



# MOFF 2005

## Midsummer Organic Food Fest



Mike Olund, Happy Farmer



Good food makes smiling families.



Cloggin'!



"How do we work this thing?"



New farmers, Rick &amp; Karola, show off some beautiful peppers. (see below)



Organically inspired art.



Darcy &amp; Joel bag the best herbs in town. Look at that dill!



## the back 40

### "Good Fences"

**B**ig changes are coming! If you haven't noticed the photographs surrounding our front door, take a look at the changes happening to prepare for our move! Even as reports come that the economy is in a 'sweet spot' at the moment, we know from the time we have spent at this location that our future is based on more than airy speculation on future valuations. As a business we have always been about our values, the Co-op Principles, and

and Fruits Produce has been acquired by Albert's Organics, one of the largest distributors in the country. Acquisitions are nothing new these days in the press, but this is a big change for us and our better than 20-year relationship. I would caution those worried about such a change, that both the former employee/owners who are now employed by Albert's, as well as customers such as ourselves have already seen an improvement in service and delivered product. While I am not a fan of the argument that economies of scale always are the best for communities, better service and quality — so critical to fresh produce — are better not only for our co-op, but also for all growers who stake their livelihood on the handling and business acumen of their warehouse.

As always, though we continue to grow toward a bigger and more diverse line of offerings, there are some things that won't change. In "The Mending Wall," Robert Frost observes that there is something in nature that resists a wall, a demarcation. While I was out in South Dakota and Montana I saw a lot of fences, a child's bracelet ringing the high acreage that flowed like waves in a perfect storm toward the mountains. One thing it made me think of was

the tendency in modern culture to sweep over needed barriers, whether geographic or political, in the service of economic efficiency. Be assured, we will always seek to provide you with the best produce to be had in the Twin Ports, and we will do it by returning the maximum benefit to our local agricultural community first. We will remain committed to Certified Organic produce, while seeking to find ways to reach out to the larger community and our new neighborhood. Even as there is talk of a 'Sweet Spot' in the economy, we always have that in the community that is our co-op!

Where are we going from here? Only into better things for all of us. In the Produce department, we have the benefit of always having the exciting energy of the changing seasons, and each one's particular treats. Now, we will have all of that, and more of it. Come join us!

**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.

...I saw a lot of fences, a child's bracelet ringing the high acreage that flowed like waves in a perfect storm toward the mountains.

the unique and organic direction we have taken in responding to the needs of our membership and the larger community. Certainly, we have tried to do this in the Produce department through developing and growing our circle of local growers, who provide unparalleled quality, as well as our wholesalers, who sometimes need more help.

Speaking of changes, one of our wholesalers of long-standing, Roots





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## Co-op Advantage Coupon Book — Coming Soon

**H**ey co-op members, we want to show our appreciation for your continued support by mailing you a coupon book valid during the months of September through October. Receive over \$32 in savings on some of your favorite products from Garden of Eatin', Annie's Naturals, Nature's Gate and many more! This book also offers recipes and short features on sustainable and co-op food producers like Organic Valley.

This special offer is just one small way for us to say "thanks" to you, our co-op member-owners. Your support makes your co-op more than just another grocery store. Your investment and patronage help your co-op be successful as an independent grocery store and as a positive community force.

*Watch your mailbox in late August for this coupon book,  
which is packed full of great deals available for our co-op members!*

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# board report *by Jean Sramek, Board President*

## WFC Board and Management: Apples and Those Other Apples

**W**FC's management team and WFC's board of directors have a lot in common. They also have very different functions. It's hard to compare them because they have equal value where the Whole Foods Co-op is concerned. The old cliché "it's like comparing apples and oranges" is just about right.

Recently, the management team (that's General Manager Sharon Murphy, plus WFC's department managers), along with four board members, met for a facilitated session with Bob Hartl, a professor in organizational development at the College of St. Scholastica's Management Institute.

We talked, as a group, about both general and specific topics related to the expansion of WFC. None of it was unusual—we broke into small groups and brainstormed questions along the lines of "What challenges does WFC face in the future?" and "What kind of store do we want to be when we move to the new site?" It wasn't problem-solving per se, but rather a way to take inventory of the fears, hopes, dreams and concerns about our new and improved Co-op.

