



by Alaena Charlotte Diamon, Lake Superior Herbalist Guild

Plants have personalities, too! I become increasingly aware of this as I observe their growing habits and notice which plants thrive growing together. Staunch Tomato is repelled by the sprawling Rhubarb, leaning toward upright Scallion on its other side. Sleek and dignified Dill avoids its nosy

herb lore

A new feature from the herbalist guild

Sleek & dignified
Dill avoids its
nosy neighbor,
Borage, reaching
out to Tomato
across the bed

neighbor, Borage, reaching out to Tomato across the bed. Sunny Chamomile is delighted with perky Peppermint close by. The two warmly wrap around each other where they meet! I've tried for years to grow St. John's Wort, without success. Late last season, I planted a small Valerian plant next to the struggling St. John's Wort, and this summer the two have alternated along the back fence, both prolific, stretching up in a race to meet the sun, and producing a wealth of huge, luxurious plants. By watching the growing habits of plants, perhaps we can gain a clue as to which plants/herbs are compatible in combination, also. Other plants are aggressive, wanting to conquer and claim the space for themselves. Keep Raspberry, Chives, Hops, Comfrey and most Mints cloistered in an area of their



own. Learn to know your plants, observe their preferences, and place them accordingly. They'll reward you by generously sharing their bounty!

Alaena Charlotte Diamon, member, Lake Superior Herbalist Guild. The Guild meets at 6:30 p.m. the third Tuesday of each month at the First Unitarian Church, 145 West Winona, Duluth, MN <http://www.diamon-naturals.us>

Editor's Note: The following information has been added on the comfrey mentioned in this article. The information comes from Health Notes, a natural foods and supplements website that our customers can access in the store at the kiosk or through our website at www.wholefoods.coop.

COMFREY: (*Symphytum officinale*) also known as Knitbone, Boneset - The leaf and root of comfrey have been

employed medicinally for centuries. Originally from Europe and western Asia, it is now also grown in North America.

Comfrey has a long history of use as a topical agent for treating wounds, skin ulcers, thrombophlebitis, bruises, and sprains and strains. Comfrey was used by herbalists to promote more rapid repair of broken bones, hence the common names boneset and knit-bone. Topically, comfrey was also used to treat minor skin irritations and inflammation. It has also been used as a wash or topical application for eye irritations and for treating conjunctivitis. When ingested, comfrey contains potentially dangerous compounds known as pyrrolizidine alkaloids. The roots contain higher levels of these compounds and mature leaves contain very little, if any, of these alkaloids. Fresh young leaves contain higher amounts (up to 16 times more than mature leaves) and should be avoided. Other related forms, such as Russian comfrey (*Symphytum uplandicum*) and prickly comfrey (*S. asperum*), are sometimes available or mistakenly sold as regular comfrey but contain higher levels of these alkaloids. Several cases of people who developed liver disease or other serious problems from taking capsules or tea of comfrey have been reported over the years. Most comfrey products do not list their pyrrolizidine alkaloid content on the label. Therefore, it is best to avoid internal use of products made from comfrey root or young leaves altogether. **CG**

the back 40 "shifts"

The hours of sun
are stored in the
bright orange of
the carrots and
winter squash

Snow settles it, even if frost in August and unseasonably cold and wet weather did not, the growing season has come to an end. The hours of sun are stored in the bright orange of the carrots and winter squash, in the fine folds of the cabbage and onions — long shifts spent alone with the wind. Over the winter months we'll see this stored bounty emerge from the root cellars and storage spaces, and out into your carts and onto your tables.

The Holiday Season has much the same spirit about it, with the cold turning the night-sky to crystal, and the snow silencing all but the wind's noise in the dry branches. We are challenged to bring out the best of our

watches in better times, warmer times, for our families, communities and world just when darkness increases and time seems as nipped as are bare hands in frigid weather.

The Produce Department has always had the pleasure of being able to support and celebrate the strengths of our local community through the direct support of our regional growers. As we have grown, so have the livelihoods of our suppliers grown. Our circle has widened as well, to include new growers, smaller growers and some larger growers we had not had contact with before.

We also are growing and changing. As you have noticed in the department, prior to this season we have changed much in the store, and specifically in our department. Our goal is always to provide you with the best product we can, and to display it in a way that does justice to the unseen hours of the farmers and the long labor of the earth that produce what you have come looking for.

WFC has a new site ready to expand into, to release all of the energy stored over the many years we have been dreaming of what could be done. There is a shift in interest in the larger community about organics and sustainably grown products. While there are many things that drive this trend, the Produce department intends to build on it through Cooperative Principle Seven, Commitment to Community. As in the Holiday season, we have good to bring out as we move

ahead. Increased support for local growers, both Certified Organic and those who are using sustainable methods. We would like to widen the circle and see more growers getting more of the growth that they can continue in what is inarguably a difficult proposition, being a farmer in northern Minnesota.

Additionally, we have a substantively different neighborhood right outside our new location, one that deserves a neighborhood store which both holds to its vision while opening the doors so that everyone is truly welcome. There will be changes, but ones which reflect the commitment of this Co-op to its community of members, and the larger regionally community. Look for new items, and more options based on price and quality.

In the Produce Department, we are very interested in what you think about what we can do moving ahead with the fruit of our long growing season. Feel free to contact me any time with your thoughts. My e-mail is michael@wholefoods.coop, or you can drop a letter to the store, attention Michael. I hope you all have a wonderful season, with a generous gift of clarity that is the particular quality of this time of the year. **CG**

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.





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Garbanzo

WHOLE FOODS COMMUNITY CO-OP, INC.

Gazette

DULUTH, MINNESOTA NOV/DEC 2004



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Here it is. The HOLIDAY SEASON. Some of us dread it and some of us go crazy with decorations, gifts and parties. I, for one, am not particularly fond of anything that happens in the winter months unless it involves a fireplace. Beyond that, I can take it or leave it. I've even been called Scrooge once or twice. With that being said, even I have my favorite traditions. Christmas cookies, my Rudolph bobblehead decorations and of course, a fire in the fireplace.

Now Thanksgiving, that's another story. It's my favorite holiday of the year. What is a better thing to cele-

brate than giving thanks for all we have? Our tables groan with the bounty that most North Americans take for granted each day. We meet over delicious meals with friends and family, reminiscing and making new memories to reminisce about in years to come.

As a child, one of the things I remember is being able to have cranberry juice with the Thanksgiving meal. I thought it was so exotic to have something other than milk. We had more than one vegetable side dish (which I always preferred over turkey) and for the only time in a whole year, we had yams on the table. My mother

could whip up dozens of desserts from memory, but sorry mom, imagination was lacking on our dinner table when it wasn't holiday time.

Now I have yams any time I want and juices of many kinds – including fresh squeezed – are in my refrigerator all year round. I can make lasagna for Christmas dinner instead of ham or turkey. I have the freedom to make choices about my food, both in my kitchen and at my Co-op. My food allergies are minor. My health is good. Again, how can I not be thankful?

So this month, instead of listing a variety of recipes from Staff and our archives, I will give you some of my

holiday favorites from my own recipe box. To those of you who are Vegan, Wheat or Dairy Free, I apologize. I normally try to give more recipes for a variety of diets, but in this issue, they come straight from my kitchen with no adjustments. I encourage you adapt them and share your findings with me so I can put them in future issues for others who have special dietary requirements.

