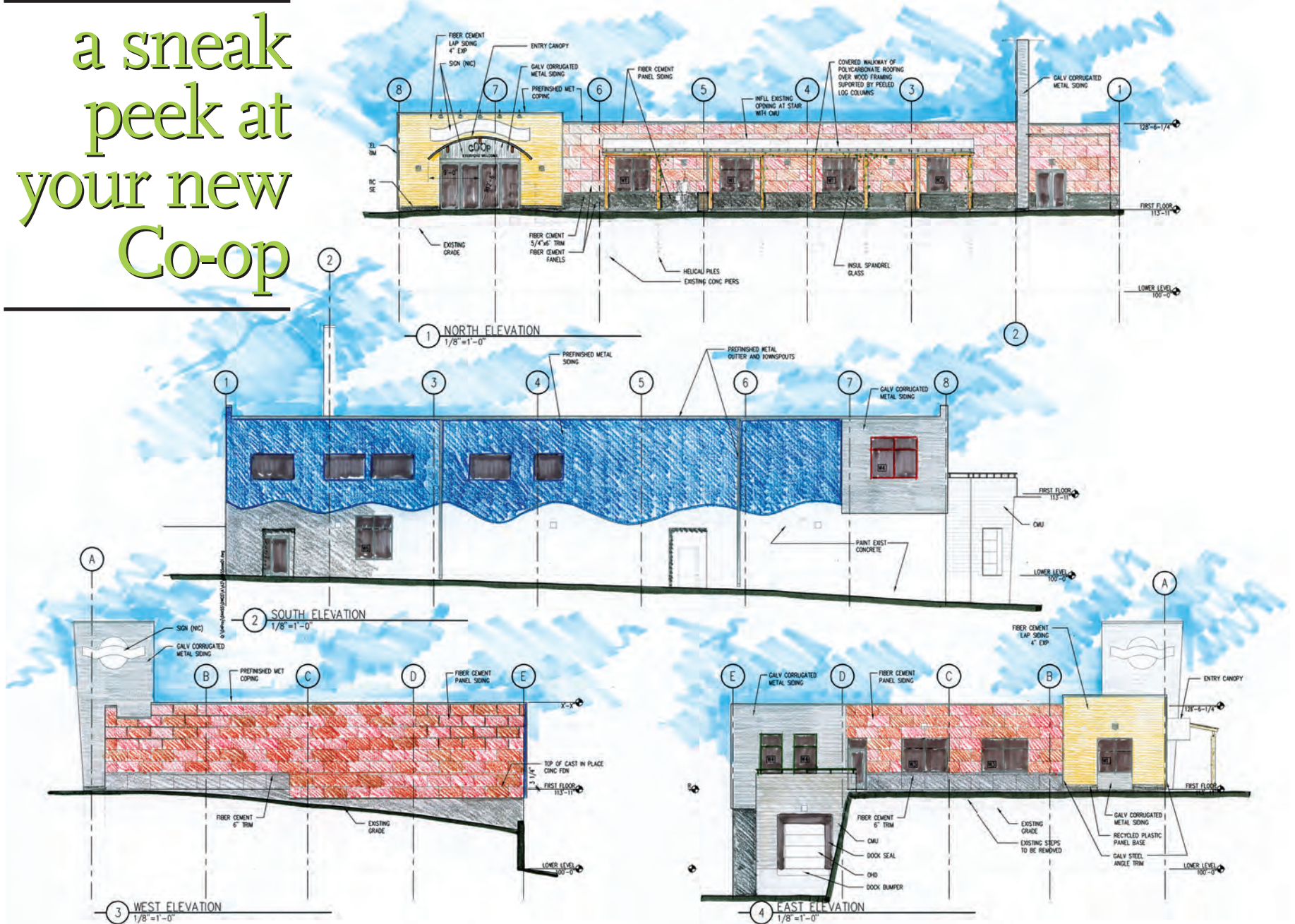




a sneak peek at your new Co-op



the back 40 An Irresistible Revolution

As always the Produce Department brings you the best, freshest produce we have available to us, year round. Through the cold and snow when seedlings and growing things become increasingly distant memories, we have provided your fix of freshness. However, we know that many of you are gardeners, have been glued to seed catalogs and taking a look at our seeds in the store. Hope is on the way, warm weather will come!

Soon the sun will be chasing the frost from the ground, and the tongues of ices from the creek beds and under the dense cedar trees. We are ready to go when you are, with a new seed supplier this year. For years we have carried Seeds of Change seeds in the store, but this year we chose to go with a company new to us, High Mowing Seeds. They offer Certified Organic seed, emphasizing heirlooms and open-pollination through their family-owned business in Vermont. We have good reports on their seed quality, the pricing is better, and more varieties are suited to our climate. What is a High Mowing?? It is a high field in the parlance of old Vermonters.

Even though we are growing toward a new store this year, we will still be offering our transplant program as well. For those not familiar with our program, we offer Certified Organic transplants on a preorder basis because of our space constraints. Quality is high from our veteran supplier, Barb Hollinday. As in past years, the order form is in this issue of the

Garbanzo Gazette, and in the store. Look for the drop box for orders soon and, as always, get your orders in early for the best selection.

As our season moves forward and the irrepressible hope of seedlings pushing through the soil turns into local produce on our shelves, look for new growers and new items throughout the department. Our circle of farmers is growing, as is our support for the local community. Our first commitment is always to local organics, so watch for the local signs as the come and celebrate the spring that is even now a revolution beneath the snow and ice, irresistible! **GG**

A final word from Theodore Roethke:

Cuttings

*This urge, wrestle, resurrection of dry sticks,
Cut stems struggling to put down feet,
What saint strained so much,
Rose on such lopped limbs to a new life?
I can hear, underground,
that sucking and sobbing,
In my veins, in my bones I feel it —
The small waters seeping upward,
The tight grains parting at last.
When sprouts break out,
Slippery as fish,
I quail, lean to beginnings, sheath-wet.*

Produce Assistant Manager, Justin Hemming adds "This cooling yet substantial salad is delicious beautiful, healthy, tasty, and fun to prepare. Enjoy it by yourself, treat your family or share it with your friends. As this recipe contains pasta, it is filling

enough to stand alone. Take it on a picnic (summer's just around the corner), accompany it with some vino, bring it to a potluck, or top it with whipped cream and have it for dessert (I'd skip the last one)."