However, the most interesting part of it was this. The WFC board meets frequently as a group and has a good dynamic. The WFC management team meets frequently as a group and has a good dynamic. But although

directors and managers know each other by name and have participated in WFC-related activities together, we have never been in a structured situation where we were different, but clearly equal. Jeri Brysch, Lynn Fena, Chad Coffey and I (the board members who were able to attend) agreed that it was most refreshing to get to know the management team and to have them get to know us. More importantly, we did a lot of talking about how board leadership roles and management leadership roles overlap, how they diverge, and how they can complement each other as we move into the Co-op's next era.

In the few short hours we spent



**Jean Sramek, your Board President**

talking about our hopes for the WFC, we found out that we have a lot in common. One theme that was particularly prominent during our afternoon of facilitated discussions was our relationship to WFC member-owners. In that area, there wasn't much

room for argument: member-owners are the *raison d'être* of both the management team and the board of directors.

It was piles of fun to bond with the management team, and I hope they felt the same way about the board. I hope there will be similar opportunities in the future, and that future WFC directors and managers will find ways to work together for the good of our customers, our community, and especially our member-owners.

*See you at the Annual Meeting! GG*

# gourmet to go *by Debbie Manhart, Store Mgr. & Jane Herbert, Deli Mgr.*

**I**n the New Deli... I would guess a lot of you are tired of hearing that one? I thought I should clear up all of the questions about the new Deli and let y'all know what is happening and what new programs we will have.

First of all, we are adding a hot bar and a salad bar. Both of them will have meat and veggie options daily. On the hot bar we will be able to have whole roasted chickens for sale (depending on supply), as well as entrees and side dishes. One of the exciting things we are talking about is having pizza by the slice.

The Deli will be taking over the bread section and we have a line on organic bread by Concept 2. They have baguettes, which we currently are selling in the cheese case, roasted garlic loaves, and French bread, just to name a few. We are also in the process of finding more "crunchy" breads.

The grab & go section will be in a 6-foot case, so there will be a lot more options for dips and spreads. We also have the potential for an olive bar in

that case, so hopefully that works out in the end.

The cheese case will be a 12-foot case (currently we have a 10-foot case). The possibilities for more cheese are very exciting. Keep those requests coming.

The Deli will have self serve coffee and, the most exciting thing, an espresso machine. YEAH! Alakef will be training our staff on making coffee drinks.

We will still have an 8-foot Deli case, grab and go sandwiches, and hot sandwiches grilled on our Panini machines. The biggest change here will be that some of the grilled meat sandwiches and some dishes in the Deli case will have meat in them.

The best for last — a seating area! We will have a seating area in the front of the store, with windows, and it overlooks Lake Superior — what a view!

This is Debbie Manhart, signing off as the Deli Manager, and welcoming the new Deli Manager, Jane Herbert.

Jane Herbert here, signing on. I thought I'd tell you a little about myself.

I am originally from California and moved to the Midwest in 1982. I owned and operated a natural foods cafe in the driftless area of the Mississippi river by LaCrosse, Wisconsin for thirteen years. We were fortunate enough to have live folk music and because of the location being between Madison and the Twin cities were able to book some of the greats — Greg Brown, Claudia Schmidt, Bill Miller, and yes, even Ferron and Ani DeFranco. I couldn't top that so I moved on and took a break to the west. I moved to Utah and supported my partner as she started her teaching career. I was lucky enough to be available to pack the truck with the "Girls" Mocha and Chinle our desert dog rescues and all the right gear depending on time of year and we were off to Zions, Moab, west Yellowstone, Jackson Hole and Steamboat Springs, Colorado (we were obsessive hot spring soakers). After five years, the Midwest beckoned and



**Jane Herbert, your new Deli Manager**

so did the parents and so it was job time for me. After moving to Minneapolis and buying, restoring and (now selling) my beautiful house, I was hired at the Whole Foods Market in St. Paul as the Associate Deli

Team Leader and commenced to do that for approximately 5.5 years. While there I traveled and opened a lot of stores in the midwest for them and went through a million dollar remodeling of the St. Paul store — a good portion of that in the deli.

