

by Shannon Szymkowiak

The Midsummer Organic Food Fest (aka MOFF) began in June when I, newly appointed to the job of Marketing & Member Services Manager, was reminded, "You know, MOFF is at the end of July". Gasp.



Ian Alexy



Sherry Veenhuis with Sir Herman.

Marketing Managers everywhere know that when you plan an event, you need at least 3 months (the Holiday Season is being planned as you read this article).

Fortunately for me, my predecessor left copious notes and a foolproof format (thanks, Dianna!) and I had been involved in the capacity of Produce Assistant Manager last year. A piece of cake, right?

Well, yes, actually. At the risk of jinxing myself for next year, I can say that with the help of many terrific individuals, this year's MOFF was the best yet.

For those of you who missed MOFF this year, you missed a beautiful day with a light breeze. The kind of day Duluthians wait for all year. The tent was up to keep off the sun, and the group under it was making merry.

The farmers and producers had their tables set with their wares; Shary and her berries, Peter and Katie with beautiful broccoli and John with his crazy purple peppers. Other producers that joined us at MOFF: Michele's

Bread, hand kneaded right here in Duluth, Mike Olund with flowers and cukes, Joel Rosen with his taters, Mary Graese of North Star Bison, Doug Anderson and Sir Herman from Beaver Creek Ranch, Kirsten Waddell with Wild Country Maple Syrup and Larry Schultz was there to talk about Schultz Organic Eggs. Roots & Fruits, one of our produce suppliers, was there with the hot new fruit this summer, the necta-plum. Joining the farmers and producers was EAGLE and the Ripsaw, as well as a few of our Board Members Chris Edwardson, Chad Coffey, and Jean Sramek. Board Member Geiger Yount stopped by as well.

Music was a big part of the day. I received many calls before the event from folks who just wanted to come

stamps made from fruits and vegetables. The test run of our new POS system was humming along, glitch-free.

The fun ended at 3:00, but by 4:30, it looked like nothing had ever happened. With the help of Members Beth Moyer, Darcy Seezaday, Bill and Anne Leino, Diana Moore, Judy Kream, Evalie Miller, Sue Sojourner, Gail Olson, Koresh and Jill Lakhan and Alan Rocchio, the whole she-bang ran smooth as silk.

I thank you all for a fantastic day. Let's do it again next year, okay?

Shannon Szymkowiak, Marketing and Member Services Manager has been in natural foods for 10 years. In addition to working for WFC for over a year, she is also an Apprentice Organic Inspector. She loves food.

food fest fun

Midsummer Organic Food Fest brings farmers to the neighborhood

and listen to some good music. They weren't disappointed. Pauline Russel, Ian Alexy (also known for his juicing acumen in our Produce Department), Charlie Parr and Wild Thyme had the joint jumpin'. Just about all of those folks who came for the music, left with something fresh and delicious to eat. They didn't realize that the music was part of our evil plan to get them to eat their vegetables!

Our Deli (or as I like to call them, our Delicious), grilled up a storm. Who knew that our General Manager Sharon Murphy could work the counter like a true hash slinger? Kids stamped their own grocery bags with



Local farmer Shary Zoff

the back 40 "basket case"

It won't have taken much for you to notice some of the changes we've made in the Produce department over the past few months. If you have shopped for berries or stone fruit, apples or tomatoes, you have seen the changes. Baskets and crates abound, and we offer you the same great produce, but with more versatility. The idea is to best present the produce we spend our energies to ensure is of the best quality and availability.

Food is aesthetic, but more, it is vital nutrition and pleasure for life. We have always worked to offer you the best product every day. As time moves on we want to do better, and more we want to work with other co-ops to do better. Big agribusiness and big retailers have their slant on what they think you should be eating. We oftentimes have a differing opinion.

But more than this, we need to do what we do to the best of our ability. As with many things, an outside perspective can really go a long way in helping to work towards such a goal. We went looking for that perspective.

At the beginning of the year WFC took the lead in organizing a seminar to be hosted here, specifically to support small co-ops in the region that have generally not benefited from the same training and support to which metro area stores are accustomed. We brought in Mark Mulcahy, an independent consultant who specializes in Organic produce. His story ranges many years in produce, and into developing support for stores who want to do what they do better; who are ready for changes which can benefit their community and staff.



Our seminar ranged from the inner working of the new Organic Standards, to display techniques and back-office practices. He emphasizes the continuous flow of information and communication amongst staff, but even more so with customers. What makes the varieties we sell so well? What is Romanesco Cauliflower? Why is it important to support local farmers?

The hope is that we will do a better

job of making this food more of what is it: not a utilitarian commodity, but the awesome product of the earth, and the work of many hands all of which have a story. How we manage our inventory, how we display the veggies and fruit to their best advantage, to how well we pass on those stories – these are the areas for us to continually improve so that you can have the best possible fresh produce.

As always, we are at your service in the department. If you can't find what you want, have some thoughts to share, or just want the answer to a question — let's talk!

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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16th Annual
Halloween
Party

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children, Music & fun for all.

savor the season

Ah, squash. Beautiful, colorful, knobby and storable, this vegetable was made for northern kitchens in the wintertime. With most squash needing baking, the opportunity to fire up the oven on a chilly fall or winter day is a welcome one.

Winter squash is easily stored whole in a cool place, at the ready for a meal anytime. It is also one of the vegetables grown here that improves on the vine with our cool early fall evenings. The nutritional benefits are undeniable, with the squash being one of the best nutritional bargains in the Produce department.

It seems that many folks are either love it or hate it when it comes to winter squash. I have known the stringy texture of the spaghetti squash to turn someone off squash before they have an opportunity to try a smooth delicate or butternut variety. Conversely, for those who have wheat allergies, what a great way to enjoy your spaghetti and meatballs without the troubles traditional pasta can cause. When it's under spaghetti sauce, it's also a great way for parents to slip some extra vegetables onto a plate.

For those of you haven't had a squash in a while, I encourage you to try one of our recipes. If you are hesitant about a new variety, ask a Produce Assistant to cut one in half for you. You may discover a variety or a new way of preparing squash that will give you new dinner ideas for months.

