For Kids Lavender 32 oz  
Everyone Soap Lavender Aloe 32 oz  
Everyone Soap Coconut Lemon 32 oz

**Every Man Jack**  
Cedarwood Deodorant  
Citrus Deodorant

### BOOKS

**MSM: On Our Way Back to Health with Sulfur!**  
by Beth M. Ley

**Bragg Back Fitness Program**  
by Patricia Bragg

**Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods**  
by Sandor Ellix Katz

**Qigong Illustrated**  
by Christine J. Barea

**Eat What You Love, Love What You Eat with Diabetes**  
by Margrette Fletcher

**Delightfully Free Cookbook**  
by Tracy Hill

**The Ayurvedic Cookbook**  
by Amadea Morningstar

**Animals Make Us Human**  
by Temple Grandin

**The Omnivore's Dilemma**  
by Michael Pollan

### BREAD

**Red Mug Bakeshop**  
Kosher Challah

**Ashland Baking Company**  
Cinnamon Rolls

**Franklin Street Bakery**  
Multigrain Hamburger Buns  
Sesame Hamburger Buns

### BULK

**Jack and the Green Sprouts**  
Broccoli Seeds for sprouting  
Green Pea Seeds for sprouting  
Radish Seeds for sprouting

### CHEESE

**Sassy Nanny**  
Cabra Fresco  
Fini Sur La Paille

**Happy Hollow Creamery**  
Dandelion Addiction

**St. Paul Bagelry**  
Smoked Salmon Cream Cheese

### COOL

**Kevita\***  
Lemon Cleanse

**So Delicious**  
Almond+ Protein beverage  
Mango Coconut Yogurt  
Plain Coconut Yogurt 16 oz

**Good Life**  
Smooth Peanut Butter 32 oz

**Kalona\***  
2% Cottage Cheese

**Upton's**  
Chorizo Seitan

### FROZEN

**Three Twins Organic Ice Cream\***  
Butterscotch Pecan  
Milk and Coffee  
Malted Milk Chocolate  
Ice Cream Cookie Sandwiches

**Talenti**  
Mint Gelato Pops  
Sea Salt Caramel Gelato Pops  
Coconut Gelato Pops  
Mango Sorbet

**Hilary's Veggie Burgers**  
Adzuki Bean  
Original

**Blue Horizon**  
Shrimp Pad Thai  
Shrimp & Scallop Pasta Bake

### FROZEN (Continued)

**Alden's Organic Ice Cream\***  
Orange Sherbet

**Larry & Luna's Coconut Bliss\***  
Maca Mocha Coconut Ice Cream

**Udi's**  
Gluten Free Tortillas

### GENERAL MERCHANDISE

**Down to Earth**  
Bamboo Steamer Basket 7”  
True Seal Storage Container 2-Cup  
True Seal Storage Container 4-Cup  
Stainless Steel Box Grater  
Guatemala Oven Mitt  
Guatemala Pot Holder  
Stainless Steel Apple Wedger  
Stainless Steel Mesh Strainer 4”  
Serving Bowl Set, 8 Assorted Colors