Michael Karsh is the Produce Manager at Whole Foods Coop, where he has worked for the past 14 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he has worked to develop markets for local growers, with an emphasis on Organics.

Soba Noodle Salad with Cucumber and Mango

Serves 6.

DRESSING:

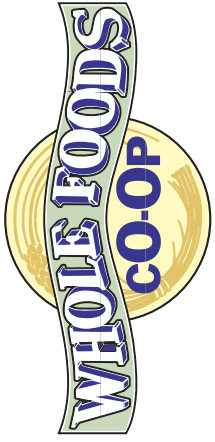
- 3/4 Cup rice wine vinegar (unseasoned doesn't have salt added)
- 1/4 Cup cane sugar
- 3/4 teaspoon sea salt
- 3 cloves of garlic, minced
- 1 jalapeno, seeded and minced (can also slice into very thin strips)
- 3 tablespoons fresh lime juice (about 1 limes worth)
- 1 1/2 teaspoon grated lime peel (use a box grater or a veggie peeler and mince)
- 1 Tablespoon toasted sesame oil
- 12 ounces soba noodles
- 1 large cucumber, partially peeled (peel so it's striped), halve, seed (with spoon), and slice crosswise
- 1 ripe mango, peeled, halved, pitted, and sliced crosswise
- 1 Cup fresh basil, chopped
- 1 Cup fresh spearmint, chopped
- 1 Cup toasted, salted peanuts, chopped
- lime wedges for garnish

Warm the vinegar, sugar, and salt in a saucepan over medium heat. Stir occasionally until the sugar dissolves. Add the garlic and jalapeno, Cool mixture, then add lime juice, zest, and sesame oil.

Cook the noodles in a large pot of salted (1/2 teaspoon salt for 2 quarts of water) water. Stir occasionally and cook over medium heat until tender but still firm to bite ("al dente"). Drain, rinse under cold water, and rinse again. Drain well and place into large bowl.

Whisk together the dressing ingredients and add to bowl of soba noodles.

Add the cucumber, mango, and fresh herbs and toss gently. Place salad onto a platter, cover, and let stand at room temperature for an hour before eating. Garnish with chopped peanuts and lime wedges and serve to applauding onlookers. *Recipe courtesy of "Bon Appetit."*



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If you've been considering a Member Loan....

...the Co-op Staff says,
"We're out of room. Now is the time to commit".

See Sharon, Christof, Penny or Caroline for Member Loan information.



The winds of winter have been blowing for a while, but last November I was blessed with the mists of Ireland and the light rain and moody sky of the Netherlands. While I was gone, I visited a friend and traveled alone. I had sun and rain, crowds and quiet. Basically, the kind of vacation that brings you home refreshed and ready to conquer what the next year has to bring.

For all of the differences: the language, bicycles vs. cars, Christmas vs. Saint Nicholas Day, these countries share many similarities beyond the Euro. Both are wet countries, prone to mists and moods. Both are lush with flowers and greenery, even in the fall. And both have a love of root vegetables, particularly the potato.

In both countries I experienced a similar dish — potatoes mashed with greens or onions. In the Netherlands,

witloof, which is what the Dutch call endive) for kale. But hey — that's another article.

Irish Champ is basically the same dish, using onions instead of greens. I have to admit, I like the Champ a little better than Stomp Pot since I happen to think that onions are the best vegetable in the world. Also, the Irish dish leans a little more on the dairy, which explains a lot about my own dietary preferences, genetically speaking.

Contrary to popular belief, potatoes are loaded with good things. Potatoes only contain a trace amount of fat, yet are an excellent source of vitamins C and B-6. They also have niacin, fiber

variety of items mixed with any of the wonderful organic potatoes here at the Co-op. It'll warm your Irish (or Dutch) heart.

Stomp Pot (Netherlands)

potatoes
kale or endive
1/2 – 1 lb. Smoked
Kielbasa
or 1 – 2 c seasoned,
baked tofu
chopped cabbage
chopped onion
garlic
butter, margarine or
olive oil

Champ (Ireland)

2 pounds boiling potatoes, peeled (or not) and cut into 2-inch pieces
1/2 cup half-and-half or plain soy milk
6 tablespoons unsalted butter or soy margarine
1 1/3 cups minced fresh chives or green onions (including green parts)
Salt and freshly ground pepper to taste

Cook the potatoes in salted boiling water 12 to 15 minutes, or until tender. Drain and mash.

Meanwhile, in a medium saucepan over low heat, combine the half-and-half and 4 tablespoons of the butter. Heat until the butter is melted. Add the chives or green onions, reduce

savor the season



the traditional dish of Stomp Pot has ham or a smoked sausage like kielbasa in the potatoes. Since the friends I was staying with are vegetarians, they used seasoned cubes of baked tofu. They also substituted what we call curly endive (not to be confused with

and potassium. Go easy on the toppings, don't discard the peel and you have yourself a nutritious snack or side dish anytime.

So on these rainy, windy almost spring days, try one of these comforting meals in a pot. Mix it up — try a

Preparation:

Boil potatoes like you are making mashed potatoes.

You can cook the greens separately, or use a steamer over the potatoes and place a large bunch of kale, chopped cabbage, chopped onions, and/or garlic to taste.

Drain water when fork tender (usually about 25 min.)

Add 1/4 cup or more butter, margarine or olive oil.

“Stomp” the potatoes with the cooked greens until well blended and mashed.

Continue to mash.

Warm/brown Smoked Kielbasa or smoked tofu that is cut into bite-sized pieces.

Blend all together. Enjoy.

— adapted from the *Vegetarian Times*
Vegetarian Entertaining

heat to a simmer and cook for 2 to 4 minutes, or until the chives or green onions are soft.

Add the potatoes, salt and pepper to the milk mixture and stir until blended.

To serve, spoon the champ into a deep bowl, make a well in the center and top with the remaining 2 tablespoons butter. Serves 4.

Garlic Champ: Substitute 1 cup finely chopped onions and 3 tablespoons finely minced garlic sauteed in 1/2 cup (1 stick) unsalted butter for the chives or green onions. Add the onion mixture to the mashed potatoes, stir in the half-and-half and season with salt and pepper.


Source: “The New Irish Table” by Margaret M. Johnson

TATER TRIVIA

A medium sized potato has about 220 calories. It is an excellent source of vitamin C and B-6 and niacin.

TATER TRIVIA

Potatoes are the second highest sourced of vitamin C in the American diet.