Winter Squash Gratin

- 2 pounds WINTER SQUASH
- 1/2 c BROWN RICE, boiled 40 minutes, & drained
- 1 c grated SWISS CHEESE
- 4 T FLOUR
- 3 cloves GARLIC, minced
- 5 T FRESH THYME, minced
- 1/2 t NUTMEG
- SALT & PEPPER
- 4 oz FRESH BREAD CRUMBS
- OLIVE OIL

Toss all ingredients except the breadcrumbs and oil until the squash is well coated. Put into a well-oiled gratin or casserole dish and cover with breadcrumbs. Drizzle with olive oil and bake at 325 degrees F until a deep caramel brown.

Red Squash and Rice Soup

- 1 pound BUTTERNUT SQUASH
- 2 T OLIVE OIL
- 4 slices BACON or FAKIN' BACON
- 1 medium ONION, diced
- 5 c BROTH
- 1 c SUSHI RICE
- 1/2 c GRATED PARMESAN CHEESE
- BLACK PEPPER to taste

Cut the squash in half. Scoop out seeds, and cut into large chunks. Peel, and cut into 1/2-inch dice. Heat the oil in a medium sized soup pot. Add the bacon or Fakin' Bacon, and sauté over low heat several minutes. Add the onion and cook until pale golden color. Add the diced squash and sauté for 1-2 minutes. Add the broth or water and bring to a boil. Adjust the heat to a slow simmer, cover, and cook 40 minutes. When squash is completely soft, add rice and cook until rice is tender but still slightly al-dente at the center, about 15 minutes. Serve with more Parmesan for topping.

Butternut Squash Soup

Adapted from *Gourmet Magazine*

- 1 medium BUTTERNUT SQUASH (about 2 1/4 pounds)
- 1 medium ONION, chopped (about 1 cup)
- 1 T freshly grated GINGER, optional

- 3 T UNSALTED BUTTER
- 3 c VEGETABLE BROTH
- 1-2 c WATER, as needed
- SALT and BLACK PEPPER to taste
- SOUR CREAM for garnish

until smooth. Add enough water to achieve the desired consistency. Add back the onion mixture with salt and pepper to taste. Return the soup to the saucepan and cook over moderate heat until it is hot. Garnish each portion with the heaping teaspoon of low-fat sour cream.

Pumpkin or Squash Pie

Recipe courtesy *Old Sturbridge Village Cookbook* (Globe Pequot Press, 1995)

- 1 small PUMPKIN or SQUASH, about 2 pounds
- 2 EGGS – you may add 1 or 2 more “to make your pie richer”
- 2 c MILK, SOY OR RICE MILK (reduce milk by 1/4 for each extra egg used)
- 1/2 c MOLASSES
- SALT
- 2 T CINNAMON
- 1 T GINGER
- 1/2 LEMON ZEST
- PIECRUST of your choice (grandma's traditional, wheat free nut crust or frozen prepared)



Cut squash in half lengthwise, and scoop out the seeds. Arrange the halves cut side

down in a roasting pan that has been sprayed with nonstick vegetable oil spray. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool. When the squash is completely cool, scoop the flesh from the skin. While the squash is baking, cook the onion, the apples and the ginger in the butter in a saucepan, over moderately low heat, for 5 minutes or until the onion is softened. Add the broth and simmer the mixture for 10 minutes, covered. Remove the onion mixture, and set aside. Transfer the liquid from the saucepan and the squash pulp to a blender or food processor, and, in batches, puree

Cut up the pumpkin or squash, remove seeds, and pare the outside rind. Simmer in a covered saucepan in a small amount of water until tender. Drain water and discard.

While pumpkin or squash cooks, prepare piecrust.

Force pumpkin through a sieve or use a food mill. Measure 2 cups puree for each pie. Remainder may be frozen or dried for future use.

Preheat oven to 400 degrees F. Beat eggs and add milk. When blended, add pumpkin, molasses, salt, cinnamon, ginger, and lemon zest, and stir well.

Pour into your prepared piecrust. Bake for 15 minutes, and then turn down the oven to 375 degrees F, for 30 minutes or until set. Cool before serving. **GG**

management report

We Got One!

I am enormously pleased and relieved to advise that we have a signed agreement to purchase a new site for WFC. Only seven blocks west of our present location, the current occupant is C.W. Chips Bar & Grill (610 East 4th Street).

The building is approximately 18,000 square feet on two levels (9,000 sf/each) with off-street parking available on both levels. We will install a loading dock and freight elevator to accommodate deliveries through the alley on the lower level — no more deliveries coming in through the front door and no more trucks blocking access to our building!

Originally constructed as a grocery store, the building is structurally sound, but will be remodeled extensively,

inside and out, to meet our goals:

- A centrally-located, welcoming, accessible, and comfortable store created and maintained with non-toxic, environmentally-friendly products
- Energy-efficient equipment
- A safe and efficient workspace for staff
- More products in all departments
- More room to shop
- More checkouts
- Space for shoppers to sit down, read, eat, visit with friends

After over six years of searching, saving, refining our skills, and developing our staff, we are ready to move

- An on-site classroom/meeting space
- After over six years of searching, saving, refining our skills, and developing our staff, we are ready to move from Phase I/Determining Feasibility to Phase II/Preparing for Construction.

We need to complete Phase II including, of course, fundraising, by February 2005 so that remodeling can begin immediately after the closing. We anticipate four to six months of remodeling before we can open at the new site.

There will be regular expansion updates in the Gazette, but we will also post updates and pictures on our web site (www.whole-foods.coop) and in the store. Members will be contacted directly about the member loan program to support the expansion, and a

new brochure explaining the member loan program will be available soon. In the meantime, you can help with the move to the new site:

Shop early and often at WFC! We need your continuing support, despite the obstacles of our current site, to demonstrate our financial readiness to prospective lenders and remain profitable.

Make a member loan to support the expansion. Details on this opportunity will be mailed to members. Nearly 90 members, from a membership base of 225, made loans to support our 1993 move to the current site. Now we have

over 2,300 members who really want this move to happen. The more investment from members, the lower the debt cost for our business.

Purchase your remaining equity stock as soon as possible OR, if you've already completed your \$100 investment, buy some more stock — in any increment on any visit to the co-op or by mail.