### GROCERY

**Seventh Generation**  
Unbleached Paper Towel 8-Pack

**Guru\***  
Energy Drink 12 oz

**Steaz**  
Superfruit Energy Drink

**Angie's**  
White Cheddar Kettlecorn  
Salted Caramel Kettlecorn  
BoomChickaPop Light Popcorn

**Pashen Energy Bars\***  
Original Bars  
Cacao Bars

**Vega One Nutrition Bars**  
Chocolate Cherry  
Double Chocolate

**Larabar Alt Protein Bar**  
Peanut Butter Cookie

**Endangered Species Chocolate**  
Almond Sea Salt Owl Bar

**Xochitl**  
Yellow Corn Tortilla Chips

**WayBetter Sprouted Tortilla Chips**  
Black Bean  
Sweet Potato  
Sweet Chili

**Field Day\***  
Golden Round Crackers  
Stoneground Wheat Crackers

**Olde Cape Cod**  
Oyster Crackers

**Crown Prince**  
Yellowfin Tuna

**Sustainable Sea**  
Pole Caught Albacore Tuna

### GROCERY (Continued)

**Annie's**  
Bernie's Farm Mac & Cheese

**Bliss Granola**  
Cherry Almond  
Butterscotch Pecan  
Chocolate Hazelnut  
Gluten Free Pecan Cinnamon

**Earth's Best**  
Sensitive Skin Baby Wipes

**PRD Bird Seed**  
Black Max Bird Seed Mix

**Earth Balance**  
Vegan White Cheddar Popcorn

**Whole Grain Milling\***  
Blue Corn Tortilla Chips

**Q Drinks Cocktail Mixers**  
Club Soda  
Ginger Ale

**Back To Nature**  
Sweet Potato Cinnamon Crackers  
Multiseed Gluten Free Crackers

### SPECIALTY

**La Tourangelle**  
Black Truffle Oil  
White Truffle Oil

**Rain Coast Crisps**  
Cinnamon Raisin  
Cranberry Hazelnut  
Salty Date and Almond  
Fig and Olive

### SUPPLEMENTS

**Garden of Life**  
Chocolate Mini Meals \*  
Vanilla Mini Meals \*  
Original Mini Meals \*  
Raw Fit Protein Powder\*  
Bagged Flax Seed – U. S. Grown!  
Bagged Chia Seed – U. S. Grown!  
Bagged Flax & Chia Blend – U. S. Grown!  
Bagged Flax with Fruit – U. S. Grown!

**Homeolab**  
Kid's Allergy  
Kid's Pain & Fever  
Kid's Flu

**Go Live\* Probiotic & Prebiotic Powder**  
Berry Pomegranate  
Melon Cucumber

**Barlean's \***  
Original Greens  
Chocolate Greens  
Berry Greens  
Strawberry Kiwi Greens

**Organic India \***  
Triphala



# notes from the front recycling 101, co-op style!

by Michael Olker, Front End Manager & WFC Owner

Show of hands, who recycles at home? Just as I suspected, all of you! I am sure this comes as no surprise that your Co-op plays its part as well when it comes to recycling and composting.

Throughout the store we have the necessary containers to separate the refuse that we generate into three streams: Garbage, Compost and Recycling. We contract locally with Hartel's/DBJ for garbage and recycling, WLSSD and Garden Magic for our compost. Both of these services allow us to significantly reduce our landfill contributions. In fact, our compost and recycling containers are very close to the same volume as our garbage containers. Over the years, we have learned that we have needed to increase the container volume on both recycling and compost to keep up with our good habits!

It is important to remember, though, that we operate under the very same guidelines as you do at home when it comes to sorting refuse- there are some items that simply cannot be composted or recycled and do end up in the garbage. On a daily basis, especially from the containers located in our dining area, we spend a fair amount of time sorting the bins to ensure that the contents end up where they belong. Just as with your home recycling, recycled materials must be clean and free of food contamination. Because we do not have a public rinsing station for cleaning your deli containers when you are done eating, your next best option would be to wipe out your container with a napkin and toss the napkin into the compost bin. Wiped clean, your food container is much more likely to be recycled rather than sorted out into the garbage because items placed into

recycling that are contaminated with food are destined for the landfill. Your contribution to making sure material is clean helps the entire recycling cause.

To keep up with the high demand for recycling and to reduce their own environmental impact, Hartel's/DBJ built a single stream recycling and processing center in 2008. At that time, single stream recycling was not an option in our area and Hartel's/DBJ took it upon themselves to create a system that now proudly processes 1000 tons of recyclables each month with only 2% residual loss. This means that monthly, 2% of the items found in recycling are actually not recyclable due to contamination or content.

Once the recycling material from our store is sent to Hartel's/DBJ, it is sorted again at their facility and materials are processed and sent to the markets who actually find another use for the product. Hartel's/DBJ is the only single stream recycling facility north of the Twin Cities, and they can process and send material right from their facility to market. This is a huge reduction in their carbon footprint of refuse handling, as the other option would be to send materials to the Twin Cities where it would be sorted and re-distributed back to some of our local markets. The increase in the amount of recycling over the years has created new market openings and changed others. At the time of this article, our local recycling company accepts clean:

- Plastics labeled #1 through #7
- Paper—all
- Cardboard and paperboard—all
- All glass and aluminum (no scrap metals)



## Recycle Your Cartons

If your waste company does not accept aseptic and/or gable top cartons from juice, milk, broth or wine, contact [www.recyclecartons.com](http://www.recyclecartons.com) for more information.

The newest market to open up for recycled materials includes aseptic containers and waxed lined food service boxes! Yes, this includes the very same style of box that we serve our to-go sandwiches and hot-bar food in. But remember, they must be clean! Note: Any plastic tops and pour spouts must first be removed from aseptic containers before recycling.

When it comes to composting, I think it is safe to say we are superstars. All of the compost generated from our store is sorted into compostable bags and is picked up by Garden Magic or WLSSD for processing. As an Owner/customer, you may have noticed that our plates and utensils are compostable. The white plates and utensils are corn based and will break down when brought to a composting facility.

I have personally attempted to compost the utensils in my home compost, and admit that I have had little success, but WLSSD is leaps and bounds ahead of my backyard compost bin.

WLSSD is a high heat, aerated and very well monitored facility that can make short work of the huge amounts of compostable material that they process.