So I'm very excited for the new store and I'm very happy to be the new deli manager. I know I have big shoes to fill with the great job Debbie has done for 5 years. She's going to be an outstanding Store Manager. I'd like to thank my friend Shannon for reminding me that this job was coming up and "What was I waiting for?" Thanks Shannon!! GG



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**T**urmeric (*Curcuma longa*), a member of the ginger family and native to Southern Asia, may be familiar to Western curry eaters, but its medicinal qualities are not as well known here. Recently, however, many of turmeric's ancient uses have been confirmed by scientific research, and a number of new, potentially very important uses for this herb have been unearthed. This colorful spice is now receiving some much-deserved attention in the modern medical community. Much of the research has concentrated on the curcumin content of turmeric.

Turmeric has been shown to be a powerful anti-inflammatory, making the herb useful in treating arthritis, asthma, eczema and other inflammatory disorders. (Full benefit may take up to two months to develop.) In addition, when used regularly as a topical therapy, curcumin can provide pain relief from arthritic and neuralgic complaints.

Due to this anti-inflammatory activity, and because of its anti-oxidant and cholesterol-lowering properties, turmeric is also demonstrating its usefulness in the prevention of both heart attack and stroke.

Some of the most exciting research

revolves around turmeric's anti-cancer potential. Evidence from laboratory and animal studies suggests that curcumin may be useful in preventing and treating various forms of cancer, including prostate, breast, skin and colon. Since turmeric is a powerful anti-oxidant, it likely will be shown to prevent many other types of cancer, as well.

Aside from adding wonderful color and flavor to foods, the use of culinary turmeric aids in digestion. Through increased secretion of pancreatic enzymes, turmeric helps alleviate intestinal gas and bloating. The herb may also provide protection from ulcers.

Applied to the skin, turmeric is useful in treating a number of skin conditions, including psoriasis and fungal infections such as athlete's foot. (A remedy for athlete's foot may be made by combining 1/2 teaspoon turmeric with a teaspoon or so of a favorite lotion.)

Some of the other important potential uses for this spicy herb include the treatment of irritable bowel syndrome,

the control of diabetes, protection from liver disease, blood purification, and even the prevention and treatment of Alzheimer's disease. Much

with bromelain (an enzyme extracted from the pineapple fruit). Some supplements are sold as a turmeric/bromelain combination. **GG**

## herb lore

### Turmeric: New Life for an Ancient Herb

By Niki Young, Lake Superior Herbalist Guild

more research is required, but early studies are very promising. As the Ancients advised centuries ago, a sprinkle of turmeric a day just may help keep the doctor away!

#### Doses:

- Powdered, dried root (the culinary spice): approximately 1 gram 3x per day, dissolved in warm milk
- Cut root: 1 gram, steeped in 1 cup warm liquid for 10 minutes, 3x per day
- Standardized powder (curcumin): 400 mg. 3x per day.
- Fluid extract (1:1): 30-90 drops per day
- Tincture (1:5): 15-30 drops, 4 times per day

For enhanced absorption of curcumin, supplements may be taken

*Precautions: Turmeric and curcumin are considered safe when taken in recommended doses. However, extended or excessive use of the extract may cause gastrointestinal upset. Those with gallstones and those on blood-thinning medications should consult a health care practitioner before using. Avoid during pregnancy.*

Contributed by Niki Young, an herbalist with a background in nutrition and dietetics, and a member of the Lake Superior Herbalist Guild. For more information on the Lake Superior Herbalist Guild contact Katie at 218-721-3065 or on the web: <http://www.diamon-naturals.us/Guild.htm>

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



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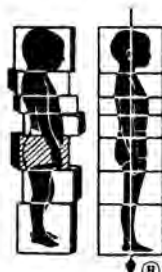
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### ATTENTION CO-OP SHOPPERS:

Our credit card processor failed to deposit the receipts from 200 credit card purchases accepted by WFC on June 10, 2005. When we discovered this missing deposit it took the processor five weeks before they deposited the funds in WFC's account.

Unfortunately, they did not back-date the deposit so 200 of our June 10 customers have received notice of a charge account purchase at WFC in August — on a day when they may or may NOT have been anywhere near WFC.