Feel free to adopt these recipes as your own. I am thankful for the opportunity to share. Cheers, and happy holiday season to you all, however you choose (or don't choose) to celebrate.

GG

Stuffed Baked Sweet Potatoes

4 large Garnet or Jewel sweet potatoes
3 T olive oil
1 medium yellow onion, diced
2 apples, diced (Honeycrisp, Macintosh or Granny Smith)
1 clove garlic, minced
1/2 c golden raisins
1 clove garlic, minced
2 T maple syrup
salt
pepper

Preheat oven to 350F. Prick each sweet potato several times with a fork and bake until barely fork tender. While the sweet potatoes bake, heat the olive oil on medium heat. Add diced onions and sauté until translucent, about 5 minutes. Add the garlic and apples and sauté until the apples are soft. Continuing on low heat, add the golden raisins, maple syrup, salt and pepper to taste. You may need to add a bit of liquid if the apples do not give off much liquid. Water is fine, but I have also used chicken broth, vegetable broth and apple juice. The raisins will plump slightly. Set this mixture aside. When the sweet potatoes are barely fork tender, remove from the oven and carefully split the top with a knife. Squeeze the sweet potato open to make a place for the stuffing to go. Dividing the stuffing equally between the potatoes, mound the stuffing in each. Return to the oven and bake until the sweet potatoes are soft and ready to eat.



Wild Rice Croquettes

1 c wild rice
3 c chicken or vegetable broth
1 lb mushrooms, sliced
1 med onion, 1/2 chopped fine, 1/2 grated
butter or olive oil for sauté
1/2 t dried thyme
2 cloves garlic, minced
salt
pepper
3 T butter or margarine
3 T flour
1 c milk
1 c cheese of your choice, grated
1/2 t dry mustard
flour for dusting
1 egg, beaten
seasoned bread crumbs

Bring wild rice & broth to a boil. Lower temp to a simmer, cover & cook until tender (about 45 minutes).

Watch to see if you need to add more liquid. Set aside & cool. Sauté mushrooms, 1/2 chopped onion, thyme, garlic, salt & pepper until onion is soft & mushrooms have given off their liquid. Set aside & cool. Make a roux with the butter & flour, stirring continuously until nutty smelling and light brown. Bring milk to a boil & add to the roux, whisking vigorously to incorporate & thicken the milk. Add cheese, onion & mustard. Mix all three mixtures together & chill. Shape into 3" patties 1/2" thick. Roll each croquette in flour, then in the beaten egg, then in the breadcrumbs. Let dry on a rack. Fry in a small amount of oil on med high heat until golden brown. Drain. You may keep them warm in the oven until it is time to serve.

savor the season

Peanut Butter Kisses

This recipe makes a lot of cookies since it's my family's favorite. It's easily halved.

1 c shortening (no more than 1/2 butter)
1 c peanut butter
1 c evaporated cane juice (I use Florida Crystals)
1 c brown sugar, packed
2 eggs
1 t vanilla
2-1/2 c flour
1-1/2 t baking soda
1 t baking powder
1/4 t salt
evaporated cane juice for coating
1 lb bag Hershey's Kisses

Mix thoroughly shortening, peanut butter, cane juice, brown sugar, eggs & vanilla. Blend in flour, soda, baking powder & salt. Cover & chill. Heat oven to 375F. Unwrap all of the kisses. Shape dough into 1" balls. Using a plate or pie pan, roll each ball in evaporated cane juice. Place 3" apart on lightly greased baking sheet. Bake for 5 minutes. Remove from the oven & place a kiss in the center of each cookie, flattening it slightly to keep the kiss in place. Return to the oven for 5 – 7 more minutes or until set, but not hard. Do not over bake. Cool & freeze immediately or they won't last until company comes.



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management report

By the time you receive this issue, design work for our new store will be close to completion. At the Annual Meeting on October 6, members had an opportunity to put their design and layout suggestions on paper. Then the Expansion Committee met on October 13 to review drawings from our Design Team at LHB Architects & Engineers. But the beginnings of the design process stretch back to the expansion surveys completed by our members and customers and to the market research and store tours conducted by our staff starting in 1998.

Our goals are:

- To design a store that is welcoming, accessible, easy and fun to shop, and safe and productive to operate, and
- To create and maintain the new store with non-toxic, sustainable materials and energy efficient equipment.

We've incorporated survey responses, market research, staff experience, and professional expertise to accomplish the first goal. To achieve the second goal, we are working with an experienced team of skilled architects, mechanical engineers, grocery store designers, refrigeration and lighting consultants, and energy conservation specialists.

The project to develop 610 East 4th Street into the new location for our Co-op will be registered for LEED

(Leadership in Energy & Environmental Design) certification by the U.S. Green Building Council. When completed, our project will be one of the first LEED certified retail developments in the country and the first one in Duluth. There are some additional costs related to the LEED certification process, but there will also be careful monitoring and documentation of the work of our contractors in implementing the LEED goals. The LEED goals include alternative transportation, landscape and exterior design, water efficiency, optimizing energy performance, resource reuse, recycled content, local/regional materials, and indoor environmental quality.

Putting together the financing package is another challenge of these critical months leading up to possession of our new location. By now, our Minnesota resident members have received a letter and brochure outlining the Member Loan Program and, probably, a phone call from Member Julie Priola requesting participation in that program.

Member support is critical to the success of our project. All members can participate by continuing to shop at the Co-op, purchasing required equity shares – and more if you can – and encouraging others to shop at and join the Co-op. But only our Minnesota resident members can participate in the Member Loan Program. Please contact me, Chris, Penny or

Caroline at (218) 728-0884 for more information on the Member Loan Program.

All financial commitments, including from outside lenders, are due by January 7. The real estate closing is scheduled for March 1. Site development and remodeling begin March 2 and, with luck, we will be open at our awesome new location by September 1, 2005

Sharon Murphy, General Manager

HOLIDAY HAPPENINGS

The Jewish festival of Chanukah is an eight-day Jewish holiday that falls around the time of the winter solstice and is often called The Festival of Lights. It is celebrated by lighting special candles each day at sundown.

Chanukah commemorates the victory, more than 2000 years ago of a band of Hebrews, led by Judiah Maccabee who recaptured their temple in Jerusalem from the ruling Syrians.