After you have enjoyed a delicious meal from our fabulous deli, please notice

that the compost bin in the BCO seating area is able to accept:

- All in-house food scraps
- WFC compostable paper plates
- WFC compostable utensils
- Co-op Strongertogether napkins

That's it on compost. If it is not one of these four items, it should not be placed in the compost bin.


Lastly, I would like to remind you that WFC serves as a public drop-off site for unwanted plastic grocery bags. We have a receptacle just inside the front doors as you enter the produce department. These bags are sent to a processing facility right here in Duluth and are destined for re-use in the plastic and composite market- think composite decking. Just as with other recyclable materials, these bags should be clean before being stuffed into the bin.

WFC is very happy with the partnership of these local companies who do so much to steer material away from the landfill. Please remember that responsible recycling and sorting starts at the source. I will take this opportunity to shamelessly ask for any manner of assistance in making sure that recycling materials are clean and deposited into their proper containers. Help us make recycling count! **GG**



All waxed paper food containers from the Fog City Deli are recyclable as long as they are clean! So, before recycling, please wipe out your container with a napkin and toss the napkin into the compost bin. Home recycling services vary. Please contact your handler with questions that you have about your service.


It's easy to compost at WFC! Our Deli paper plates, corn-based utensils, in-house food scraps and napkins can be composted. Please help us cut down on waste by composting the items above.




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## fresh perspectives save now and enjoy later

by Organic Options

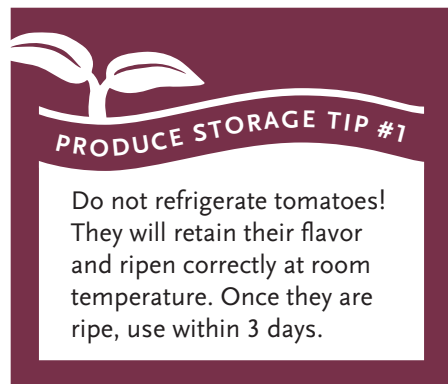
If you find yourself sitting at the kitchen table grinning at the cornucopia of summer bounty that is filling your fruit bowl, you're probably not alone as it's hard not to appreciate this gift of summer goodness. You more that likely are trying to decide do I eat fresh the cantaloupe or the watermelon for breakfast today. Or do I make another amazing tomato sandwich for lunch. You know the ones where tomato is the featured flavor cut into a ½ inch slice on your favorite bread with just a spread of mayo.

Well before you start enjoying today's abundance you may want to start thinking about winter. What? Winter? Why? Sorry for throwing a wrench into your late summer daydream but consider this. There is nothing like that summer tomato, peach, melon, or green bean taste to cure the wintertime blues. And with the abundance come the best prices of the summer so doing some work now could bring very pleasant results in December.

No you don't have to take a canning or pickling class you can use your freezer to save some summer and its not as hard as you think.

Why not freeze some tomatoes for sauce. Tomatoes may be frozen whole, sliced, chopped, or puréed. Additionally, you can freeze them raw or cooked, as juice or sauce, or prepared in the recipe of your choice. Thawed raw tomatoes may be used in any cooked-tomato recipe. Do not try to substitute them for fresh tomatoes, however, since freezing causes their texture to become mushy. Tomatoes should be seasoned just before serving rather than before freezing; freezing may either strengthen or weaken seasonings such as garlic, onion, and herbs.

Select firm, ripe tomatoes for freezing. Sort the tomatoes, discarding any that are spoiled. Wash them in clean water as recommended above. Dry them by blotting with a clean cloth or paper towels.

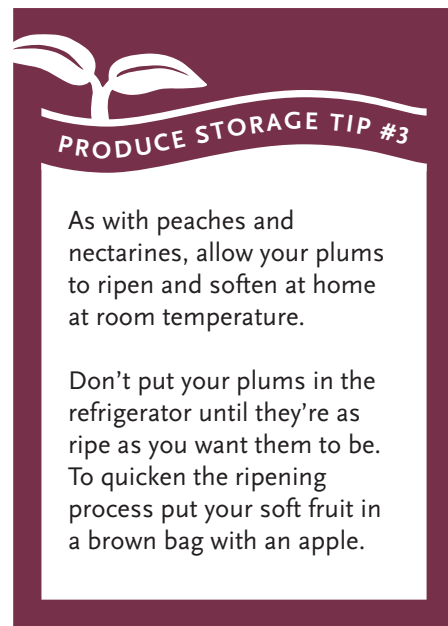


Freezing whole tomatoes with peels: Prepare tomatoes as described above. Cut away the stem scar. Place the tomatoes on cookie sheets and freeze. Tomatoes do not need to be blanched before freezing. Once frozen, transfer the tomatoes from the cookie sheets into freezer bags or other containers. Seal tightly. To use the frozen tomatoes, remove them from the freezer a few at a time or all at once. To peel, just run a frozen tomato under warm water in the kitchen sink. Its skin will slip off!