If this has happened to you and you still have questions, please contact **Christof** at the store.





## Garbanzo Gazette

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

### STORE HOURS:

Mon–Fri 7–9 • Sat–Sun 8–8

### WFC ANNEX

1522 East Superior Street  
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### Membership Costs:

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

The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Thursday, December 1st. Refer submissions and questions to [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop).

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The information in the Garbanzo Gazette is also available on our website at [www.wholefoods.coop](http://www.wholefoods.coop)

**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

## new bulk products:

Commercial no-sugar,  
no-sulfur papaya spears

Organic Red Quinoa

## grocery:

Kettle

- BBQ Potato Chips (2 oz.)
- Lightly Salted Potato Chips (2 oz.)
- Yogurt and Green Onion Potato Chips (2 oz.)
- Sesame Rye Chips\*

Nature's Path Optimum Power Bars

- Blueberry\*
- Cranberry\*

Nutiva

- Coconut Oil\*

## spices:

Frontier Garlic Flakes\*

## coffee:

Café Altura

- Fair Trade Classic Roast\*

## nutrition:

New Chapter Organics (at least 70% organic ingredients)

- Every Man
- Every Woman
- Perfect Prenatal
- Stress Support Multi
- Tiny Tabs Multi
- Co-Enzyme B Food Complex
- C Food Complex
- E & Selenium Food Complex
- Cal/Mag Bone Health
- GTF Chromium Complex
- Selenium Food Complex–
- Zinc Food Complex

## Nordic Naturals

- Arctic Cod Liver Oil – plain
- Arctic Cod Liver Oil – orange
- Arctic Cod Liver Oil Caps – peach
- Omega-3 Caps (fish gelatin)
- lemon
- Children's DHA chewable caps
- strawberry

## Herb Pharm

- Rhodiola Tincture

## bodycare:

Aura Cacia

- Lemon Eucalyptus Essential Oil

Kirk's

- Coco Castile Bar Soap

## books:

"The Organic Food Guide"

"Your Organic Kitchen"


"The Co-op Label"

\*denotes organic

## Superior Grown – Back in Action *by Heather Wilson, Superior Grown*

**S**uperior Grown is back and better than ever. There was a short hiatus with the departure of Cree Bradley but we have reorganized, formed a new board of directors consisting of five producers, one business and one consumer,

and look forward to an exciting future. We are in the process of putting out another edition of The Bounty and our primary fundraiser, Dance of the Ripe Tomatoes, which is a celebration of amazing food and homegrown music, is coming up in the end of September.

Superior Grown has been breaking a lot of ground during these past few months. We are thrilled to once again get the word out about fresh, local, and tasty food... 'Superior Grown' food! 

## You're half way there!

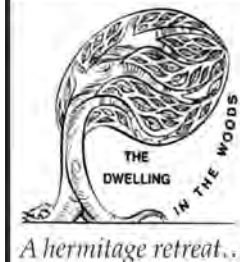


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# savor the season

**H**ere it is. Fall. My favorite season. Leaves crunching under your feet, new sweaters and the smell of wood smoke. Best of all, my birthday is in the fall. Now I know that at my age, I shouldn't make such a big deal about it. But I'm a kid at heart and I LOVE birthdays. Not just mine, but anyone's. I love picking out birthday cards and wrapping presents. I love birthday parties and eating cake and ice cream. It's your own personal holiday when folks can say, "Hey, I'm glad you're in my life. You make every day a holiday for me so we'll have one for you."

Coincidentally, this fall marks a milestone birthday for our Co-op. This year, Whole Foods Co-op turns 35. Wow! Thirty-five years of natural foods, member ownership and cooperation. And guess what we get for our birthday this year? A new store to continue the tradition into the next 35 years! I'll be serving ice cream & cake at the member's Only Birthday Party the night before we open the new store (watch for your invitation in the mail), so let me tell you, this is right up my alley.

When I was growing up, we got to choose our favorite things to eat for our birthdays. My sister always chose spaghetti and I always chose pizza, but the overwhelming favorite for birthdays was chocolate cake (in the heart shaped pans) with Mom's cooked chocolate frosting. The frosting only she made. The original copy of which is in Mom's recipe box.