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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 the 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 Wednesday, December 1. Refer submissions and questions to shannon@wholefoods.coop

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

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.

new products

Herbs and Spices:

- Chinese Five Spice Powder
- Dandelion Root
- Cut and Sifted Ginger Root

Bulk Tea:

- Organic Bancha Green Tea
- Organic Fair Trade High Grown Ceylon Tea
- Organic Fair Trade Jasmine Tea
- Organic Fair Trade Gunpowder Tea
- Organic Fair Trade Chai Tea

Cool:

- Midwest Harvest tofu is back!
- Organic Valley 11oz. vanilla milk
- Stoneyfield kid's yogurt six-packs
- Northern Organics Apple Cider

Frozen:

- Ethnic Gourmet Wraps
- Ian's Allergen-Free Chicken Nuggets
- Garden of Eatin' Chapatis

Back in stock:

- Ian's Harvest Fries
- Wild Alaskan Salmon
- Applegate Farm Turkey Burgers



Grocery

- Luna Bar Nutz Over Chocolate
- Late July Cheddar Cheese Crackers*
- Rumford Cornstarch
- Saf-Instant Baking Yeast
- Gluten-Free Pantry Chocolate Chip Cookie Mix

*denotes organic

Body Care:

- EO Everyday Face for Normal skin types; Cleanser, Toner, Moisturizer, Advanced Serum, Polish Exfoliant
- Aaron Brands Isopropyl Rubbing Alcohol
- Grandpa's Pine Tar Shampoo Bar
- Burt's Bee's Baby Bee Skin Cream

Supplements:

- Source Natural's; Life Force Multiple, Wellness Formula, 5-HTP
- Nature's Way; Oregano Oil Capsules, Activated Charcoal, Wild Yam
- Twinlab; Pancreatin, Magnesium capsules

Bulk Products

- Organic Dried Red Banana Slices
- Organic Golden Raisins
- Organic Dry Roasted Lightly Salted Cashew Splits

welcome, new members!

Adriana Addison
Jane Anderson
Heidi Bagley
Barbara Barney-
Uran
Susan Bauer
Elizabeth Behning
Alissa Bilden
Robert Black III
Patricia Blackburn
Dennis Bowen
Jeri Brysch
Jeanine Buck
Michael Cary
Dee Charles
Donna Claypool
Linda Dorow
Kurt Drengler
Louise Eilert
Rebecca Evermon
Douglas Fairchild

Sheryl Filby
Eric Fisk
Cherie Fournier
Kathleen Freeborn
Eri Fujiede
Sarah Fuller
Emily Gaylord
Andrea Gelb
Tracy Gilsvik
Karen Goulet
Pamela Griggs
Emily Hagen
Ryan Hanson
Joan Hedin
Sarah Henry
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Rebecca Lesch
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Rebecca Lovejoy
Nancy Mackellar
Mark Maclean
Robert Macomber
Louise Meitzner
Susan Messer
Kimberly Nerhaugen
Jessica Olson
Lisa Olson

Erika Olson
Christine Osthus
Becky Paquette
John Pegors
Erin Pepelnjak
Henry Pollan
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Sharon Rachuy
Nancy Raffetto
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Wendy Rectenwald
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Cynthia Rogers-
Edwardson
Kessia Schleisman
Donna Sletten
David Smith
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better in bulk

Breakfast, Lunch, Dinner, and Dessert at Chez Jim

Here's the yummy and nutritious dishes I've been making lately from all Co-op ingredients.

For breakfast, I've been buying the fruit cups from the produce cooler, which are great on their own of course, and pouring **Helios** brand plain kefir on them. Plain kefir is a little sour for some folks so a drizzle of honey or dash of organic sugar may be in order. I buy the plain kefir because it has the least grams of sugars in it, which I figure conveys maximum probiotic benefits to my system (since bad gut organisms thrive on sugar). However, I am not a kefir fundamentalist and once or twice have bought the other **Helios** brands sweetened with organic sugar. (The **Lifeway** brand kefirs are sweetened with high fructose corn syrup so I tend to avoid those, although their plain variety is unsweetened.)

I will even add a dash of kefir to my six-year-old's **Edenblend** soymilk, which we drink by the bucket. The kefir thickens it ever so slightly, and a moment of brisk stirring is required to totally blend the two together so she won't notice. It's a fun way to nutritionally boost the already mighty healthful **Edenblend**.

If kefir's not your bag, try pouring **Wildwood** brand soy smoothies over your fruit cups. Sweetened with evaporated cane juice, these soy smoothies over fruit will not need additional honey drizzles. My six-year-old guzzles them straight.

Lately, I've been pouring **Edenblend**, kefir, and/or soy smoothies over cold cereal (bulk **Cherry Vanilla**

granola from **Golden Temple**) in whatever combination they are available in my refrigerator. Top with organic raspberries, which as of this writing have been as big as human noses.

Moving on to lunch, I've been eating a lot of salads. For a while I was exclusively buying the bulk spring mix from the produce department, but have lately drifted over to the organic spinach bags. One bag is about enough for a salad for one hungry person or two not-as-hungry persons. The **Drew's** garlic vinaigrette is still my favorite dressing although simple organic **Spectrum** olive oil and a

keep tasting them until they are al dente). While they are boiling away, take two or three heaping tablespoons of miso paste and put them in a bowl. Add a cup of water or two and stir with a fork until you have a uniform broth. This is your sauce. Pour it directly over the noodles (once they are freshly drained, duh) and stir it in. It may take some practice; straight miso like this can be a little strong for some people so maybe go easy at first, supplementing with **Eden** organic shoyu sauce if not strong enough (unlikely). Meanwhile, you have cubed a slab of **White Wave** tempeh (any

kind), and sautéed it in sesame oil, canola oil, or olive oil (low heat on this last one). Add shoyu to taste; and maybe you want to sauté some organic red onion at the same time. Dump the tempeh n' onions into the bowl of noodles, and garnish with spring onions and perhaps some organic peas. My kid will eat this with minimal fussing.

For dessert, try cheese-stuffed organic medjool dates. Flay the dates open with a knife and remove the pits. Then stuff the dates with oversized chunks of — wait for it — **French Bucheron** cheese. This is a taste sensation not to be missed. Dig it: **French Bucheron** is a soft, squishy, and creamy cheese, and organic medjool dates are also soft, squishy, and creamy. The cheese and the date blend together in one's mouth in a most pleasing fashion, the marriage of taste and texture. Thank me later. **CG**

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



splash of organic **Bionaturae** balsamic vinegar will do. Next, I sprinkle the salad with my new favorite, bulk organic pecans. These are a smaller variety than we used to carry, but their small size only increases their sweetness. Try some plain. Our organic walnuts make a good match with these on top of salads, together with a handful of bulk biodynamic raisins.

Dinner at my house might very well consist of **Thai Chef** brand rice noodles with miso sauce and sautéed tempeh cubes. Here's what to do: cook up those noodles (I just wing it and

MEMBER FEATURE

the seasonal table

By Bonnie Williams Ambrosi, member

Are walnuts part of your daily diet? They should be. Walnuts are amazingly good for you. Among tree nuts they are by far the richest source of omega-3 fatty acids. Just a quarter-cup provides 2.27 grams—more than half the suggested daily value.

Omega-3s support cardiovascular health by reducing blood pressure, arterial inflammation, and the stickiness of platelets. A diet rich in omega-3s also seems to improve emotional health and cognitive function.

Walnuts also contain an antioxidant called ellagic acid which provides protection from free radicals, and actually reduces incidence of cancer. Walnuts help lower "bad" cholesterol and are helpful in weight-loss diets. An ounce of walnuts also delivers 4 grams of protein.

In Ayurvedic terms, walnuts have a sweet taste and warm energy. They are nutritive for all tissues and have laxative and aphrodisiac qualities. They are considered sattvic in nature—conducive to a calm, balanced mind and body.



The walnuts commonly available to us are English walnuts, also known as Persian walnuts after their area of origin. Black walnuts are native to the central Mississippi valley region and have a stronger flavor.