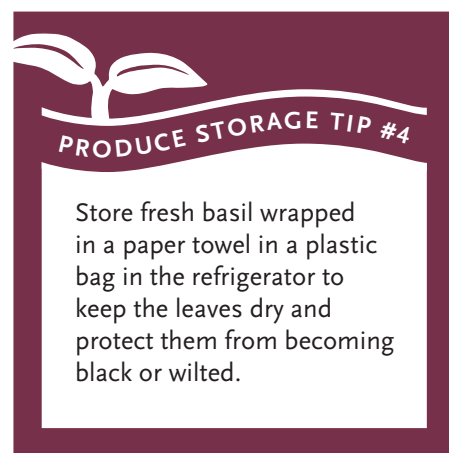
Now that we have our sauce covered how about some melons? Choose a favorite like Cantaloupe, Crenshaw, Honeydew, or Watermelon.

Select firm-fleshed, well-colored, ripe melons. Cut in half, remove seeds and rind. Cut melons into slices, cubes or balls. Pack into freezer stable containers, leaving headspace. Seal and freeze.

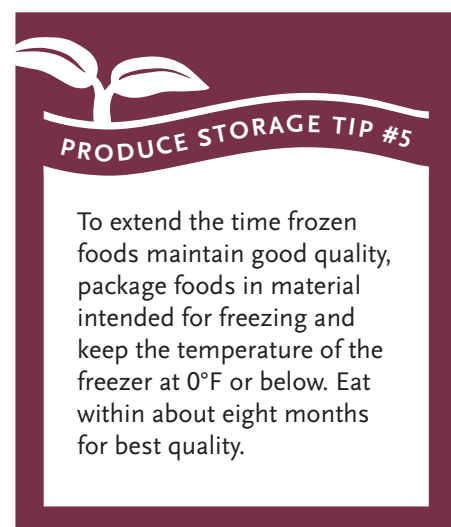


And of course you'll want some green beans this winter! To freeze green beans: steam the green beans for 2-3 minutes. Remove from heat and let them cool thoroughly before placing them in freezer bags and storing them in your freezer.

And blue berries for pancakes are a must! To Freeze Blueberries: place fresh berries in a single layer on a cookie sheet. Freeze them right from the container—be sure to not wash before freezing. Once frozen, transfer to a reseal able plastic bag and store.



While not a summer staple bananas will often turn quickly in the summer heat. Don't fret they can be frozen for later use as well. Just pop them in the freezer, peel and all; or peel them, and then freeze them. Either way will work. If you decide to freeze your bananas in their peel, the peel will turn black; but it won't affect the bananas in the least.



With all this food saved wintertime is looking pretty good.

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References this issue:

<http://food.unl.edu/web/preservation/freezing-tomatoes>

**The National Watermelon Promotion Board**  
[www.watermelon.org](http://www.watermelon.org)

<http://nchfp.uga.edu/how/freeze/melon.html>

<http://frugalliving.about.com/od/freezingfoods/qt/How-To-Freeze-Bananas.htm>

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## a delicious adventure in lacto-fermentation

by Sarah Sather, Promotions & Education Coordinator and WFC Owner

If I listen closely, I can hear jars of lacto-ferments happily fizz and effervesce in the corner of my kitchen. I began a handful of lacto-fermented vegetable experiments in the hopes of finding one to share that would be easy and convenient for folks to try at home. The Lacto-Fermented Zucchini Chips recipe included in this article fits the bill and has become one of my new favorites, and the technique provides a great way to preserve zucchini without turning your kitchen into a hot canning mad house.

Lactic acid fermentation, also known as lacto-fermentation, is an anaerobic process by which carbohydrates are converted into lactic acid by lactic-acid producing bacteria, or lactobacilli. Lactobacilli are a type of bacteria that are present everywhere, and are considered a “good” or beneficial strain of bacteria for the immune system. Lactic acid is a natural preservative and drastically slows spoilage.

Sauerkraut is a perfect example of a basic lacto-ferment. In traditional sauerkraut, there are only two ingredients: cabbage and salt. The cabbage and salt are pounded together until the cabbage softens and releases water. The pounded product is then stuffed into a vessel with a plate or lid placed on top of the cabbage, and weighted down so the plate is submerged under liquid. Salt prevents the cabbage from spoiling while the lactobacilli create enough lactic acid to preserve the cabbage. Once the sauerkraut is to the maker’s liking, it is then transferred to cold storage where it can last for years.

The lacto-fermentation process has been used to preserve food for thousands of years. Many cultures have their own traditional lacto-fermented foods, like the sauerkraut of Europe and kimchi of Korea.