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management report

About the first of February 1980, I was walking to my first "paid" shift at the Whole Foods Co-op — then located on 7th Avenue East and 8th Street — and I remember feeling more than a little anxious about this employment opportunity.

What in my previous work/school experience prepared me to be a grocer... nothing I could think of at that moment. I'd been a working member, committee member and Board member for about two years but my personal experience with natural foods and cooperative principles was pretty limited. I took a few deep breaths, hitched up my overalls and decided, if it didn't work out, there was still a secretarial desk out there somewhere with my name on it.

Fast forward 25 years. I still walk to work. There are some days I feel I'm back at the bottom of the learning curve, but now I'm able to balance that anxiety with experience and the support of a great staff and dedicated Board members. While this year will be less about being a grocer and more

about managing an expansion, working for the members of Whole Foods Co-op continues to be an amazing and challenging opportunity.

By the time you read this report, Whole Foods Co-op will be the owner of record of 610 East 4th Street. Along with our member lenders, our outside financing providers are:

- Members Cooperative Credit Union,
- Minnesota Community Capital Fund,
- Northcountry Cooperative Development Fund, and
- United Natural Foods, Inc.

The real estate closing is scheduled for March 1. Demolition begins March 2. As I write this, we are in the midst of the bidding process to choose a general contractor. However, we have agreed to award a demolition contract to Common Ground Deconstructors, a local non-profit agency providing education on how to salvage and reuse building materials. Common Ground recently opened a Reuse Center at 4112 West Superior Street where you

can find great deals on salvaged building materials.

Although we are many months from putting the final touches on landscaping, two of our suppliers, Barb Holliday of Barb's Garden and Paul Hlina of Leaning Pines Native Nursery, have offered to donate annuals and perennials for our new site.

In this and future issues of the Gazette, you will find sketches and plans for the new site as well as photos documenting remodeling process. More images will be on display on our web site (www.wholefoods.coop).

While our member loan goal of \$800,000 is tantalizingly close (we have commitments for \$744,700), the Board has agreed to extend the member loan drive until June 30, 2005. Minnesota members who join the Co-op by June 30 will have an opportunity to participate in this program.

Our countdown clock remains set for opening at 610 East 4th Street on September 1, 2005. My guess is that will be another day I'll never forget.

CG

Sharon Murphy, General Manager

CO-OP TOURS & PRESENTATIONS:

WFC staff are available to provide store tours or out-of-store presentations on co-ops, natural foods, herbs, organic gardening, etc., to your group, club or class. Please give us at least a week's notice for tours; two weeks for presentations. For more info contact Shannon at 728-0884.

TATER TRIVIA

The potato is the fourth most important crop in the world after wheat, rice and corn.

TATER TRIVIA

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Garbanzo Gazette

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WFC ANNEX

1522 East Superior Street
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Membership Costs:

\$100 per voting membership
Further membership information is available at the Co-op

The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Friday, April 1 (no foolin'!) 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

BEFORE RECYCLING THIS COPY of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or members.

MOVING? Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

TATER TRIVIA

The thickness of an ordinary potato chip is 55/1,000 of an inch.

new products

BULK:

- Refined peanut oil

Body Care:

- Giovanni – L.A. Hair Spritz
- Hok2 – Wally Rubber Razor
- Sonoma Soap Co.
 - Lavender Clay Soap
 - Milk & Honey Soap

- Burt's Bees
 - Apricot Baby Oil large size (8 oz.)
 - Almond Milk Beeswax Hand Crème

- Aubrey Organics
 - Rosa Mosqueta Cleansing Bar

- Aurora
 - Warm Skin Lotion

Nutrition:

- Nature's Plus
 - Animal Parade Gummies
 - Children's Multiple Source of Life Multivitamin Tablets

- Hyland's Homeopathic Remedies
 - Complete Flu Care
 - Cold Tablets with Zinc
 - Sore Throat
 - Sinus
 - Cough
 - Cold Sores & Fever Blisters

Spices:

- Nielsen-Massey Gluten-Free Vanilla Extract

Cool:

- Natural Sea
 - Garlic Butter Shrimp with Herbs
 - Crab Cakes
- Nature's Path Manna bread (fruit and nut)*

Alexia

- Mushroom Bites
- Oven Reds
- Oven Crinkles*

New GROCERY Products

- Green & Black's Chocolate Bars
 - Hazelnut and Currant*
 - Mint*
 - Caramel*
 - Maya Gold*
 - Dark*
- Cascadian Farm Cereal
 - Wheat Crunch*
 - MultiGrain Squares*
 - Oats and Honey Granola*
 - Honey Nut O's*

- Westsoy Unsweetened Chocolate Soymilk*

- Sesmark Brown Rice Thins

- 7th Generation Lemon Auto Dishwashing Gel

Look What's Back!

- EnerG Rice Pizza Shells

- St. Claire's
 - Licorice Sweets*
 - Cherry Sweets*
 - Wintermints*
 - Peppermints*

*denotes organic



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better in bulk

Bulk Buyer's Co-op Recipes

I'm consuming plenty of flax oil lately and it has really helped my cold-weather dry-skin blues. I guess the lignans in flax are needed to coat our cells and help them retain moisture. Dry skin could actually be a symptom of essential fatty acid depletion, among other things.

The Barlean's high-lignan variety is better for dry skin by that theory, so that's the one I buy. I get the smaller, 8 oz. size keeping in mind that flax oil is so sensitive; I worry that a larger size might rancidify — even in the fridge — on account of more of it sitting around longer, getting gradually exposed to more and more air every time I open the bottle. However, I have a friend who buys the big size and keeps it in the freezer. Frozen flax oil is quite viscous and goopy, and you may not wish to apply it directly to food, so my friend portions out smaller sizes for storage in her fridge. That way she always has some for immediate use.