It's easy to get walnuts into your diet. Eat them plain as a snack, sprinkle them on salads and cereal, add them to cooked grains, pasta, and vegetables, use them to make pesto, bake them into breads and muffins. Store walnuts in the refrigerator.

Raisin-Walnut Bars

2 c. walnuts
1 1/2 c. raisins
1/2 c. water
1 tsp. vanilla
1/4 c. canola oil
1 c. quick oats
1 c. whole wheat pastry flour
1/2 tsp. salt

Chop walnuts very fine in a food processor. Dump them out, then briefly grind the raisins and water in the food processor. Combine all ingredients and press firmly into an oiled pan. (I used a 6x10" pan for fairly thick bars. Use a larger pan for thinner ones.) Bake at 325 degrees for 25 minutes for thick bars, 20 minutes for thin.

Based on a recipe from *Laurel's Kitchen*.

P.S. Is the precious oil in the walnuts damaged during baking? I could not find a definite answer, but research shows that flax meal (another super source of omega-3s) withstands normal baking temperatures for up to 2 hours unharmed, so I think walnuts can probably take it too.

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staff news

Congratulations to new homeowner, Produce Assistant Manager Justin Hemming. We'll be looking forward to sitting on the deck of his Lincoln Park home next summer.

Clerk Virginia Wiggen will not be Coordinating due to her new job in the Education Department at the Great Lakes Aquarium. Even though she won't be a Coordinator any more, we'll still see her ringing as fast as she can at the tills.

Cool Buyer Rhonda Mittlefehldt was called for Jury Duty. She has yet to see the inside of a courtroom, but we are glad to know that she is ready to do her civic duty.

Produce Manager Michael Karsh has joined the ranks of students at St. Scholastica this fall. He is pursuing a degree in Business Management.

Marketing & Member Services Manager Shannon Szymkowiak knit hats for donation to the Charitable Crafters and raffle items to benefit the newly formed MN Knitter's Guild Northern Lights Affiliate for the 1st Annual Knit Out & Crochet at Miller Hill Mall. Please contact her if you would like information about the Charitable Crafters or the Knitter's Guild.

Teague Alexy ran Redwoods Half Marathon in Humboldt Redwoods State Park in California

WFC WELCOMES:

Allen Richardson, Buyer's Assistant
Baird Hall, Produce Assistant
Clerk Graham Litterest, Clerk
Lupita Marchon, Clerk

ANNIVERSARIES:

WFC is proud to recognize the following employment anniversaries:

November

Brian Tomaino 2 years

December

Patrick O'Brien 2 years
Sonya Welter 2 years

HOLIDAY HAPPENINGS

Kwanzaa is a unique African American celebration with focus on the traditional African values of family, community responsibility, commerce, and self-improvement. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming African-American people, their ancestors and culture. Kwanzaa, which means "first fruits of the harvest" in the African language Kiswahili, has gained tremendous acceptance. Since its founding in 1966 by Dr. Maulana Karenga, Kwanzaa has come to be observed by more than 18 million people worldwide, as reported by the *New York Times*. When establishing Kwanzaa in 1966, Dr. Karenga included an additional "a" to the end of the spelling to reflect the difference between the African American celebration (kwanzaa) and the Motherland spelling (kwanza).

meat our farmers

by Rhonda Mittlefehldt, Cool Buyer

WFC is committed to providing only certified organic and naturally raised meat and poultry products. Preference is given to certified organic meat and poultry products and to local suppliers who meet the following criteria:

- Certified organic meat and poultry which is defined as raised in accordance with USDA certification requirements). Organic standards for meat, poultry and meat products exclude the use of rBGH or other synthetic growth hormones, and exclude routine use of antibiotics. Additionally, all animals must have access to the outdoors. The animals are fed only vegetarian organic feed and the processing for all meat, poultry and dairy products must also meet organic standards.

- Naturally raised, which is defined as meat from animals raised without hormone supplements, from animals who received antibiotics only when necessary to treat disease, and free of artificial additives and nitrites. Humane treatment of the animals, including no caging or close quarters, is also required.

According to the USDA, the term "natural" simply means "products that are minimally processed and that contain no artificial ingredients." Since the

practices that fall under the natural beef label can vary considerably with individual farmers, we require our farmers to sign an agreement stating that they comply with our definition of naturally raised. All of the farms are subject to inspection by us so that we can review their animal husbandry practices. We cannot sell meat that has not been processed and inspected by an approved USDA facility.

Our organic suppliers must also sign an agreement with us stating that they are an organic supplier and they must provide a copy of their organic certification.

Since our Farmers are so important to us, I thought I would give you a chance to meet them and learn more about them and their practices.

A Farm Called Earth (Hugo, MN) was started in 2002 by four individuals interested in bringing about a change within mainstream America; they support the family farmer by allowing for fairer prices as well as competitive prices for the consumer. They supply organic pork and beef products. We currently carry their steaks and sausage products.

Applegate Farms (Branchburg, NJ) offer organic and natural meat. All of

their products are free of nitrates, antibiotics, growth hormones, and other chemical preservatives. Their meat products are gluten free and contain no casein. The livestock receive only vegetarian feed containing no animal by-products. They exclusively work with small farms where animals live in a spacious environment and have access to fresh air and sunlight. We currently carry their sliced deli meats, turkey burgers, turkey bacon and beef hot dogs.

Beaver Creek Ranch (Grantsburg, WI). Doug & Kathy Anderson provide naturally raised meat and pork products to the Co-op. Their livestock are grass-fed and are free to roam their natural fields. Their animals are raised without the use of hormones, antibiotics and nitrates. We carry their Apple Brats, beef sticks and summer sausage. We also carry his sunflower seeds in bulk.

Dave Rogotske (local fisherman) provides our wild Alaskan Sockeye salmon from Bristol Bay, Alaska. The Rogotske family has fished for salmon in this area for the past 22 years. The last three years, Dave has been fishing with his father and oldest daughter. 2004 proved to be one of the biggest runs as they brought back 140,000 lbs of salmon! The fishing methods in Bristol Bay are heavily regulated and only three fishing methods are allowed, Gillnetting, Trolling, and Purse Seining. Dave uses gill nets to catch King, Sockeye and

Consumer cooperation has been around for some time — at least since 1844. The movement grew out of the suffering brought on by the Industrial Revolution that began in England in the early 1800's: child labor, 12 hour days, uncompensated industrial accidents, low wages, adulterated and shoddy products, and unabashed deception of consumers.

In 1844 in the town of Rochdale, England, 27 men and one woman,

But the link between Abraham Lincoln and the Rochdale pioneers is a less well-known story. David J. Thompson, a co-op activist, historian and author of *Weavers of Dreams*, shared the following story on President's Day this year:

Abraham Lincoln had a great empathy for the people of Lancashire [England] whose lives and livelihood were ruptured by the impact of the Civil War upon the Lancashire cotton trade. The strongest voice for anti-slav-

of 1864, and an article on the presidency by John Bright.