Encourage your friends, family and co-workers to join WFC. We have substantially higher goals for new members and new stock purchases to meet as part of our fundraising, and only members can participate in the member loan program.

Participate on the Expansion Committee. Notice of these meetings will be posted at the store and on our web site.

Respond to surveys and other requests for your comments, suggestions, and opinions. Cooperatives are businesses that belong to the people that use them. We won't all agree but, as owners, we all have a right to be heard.

Join the celebration at the Annual Membership Meeting on October 6, 2004!

Sharon Murphy, General Manager



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OOPS!

I hope everyone is enjoying the look & feel of our Garbanzo Gazette. Sadly, mistakes were made in the July/August issue that can't go uncorrected. Your editor humbly apologizes for any confusion these errors have caused.

Page 9, *Savor The Season*. The Strawberry Angel Pie recipe requires 4 eggs.

Page 12, *Olund's Organic Greenhouse*. The woman pictured with Mike Olund is Andrea Sande, an intern on the Olund's farm.

If you have received your Garbanzo Gazette in the mail, you will find a survey inserted in your issue. Please take a moment to fill it out. You may turn it in to a Clerk or mail it directly to the Co-op.

If you pick up your Gazette at the store, surveys can be found on the rack by the door. Your opinions will help us continue to improve our newsletter.

P.S. To those of you who have to pick up your Garbanzo Gazette, consider becoming a Member of the Co-op. Your issues will be mailed to your home. How easy is that?

new products

Deli:

- President fat free crumbled feta
- Valfais with garlic and herbs
- Cyprus Halloumi (goat and sheep milk cheese)
- Basha hummus
- Athenos hummus

Cool:

- Stoneyfield Yobaby yogurt
- Food for Life Raisin pecan bread
- Horizon pudding
- Horizon fruit gels

Frozen:

- Amy's Santa Fe bowl
- Ecofish scallops
- A Farm Called Earth organic steaks and sausages
- Rising Moon Ravioli — new flavors: Green Goodness, Spinach Florentine, Artichoke & Olive, Cheese & Spinach
- Boca meatless ground burger
- Cascadian Farm spud puppies
- Northstar Bison brat patties

Grocery:

- Knudsen 3 pack Juice Boxes
- Razzleberry
- Organic Pear
- Grape
- Lemonade
- Tropical Punch



- Enviroidz Crispy Rice Bars
- Organic Peanut Butter Panda
- Organic Chocolate Koala

- Rudl's Organic Bakery
- Organic Burger Buns
- Organic Hotdog Buns
- Kettle Organic Fire Roasted Chili Tortilla Chips

New HABA items:

Supplements:

- Source Naturals
- Amino Day
- Alpha-Lipoic Acid
- L-Arginine
- Acetyl L-Carnitine
- L-Carnitine
- CLA
- 7-Keto
- L-Glutamine
- Grapefruit Seed Extract Liquid
- Grapefruit Seed Extract Capsules
- Activated Quercitin

Body Care:

- Parissa Body Wax Strips

SPECIAL NOTE:

To the fans of Applegate Farms sliced deli meats: Due to limited supply and high demand, we have been experiencing shortages with these products. We have been working with our supplier to improve delivery. Thank you for your patience during this time.

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Bulk Buyer's Top Secret Co-op Recipes

My new favorite bread: French Meadow Healthy Hemp bread. This bread provides an excellent launching pad — or lunching pad — for any sandwich. Like the following:

Nut Butters and Jelly: Lightly toast your Healthy Hemp bread. I lightly toast this bread on the theory that less heat will keep more nutrients intact, and this bread is so full of goodness. I like my bread just warm enough to melt butter, or in this case, Spectrum Organic Margarine (no hydrogenated oils or trans fatty acids). Once you have lightly spread your lightly toasted bread, apply multiple bulk nut butters. My favorite combo is pesticide-free almond butter with a thin layer of organic tahini on top. Then add a touch of Cascadian Farms Blueberry Fruit Spread for sweetness. If eating this sandwich open-faced, the fruit spread is very eye-catching on top of the tahini. If feeling truly decadent, I will substitute Really Raw Honey for the fruit spread. Then add fresh organic banana slices, or perhaps a few organic raisins, and sprinkles of nutritional yeast flakes and/or Bob's Red Mill Flax Meal. This sandwich makes peanut butter and jelly sandwiches feel very inadequate.

Fakin' BLT: Again, lightly toast your bread. Apply generous slather of Vegenaise, which is ten times more tasty than mayo. Add three or four strips of Light Life Fakin' Bacon which you have been lightly frying in olive oil or just heating up in the toaster oven

(psst — don't tell anyone, but Fakin' Bacon can also be eaten cold). Complete with organic lettuce of your choice (use butter lettuce!) and inch-thick slices of organic tomatoes. Lastly, add cracked pepper and a drizzle of organic olive oil, and you're in business.

Okay, enough sandwiches. I must now ask you to sit down as you will never be the same after the following top secret recipe.

Fried Goat Cheese and Salad: First you're going to want to go the cheese case and get yourself an 11 oz. log of Block and Barrel brand Imperial Imported Chevre Goat Cheese (strict vegetarians take note: contains rennet, which I sheepishly overlook in this one exception). Slice the goat cheese into discs. Beat an egg in a bowl and dip the discs in, then promptly dust them with organic white flour. Then roll those suckers in crushed bulk organic raw no-salt pistachios (optional) and fry 'em up in organic canola oil. Deep frying is not totally necessary but use plenty of oil. Fry until light golden brown; it will only take a moment and a single flip. In a separate pan, sauté an onion in butter and maple syrup until translucently brown. Top the fried goat cheese discs with the onion and then liberally drizzle with honey. This is the best tasting food in the world, inspired by dishes I've had at the Scenic Café. I eat these with a big side of salad to

keep my arteries from clogging up instantly and killing me, not that it would be that bad of a death, or final meal for that matter. **GG**



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

SQUASH, BY GOSH!

All squashes are members of the gourd family and are native to the Americas. There is evidence of squash being eaten in Mexico as far back as 5500 B.C., and in South America over 2,000 years ago.