When it comes to how to consume flax oil, many folks simply drizzle it wherever other oils might be used, for instance in salad dressings, dips, or sandwich spreads. Try mixing 2-3 tablespoons into guacamole, salsa, or hummus. Flax oil is also suitable for drizzling over steamed or simmered dishes like soups, grains, or vegetables. All that's too much trouble for me; I just squeeze flax oil directly into my mouth from the bottle. I've got a bottle in the fridge at home and a bottle in the fridge at work, and whenever I think of it, I just shoot it down the old gullet. It's roughly a

tablespoonful at a time that way; I estimate I get at least three tablespoonfuls a day with this method. This may not be for everyone of course, but I like the taste and the way my skin feels better now so I'm sticking with it. The important thing to remember about flax oil is that it has laxative properties; you may want to start out at just a tablespoon per day until you're sure how your body will react! Another important thing to remember is that heat will wreck flax oil fast, so it is best to add it to dishes after they have been removed from direct heat. The



Lisa, Merchandising Manager, and Karl, Grocery Buyer, gain computer insight from Christof, IT Manager.

last important thing to remember is that while flax oil is very delicate and won't keep long, flax seeds are actually very hardy because the seed coat keeps heat and light away from the oil, even during baking. Flax seeds will keep at room temperature for a year or more. For good measure, don't keep them on the stovetop or anything and they will be ready to go anytime. Add flaxseeds to baked goods or just munch 'em straight up like popcorn.

I'm also drinking a lot of kefir these days. My favorite way to drink it

is to mix plain Lifeway brand kefir with Knudsen's Simply Nutritious brand Morning Blend juice, which is so tasty I can't believe it. The mixture, stirred until silky smooth, is a simple way to make an insanely good-for-you smoothie that should pass muster with even the most picky palates. Heck, a shot of flax oil in there wouldn't even be noticed.

Well, I haven't been vegan for some years now, as if you couldn't tell from my kefir consumption detailed above. But in addition to the kefir, I've been eating cheese — how you say — to beat the band. I now straddle the fence squarely between vegetarian health nut and out-and-out hedonist. Cheese is my new favorite thing in this regard, and the fancier and the stinkier the better. Lucky for me the co-op has the best cheese variety in the region. In my fridge right now you will find goat cheese, bleu cheese, gouda, and any number of the soft, white cheeses like brie. Yum! Pour yourself a glass of red wine and reach for the organic crackers because cheese

is what's for dinner. With a few slices of different cheeses, a couple different kinds of crackers representing a couple of different grains, some organic fruit like apple slices or dried blueberries, and maybe a bowl of nuts like organic raw no-salt pistachio meats, and you have a light, grownup dinner. If you're like me, you'll pretend you're on the French Riviera as your eyes roll back in your skull from the pleasure of it. Au revoir, mes amis... GG

Jim Richardson, Bulk Buyer, is an eight year veteran of the natural foods industry, including six years at Whole Foods Co-op.

notes from the front

I was so inspired by this article in the last issue of the Garbanzo Gazette (written by Nathan Coombes) that I decided to embellish on it a little. If you didn't read that one, it was about educating our customers to make their shopping experience as easy as possible. Here are some more reminders and suggestions that will help us to help you better.

Wet floors and icy sidewalks: March will come in like a lion and out like a lamb. April showers will bring...a lot of water to our already slippery floors. As much as we try to keep up with mopping, switching out wet rugs, and shoveling, the water is almost a fruitless battle until the warm days of spring arrive. Please be extra careful when visiting us. If you notice a danger spot, please inform an employee so we can take care of it right away. Don't worry. April showers will also bring May flowers.

Aysta returnable milk bottles: When you purchase a half gallon bottle of Aysta milk, we apply a fifty-cent deposit to your transaction. Upon return, you will receive the fifty cents back or have it credited towards your purchases that day. Please give the bottle a good rinse before returning to prevent cross contamination and odor. The Aysta milk is a good choice for people who like to recycle, support local dairy farmers, and don't mind that it's not organic (it is rBGH free, however).

Reusable glass jars: WFC provides the area underneath the sink in the front end of the store for reusable glass jars and bottles. Most of those are brought in and reused by customers for bulk dry goods, bulk liquids, and herbs and spices. We only ask that they be washed clean upon donation. A cashier will apply a three (3) cent refund to your purchases for every container you reuse.

Grocery bag carry out service: We will gladly help you with your grocery bags to your vehicle anytime you need a hand. The snow doesn't help much when it comes to transporting your bags with a cart to the parking lot. Please don't be afraid to ask because "it looks busy" or we "already have our hands full." There are many people around the co-op who can and would be glad to help.

Thank you so much for reading this column! After the last Garbanzo Gazette was sent out I noticed many more customers taking the extra effort to ask for their special order before checkout time, informing us of sale apples and bananas, and double checking their PLU numbers for bulk items. It's so nice to know that our members are willing to change or reinforce their actions to make WFC a stellar shopping environment.

If you have any questions or suggestions, please contact me in the store, via email (briana@wholefoods.coop), or fill out a customer comment card.

Briana Lowrie is the interim Front End Manager at Whole Foods Co-op. She has six years experience working for co-ops and has been at WFC since September 2003. Besides her hungry appetite for tasty deli sandwiches, she craves organization, efficiency, and providing great customer service.

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MEMBER FEATURE

the seasonal table

by Bonnie Williams Ambrosi, member

When you buy Rumford Baking Powder at the Co-op, notice the Rumford logo—the elegant silhouette of the colonial gentleman. That's Benjamin Thompson, Count Rumford—a brilliant and rather flamboyant scientist, inventor, statesman, and social reformer. Born in 1753 in Massachusetts, Thompson's colorful career carried him to England, France, and Bavaria (where he was made a Count), and included many experiments in cooking and baking, for his genius took a very practical turn. In 1859 another American —Eben Horsford — patented the first calcium phosphate baking powder and dedicated it to Rumford, who had endowed the chair Horsford held at Harvard. The Rumford baking powder of today is essentially the same product.

The use of bicarbonate of soda (an alkali) combined with an acid food such as honey, molasses, sour milk, or fruit, is a very old practice. The combination of alkali and acid produces millions of tiny bubbles of carbon dioxide, causing the dough to rise. Baking powder also works by combining an alkali (baking soda) with an acid (cream of tartar or calcium phosphate) plus a desiccant (usually cornstarch). Add any liquid and the chemical reaction takes place, immediately leavening the batter.

The first commercial baking powder compound, created in 1835, used cream of tartar for the acid. Having the acid and alkali in the proper proportions in one convenient product was heralded as a great innovation, but the cream of tartar was an expensive ingredient, being a byproduct of winemaking and necessarily imported from France. So when Eben Horsford's calcium phosphate baking powder came on the market, giving a more dependable result than cream of tartar at a lower cost, it was a great success.

During this time, an ugly side of capitalism reared its head as many unprincipled manufacturers brought out their own inexpensive and impure baking powder compounds using talc or white lead as the filler. A pure food campaign championed by Dr. Mott brought these practices to an end.