Why should we eat lacto-fermented foods? Lactic acid fermentation enhances the digestibility and nutrient content of food,

and promotes the growth of the “good” flora in the intestine, which in turn strengthens the immune system. Also, eating homemade lacto-fermented foods is a cost-effective way to introduce beneficial bacteria (see sidebar article) into your system, whereas probiotic supplements can be very expensive. But that’s not all, folks! Not only does lacto-fermentation enhance the nutritional profile of food, but the process also adds an interesting and delightful depth of flavor to food. Sauerkraut, kimchi, and pickles, oh my!

My corner of Whole Foods Co-op involves scheduling public cooking classes and lectures. This summer, I reached out to Jennifer and Andrew Sauter Sargent of Spirit Creek Farm to see if they would teach a class for the Co-op this fall. Spirit Creek Farm supplies the co-op with lacto-fermented beets, beans, sauerkraut, kimchi, curtido, and garlic scape pesto. As luck would have it, they agreed to teach not one but TWO classes! They will teach students how to make Kim Chi on Thursday, September 26th, and how to make Sauerkraut on Thursday, November 14th. Check out page 14 of the Garbanzo Gazette to learn more.

Excitement over the upcoming classes spurred me to try a few lacto-fermentation experiments at home. After a few combinations, I came up with Lacto-Fermented Zucchini Chips, which are a new favorite in my home. If you don’t care for the amount of salt the recipe calls for, you can reduce the salt to 2 teaspoons and add 2 tablespoons whey. Whey inoculates the food with beneficial bacteria, reducing the amount of time before the lactic acid preserves the food. Try these chips alone, on a piece of bread with butter, or on a sandwich.

Want more information? Check out Wild Fermentation and The Art of Fermentation, both by Sandor Ellix Katz, as well as Nourishing Traditions by Sally Fallon with Mary G. Enig, Phd. Happy Fermenting! **GG**

## probiotics Q & A

With Nancy Van Brasch Hamren,  
Namesake of Nancy’s Yogurt and Executive  
Board Secretary of the International  
Probiotics Association

You know probiotics are good for you, but do you know which strains you should look for, or the most healthful way to get them in your diet? Nancy Van Brasch Hamren, namesake of Nancy’s Yogurt and Executive Board Secretary of the International Probiotics Association, is here to answer some basic questions and demystify probiotics.

### Talking Probiotics with Nancy

1. We hear a lot about the importance of probiotics to our health and immunity. What are they exactly and why are they so important?

*Probiotics are a group of bacteria that have the unique ability to locate on special receptor sites in the lining of our lower digestive tract. They survive digestion, improve nutrient absorption, defend against harmful invading organisms and act as messengers to our immune system to regulate inflammation.*

2. What’s the difference between probiotics, live cultures and live culture strains?

*Probiotics refers to a group of specific strains like L. acidophilus. ‘Live cultures and live culture strains’ can consist of any number of food grade organisms: eg Blue cheese and Cheddar are made with live culture strains, but they are not considered probiotic. It’s best to look for the names of cultures that are shown through research to confer positive health benefits.*

3. What are the most common probiotic strains and which ones should we be looking for as consumers?

*Examples of well-known species include certain strains of B. bifidum L. acidophilus L. casei, L. rhamnosus and some strains of B. coagulans that have been shown in clinical trials to provide strong health benefits.*

4. When cooking with a food product that contains probiotics, does the application of heat alter its nutritional value?

*Probiotics live up to about 108 degrees and then they die off. It’s best to consume them fresh and live for optimal benefits.*

5. How often should we be ingesting probiotics?

*The lining of our digestive tracts sluff-off about every three days, so it’s important to eat probiotics a couple times a week.*

*Long known as probiotic pioneers, the makers of Nancy’s Yogurt—Springfield Creamery in Eugene, Oregon—is believed to be the first U.S. creamery to add beneficial probiotics such as L. acidophilus to yogurt more than 43 years ago—a move that forever changed the cultured dairy industry.*



### LACTO-FERMENTED ZUCCHINI CHIPS

3 medium zucchini  
1 head garlic, peeled and smashed  
Fresh basil leaves  
Fresh thyme leaves  
1.5 T sea salt  
1 C filtered water (more if needed)  
1 Qt Mason jar

Wash all equipment in hot soapy water and let dry before using. Slice zucchini into ¼" pieces. Layer sliced zucchini, garlic, basil, and thyme in jar. Combine salt and water (or whey, if using) and pour into jar. If needed, add more water until there is 1" of space on the top of jar. Screw lid on tightly and store at room temperature for 3-4 days before transferring to cold storage. Makes 1 quart.