MEMBER FEATURE

the seasonal table

By Bonnie Williams Ambrosi, member

I haven't conducted a formal survey, but I suspect that BEETS do not rank in the top five for favorite vegetables. So let me put in a plug for the humble beet.

Beets are ancient members of the kitchen garden. The Romans grew them for their delicious, nutritious greens. Centuries later, folks discovered how good the roots are.

In Ayurvedic terms, beet roots are sweet, warm and earthy. They promote uterine health and are calming to the Vata dosha—that aspect of nature which is cool, light, and dry with a quick energy. Autumn is peak Vata time in nature and in our constitutions, (dry skin, nervousness, and a spacey feeling are common signs of high Vata), and as usual Mother nature provides the perfect counterbalance in seasonal produce.

Small fresh beets are best eaten with nothing more than a dressing of butter and lemon, but larger beets are good candidates for pickling. Pickled beets



are easy to make, stimulating to the digestion, and many people who don't like plain beets do like them pickled. A small batch can be kept in the refrigerator for months, so you don't have to bother with a canner.

For one quart of pickled beets, you'll need:

- 2 lbs beets, leaving the roots and an inch of stem intact if possible to prevent bleeding
- 1 mild white onion, sliced and separated into rings
- 1 tbsp caraway seed
- 1/2 tsp non-iodized salt
- 1 cup white vinegar
- 1/2 cup water
- 1/2 cup sugar

Boil the beets for 20–60 minutes, depending on the size of the beets. Test for tenderness by poking one with a fork, but don't test often or the color will bleed out. When done, pour off water, let beets cool somewhat, then rub the skins off with your hands in cool water. Use rubber gloves if you don't want rosy palms. Slice the beets and combine with onion rings, caraway seeds, and salt. Pack into scalded wide-mouth jars. Heat the vinegar, water and sugar in a non-aluminum pan and pour it over the beets to cover.

Release trapped air bubbles with a knife. Screw on lid, let cool, then refrigerate for at least several days or up to 3 months before enjoying.

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staff news

WFC welcomes Cheryl Weir to the Co-op. We also welcome Celia Rupp and Andrea Butman, Deli Assistants; Rain Elvin, and Majja Peura, Clerks. Congratulations to Briana Lowrie for her promotion from Coordinator to Assistant Operations Manager, to Virginia Wigen for her promotion from Clerk to Coordinator, and to Caroline Shallman for her promotion from Financial Assistant to Financial Coordinator. Welcome back to Wolfgang Littlewolf, Assistant Deli Manager.

Kathy Covill, Financial Assistant, Caroline Shallman, Financial Coordinator and Shannon Szymkowiak, Marketing and Member Services Manager, have completed the Whole Foods Co-op in-house training program.

Congratulations to Rob Litsenberger, Deli Assistant & Britta Keenan, Produce Assistant. Both graduated from UMD this year — Rob with a degree in Graphic Design, Britta with a degree in Studio Arts.

Deli Manager Debbie Manhart made the Dean's List at Lake Superior Community College (must be the brains of the Deli operation).

Happy nuptials to Clerk Teri Sackmeister and her husband Ben Fisher-Merritt who were married in August!

HABA Buyer Brenda Brock has successfully completed ABC Herbal Information Course — Part One with a score of 80.95

Fame within the Natural Foods industry to Produce Manager Michael Karsh, who was recently featured in Natural Foods Merchandiser magazine. Michael was recognized for the great job he does with our soft fruit (but we knew that already, didn't we?)

We have a lot of news about our Bulk Buyer Jim Richardson. He will have his cartoon artwork hanging in the Music & Arts Center (MAC) all during October with an opening reception/party including music on Oct. 1. He has also co-authored a book with his brother. The title is "Gonzo Science: Anomalies, Heresies, and Conspiracies." (available at amazon.com and barnesandnoble.com). Jim is one of the organizers of, and will be speaking at, Duluth's first UFO convention on Nov. 6 at Lakeview Castle.

Local dance company Semlesque will be putting on a performance in October at the Norshor Theater featuring Deli Assistant Jill Homen and Coordinator Jay Finch-Newkirk. It is based on Jim's "Gonzo Science" rock CD. Wow. Now you know why our Bulk department has such variety. Jim is truly a Renaissance Man.

Goodbye to Amy Burkett and Britta Keenan. Good luck with your new endeavors.

WFC is proud to recognize the following employment anniversaries:

SEPTEMBER

Darcy Sathers, Projects Assistant — 9 years
Lisa Anderson, Grocery Buyer — 7 years
Paula Williams, Deli Assistant — 7 years
Nathan Coombes, Operations Mgr. — 4 years
Kelly Gaulrapp, Produce Assistant — 3 years
Jim Richardson, Bulk Buyer — 3 years
Rhonda Mittlefehldt, Cool Buyer — 2 years
Jennie Bonicatto, Produce Assistant — 1 year
Briana Lowrie, Assistant Operations Manager — 1 year

OCTOBER

Julie Kohls, Clerk — 2 years

SQUASH, BY GOSH!

All Squashes contain vitamins A & C (though deep colored ones have the most beta-carotene) along with some of the B vitamins, and are a great source of fiber.

One cup of cooked squash contains about 100 calories.

duluth shines on

by Dean Talbott, MN Power

The last issue of the Garbanzo Gazette featured an informative article about the State of Minnesota's Solar Electric Rebate program and described various types of solar energy systems and successful systems installed in Minnesota. Since the start up of the state's Solar Electric Rebate Program in January of this year, there has been a high level of interest from consumers looking to learn more about renewable energy and making an investment in clean energy.

Utilities are working closely with the MN Department of Commerce on developing and delivering a wide variety of conservation and efficiency programs to the general public. Private and public utilities operating in Minnesota are required to invest a portion of their revenues in projects designed to reduce their customers' consumption of electricity and natural gas, and to generally improve efficient use of energy resources. This is offered through a program known

as the Conservation Improvement Program (CIP).

The goals of CIP are to promote consumer and industry awareness of energy conservation and its positive effect on the environment, reduce utility bills for homes and businesses, and promote new energy resource

require less energy to deliver the same amount of comfort and work).