The primary marketing audience for these early baking powders was men! — men cooking for men, such as lumberjacks, cowboys, and sailors. A reliable chemical leavening made preparation of biscuits, flapjacks and cornbread (typical camp fare) much easier.

A further development in chemical leavenings came in 1885 when it was discovered that sodium aluminum sulphate added to the baking powder mixture would produce a second chemical reaction triggered not by moisture but by the heat of the oven, giving baked goods an extra lift. This product was named "double acting" baking powder, and you can still get it, but many of us prefer to avoid dietary aluminum.

continued on page 7

herb lore herbs for winter chills and ills

Kay Smith, Lake Superior Herbalist Guild

When folks come down with a cold, it often involves chills. So the first thing is to warm them up. Seems logical doesn't it? Why not try a cup of tea or a warm bath? Gee Willikers, why not both?!

A hot cup of tea is a great way to heat up and soothe down. Some herbs will help you to sweat out those ills. I like ginger for that. If you're not fond of grating fresh ginger, try adding honey — yummmmm. The Traditional Medicinals GingerAid and Yogi Lemon Ginger Tea are also very good. Both teas are available in the Whole Foods Co-op tea section.

A hot ginger bath can be just the ticket, too. Either make some extra tea and simply pour it into your bath water, or add the grated ginger again. This works wonders for kids. I've seen it stop a cold in its tracks, before the sniffles really take hold. The important thing, especially with children, is that their chests stay above the water line!! Ginger is a stimulant, and we need to protect their dear hearts, lungs etc. Important for adults, too, but usually we can tell if we are getting too hot. Kids cannot always judge the heat, and it's tougher because they have less surface area to cool themselves off. Enough said.

For those who have the intense sinus headache, Sage is just the ticket. It is so simple to make a hot cup of sage tea, tasty, straight up, with a dash of stevia, or honey if you prefer. For

those who really have a stuffy head, with sinus pain, this works extremely well. Boil an inch or two of water in a larger pan and add a generous palm full of simple garden sage. Place the steaming pan on a trivet and with a towel tent over your head (and the pan), get comfy and inhale the steam. (With kids again, one must be very careful, try this with yourself first. Keep their heads far enough away from the top of the pan, and remind them that it's HOT!) Fifteen or twenty minutes should do the trick. Repeat, as many times a day as you'd like. We've done this several times a day with stubborn head colds, reusing the same sage, once or twice more.

Herbs are medicine and their use must be taken with care and respect. Each individual is different and may react differently to certain herbs such as allergic reactions. Self-treat at your own risk. Consult a physician should symptoms persist.

A quick word on coughs, wild cherry bark. Well that's 3 words, ok? Especially good for the dry red throat and the tight throaty coughs which can be caused by sinus drainage at night, irritating the back of the throat. I like the tincture dropped in the back of the mouth, or under the tongue. This is one of the best tasting tinctures around, so good I think Herb Pharm ferments this without adding additional alcohol.

One more thing — vitamin C with rose hips! Rose hips are these naturally power packed little gems given to us just at the time of year when we'll be needing them. How perfect is that! Rose is an astringent, which will dry up that thin clear flowing mucus! Linus Pauling of Nobel prize fame gave us oodles of info on Vitamin C. His research showed that dosages of up to 10 grams (take into consideration body weight) would prevent a virus from taking hold. Keeping the body chemistry basic can assist us in getting healthier faster. **CG**

Kay Smith is an herbalist with over 20 years of experience and education, teacher, mom, wife, friend, massage therapist, a member of the Lake Superior Herbalist Guild (not necessarily all in that order).

For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: www.diamon-naturals.us/Guild.htm

welcome, new members!

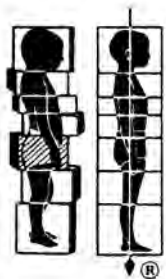
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Buyer's Pick — the naked experience

by Brad Rozman, Cool Buyer

For my debut Buyer's Pick, I've chosen to endorse the world of Naked Juice. You may ask, "Why do they call this juice naked?" Well, it's because there are no artificial colors, flavors, or preservatives added. This juice is both very tasty and extremely nutritional. Each bottle is packed with a pound of fruit! Only the finest, all natural fruits and vegetables are selected. As they say at Naked Juice, "any fruit or veggie that hopes to bare it all for Naked Juice better be the juiciest, freshest, best looking piece of produce in the garden." As an added bonus, many varieties have additional vitamins, minerals, and nutrients. In fact, there are a total of sixteen among the different varieties, ranging from Vitamin A to Zinc.

The Naked Juice company began in 1983 on the Santa Monica Beach. One man with a passion for juice began preparing fresh fruit and vegetable



Brad Rozman, your Cool Buyer

juice at home and selling it out on the beach. Now, Naked Juice has grown into a national and successful California business.

I stock eight varieties of this juice. These include Well Being, Blue Machine, Red Machine, Green Machine, Protein Zone, Berry Blast, Mighty Mango, and Pomegranalicious. The varieties are broken up into specific categories based on their ingredients and nutritional purpose. The cate-

gories that I carry are titled "immunity," "superfoods," "proteins," and "antioxidants." There are several different flavors for each of these categories. For example, the superfoods category includes Blue Machine, Red Machine, and Green Machine.

I've had the pleasure of sampling most of the varieties that I stock. I really enjoy the Berry Blast, Mighty Mango, and Pomegranalicious. They taste wonderful and allow me to feel wholesome, healthy, and energized. It's especially fun to follow the directions on the bottle when drinking Naked Juice. Just remember: shake and chug. It's a blast!!

p.s. The Naked Juice is stocked in the grab and go cooler located by the entrance to the Coop. So, be sure to pick up a Naked Juice and suck it down. **CG**

Brad Rozman is our Cool Buyer. He plays the drums which makes him automatically cool. Clearly the right man for the job.

The Seasonal Table *continued*

Here is one of our favorite cornbread recipes, adapted from a wonderful little book published in 1951 called **Cooking With Wholegrains** by Mildred Ellen Orton.