From the *Detroit Daily Post*, 1871, "President Lincoln's Cane": "The Dundee Advertiser reports that the valuable gold-headed staff, used constantly by the late President Lincoln at the White House, has been bequeathed to the Right Honorable John Bright, M.P., by the late Dr. Smith, the United Consul for Dundee. The staff bears the inscription: 'J.A. McClelland to the Hon. A. Lincoln, June, 1857;' and on a gold ferule, 'Presented to the Rev. Jas. Smith, D.D., late pastor of First Presbyterian Church, Springfield, Illinois, in memory of the high esteem in which he as held by him and them as their pastor and dear friend—27th of April, 1869. It was the will of President Lincoln that, on the death of Dr. Smith, the staff should go to John Bright, Esq., member of the British House of Commons, and to his heirs ... as a token of the esteem which the late President felt for him because of his unwearied zeal and defense of the United States in suppressing the evil rebellion of the Southern States.'" **CG**

hand me down my walking stick...

by Sharon Murphy, General Manager

most of them textile workers, struck for higher wages and failed. They decided to form a utopian society but one with no paternalism, one where the members would initiate, own and control.

The first project of their movement was to open a food store and to operate that store based on two dynamic social and economic principles: One Member, One Vote and The Patronage Refund.

Cooperators around the world have made a shrine of that first store on Toad Lane and the heroes, and one heroine, of the "28 weavers of Rochdale."

In America in 1752, Benjamin Franklin initiated the first successful American cooperative, "The Philadelphia Contributionship for the Insurance of Houses from Loss by Fire." The Contributionship, is still serving members in Pennsylvania and New Jersey and is the first mutual in the USA, the oldest continuing fire insurance company, and the third oldest corporation in the country.

ery and in support of Lincoln in the British House of Commons was John Bright a Member of Parliament who lived in Rochdale. Bright was the first Quaker to be a Minister of the Crown and his brother Jacob was the Mayor of Rochdale.

John Bright was a strong supporter of the Co-op in Rochdale and of legislation for cooperatives in the House of Commons. Lincoln's death revealed, in his pocket and in his Will, the respect Lincoln had for this man of Rochdale.

The contents of Lincoln's pockets on the night of his assassination were not revealed until February 12, 1976. They contained two pairs of spectacles, a chamois lens cleaner, an ivory and silver pocketknife, a large white Irish linen handkerchief, slightly used, with "A. Lincoln" embroidered in red, a gold quartz watch fob without a watch, a new silk-lined leather wallet containing a pencil, a Confederate five-dollar bill, and news clippings of unrest in the Confederate army, emancipation in Missouri, the Union party platform



Steve Perry, Assistant Deli Manager, shares an organic almond with a friend

Chum salmon. The Alaskan Dept of Fish & Game opens the areas for fishing only if enough fish have already traveled up stream to spawn. If that number is too low, no fishing is allowed. Dave and his family also supply all natural maple syrup. They have over 3,000 taps. Check out their website to learn more about his salmon and maple syrup at www.simplegiftssyrupandsalmon.com

Farmer's Hen House (Kalona, IA) currently supply our organic whole chickens and organic chicken breasts that are produced on Amish and Mennonite farms.

Larry Schultz Organic Farm (Owatonna, MN), will be a new supplier of organic poultry, and he will be supplying organic turkeys for the holiday season. We currently carry his organic eggs and will be looking to add more of his chicken products as well. Larry and his wife Cindy have always farmed organically and certified their land and poultry in 1998. The family farm is a 3rd & 4th generation farm and has never been farmed conventionally with herbicides, insecticides, or artificial fertilizers. Larry grows his own organic feed and always strives to provide the best quality products at the lowest possible price.

Kettle River Bison (Kettle River, MN) is one of our naturally raised bison suppliers. "Buffalo Bob's" animals are free to roam in his chemical-free fields. The animals are grain fed (vegetarian grain

with no animal by-products). Animals are free of antibiotics; hormones and nitrates are never used. We carry his ground bison and bison patties.

Northstar Bison (Rice Lake, WI) is our other naturally raised bison supplier. Mary's animals are kept in a low stress, natural environment. The animals are raised on native prairie grasses only and not given any grain. Hormones, chemicals and nitrates are never used. We carry her bison brats, ground buffalo, brat patties, and stew meat. Check out Mary's website at www.northstarbison.com for information on grass-fed bison.

Organic Valley is a cooperative of small organic family farms committed to treating their animals with dignity and respect. Their company's philosophy is based on the health and welfare of people, animals and the earth. Their animals have access to outdoors; fresh air and sunshine and are raised on certified organic feed. The organic pasture helps to maintain a healthy environment. They eliminate the use of antibiotics, synthetic hormones or pesticides.

Promised Land Organic Farms (Zimmerman, MN) is our organic supplier of pork and beef products. We currently carry ground beef, steaks and pork chops. They also distribute Farmer's Hen House organic products and A Farm Called Earth organic products.

Whole Farm Co-op is a cooperative of farm families located in Central, MN

dedicated to sustainable practices and respect for land and animals. Their standards include: Humane treatment and adequate room for animals; pasture-fed animals; no sub-therapeutic use of antibiotics or other chemicals; crops grown free of chemical pesticides. We carry ground beef, steaks, roasts, wild rice brats, and ground pork. Check out their website at Wholefarmcoop.com for more information on their grass-fed beef.

Shelton's (Pomona, CA) has been providing quality natural poultry for over 75 years. Their turkeys are grown without the use of antibiotics, hormones, or artificial growth stimulants. They are grown in free-range conditions, not inside buildings. They do not feed their turkeys animal protein. We currently carry their ground turkey, turkey and chicken dogs and turkey bologna. We have also carried their whole turkeys and other products.

Wellshire Farms (Swedesboro, NJ) supply naturally-raised pork, beef, and turkey products are 100% free of nitrates, nitrites, antibiotics, hormones, preservatives and artificial ingredients. Animals are raised in a free-range environment. The cattle are fed a feed that does NOT contain any animal by-products or hormones. We currently carry their sliced deli meats. **GG**

Rhonda Mittlefehldt is the Cool (frozen/refrigerated) Buyer and has been with the Co-op for 2 years.

news bites

Congratulations to WFC's Deli for achieving 2nd Place in the Professional Division of the United Way's Chili Cook-Off on September 9, 2004.

WFC will be closed on:

Thursday, November 25 (Thanksgiving)
Saturday, December 25 (Christmas)
Saturday, January 1 (New Year's Day)

WFC will close early (4 PM) on:

Friday, December 24 (Christmas Eve)
Friday, December 31 (New Year's Eve)

Hemp Foods Legal

Finally, the hemp foods legal court case has been put to rest. As of September 29, 2004, all hemp food and cosmetic products are 100% legal. This is great news to all manufacturers, distributors, retailers, and consumers of hemp food products. For more information on the hemp industry visit: <http://thehia.org>.

PBDE levels high in foods containing animal fats

A survey of U.S. supermarkets suggests fatty foods contain higher amounts of polybrominated diphenyl ethers (PBDEs) than previously thought.

Researchers from the University of Texas and the U.S. Environmental Protection Agency tested 32 samples from well-known brands in three major Dallas supermarkets, and found significant levels of the flame retardants in all food containing animal fats. Fish was the most contaminated, followed by meat and dairy products.

Researchers found a salmon fillet contaminated at approximately 3,000 parts per trillion (ppt) - the highest level in a similar Spanish study was 340 ppt. Meat levels were twice as high as Spanish samples. Used in plastics, textiles and electronics, PBDEs have been linked with cancer, endocrine disruption and brain impairment in laboratory rodents.