You have to understand "the recipe box". We kept Mom's recipe box after her passing, but its usefulness has been questioned as often as we have laughed at it. "One box Jell-O" (what size, Ma, what flavor?) "Lots of garlic" (note: this happened to be in her pickle recipe and the only time in the whole year we had fresh, whole garlic in the house which makes you wonder just exactly how much "lots" meant to my mother).

My sister claims that in a Harry Potter book, this recipe box would be referred to as a "bad spell box" where you may think you're following instructions, but your interpretation may give you a totally unexpected result. Clearly this posed concern for the beloved chocolate frosting recipe, which, following mom's hand written recipe, created a mound of something hard and chocolate resembling faux fireplace rocks.

As the oldest child, I felt it my duty to try to recreate this recipe. After many tries, I came as close as a person can, although my sister claims it isn't "as grainy as Mom's", therefore lacking. But it's cooked, it's chocolaty and every family gathering requires my services as the official Maker of the Frosting.

So for this Season, and to celebrate the Co-op's birthday, I will share two of my family's birthday favorites, including my sister's revamped (and much improved) spaghetti recipe. Feel privileged...she guards this recipe jealously and actually whispered on the phone, "Can I email it? I don't want my coworkers to overhear my secret ingredients."



## Mom's Chocolate Frosting (Interpreted)

1/2 c Butter  
2 c Evaporated Cane Juice  
4 oz Unsweetened Chocolate  
2/3 c Milk  
1/2 t Salt  
2 T Vanilla

Mix all ingredients except vanilla in a 2-1/2 qt. saucepan. Heat to a rolling boil, stirring occasionally. Boil 1 minute without stirring. Pour into a stainless steel bowl and place in the freezer, uncovered. Every 10 minutes or so, give it a stir incorporating the cooled frosting, but do not beat or over-mix. As the mixture cools, it will thicken. When the whole mixture is just cooler than room temperature, beat in the vanilla and beat to spreading consistency. This recipe will frost a 2-layer cake, 24 cupcakes or a 9" x 13" sheet cake with enough left over to lick the spoon.

## Steph's Spaghetti

Vegetarian, Vegan, Dairy-Free  
4-6 people (mostly 4)

1-2 t Red Pepper Flake (base it on your tolerance for heat)

Olive Oil (Greek, cold pressed, organic is the best. Don't go by the color)

Garlic (I'm not going to kid you, I'll use up to 7-8 cloves based on the watery-ness of the tomatoes), thinly sliced (please take out any green centers)

2 28-35 oz cans Whole Tomatoes (I prefer anything that is marked as a product of Italy, organic & packed in non-tin or the Muir Glen Fire Roasted)

OR: 8-12 Medium Tomatoes (any color or variety) that have been skinned and seeded

Fresh Basil (plenty), torn or chopped  
Sea Salt

2 lbs Spaghetti Noodles

Open cans or pre-seed the tomatoes, chop garlic and assemble everything by your stove; you'll regret it if you don't.

Start your pasta water & add some salt. Be generous, those noodles need a lot of room to swim.

Low to medium flame, in a large saucepan, pour 3-4 T of the Olive Oil. Put the garlic in now. Stir constantly from now until you put the tomatoes in later. When the garlic is fragrant and almost soft, put in the red pepper flake. Simmer 1-2 minutes more.

Add the tomatoes & some salt. Turn up heat until all sauce is simmering. Allow this to continue about 10-15 minutes (you want some of the liquid to evaporate). Drop pasta after this time has passed. Pull pasta out about a minute before it's done. Add the basil to the sauce. You can either mix all together or serve individually.

Stephanie's Note: My sister really didn't want to include this recipe. Asking me to contribute to the Gazette it was just a ploy to get me to give her my recipe.

\* It should go without saying, but I'll say it anyway, use organic ingredients. It makes all the difference in the world. Literally". GG

# notes from the front

## So, You're Thinking About Becoming a Member...

**A**s you may already know, our little co-op is in the process of becoming a BIG co-op. The only way we would be able to do this is with the help of our members. Purchasing a membership helps us to pay for anything as small as the twist ties on your bulk bags to larger things like refrigerated cases.