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## WFC-U fall classes September – December

### “Come curious and leave inspired...”

#### SEPTEMBER

##### **Tamale Party!** Valerie Acquard

Tuesday, September 24th  
6:00 PM – 8:00 PM

Duluth, meet the Mesoamerican pastie, the Tamale! These little pockets of corn flour love are the fuel that helped the Mesoamerican cultures thrive and they are still a staple among many South American cultures today. In this class, Valerie will demonstrate how to make tamales and provide participants with some fun ideas for breakfast, lunch, dinner, and even dessert tamales. Traditionally, large groups of people gather to make hundreds of tamales at once- talk about a party! Come join Valerie for a hands-on Tamale Party! Participants should come to class with an apron and short fingernails, as you will be working with dough. Class size is limited to 12 people.

##### **How to make Kim Chi** Andrew and Jennifer Sauter Sargent

Thursday, September 26th  
6:00 PM – 8:00 PM

In this hands-on class, participants will learn the basics of vegetable lacto-fermentation and leave with two jars of their own hand-made Kim Chi. Participants will chop, salt, and pound vegetables into a vessel to be fermented. The history of fermentation, health benefits, and key concepts of successful fermentation will be discussed. Participants will need to provide their own sharp chef's knife and apron. Class size is limited to 10 people.

##### **Pierogi & Borscht** Adam Wisocki

Saturday, September 28th  
10:00 am – 12:00 pm

Come enjoy a hands-on class featuring two delights of Eastern European cuisine! Pierogi are traditional Eastern European dumplings usually stuffed with potatoes, meat, sauerkraut, and other fillings. Borscht is a delicious beetroot soup that hails from Ukraine. Participants will start off with a hot Borscht soup while the pierogi dough sets up. This will be followed by rolling, filling, boiling, and most importantly, eating of delicious meat and vegetable pierogi. Participants will need to bring their own apron. Class size is limited to 20 people.

#### OCTOBER

##### **Sweet & Savory Low Fat/ No Fat Soups** Esther Piszczek

Tuesday, October 1st  
6:00 PM – 8:00 PM

Cooler weather calls for warm soup! Come learn how to make delicious, satisfying, healthy winter vegetable soups in a no/low fat way. Recipes and samples will be provided.

#### OCTOBER (Continued)

##### **Intro to a Whole Foods & Plant-Based Diet** Claire Musech

Saturday, October 5th  
10:00 AM – 12:00 PM

Take charge of your personal health and wellness! Join Claire from 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 basics of this lifestyle from how to shop whole foods, distinguish different greens, make fresh juice, and prepare delicious meals. Come curious and leave inspired. Class size is limited to 12 people.

##### **A Modern Japanese Menu for the American Kitchen** Shane Dickey

Thursday, October 10th  
6:00 PM – 8:00 PM

A Modern Japanese Menu for the American Kitchen is a demonstration-based session that will introduce attendees to an authentic, complimentary slate of popular Japanese dishes. We will explore food preparation methods and flavors that are well-known to the Japanese and friendly to the American palate. The menu will include seafood, meat and vegan items and be prepared with food available at Whole Foods Co-op. Come learn a new dish to inspire a love for Japanese cuisine!

#### OCTOBER (Continued)

##### **The Gluten Strain** Dr. James Hoeffling

Tuesday, October 22nd  
6:00 PM – 7:00 PM

\$10.00 for WFC owners  
\$12.00 for non-owners

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.
- What can I eat?

#### NOVEMBER

##### **Local Inspiration** Michael Hartley

Thursday, November 7th  
6:00 PM – 8:00 PM

Come join Michael for a cooking class about local people, places, and food systems that have been in place since time immemorial. This class will highlight local indigenous food systems and recipes featuring the Three Sisters (beans, squash, and corn), lake trout, pumpkin, and wild rice.

##### **How to Make Sauerkraut** Andrew and Jennifer Sauter Sargent

Thursday, November 11th  
6:00 PM – 8:00 PM

In this hands-on class, participants will learn the basics of vegetable lacto-fermentation and leave with two jars of their own hand-made Sauerkraut. Participants will chop, salt, and pound vegetables into a vessel to be fermented. The history of fermentation, health benefits, and key concepts of successful fermentation will be discussed. Participants will need to provide their own sharp chef's knife and apron. Class size is limited to 10 people.



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DECEMBER

Get Squashed! Soup, Side, and Pie!  
Esther Piszczek

Tuesday, December 3rd  
6:00 PM – 8:00 PM

Squash is a versatile, sweet, and delicious way to enjoy the Fall harvest well into the Winter months. Come learn how to pair it with other sweet vegetables, turn it into soup or create a sweet, satisfying holiday pie. Recipes and samples will be provided.