Commission split over GM threshold plans

The European Commission is split over a plan—strongly opposed by the biotech industry—to scrap the 0.5% GM threshold for sugar beet, fodder beet, potato and cotton seeds and introduce a 0.3% threshold on maize and oilseed rape.

Also causing dissent in Brussels is a proposal to include 17 genetically modified varieties on the EU's approved seed catalogue.

Reflecting intense lobbying from both industry and the environmental movement, Commissioners have been unable to agree either the thresholds or the catalogue plans. A decision is due on Wednesday 8 September but may have to be postponed.

HOLIDAY HAPPENINGS

Christmas is a Christian holiday celebrating the birth of Christ on December 25, this holiday sometimes extends from Dec. 24 to Jan. 6. Folks make merry at Christmastime by exchanging gifts and cards.

Garbanzo Science: "The Future of Food"

By Jim Richardson and Allen Richardson

The Organic Consumers Association will be sponsoring a screening of the documentary "The Future of Food" on Saturday Nov. 13 at 7:00 PM at the NorShor Theater. This film is a comprehensive examination of the state of modern food production, and the different value sets, which distinguish industrial agriculture from organic farming and the whole foods industry. This film is serving as a rallying cry all over America as more people are coming to realize that behind the empty promises of the biotech industry is an agenda of total control over the global food supply.

"The Future of Food" chronicles the radical changes in agricultural practices, which took place during the twentieth century. The introduction of novel transgenic technology into food production and an unprecedented legal right to patent living organisms have led to the erosion of people's right to grow, sell and eat food that is free from GMOs (genetically modified organisms).

It is a story of a science, which has fallen completely under the influence of the corporate drive to commercialize food crops, which contain untested, unstable, unlabeled and farcically regulated genetic constructs. Our government regulators have allowed the corporations behind the technology to police themselves, to present totally skewed data or no data at all to demonstrate the safety of GMOs, and to evade any liability for harm caused to the public by consuming genetically modified food. Perhaps the most astonishing thing about the situation, which the biotech industry has forced onto consumers, is that the potential for irreversible health and environmental

degradation is not the worst of it.

The real story here is how these companies have every intention of forcing farmers the world over to use their genetically modified seed whether they like it or not. The public debate about whether the technology is safe will be over before it's even begun if current trends are allowed to continue. "The Future of Food" features interviews with celebrated Canadian wheat and canola farmer Percy Schmeiser who refused to back down when Monsanto sued him for patent infringement when his land was contaminated by Roundup-Ready canola. His case is not unique, and his fate is similar to that of many American farmers who've been forced to abandon traditional seed saving and

compelled to use transgenic seed. The patent follows the gene and because companies with everything to gain by the spread of their biological property have recklessly introduced these organisms into the environment, only organics and sustainable agriculture stand between the public and the wolf at the door.

Bring a friend **GG**

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

Allen Richardson has extensive experience in the Natural Foods business. He farmed organically for 4 years in Pennsylvania and Maryland. He worked as an activist on farmland preservation in New Mexico and recently moved to Duluth after completing an internship researching GMOs with Friends of the Earth in Washington, D. C.

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board of directors

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Term expires 2006

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Chris Edwardson

Board Recruitment Committee
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728-0884/w
728-0490/fax
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smurphy@wholefoods.coop

To communicate with entire Board and General Manager:
wfcbod@wholefoods.coop

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

Wasn't the Halloween party great fun! Thanks to Marketing and Member Services Manager, Shannon Szymkowiak and all the volunteer Member Owners who made it such a good time.

This is my last report as President of the Whole Foods Co-op Board of Directors. It has been an honor. I have

lowed through and made that investment in our future. If you have not been contacted and wish to find out how you can help, please contact Chris, Penny, Caroline or Sharon at the store (728-0884).

The Board would like to express enormous gratitude to our General Manager, Sharon Murphy for all the many hours of hard work that she has

possibility of a patronage rebate and has voted to not distribute one based on the income from Fiscal Year (FY) 2004 (ended June 30, 2004). All after-tax income from FY 2004 has been allocated to support the expansion project.

The Board authorized an Expansion Committee to make recommendations on design for the new site. WFC

board report, november 2004

one more year left in a third term on the Board, and it will be an exciting one filled with the work of moving our store down the street to the new site.

The Annual Meeting was a great time. The Board offers a big thank you to Shannon and Caroline for pulling it all together — Good Food, and Good Company!

Congratulations to Jeri Brysch, Chad Coffey, and Chris Edwardson. I look forward to working with all of you. I have said this several times but I want to say it once more — Many thanks to Geiger Yount for her six-plus years on the Board and the great work she has done as treasurer. She has given great service to Whole Foods Co-op over many years, and I know she will continue to do so in other ways.

Some of us are envisioning a beautiful new store with wider aisles and a place to sit down, maybe visit, and enjoy some good WFC deli food. At the last Board meeting we approved an expenditure of \$10,000 for local and/or regional (within 100 mile radius) art to be incorporated into the design of the new store. Members who attended the Annual Meeting created wish lists of what they would like to see happen at the new site. We have surveyed you all for years and listened to the vision of the membership. Now that we have acquired a site, next step will be to implement that vision.

By now, many members have been asked by letter and phone to support this vision by investing in our business with a member loan. I want to thank all the members who have fol-



Board President, Katie Neff-Dawson

done in the last seven years for site acquisition. Thanks to our great staff for supporting that effort.

As announced at the Annual Meeting, the Board has reviewed the

member-owners are welcomed to participate on the Expansion Committee. Notice of meetings will be posted in the store and on WFC's web site: www.wholefoods.coop.

This Board's job is to represent you, the Member Owners of Whole Foods Co-op. It has truly been a wonderful experience participating on this Board, and I look forward to a dynamic year. Many thanks to you for your support in keeping Whole Foods Co-op healthy. **CG**

Katie Neff Dawson
Board President

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we respond

Dear Co-op,
What happened to the Wild Fern
Soaps? They were great.
Signed, *Clean but Short*

Dear Clean but Short,
We still have them. They moved up
one shelf.