As part of Minnesota Power's CIP program, MN Power kicked off Solarsense, a Solar Electric Rebate program in May of 2004. Minnesota Power customers can receive a rebate

of \$2,000/KW on a grid connected solar electric system up to a maximum of \$4,000. Consumers can take advantage of both the state of Minnesota rebate and the MP rebate, reducing the cost of a system by up to 50%.

Solar electric systems, which are also called photovoltaic or PV systems, are reliable and pollution-free. They make use of a renewable source of energy—the sun. A grid connected solar photovoltaic (PV) electric system can

allow a home or business owner to generate a portion of their monthly electricity needs. Minnesota is a net metering state which means that when your PV system generates more power than you need, the excess is sold back to the utility grid and the



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Install a one kilowatt solar electric system on your home or business and the Minnesota Solar Electric Rebate program will give you \$2,000 (about a 20% savings). Plus, we can provide valuable information and resources to help you along the way.

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Minnesota Department of Commerce,
Energy Information Center
85 7th Place East, Suite 500, St. Paul, MN 55101
651-296-5175 (Twin Cities) 800-657-3710 (outstate)
energy.info@state.mn.us or www.commerce.state.mn.us

meter runs backward.

The average cost of an installed system can range from \$8,000 - \$10,000/KW, or \$8,000 to \$50,000 respectively for a 1KW or 5KW system. Solar electric systems are a long term investment in your future energy needs and the electricity generated from the solar electric system helps conserve our natural resources while preserving the environment.

PV systems work best in an energy-efficient building. So, adding insulation and energy-efficient lighting, appliances, and windows is a good idea, to reduce your home or business' overall electricity use before you install a PV system.

There a number of innovative and successful renewable projects in our region. Minnesota Power has partnered with the Hartley Nature Center, Fond du Lac Community College, WLSSD, Lake Superior College, and the City of Duluth in developing renewable energy projects that demonstrate the feasibility of utilizing alternative energy. To learn more about regional renewable projects and find general information on renewable energy, visit: www.mnmrenewables.org

Another way to learn more about renewable projects in our region is to

mark your calendars for the fall Tour of Solar Homes and Businesses taking place on October 2, 2004. A variety of homes and business will be featured highlighting both stand alone and grid-connected solar and wind systems. Info on the tour will be posted on the www.mnmrenewables.org website in the near future. Also, watch for the recently completed PV trailer constructed by Conservation Technologies that will be on display at a number of fairs and festivals this summer and fall.

Another exciting project underway is the NE Minnesota wind assessment study. This is a partnership of public and private entities in northeastern Minnesota that has united with interest in creating a regional wind resource map for the northern part of the state to better understand the wind potential both for utility-scale wind turbine siting and community-based wind projects. The forming partnership includes the State of Minnesota, Minnesota Power, Conservation Technologies, Nemadji Energy Company, Cities for Climate Protection- Duluth, Fond du Lac Reservation, Northshore Mining, and Wolf Ridge Environmental Learning Center. The objective is to create an

Rebates FOR Solar ELECTRIC SYSTEMS

Minnesota Power's solar rebate program helps customers generate some of their monthly electricity from the sun.

Invest in renewable solar energy and receive a \$2,000 per kilowatt rebate by installing a grid-connected solar voltaic (PV) electric system. The maximum rebate from MP is \$4,000. You can also take advantage of the State of Minnesota's Rebate program offering an additional \$2,000 per kilowatt up to a maximum of \$8,000.

FIND OUT MORE ABOUT SOLAR REBATES
Contact MP's Dean Talbott, 1-800-228-4966, ext. 2843.

Watch for upcoming promotion of the Duluth Solar Tour October 2.
Visit area homes and businesses utilizing solar energy.

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news bites

• WFC will be closed on Monday, September 6, 2004, Labor Day.

• Look for our Deli at the 13th Annual United Way Chili Cook-Off, September 9th. Please come and support our first year at this event. It's a good cause and great food.

• Visit the WFC booth at the Sustainable Farming Association Harvest Fest, Saturday, September 11, 9 AM-4 PM at Bayfront Park.

• September Board of Directors Meeting, Monday, September 27, 2004, 5-7 PM, at WFC's Annex, 1522 East Superior Street (front entrance/upstairs).

• October Board of Directors Meeting, Monday, October 25, 2004, 5-7 PM, at WFC's Annex, 1522 East Superior Street (front entrance/upstairs). *This is a tentative date subject to availability of newly elected Board members.*

• Annual Membership Meeting, Wednesday, October 6, 2004, at The Depot Great Hall, 5:30 PM. The 2004 Annual Report containing the agenda for the Annual Membership Meeting and a ballot will be mailed to members by the third week of September. Please VOTE and join us at the Annual Meeting!

• Halloween Party, Sunday, October 31 from 4-7 PM at the Farmer's Market.

• For new resources on genetically engineered crops, mad cow disease, organic agriculture, and other food issues, check out the new website for the Center for Food Safety: www.centerforfoodsafety.org

• The Ontario College of Family Physicians (OCFP) is urging families to avoid exposure to pesticides whenever possible. "Systematic Review of Pesticides Human Health Effects", is a comprehensive review of research on the effects of pesticides on human health, which shows consistent links between pesticides and serious illnesses. You can download a copy of the report from www.ocfp.on.ca/English/OCFP/Communications/CurrentIssues/Pesticides/

• The US Department of Agriculture said the Food and Drug Administration has banned the use of certain cattle-derived materials from human food, including dietary supplements and cosmetics. This includes specified risk material, such as the brain, skull, eyes and spinal cord of cattle aged 30 months or older, which is thought to carry concentrations of the infectious agent for BSE, material from non-ambulatory cattle, the small intestine of all cattle, material from cattle not inspected and passed for human consumption, and mechanically separated beef.

• According to a US Department of Agriculture report, some 19% of low-income households (versus 10% with higher incomes) bought no fruits and vegetables over a two-week period, with significant disparities in weekly fruit and vegetable purchases — \$3.59 per person for low-income households versus \$5.02 for higher incomes — for both fresh and processed produce.

The most positive influence on expenditures is having a college-educated head of household, regardless of income. These households bought the most fruit and vegetables weekly, \$5.99 per person.