Kid's Baking and Healthy Snacks  
Faith King

Saturday, December 21st  
10:00 AM – 12:00 PM

Hey Kids! What are you doing during Winter Break? Come to the Co-op and learn how to make two different kinds of cookies and a handful of healthy snacks. Everyone will get many chances to bake, mix and create delicious things. We will take time to enjoy our fresh-made treats during class. At the end you'll get a cookbook to remember all you learned. Sorry parents, this class is for kids, but if you would like to watch, we'll find you a chair. Class size limited to 12 children. Ages 6-12.

INSTRUCTOR BIOS

Valerie Acquard

Growing up in the desert southwest, Valerie knew a "Tamale Lady." She smelled like cumin, had a kind face, and would always have tamales ready to satisfy even the hungriest kid's appetite. Her mother would buy a huge bag of frozen tamales for lunches and

snacks. Since her move to Duluth in 2007, Valerie has been making her own tamales in an effort to fill the void of the "Tamale Lady." Come join the co-op's former Customer Service Clerk and "tamale enthusiast" Valerie Acquard for the Tamale Party!

Shane Dickey

Originally from Kentucky, Shane Dickey has more than fifteen years experience as a teacher and more than ten as a cook. In 1993 he manned the solo kitchen in a rural Japanese Honky Tonk where he learned the mysteries of Japanese Country Western Cuisine with the Teriyaki Twist. He currently lives in northern Minnesota, far away from most people and things, and works as a cook in the Whole Foods Co-op Deli.

Michael Hartley

Michael Hartley has been involved in the local food systems of Northern Minnesota for the past four years, and is currently working at WFC. His excitement about local food and recipe origins is vast, and he is eager to share his excitement and knowledge with the community.

Dr. James Hoeffling

Dr. James Hoeffling has been freeing people from pain since 2004 in his clinic in Superior, WI. As a Chiropractor with experience, our professionals are committed to promoting the health and well being of his patients using a "whole person approach".

Faith King

Faith has a degree in Early Childhood Education from UMD, and is always looking for new ways to spend time

with kids and be a part of their learning. She has worked with kids in Head Start, after school programs and leading group art projects. In her spare time she loves to cook, bake, and create food that is tasty and pleasing to the eye. She wants to teach this class to encourage kids to eat healthy and enjoy doing it!

Claire Musech

Claire Musech is a young and enthusiastic Owner of the Whole Foods Co-op and a Buyer/Receiver of the Produce Department. When she is not in the kitchen experimenting with different vegan and raw recipes, she can be found socializing, running, and enjoying the afternoons on the beach. After being gifted the ability to change her life through plant-based foods, she is excited to share that gift with other people.

Esther Piszczek

Esther has been eating a whole foods diet since 2005 when she began experimenting with different eating styles to help her heal from chronic respiratory illness. She has personal experience with the following styles of eating: macrobiotics, gluten free, vegan, vegetarian, blood type diet, and sugar free. Esther loves introducing others to a simpler, more holistic and natural way of eating.

Andrew and Jennifer Sauter Sargent

Andrew Sauter Sargent lives in Cornucopia, WI and is married to Jennifer Sauter Sargent. They are raising three children and operating Spirit Creek Farm, which processes fermented vegetables and sells them throughout the Midwest. Andrew

became interested in fermented food years ago after reading Salt: A World History by Mark Kurlansky. The book describes many ancient foods including sauerkraut and kim chi. Andrew started making sauerkraut and kim chi and sharing it with his friends. He soon found himself deep in a sauerkraut business. Andrew now concentrates on growing as much cabbage and other vegetables as he can and processing it into sauerkraut. When he is not making kraut he might be skiing or sailing depending on if the water is solid or liquid, or playing bass in the country band; Oriental Carwash.

Adam Wisocki

Adam Wisocki was born and raised right here in Duluth, MN. After living for a time in Eastern Europe, Adam fell in love with Eastern European cuisine and decided to bring home some of his favorite dishes, his favorite being the pierogi dumpling. Adam currently works as the Director of Food Service at St. Ann's Assisted Living Facility in Duluth, and is happy to share his knowledge of food with the community.

REGISTRATION

**In person:** Go to the 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.

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FEES AND CANCELLATIONS

Class prices vary. Please visit [www.wholefoods.coop](http://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.

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QUESTIONS?

**Contact:** Sarah Sather or Shannon Szymkowiak

**By phone:** 218-728-0884

**By email:** [pe@wholefoods.coop](mailto:pe@wholefoods.coop)

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**WFC ENDS STATEMENT**

In Duluth, there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system.





## back 40 summer's a wrap

by Michael Karsh, Produce Manager & WFC Owner



This summer was certainly less volatile than 2012, with no major flooding to wash away crops or our parking lot! However, the combination of early and mid-season weather took a toll on growers, and changed many of our familiar timelines as consumers. Almost universally, we saw failures in garlic crops due to early wet conditions, and Food Farm saw their early red potatoes rot in the ground and need to be replanted. Corn throughout the region was on the ropes from the beginning, with late plant dates due to cold and wet conditions prohibiting field work. Mid-season heat and dry conditions burned up the fantastic corn we normally would have received from Bumbleberry Farm in Markville, and sent lettuce crops that had been in suspended animation suddenly into bolting mode, leaving us with many double-bunched heads of tender lettuce but shortened yields for producers.