—Brenda, HABA Buyer

Dear Co-op,
Can you please start carrying whole
organic chickens all ready in pieces
(drums, breasts, wings, etc)?
Signed, *Not Cutting It*

Dear Not Cutting It,
I can't seem to find a supplier that
packages this all together. I will keep
looking. Thanks for the suggestion.
—Rhonda, Cool Buyer

Dear Co-op,
East Wind Organic Peanut Butter with
salt.
Signed, *An Old Salt*

Dear Old Salt,
East Wind doesn't add salt to their
organic peanut butter (packaged or in
bulk) so we can't get it. Sorry.
—Lisa, Grocery Buyer

Dear Co-op,
Scoops in bulk foods – better if kept on
outside of bin.
Signed, *Cleanliness is Goodness*

Dear Cleanliness is Goodness,
We are committed to changing our
bulk bin system to the kind you sug-
gest. Please stay tuned. In the mean-
time, please know that all scoops are
regularly sanitized and all bins are, too.
—Jim, Bulk Buyer

Dear Co-op,
NPR had a feature story on the del
Cabo farmer's cooperative in Baja,
Mexico. Awesome story – the Co-op
has over 140 member farms, all organ-
ic, began 18 years ago with 9 family
farm. Keep buying those grape toma-
atoes!
Signed, *Co-operator*

Dear Co-operator,
They are our best seller, as well as
being a business we can be proud to
support. Thanks for the comment.
—Michael, Produce Manager

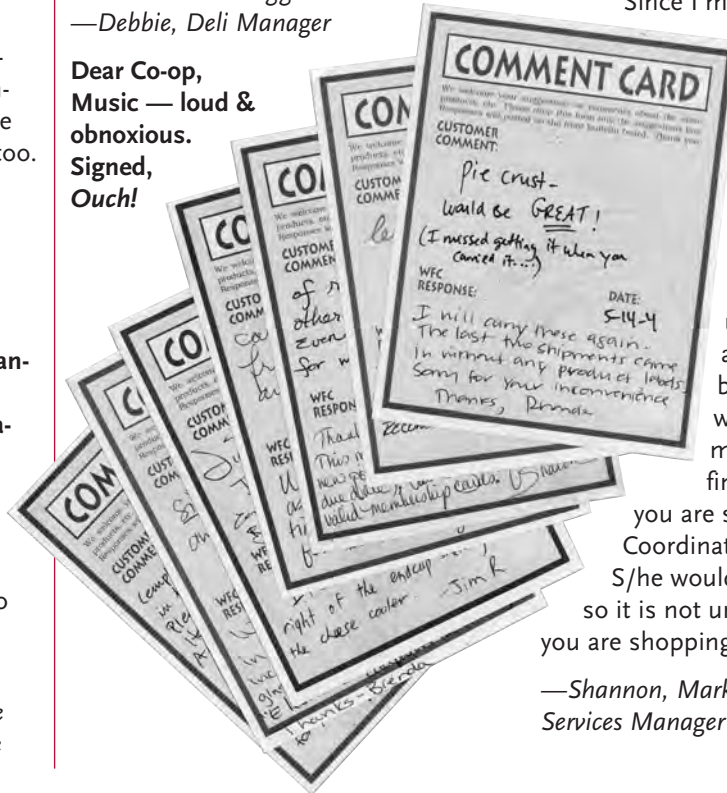
Editor's Note: In addition to the grape
tomatoes, much of the bulk and paste

tomatoes (off season) as well as all of the
Jacob's Farm Herbs are also del Cabo
produce. If you ever want to know what's
what, just ask!

Dear Co-op,
Could you carry Boursin Light cheese?
Signed, *Light 'n Cheesy*

Dear Light 'n Cheesy,
I will have Light Herb & Garlic Boursin.
Thanks for the suggestion!
—Debbie, Deli Manager

Dear Co-op,
Music – loud &
obnoxious.
Signed,
Ouch!



Dear Ouch!
We appreciate your comment regard-
ing the music. Over the years, we have
had many comments on music ranging
from “No music, please” to “Play more
local music” to “Louder music – I can't
hear it”. Just goes to show you that
music tastes vary & we have a respon-
sibility to all shoppers to make their
shopping trip more enjoyable.

Since I'm not sure what type of
music was playing
the day you were in,
I can only say that
we change the
music selection pret-
ty much daily so cus-
tomers and Staff
have a variety to lis-
ten to. As for the vol-
ume, it is now more
adjustable than it has
been in the past since
we are using a new
music service. If you
find it too loud while
you are shopping, please ask a
Coordinator to lower the level.
S/he would be happy to adjust it
so it is not uncomfortable while
you are shopping.

—Shannon, Marketing & Member
Services Manager

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HOLIDAY HAPPENINGS

The end of the growing season
meant that people had to live
mostly on food they had stored
and on what creatures they could
kill. The sun appeared in the sky
for shorter and shorter periods
each day, giving rise to the fear
that it might disappear altogether,
leaving the world in darkness and
cold. The strengthening of the sun
following the solstice was a reason
for celebration, signifying the
return of hope for a new spring.
The concept of the birth, death
and rebirth of the sun became
associated with the winter solstice
and thus with the savior god of
many cultures.

The different dates for these
celebrations are due to the preces-
sion of the equinoxes, which
moves the date of the solstice
backwards approximately one day
every two thousand years.
Currently, the calendar date of the
winter solstice is in transition
between the 21st and 22nd of
December when the sun is at its
southernmost point. By this defini-
tion, the oldest of the solstice cele-
brations is Sankranti in India,
which takes place on January
14th- an indication that it has
been observed for over 30,000
years (some calendar discrepancies
offset this by 13 days, reducing the
possible age of this observance to
10,000 years)!

notes from the front

Editor's note: as the Gazette surveys are being compiled, one item we have noticed is the lack of readership of the Co-op Notes and Policies column. In order to improve the effectiveness of letting customers know about new policies, notices for these policies will now be listed separately throughout the Gazette.

Notes from the Front will be a regular feature written about a policy in depth or changes that have/will take place at the check out. We hope you enjoy this new feature.

New POS System!

By Nathan Coombes, Ops Mgr.

On Tuesday, September 7, Whole Foods Co-op switched to a new POS (Point of Sale) system. This is the reason for many of the changes you have noticed at the checkouts. The image on the computer monitor looks different, the receipts look different, and the checkouts work differently now.

Here's a little background on our new POS: The system is called IS4C, which stands for Information Systems for Co-ops. IS4C was invented at the Wedge Co-op in Minneapolis and we are the first other Co-op to install it. Our Assistant Store Manager/IT Manager Chris von Rabenau is responsible for reformatting IS4C so it would work at our Co-op. The main adventure Chris and I had during the changeover was the actual installation of the new POS and equipment on Labor Day. Chris invited 3 of his IT geeks (they use that term for themselves) to help and to witness the program in action. We worked on and off from dawn to dusk, and when I rang up the first transaction the following morning we all cheered and let out a sigh of relief.

There were two major reasons for changing our previous POS system. First, we needed to prepare for an industry change in the number of digits on product barcodes. Barcodes are switching from 10 digits to 12 digits and our old POS could not scan 12 digit barcodes. Second, the software was obsolete and there was no way we could reprogram or update it.

The breakdown of the new equipment includes new keyboards, scale/scanner units, cash drawers, credit card terminals and printers, flat-panel monitors and CPUs (Central Processing Units, (the electronic "brains" of the operation)).

Basically, the tills are very different than they were before this project. This is the most change any department has had to contend with in my time at the Co-op and I think that the Operations department staff has handled this change beautifully. I'm very proud of how cool they have been under pressure. All of us who work the tills have had to relearn the job to a certain extent. Not an easy task when there are only two checkout and lines back to the freezer!

I appreciate the patience our customers have shown while we familiarized ourselves with this new system and dealt with the glitches and quirks associated with it. Even though the lines have been longer and moved less quickly during our learning curve,

Continued on page 11

The light is dim. The violin music starts to build. As we scan the room, over on the table we get our first glimpse of the latest frightening food waiting to cause us harm. It's those horrible carbohydrates. But wait, wasn't pasta part of the Mediterranean diet that I heard was good for me just a few years back? Wasn't fat the monster before carbs? And eggs before that? For years we have been warned of the horrible effects of one food group or another, creating food fanatics out of even the most mild mannered eater. Then a couple of years later we find out that when eaten in moderation, many of these foods provide more good than harm. Yes, during this current round of dietary confusion folks will drink a lite low-carb beer but won't touch a piece of fruit or a potato.