Early American Hot Bread

Combine 3/4 cup whole wheat pastry flour
2/3 cup corn meal
1/2 tsp. salt
scant 2 tsp. baking powder
Beat together 1 egg
1 cup milk
2 tbsp. maple syrup
3 tbsp. melted butter (melt it in your pan or skillet)

Quickly mix the dry and liquid ingredients and pour into buttered 8" pan or skillet. Bake at 425 for 20 minutes.

staff news

ANNIVERSARIES:

WFC is proud to recognize the following employment anniversaries:

March

Janet Ramel, Produce Assistant
— 1 year

Steve Perry, Assistant Deli Manager
— 1 year

Dana Cunningham, Buyer's Assistant
— 1 year

April

Jill Holmen, Training Coordinator/
Marketing & Member Services
Assistant — 5 years

Welcome to new Co-op addition Miles Elfvin, son of coordinator Rain Elfvin. He is learning new baby tricks daily.

Wolfgang Littlewolf, Assistant Deli Manager, has completed a CPR and first aid course at LSC last semester and has been certified.

Julie Kohls and Jessica Belich have finished the WFC Training Course. Congratulations!

Celia Rupp, Deli Assistant, went to Nicaragua for a UMD class — Psychology of Social Responsibility. Read all about it in this issue of the Gazette!

Former Deli Assistant Jill Holmen parlayed two part-time positions into a new career at WFC as Training Coordinator and Marketing & Member Services Assistant — Congratulations, Jill!

Briana Lowrie accepted the position of Interim Front End Manager and we welcome her participation on the Management Team.

Buyer's Assistant Karl Becker is now Grocery Buyer Karl Becker — Congratulations, Karl!

Extreme winter weather and the move of our primary grocery supplier from Minneapolis to Iowa City present new challenges to keeping the shelves stocked and customers satisfied. Co-op employees have consistently met these challenges with perseverance and good humor. What an amazing crew — Thank you all!

healthnotes

by Caroline Shallman, HABA Buyer

Have you ever wondered where to go to get answers to all of those natural health questions? Ever wonder what that little machine in the corner by the bulk liquid is? Today, the mystery is solved. That little machine is a very useful resource available to all of us called Healthnotes. Healthnotes is a knowledge base that offers answers to common health questions and concerns. The in-store computer has a touch screen that's easy to use, much like an ATM machine. Healthnotes is also available as a link on our Web site (www.wholefoods.coop), so you can access health information from the comfort and privacy of your own home.

The Healthnotes database has

The Healthnotes machine is located near the bulk liquid display by the front door.



information on health concerns, vitamins, herbs, medications, food, nutrition, diets, lifestyle, and recipes. The health content is regularly updated to reflect the latest scientific research and studies. The research and editorial team, led by Chief Medical Editor Dr. Alan Gaby, MD, continuously reviews more than 550 medical journals to keep information current, factual, and balanced.

There are many sections of Healthnotes from which to choose: Health Concerns, Natural Remedies, Diet & Lifestyle. In the Health Concerns area you will find a list of topics to choose from such as Heart Health, Cold & Flu, Arthritis & Joints, and Diabetes. Under each topic there is a listing of herbs and supplements to address that particular health concern. When choosing Natural Remedies, you will find an overview of more than 380 nutritional supplements and over 370 herbs. In addition, there is a section that allows you to check your prescription and over-the-counter drugs for interactions with supplements, herbs, and foods. In the Diet & Lifestyle sections you will find information on special diets such as gluten-free, dairy-free and low salt diets. Linked to this information are also diet-specific recipes. The recipes can be printed out and used to shop for ingredients. If you are online at home, you can print out the recipe you want and head straight to the kitchen to get cooking.

Healthnotes is a great resource, easy to use and it's free. Please stop in or hop online and give it a try. **CG**

Caroline Shallman is the Nutrition and Body Care Buyer at Whole Foods Co-op. Transplanted from the Twin Cities just over a year ago, she has settled in and is truly enjoying life in Duluth and all of the area's natural wonders. Caroline is a devoted cat parent and an enthusiastic goof ball.

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mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

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

March is the beginning of the end of winter in most parts of the country. Spring starts to show its face much like an old friend who's been gone way too long. This return brings promises of warmer days, new growth, and of course, fresh new produce items around which to plan delightful meals.

Our thoughts turn to springtime favorites: asparagus, fresh peas, fennel, blood oranges, mangoes, strawberries, and fresh greens such as arugula, dandelion, mizuna and spinach. With March still clinging to its winter ties, the thought of eating these fresh young greens as a salad may not have much appeal. But don't let that stop you from enjoying their tantalizing flavors or nutritional benefits. These leafy greens are filled with vitamins A and C, potassium and calcium, and are great for stimulating your digestive system. If you have trouble eating enough

greens or don't want to eat them raw, then why not try a wilted salad and see just how good they can be?

You can do this with just about any green but if you are just beginning to eat greens you may want to try the milder greens like chard and spinach first to see how you like it. Then move on to the more peppery flavored arugula or watercress, or slightly bitter dandelion. If you like these you can eventually graduate to others like frisée and escarole. Stay away from kale, collards, and mustard for this venture as their tougher texture requires longer cooking times.

Two important steps to a successful salad are the prepping and the wilting. The best way to prep them is to cut off any tough stems or roots, then place the leaves into a sink of cool water. With your hands swish them around to remove any sand or grit. Remove from the sink and rinse again in fresh water. Now thoroughly dry your greens by either patting them dry or using a salad spinner.

Now it's time to wilt your greens.

You're probably asking: how does one wilt greens? You might think that you can just put them in the steamer, right? Wrong! For this type of salad you want your greens to be warmed but not limp.

Put your greens in a stainless steel bowl, then while using a potholder, hold the bowl over a pot of simmering water. Toss your greens and pour on about half of your warm dressing (see recipes) until slightly wilted. Remove from heat. Put on a plate and serve.

Now you can add more dressing to your taste. The reason you start with only half the dressing is that greens release water when they are cooked which can dilute the dressing's flavor. This salad can be enjoyed as is or you can liven it up with sliced red onions, braised asparagus, blood orange slices, mango cubes, and some crumbled Gorgonzola cheese.

fresh perspectives

If you like the idea of making this one spring evening but are thinking you are too strapped for time after work, then do your prep the night or day before. You can even prep your fruit and vegetables one night and wash your greens and make your dressing the next. If you prep your greens before just wrap them in a kitchen or paper towel and store in a plastic bag in the vegetable drawer of your refrigerator. This way you can have a wonderfully healthy meal in a couple of minutes' time even on the busiest days or latest nights.

Warmed greens are also good combined with pasta if you want to make a nice lunch for the next day. Wilted greens go particularly well with pinto beans. The combination can take that ordinary Wednesday night burrito and make it into a taste sensation worth remembering.