Diversification in growers was a great benefit, and I was so pleased to see the number of new and younger growers coming into our circle.

From just south of us, Charlie Kersey of well-known CSA La Finca provided many deliveries of quality green lettuce and other crops. They also began supplying the Fog City Deli with gluten free baked goods. Real Good Food CSA, a collective of Amish farmers in Mora, again brought us the fruits of slightly

offering storage carrots once the Food Farm supply is exhausted in coming months. Laurie Anderson of On Eagle's Wings Farm shocked us with the color of her lettuces, and provided many bunches of tender, small, Red Russian kale. Pocket Farm, run by Emily Darnell, turned out a wide variety of micro greens that, in addition to their nutritive qualities, were perfect in sizing and impeccably presented.

WFC has sought to make our local and regional programs more visible to you as shoppers this year, including a complete revamp of our in-store grower signage, the production of a variety of labels indicating regional and local designations, and a new set of twist ties that allow you to shop our displays knowledgeably. The change of venue

our previous one-day event. We were very happy with the number of new as well as long-standing growers who took us up on the opportunity to put a face to their farm names!

The big news for WFC is of course our plan to expand with a second location (specifics TBD). It is encouraging that the level of potential local and regional produce we could be offering has only been partially utilized with our present sales and single location. Our potential to build a regional food system took many steps forward this last year including:

- Generationally, with so many new (young) faces
- The range of offerings from new areas such as Frazee and Mora coming into production
- The depth of volume through a mix of multiple small growers and larger communities supplying us
- What WFC has sought to do to continue to promote easy and competent connections in your everyday shopping in our department, thanks due in large part to our fantastic Promotions and Education Department and grower feedback

The year is still far from over, and the joys of savory fall cooking, the show stopping taste of winter squash and Food Farm carrots is still on the displays and heading to your table. Enjoy, and thank you for an outstanding year of support for our local and regional growers! **GG**

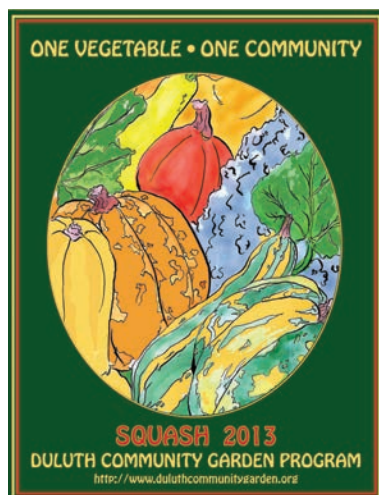
**Check out the information and opportunities at:**

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

warmer weather and the first regional corn of the season. Mike Noreen and the crew from Burning River Farm in Frederick, WI, supplied us with fresh, perfect salad greens weekly, and will be

and format for our Midsummer Food Fest brought a week-long celebration of Produce, Grocery and Deli inside the store with daily sampling and interaction with shoppers, as well as offering special pricing for more folks versus

## midsummer food fest was a success thank you LOCAL & REGIONAL suppliers!



*The people have spoken! The vegetable of the year is squash. Grow more, eat more!*

### squash...

"Squash has been chosen as the 2013 Vegetable of the Year to rally the community around growing, cooking and sharing a single vegetable. Through that process the goal is to broaden the conversation and inspire new ideas for building a more resilient and inclusive food system. We want to see the vegetable of the year growing in gardens, in containers on front porches, in front of businesses, churches, and in school gardens everywhere."

— Duluth Community Garden Program

All year long, WFC will be rallying with the community to honor squash. Watch for Squash Nosh demos throughout the fall.



John Fisher-Merritt & Janaki Fisher-Merritt of Food Farm sampled farm-fresh broccoli, cukes and carrots.



John Ruvelson from Third Street Bakery toting some tasty cookies.



Michael Stanitis of Sassy Nanny Farmstead Cheese shared his delectable cheeses, Debbie Gergen from Bay Produce showed off a colorful bounty and Maria Fierek represented her two sons' ventures: Max Organics and Ben's Blooms with a lovely display of product.



Eric Faust of Duluth Coffee Company offered folks a chance to try his incredible brews.



Stefanie Jaeger Korpela and Liz Windett of Ashland Baking Company, Todd Lein of Thousand Hills Cattle Company and Emily Darnell of Pocket Farm prepared some delicious samples.



Jennifer Sauter-Sargent from Spirit Creek Farm brought a variety of lacto-fermented vegetables.