Attending to Mind, Body & Spirit



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Elizabeth Doherty, MSW, LICSW
Psychotherapist

Beverly Harries, MS Ed
Spiritual Director

Chris Henley, MS
Licensed Psychologist

Nancy Hinzmann, NCMT
Massage Therapist

Kelly Ravenfeather, MS Ed
Licensed Psychologist

218-726-5433

230 E. SUPERIOR ST., DULUTH, MN 55802

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Finance Committee
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WFC web site: www.wholefoods.coop
e-group address to communicate with
entire Board and General Manager:
wfcbod@wholefoods.coop

WFC ANNEX
1522 East Superior Street
Duluth, MN 55812
724-3182

SQUASH, BY GOSH!

When a recipe calls for a squash to be peeled and chopped, getting it to that condition can sometimes be a nuisance. But one way to make peeling squash simpler is to start by cutting it in half lengthwise. Using an ice cream scooper, remove the seeds; then cut the squash into long slices, in the same way as you would a cantaloupe. Use a peeler or a curved peeling knife to remove the skin.

board report august 2004

A lovely autumnal welcome to you all! The best news I have had all year is that we have finally signed a purchase agreement on a site for our new store. With lots of hard work and good will and luck maybe by this time next year we will be in it! Our terrific General Manager Sharon Murphy has worked so hard on this expansion and she writes more about it in her report. When you see Sharon, give her a big smile and a thank you. Thanks to all the staff who work so hard in such tight conditions and to all of you for supporting this business with your equity, purchases and your patience. There is light and more space on the horizon! But you still have a bit more time to make new co-op friends in the checkout line. I have had some pretty fine discussions there myself.

Besides expansion, what the heck has the Whole Foods Co-op Board of Directors been up to you might ask? Well one brilliant adventure was in June; four of us hearty directors and five delightful staff members attended CCMA (Consumer Cooperative Management Association, not the Canadian Country Music Association), a national conference for food co-ops, in Minneapolis. This is always a great time to yak with other folk from stores all over the country. We talk about how we do this that way and they do it this way and figure out if there is a better way or maybe just appreciate the differences. Brattleboro Food Cooperative showed a very clever video they produced aimed at teaching kids about their store. We hope to be able to have a copy for viewing at our annual meeting as well as another fascinating video by Berkshire Co-op Market called "Sweet Soil." I sat in on workshops that discussed how the restructured National Cooperative Grocers Association would affect all of our stores. The merger of the regional associations has meant some changes for us but will enable us to work together for a



Board Members Chad Coffey and Chris Edwardson enjoy MOFF

more cooperative and sustainable world.

Consider being a Board Member of our store. It is a great adventure.

Remember to send in your ballot when you receive it in September, as these candidates will represent your interest in this business of ours that we call Whole Foods Coop. I hope to

see you at the Annual Meeting on October 6. I know it will be a grand time! I wish you well. **cc**

Katie Neff Dawson
Board President

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we respond

Dear Co-op,
Can you consider carrying "Heavenly Brownies" from 3rd St Bakery? They're out of this world!
Signed, *Jan Peterson*

Dear Jan,
We only carry their cookies as sweet treats at this time. Luckily, they're only a few blocks away!
—Lisa, Grocery Buyer

Dear Co-op,
Why no Lebanese beans salad?
Signed, *Salad Lover*

Dear Salad Lover,
I will add it to the rotation this summer. Thanks for the recommendation.
—Debbie, Deli Manager

Dear Co-op,
Can you stock Siberian ginseng in an extract?
Signed, *Russian for Energy*

Dear Russian for Energy,
We carry Siberian ginseng in a few different forms including an extract. Siberian ginseng is also referred to as

eleuthero. This is how companies label the jars.

—Brenda, HABA Buyer

Dear Co-op,
You have carried some great frozen pie shells (empty shells; 2 per package) in the past couple of weeks. Please- carry them regularly! Healthy & not too expensive. A great convenience item impossible to buy in a healthful way in the regular grocery store.

Dear Co-op,
Pie crust — would be great! (I missed getting it when you carried it...
Signed, *Pie & Quiche Bakers*

Dear Pie & Quiche Bakers,
I will carry these again. The last two shipments came in without any product labels. Sorry for the inconvenience.
—Rhonda, Cool Buyer

Dear Co-op,
Any possibility of reciprocity with other Co-ops in the future? Even just honoring them for Member Specials?
Signed, *Dedicated Co-operator*

Dear Dedicated,
Thank you for your question. This may be possible for our new point of sale system (August 2004), as long as folks have valid membership cards.

—Sharon, General Manager

Jim,
Is there a way we can bring powdered milk back to bulk?

It's back! Look on the bottom right of the end cap shelving facing the cheese cooler.

—Jim, Bulk Buyer



Whole Foods Co-op ANNUAL MEETING & DINNER

At the Depot Wednesday October 6
Social time 5:30p Dinner 6:00pm Meeting 6:45pm
Free parking in Depot lot Cost \$5 per Guest
Voting Members & Children under 3 free
Look for your invitation with the Annual Report coming soon



Gary G. Kohls, M.D.

Dr. Kohls is an independent family physician practicing holistic, compassionate, unhurried health care.

With a special interest in the evaluation and treatment of depression, insomnia, obesity, fibromyalgia, migraine headaches and post-traumatic stress disorder, Dr. Kohls' philosophy of medicine embraces an innovative approach to healthcare that links the body, brain and spirit. He offers healthy, effective alternatives to prescription anti-depressants. Most insurance plans accepted. For questions, or to schedule an appointment, call 218-628-2130



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off one minimum \$2.50 purchase.
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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

SQUASH, BY GOSH!

Winter squash have hard, thick skins and seeds. The deep yellow to orange flesh is firmer than that of summer squash and therefore requires longer cooking. Winter squash varieties include acorn, buttercup, butternut, Hubbard, spaghetti and turban. Though most varieties are available year-round, winter squash is best from early fall through the winter. Choose squash that are heavy for their size and have a hard, deep-colored rind free of blemishes or moldy spots. The hard skin of a winter squash protects the flesh and allows it to be stored longer than summer squash. It does not require refrigeration and can be kept in a cool, dark place for a month or more, depending on the variety. Once the seeds are removed, winter squash can be baked, steamed or simmered. They're a good source of iron, riboflavin and vitamins A (more than summer squash) and C.

co-op notes & policies

MOVING? Pursuant to WFC Bylaws, Article 1, 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.