Chinese Veggie Chicken Salad Dressing

(from Veggie Life, Spring 2004)

2 T. sugar (OK to use raw)
1 T. cornstarch
1 cup water
3 T. soy sauce
1/4 cup canola oil
1 t. sesame oil
1/2 t. Chinese five spice powder (optional)
2 to 3 T. rice vinegar, to taste

In small saucepan, stir together sugar and cornstarch. Slowly stir in water. Add soy, oil, sesame oil and five spice powder, if using. Bring to a boil over medium heat, stirring constantly until thick and clear, about 3 minutes. Remove from heat and stir in vinegar. Set aside to cool somewhat. Pour over salad just before serving.

Or for an old-time favorite try:

Hot Bacon Dressing

(from www.recipezaar.com)

4 slices bacon
2 T. minced onions
1 t. vinegar
1 t. sugar
1/4 t. dried mustard

In skillet fry bacon until crisp then remove bacon and reserve bacon grease. Crumble bacon over fresh spinach. Add minced onion to bacon grease and sauté over medium heat about 3-4 minutes. Add remaining ingredients and sauté for about 1 minute. Pour hot dressing over spinach and toss, mixing well. Serve immediately.

4 servings 45 min., 15 min. prep

References this issue: "Low-Fat And Fast," by Nava Atlas, Vegetarian Times, May 2000; "A Fresh Twist On Salad," by Myra Kornfield, Natural Health Magazine, March 2003; "Female Farmers: A Growing Trend in America," All Things Considered, National Public Radio, Oct. 30, 2004, www.npr.orgwww.npr.org

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we respond

Dear Co-op,
Looking for cleaning products called "Restore" I heard advertised on MPR.
Signed, Clean & Green

Dear Clean & Green,
We currently don't carry this line, mainly due to space issues, but it is a great product line. We hope to carry it in the new store in a self dispensing machine.

—Lisa, Merchandising Manager

Dear Co-op,
If organic chilis are not available, what about coordinating with herbs & spices department for dried anchos & poblanos?

Thanks, Mary B.

Dear Mary B,
Thanks for the suggestion — look for dried ancho & chipotle chilis in the spice aisle soon.

—Caroline, HABA Buyer

Dear Co-op,
None of the breads or buns at the deli are vegan even though certain

sandwiches are labeled vegan.
Signed, Animal Free

Dear Animal Free,
Both Rudi's breads & the 8 Grain buns are completely vegan. The others contain honey.

—Deb, Deli Manager

Dear Co-op,
How did the "Most Contaminated Conventionally Grown Foods" get on the list in your brochure on "Organic Foods"? Is it by the type of herbicides or pesticides? Is this list still the top 10? Thanks.

Signed, Concerned

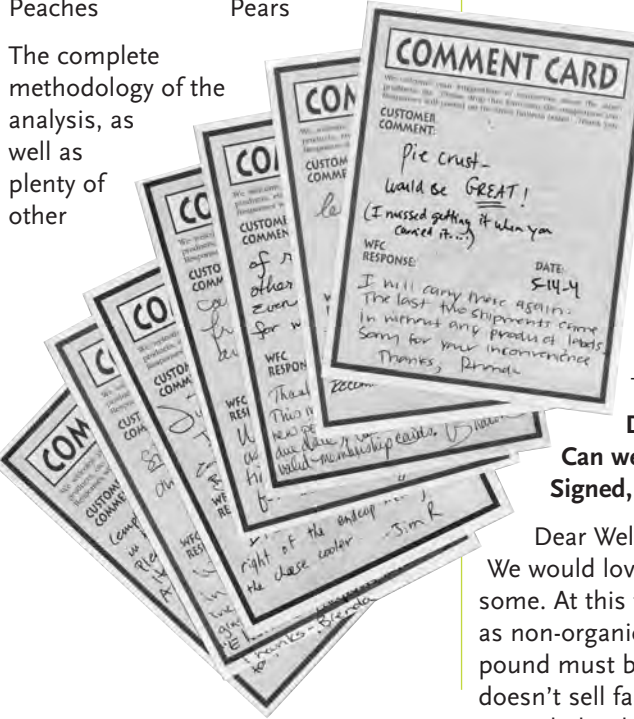
Great questions!

The information for the Organic Foods brochure came from a list that the Environmental Working Group compiled based on analysis they did of over 100,000 tests for pesticides on 46 popular non-organic fruits & vegetables. The list was based on a compilation of combined pesticides residues on these 46 produce items.

The current list is slightly different, but many of the same culprits remain. Here is the current "dirty dozen":

Apples	Potatoes
Bell Peppers	Red Raspberries
Celery	Spinach
Cherries	Strawberries
Imported Grapes	Nectarines
Peaches	Pears

The complete methodology of the analysis, as well as plenty of other



great information can be found on the Environmental Working Group website at www.ewg.org.

—Shannon, Marketing & Member Services Manager

Dear Co-op,
What happened to SOY FLOUR? Is it available in bulk? How else can I order it?

Signed, Flour Power

Dear Flour Power,
Soy flour may be special ordered in 25# bags. It is also now available in 16 oz. bags from Bob's Red Mill on our baking endcap facing the cheese case.

Thank you.

—Jim, Bulk Buyer

Dear Co-op,
Can we get lemongrass?
Signed, Well Seasoned

Dear Well Seasoned,
We would love to special order you some. At this time, it's available only as non-organic and a minimum of one pound must be ordered. Sadly, it doesn't sell fast enough for us to carry it regularly. Thanks for the question.

—Justin, Assistant Produce Manager

Dear Co-op,
Saw sliced ham without nitrites once. Bought it and haven't seen it since. Was it discontinued? My daughter likes only ham in her lunch. I was delighted to have a nitrite-free option!
Signed, A Big Ham

Dear Big Ham,
The sliced nitrite-free ham has been relocated to the Deli cheese case with our other all natural luncheon meats.

—Brad, Cool Buyer

NOTE: All customer comments are now posted in the hall near the bathroom.

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— Oprah Winfrey

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news bites

UK: Hospital to serve patients organic milk

Source: just-food.com

A UK hospital has signed a deal with a local organic dairy to supply its patients with organic milk.

Darlington Memorial Hospital in the north east of England has agreed terms with family-run Acorn Dairy, to supply 5000 pints of organic milk per week. As the dairy is only three miles from the hospital, the low transport costs offset the higher price payable for organic products to a greater extent.