While we must applaud anyone who is trying to do what's best for themselves and their families perhaps it's time to re-examine how we go about it. One way is recognize that whatever diet you choose, remember that rigid routines may be helpful when starting any diet changes, but don't let them control your life forever. It's important to find balance in your eating routines and realize that eating should be a joyous as well as a healthful experience every day. Fresh organic produce can play a major role in helping you achieve this goal. Each season provides wonderful flavors and plenty of nutritional values. You can have your produce and eat it too!

November is a great time to enjoy the autumn bounty. What could be better than a fresh picked Winesap or McIntosh apple as an afternoon snack this time of year? Did you know that one apple has five grams of fiber, supplying 20 percent of the daily fiber recommendation? Simply eating two apples a day or drinking 12 ounces of 100 percent apple juice helps to protect your arteries from harmful plaque buildup by reducing the damaging effects of the "bad" LDL cholesterol.

Or how about some roasted garlic and baked butternut squash as a perfect ending to a cold winter's day? Garlic has been shown to reduce the bad LDL cholesterol as well. It also helps to lower your blood pressure with its high levels of allicin and selenium. It can help inhibit cancer growth with its powerful phytochemical compounds. Butternut squash, with its bright orange flesh, is a sure sign that it's packed full of the antioxidant betacarotene. Beta-carotene is a plant carotenoid that is converted to vitamin A in our bodies. Research shows that beta-carotene rich foods offer protection against heart disease, and some degenerative aspects of aging. The green beans you will most likely find on the holiday table represent a good source of fiber, folic acid, Vitamin A and C along with the minerals potassium, magnesium, phosphorus, iron and calcium. Lastly, the potato is as wonderfully nutritious as it is tasty when prepared in a healthy

The first is to preheat the oven to 400 degrees. Put the garlic head on a double thick sheet of foil. Then drizzle with a tablespoon of olive oil and fold the foil into a nice small packet enclosing the head. Roast for about an hour. It's done when the cloves are soft. When it's cool enough to touch yet still warm, squeeze onto fresh bread, stuff into baked potatoes or into a bowl for spreading. One head will yield about two tablespoons.

Can't wait an hour? Then try the above method with the cloves separated from the head. Remove the outer paper but not the skin. Cook for about 30 to 40 minutes and voila. The writer actually liked her results this way better.

Another quick way is to use a small skillet. Using medium heat, heat three tablespoons of olive oil then add unpeeled separated garlic. Cook for 15 to 20 minutes, turning occasionally until soft. This method yields a nice balanced flavor with nutty overtones.

fresh perspectives

FINDING BALANCE WHEN THE SCALES ARE TIPPED

manner. A medium potato provides 45 percent of the RDA for vitamin C. Another interesting fact is that a diet of potatoes and milk will supply all the nutrients that the human body needs. So as you sit down and give thanks this year, remember that fresh produce plays a vital part in a healthful, balanced and joyous life.

AUTUMN COMFORTS

Nothing makes it feel more like autumn than a brisk walk, a warm fire, and the tastes and smells of food cooking in the kitchen. A hardy favorite that covers both for many folks is roasted garlic. Roasting garlic brings out its entire wonderful flavor while mellowing its heat and filling the house with its rich aromatic scent. But what is the best way to roast your bulbs? Lynne Char Bennett of the San Francisco Chronicle tested 15 different ways and rated these the best:

How do you know what is the best garlic to use? The purple striped variety has been the winner of many "best baked garlic" contests and is distinguished by its smaller crescent shaped cloves and beautiful purple streaks on its skin. Another widely grown variety that bakes up well is the Rocamboles. It can be recognized by its full-bodied flavor, and its large tan cloves which are easily peeled. The only downside to this variety is a short shelf life due to its loose skins. The variety most found in produce departments is the white Silverskins. The reason? It has high yields and a long storage life.

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References for this issue: Jordan, Michele Anna. Seasonal Pantry column, The Press Democrat, Wednesday, June 16, 2004; <http://www.potatohelp.com>; Healing With Whole Foods, by Paul Pitchford, pg. 506; www.sallys-place.com/; <http://agnews.tamu.edu>

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gourmet to go

By Debbie Manhart, Deli Mgr.

Expansion

As all of you have heard by now, we are getting a new store. This means that the Deli will be able to expand. It is great to hear what all of you want to see, so keep those ideas coming. The most frequently asked question I am getting is, "Are you going to have a sit down area?" And the answer is...YES!!

Speaking of expanding, I have had several comments on keeping some of the new cheeses that we have brought in for the monthly special. I look at sales and space when it comes to making those decisions and unfortunately I cannot keep everyone's favorite cheese. Please continue to make suggestions though, so I know what you are looking for when I am able to expand the cheese selection.

New Deli Case

Right around the beginning of December, we will be getting a new deli case which we will be able to use in the new store. This means that the Deli may have to be closed down for a day or two, but we will keep you informed as to when that will be. The new case will have a grab and go section along the front of the case, so we will be able to expand our cheese and grab and go sections.

Kudos to the Deli Staff

This was the first year we entered the United Way Chili Cook-off and we took

second place in the Professional Division for our Jamaican Hellfire Chili. Congratulations Deli Staff!!

Holiday Cheese

In November and December, look for all of your favorite holiday cheeses to return. Some of the favorites that will return are Red Windsor, Sage Derby, and Drunken Goat, along with some new ones like flavored bries and some spreadable cheeses. Again, any suggestions of what you would like to see, please let us know. Also be aware that we can prepare holiday trays for you. Ask for a brochure to see our full selection of trays.

An idea for a nice, easy dish to bring to your holiday party:

Take a wheel of brie, smear your favorite jam or marmalade on it, wrap phyllo dough around it, brushing the dough with olive oil. Put in on an oiled sheet pan and put in the oven at 300 degrees and bake until the phyllo dough is brown. Put it on a tray and surround it with your favorite crackers, Voila!

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.



United Way Chili Cook-off team: Caroline Shallman, Financial Co-ordinator; Rob Litsenberger, Deli Assistant; Debbie Manhart, Deli Manager/Training Co-ordinator; and Shannon Szymkowiak, M&MS Manager.

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our customers have continued to be polite and understanding. Thank you all.

If you notice any price or discount discrepancies on your receipt please notify staff at the checkouts and we will work to correct it. This project has been a long time coming and its satisfying to finally see it up and running. Please give us your feedback on your experience being checked out. You can speak to the Coordinator on duty or fill out a comment card. Also, you can contact me in the store or via email at nathan@wholefoods.coop.

Operations Manager Nathan Coombes has worked at Whole Foods Co-op since September 2000. In that time he has also held the titles of Clerk, Coordinator, Assistant Operations Manager, and Board Assistant. He is a lifelong Duluthian and enjoys coffee very much.

NOTICE OF POLICY CHANGE: As of November 15, 2004, a \$20.00 service charge will be added on each check returned for insufficient funds.

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.

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