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.

NEWSLETTER ADVERTISING INFO: Call Shannon at the Co-op for current rates and schedules.

UNATTENDED CHILDREN: On Sept. 23, 1996, the Board approved a policy requested by staff limiting to two (2) the number of unattended children allowed in the store at any one time. This policy is posted on the door and in the store.

REFUNDS & CHECK ACCEPTANCE POLICIES: These policies are posted on the bulletin board in the store.

BOARD OF DIRECTORS MEETINGS: Board of Directors meetings, except for agenda items relating to personnel or real estate negotiations, are open to the membership. If you have an item for discussion at the Board meeting, it must be submitted in writing by the first Friday of the month in which you request the Board's consideration. The agenda for each meeting is mailed in advance. Items not on the written agenda will be carried over for consideration. Dates of Board and committee meetings are posted at the Co-op or you can call WFC at 728-0884.

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.

Newsletter ad rates

Newsletter ad rates have changed with the new newsletter format. If you are a regular advertiser (thank you!) and did not receive a new rate card mid-July, or if you are someone interested in advertising in the Gazette and need a rate card, please contact Shannon at 728-0884 or shannon@wholefoods.coop.

The beginning of autumn brings many welcome changes, cool nights, vibrant colors, and of course the opportunity to stay in and share some great food. With today's busy schedules everyone can use some tips to make using the seasonal bounty a little easier.

Let's start with fruit.

- To peel your kiwis without taking away too much of this favorite fuzzy fall fruit, cut off the ends then peel the skin with a vegetable peeler. Sadly, kiwi won't work in a Jell-O salad. Kiwi, like pineapple, has an enzyme that

- To keep them from turning dark during preparation use a stainless steel knife to cut them
- Jerusalem artichokes can be cooked like potatoes. You may not go back to eating them raw.

- To make decorative winter squash last, store it in a place that is dark and cool (around 50 degrees) with decent airflow and low humidity. They should keep for at least a month and often two.

- Keep those winter squash seeds around for a great nutritious snack. All you have to do is rinse them (a colander works best) and let dry. Then lay them out on a greased baking pan

California, and New York passed resolutions or banned irradiated food in school lunches. These were responses to the federal government's decision last year to permit irradiated meat in school lunch programs even though the FDA has never fully assessed the safety of irradiated foods. Parents and non-parents alike joined together to make these measures possible. Farm to School is another growing national movement. It supports local and organic agriculture with the aim of getting good healthy food into the schools while supporting local economies. School lunch programs are usually supplied with food by large

fresh perspective

prevents gelatin from setting. It's not all bad news though; this same enzyme allows kiwis to be used as a meat tenderizer.

- When using fall pears for desserts, remember that Bosc pears are best for poaching because they hold their shape and texture better than the other varieties.

- For other uses note that three medium pears equal about a pound, and will yield roughly three cups of sliced fruit. The same amount of Asian pears only produces about two cups.

- While many people think of plums as a summer fruit, they are still an excellent fall treat. Want to make a simple yet delicious dessert? Dip your plums into boiling water for about 30 seconds, remove and submerge in iced water. The skin will easily slip off, leaving the soft sweet flesh to spoon over ice cream. Watch out for the pits.

- If you want to stretch the season into winter, cut fresh plums in half, remove the pits and freeze on flat trays until hard. Then simply store in freezer bags to brighten a dreary day.

And how about the vegetables?

- To retain cauliflower's milky white color, cook it halfway and immediately dip it in ice-cold water. This stops the cooking process while keeping its firmness and color.

- The best two cooking methods for retaining vitamin C are microwaving and steaming.

- Do you enjoy hardy, robust red wines? Then don't serve them when you are eating artichokes. Artichokes have an enzyme that makes wines taste sweeter.

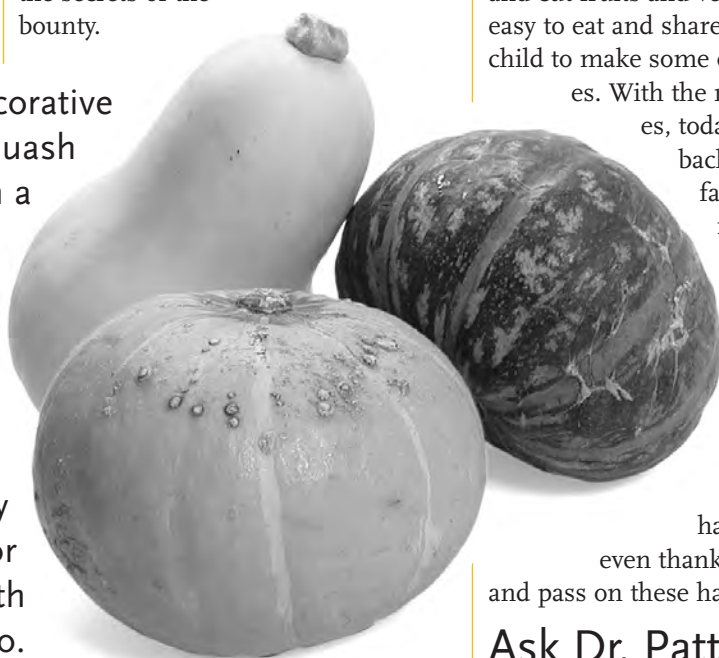
- Sun chokes, aka Jerusalem artichokes, are great fresh stir-fry substitutes for water chestnuts when they aren't available. Chokes provide a similar and refreshing crunch and sweetness.

and bake at 250 degrees for one hour. For final browning, increase to 400 degrees for an extra five minutes. Add your favorite seasoning and store in an airtight container.

- Having trouble cutting squash's hard winter skin? Bake it in a pan for about 20 minutes at 375 degrees. Let cool enough to handle before cutting. Remove the seeds, and continue baking cut-side down in about half an inch of water for another 30 minutes or until it can easily be pierced with a fork.

Enjoy the season and the produce and don't forget to pass these along to your friends so everyone can share in the secrets of the bounty.