INDONESIA/USA: Monsanto pays US\$1.5m fine for bribery

Source: Just-Food.com

US biotech behemoth Monsanto has agreed to pay a US\$1.5m fine for bribery.

One of its employees has admitted bribing a senior Indonesian official in an attempt to avoid an investigation into the environmental impact of its cotton-producing activities.

The bribe is reported to have been in the region of \$50,000 and paid to an official in Indonesia's environment ministry in 2002. It was masked as a 'consulting fee'.

Ironically, the bribe did not result in the official ordering that the environmental impact study be called off.

Monsanto has also agreed to have its activities closely inspected by American authorities for the next three years.

Organic ketchup 'helps fight off cancer'

Source: Just-Food.com

US scientists have discovered that organic ketchup contains higher levels of lycopene, which protects against cancer.

Scientists Mary Chapman and Betty Ishida, working at the Agricultural Research Service in Albany, California, tested lycopene levels and antioxidant activity in 13 different ketchup brands, including the trendy new purple and green varieties. Their findings indicate that the three organic varieties had higher levels of lycopene, which helps protect against breast, prostate and pancreatic cancer. There are also indications that it can help prevent heart disease.

The scientists found that the darkest red ketchup brands had the highest lycopene levels.

Organic in Schools

Olympia, WA, grade schools now offer organic salad bars to their students. Lincoln Elementary in Olympia managed to cut its lunch costs by two cents a meal even though it offers a full organic menu. To do so, it eliminated desserts other than fruits. Meanwhile, the Seattle School District in Seattle, WA, recently adopted a policy banning foods containing high levels of sugar and fat and encouraging offering organic food in school cafeterias whenever feasible. The school board policy is available at <http://www.seattleschools.org/area/policies/index.dxml>.

Home Cooking Is Losing Its Appeal for More Americans

More Organics and Small Producers Head Food-Trend List

Nearly Half of the Nation's Food Dollars Will Be Spent on Eating Out in 2005

All General Mills Cereals To Be Made With Whole Grain

The USDA Has Released New Dietary Guidelines Highlighting Whole Grains, Fruits, Vegetables, and Exercise

It appears that the focus this year is going to be on a healthier lifestyle. The USDA has recognized that exercise is important and added it to the new food pyramid/guidelines. They state that you should "be physically active for at least 30 minutes most days of the week. Children and teenagers should be physically active for 60 minutes every day, or most every day."

The studies I have read differ in opinion on the order of the top 10 food trends for 2005, but they all agree that eating more whole grains, fruits, and vegetables are high on the list.

Trends are also showing that Americans are eating out more as well as buying more already prepared items from grocery stores to bring home for side dishes or even their entrees. Many restaurants are starting to realize that more consumers are looking for local and organic items and they are starting to add them to their menus.

Below I have listed the new dietary guidelines from the USDA. They are quite interesting to read especially since the USDA is recognizing healthy eating and exercise. In future articles for Gourmet to Go I will incorporate recipes and meal ideas for a healthier lifestyle.

2005 Dietary Guidelines for Americans

Key Recommendations for the General Population

Adequate Nutrients within Calorie Needs

Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA)

exceeding caloric intake requirements.

To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

FOOD GROUPS TO ENCOURAGE

Consume a sufficient amount of

gourmet to go

by Debbie Manhart, Deli Mgr.

Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

Weight Management

To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.

To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Physical Activity

Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

To reduce the risk of chronic disease in adulthood: Engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week while not

fruits and vegetables while staying within energy needs. Two cups of fruit and 2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

FATS

Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible.

Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.

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When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.

Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.

CARBOHYDRATES

Choose fiber-rich fruits, vegetables, and whole grains often.

Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide and the DASH Eating Plan.

Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.

Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

ALCOHOLIC BEVERAGES

Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of child-bearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.

Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.



Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.

Cook foods to a safe temperature to kill microorganisms.

Chill (refrigerate) perishable food promptly and defrost foods properly.

Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Note: The Dietary Guidelines for Americans 2005 contains additional recommendations for specific populations. The full document is available at www.healthierus.gov/dietaryguidelines. GG

FOOD SAFETY

To avoid microbial foodborne illness:

Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed.

Debbie Manhart has worked as Deli Manager at Whole Foods Co-op for almost 5 years. She trained as a Chef over 15 years ago and has worked in all aspects of the food service industry.

Walking Our Talk

by Celia Rupp, Deli Assistant

From January 5–14th I traveled to Nicaragua with the organization Witness for Peace. Witness for Peace works for human rights, peace, justice, and sustainable economies by the means of socially responsible travel and activism. The delegation was entitled “Free Trade Agreements and the Human Face of Globalization” and brought together 20 delegates from around the U.S. (14 of which were from UMD). It was mostly centered around Managua, the capital city of Nicaragua.

During the delegation, our group learned about free trade agreements and neo-liberal economic theory, the consequences of U.S. and IMF policy on Nicaragua and Nicaragua’s international debt. We also talked to factory workers about labor rights and conditions, met with numerous Nicaraguan organizations that are supporting the community, and met with the U.S. Embassy. Other activities included visiting clinics, volcanoes, museums, cultural centers, the poor sector of Managua, a farmer’s co-op, a women’s sewing co-op that is the first ever member-owned factory in a Free Trade zone (where Maggie’s Organics clothes are made), and spent a weekend in the homes of rural Nicaraguan families.

It wasn’t all work and no play — there were opportunities to go out on the town or to socialize. The weather was marvelous, in the 90–80s with a slight breeze and hardly a cloud in the sky, and I thought the staple meals of gallo pinto (beans and rice) and fresh fruit hit the spot. Everywhere you looked there was tropical foliage and fruited trees, especially in the country. The house I stayed at in the country had trees ripe with avocados, mangos, papaya, banana, mandarins, oranges, and plantains!

I got to see how U.S. policy affects the rest of the world, it was a real eye-opener. The best part of the trip, though, was meeting with and talking to all the different Nicaraguan people we encountered. They remain so strong and positive in the face of poverty and hardship, and work together with their families or organizations to love and support each other. Even the little children were inspiring!

Visit www.witnessforpeace.org for more info about Witness for Peace. GG

TATER TRIVIA

Potatoes grow best in your garden when grown near beans, cabbage, corn, lettuce, radishes & petunias. Plants that deter the potato beetle are catnip, coriander, horseradish and onions. Don’t grow your potatoes near apples, pumpkins, squash or tomatoes.

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