To make decorative winter squash last, store it in a place that is dark and cool (around 50 degrees) with decent airflow and low humidity. They should keep for at least a month and often two.



international conglomerates that don't offer fresh, local foods. Influenced by this movement and a state approved measure, the city of Olympia, Washington, is piloting an organic salad bar program. Since organic choices have been added to the menu, lunch participation rates have increased by 16 percent. Until your school offers healthy lunches, the best way to make sure your child gets a good lunch is to pack it at home. Buy a lunch box, a soup Thermos, and do a little menu planning. There are a lot of healthy convenience foods that can be used to jazz up a box lunch and many of them are organic. Pre-wash and cut fruits and veggies so they are easy to eat and share, and allow your child to make some of the food choices. With the right meal choices, today's kids may look back at some of their favorite treats and recall juicy ripe plums, crunchy flavorful apples, and steaming hot fresh vegetable soups. As healthy adults with good eating habits they may even thank you some day and pass on these habits to their kids.

Ask Dr. Patty Produce

Q: Dr. Patricia, I like to take my lunch to work. It's a good way to save money and avoid long lines. What's the best way to ensure that my lunch stays fresh? Lois Baker

A: Dear Lois, If you don't have access to a refrigerator, try using a frozen gel pack or juice pack in a lunch box or soft cooler pack. This is a good idea if you are bringing salads, meat or fish, or mayonnaise. Simple pb&j sandwiches and fruit don't require refrigeration for the few hours until lunch.

© 2004 Organic Options

Good lunches come from home

Most of us recall that when we were kids we really liked junk food as an after-school or occasional treat. But those were treats, not everyday meal offerings. Today's kids have access to these foods every day so it's no wonder that 13 percent of American kids between ages 6-11 are overweight and facing obesity-related disorders such as type-2 diabetes, high blood pressure and high cholesterol. School lunch programs perpetuate these statistics when they include vending machines stocked with soda and junk food, and lunches made with heavily processed foods laced with preservatives. What's a parent to do? There are several movements afoot to positively influence lunch programs. This year school districts in Washington, D.C.,

gourmet to go

By Frank Ingram, member

In September we feature Cheddar Cheese. Cheddar is a name taken by so many tasteless industrial bricks that make a good burger bad that we often overlook good cheddars when they are available. Our specialist cheddar producers make flavorful cheeses that put taste center stage. Try them in a traditional "Plowman's Lunch" still served in many English pubs. Just plate up a hunk of Cheddar, crusty buttered bread, and chutney (store bought or home made recipe below). Serve with English Bitter Ale or Hard Cider. (Modern Plowmen will omit the Ale but in the old days it was okay if the horse was sober.)

Apple Chutney

- 2-1/2 pounds under ripe apples, peeled and coarsely chopped
- 1-1/4 pounds onions, coarsely chopped
- 2 lemons, finely sliced in semi circles
- 10 ounces raisins
- 2 cloves garlic, finely chopped
- 1-pint cider vinegar
- 13 ounces dark molasses sugar
- 1 tbsp. salt
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1 tsp. ground turmeric

Put the apples, onions, lemons, raisins, garlic, and vinegar in a non-reactive saucepan. Bring to a boil and simmer for 15-20 minutes until the apples soften but retain some texture.

Add the sugar, stirring until dissolved. Simmer for 30-45 minutes until most of the liquid has evaporated and the mixture is thick. Remove from heat and add the salt and spices. Ladle into hot sterilized jars and seal.

Ready in 1 month. Keeps 1 year plus.
From "Preserving" Oded Schartz.
London 1996



In October we celebrate Italian cheeses. Try these pasta sauces.

Eggplant and Cheese Sauce

- 1-pound eggplant peeled and cut in 1-inch cubes.
- 3 tbsp. olive oil
- 2 garlic cloves chopped
- 1 onion chopped
- 1 carrot chopped
- 1 celery stick chopped
- 14 ounce can chopped tomatoes, drained
- 2 tbsp. finely grated Parmesan
- 1-ounce ricotta cheese
- 8 fresh basil leaves

Sprinkle eggplant with salt and leave in colander for at least one hour, drain and pat dry.

Fry garlic, onion, carrot and celery for about 5 minutes until softened. Add eggplant and cook for 5 minutes. Add tomato and bring to boil, simmer for 30 minutes. Remove from heat and stir in cheese. Season and serve with freshly cooked pasta.

Rocket, Pine Kernel and Parmesan Sauce

- 3 ounces Pine Kernels (pine nuts)
- 6 tbsp. Olive Oil
- 3 ounces Rocket (Arugula) leaves
- 3 ounces Parmesan, finely grated

Preheat oven to 350F; Spread the pine kernels on a baking sheet and toast for 5 minutes. Cool.

Heat the oil in a frying pan. Add Rocket and fry, stirring, for 30 seconds.

Stir the rocket into a pan of drained freshly cooked pasta. Stir in the Parmesan. Season. Transfer to serving bowls and sprinkle with toasted pine kernels.

From "Pasta Sauces" Frances Cleary.
Cambridge (UK) 1992

Special thanks to Frank; this is his last article for about a year. His wife, Joy, a teacher of theatre at Superior High School, received a Fulbright Award. They are moving to Pacov, a town south of Prague in the Czech Republic. Joy will be teaching there for a year.

Thank you Frank for educating us on cheese!

Debbie Manhart, Deli Manager

welcome, new members!

Shary Zoff
Peg Kirsch Lee
Leo Youderin
David Mennes
Daryl Peterson
Robert Gentry
Keith Wilde
Tim Sieh
Kari Jacobson
Mary Jennings
Mary George
Julie Ann Stabe
Brandon Lee



Judy Kreag, Working Member

Hoffmann
Christa Berg
Dorothy Camper
Louise Hancock
Joel Sundstrom
Nancy Knutson
Linda Wick
Amber Johnson
Sondra Mowers
Michelle Flanagan Haag
Greg Monk
Angela Deye
Denise Fischer
Robert Conn
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Mike Robinson
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Margaret Thickers
Amber Pickar
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James Isaacson
Maria Allen
Nicole Hanson
Robin Washington
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Donald S Boyes
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