Becoming a member is a fairly simple process and only takes a few minutes requiring basic information. The cost of membership is \$100. You can start your membership with the first payment of \$20 and have two years to pay off the remainder. It is a one-time (as opposed to yearly) purchase and refundable (upon Board of Directors discretion). Memberships can include up to 3 additional household members. Benefits start with your very first purchase as a new member.

Some of the benefits are:

- Monthly "Member Only" special prices
- Discounts on special orders
- Quarterly "Member Appreciation" discount
- Patronage rebate when approved by the Board
- Senior or Physically challenged discount
- Working member discount
- Owner participation
- Voting rights
- Serve on the Board of Directors or other committees
- Limited in-store credit
- Over the amount of purchase check cashing (based on cash availability)
- Garbanzo Gazette newsletter sent to your home
- Annual membership meeting (includes dinner!)

If you're concerned that the membership cost would upset your financial stability, we also offer the Fran Skinner Memorial Matching Fund. The fund requires that you purchase at least \$20 worth of stock, but you could be eligible for financial assistance of the remaining \$80. WFC matches all donations made by members to provide this assistance. If you would like more information on this service please ask a cashier.

If you'd like to sign up and become a member, just tell a cashier the next time you're coming through the line. When we relocate to our new store we will be signing up new members at the Customer Service Counter. We will also have a designated table set up for those who wish to join for the first 2 or 3 weeks after we open.

Please take consideration to becoming a member if you haven't already. Becoming a member is a fast, easy, and self-gratifying way to support your community!

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

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## staff news

Add one more fine WFC Staffer to the Customer Service Club. **Jean Marie Johnson**, FE Assistant, has completed the CST trainings. Great job Jean Marie!

In June, Deli Assistant **Celia Rupp** was a work-study attendant at "Medicines From the Earth", a conference on botanical and naturopathic medical therapies. The conference, which is geared towards practitioners and students, was held in the beautiful Blue Mountain ridge in North Carolina Appalachians. Celia listened to many interesting lectures from many herbalists and doctors that she admires. Celia says, "It was an awesome experience!"

After working at the Co-op for over 29 years, Projects Assistant **John Fisher-Merritt** finally gets his Gumby. Well done, John. We knew we had it in you!



### STAFF ANNIVERSARIES

#### September

**Darcy Sathers**, Projects Assistant, 10 years

**Lisa Anderson**, Merchandising Manager, 8 years

**Jim Richardson**, Buyer, 4 years

**Jennie Bonicatto**, Produce Assistant, 2 years

**Briana Lowrie**, Front End Manager, 2 years

**Shannon Szymkowiak**, Marketing & Member Services Manager, 2 years

**Lupita Marchand**, Front End Assistant, 1 year

**Wolfgang Littlewolf**, Assistant Deli Manager, 1 year

**Allen Richardson**, Stocker, 1 year

#### October

**Julie Kohls**, Front End Assistant, 3 years

### STAFF NEWS

Welcome to all the new folks – especially the ones on Management Team: **Jane Herbert**, Deli Manager, and **Christina Cotruvo**, Finance Manager

Even more of your WFC staff have completed our extensive in-house training:

**Wolfgang Littlewolf**, Assistant Deli Manager

**Julie Kohls**, Front End Assistant

**Steve Perry**, Assistant Deli Manager

**Karl Becker**, Grocery Buyer

A big congrats to them for their diligence!

### THANK YOU SO MUCH

To All WFC Employees — You keep the Co-op shuffle a happy dance!

### WEeping FOR JOY

During the Civil war, Gen. Ulysses S. Grant sent an urgent message to the War Department: "I will not move my army without onions." The very next day, three trainloads were on their way to the front.

# better in bulk

## Bulk Buyer's Custom Co-op Favorites

You would not believe some of the delicious easy-to-make co-op creations I have been stuffing down my gullet (with proper chewing of course).

**Heretical PBJ:** Gjetost cheese, French Meadow Woman's Bread, Bionaturae organic plum fruit spread.

Gjetost cheese, with its creamy texture and slightly carmelly taste, is not a bad substitute for peanut butter. I put some thinly sliced gjetost on French Meadow Bakery brand Woman's Bread, which, containing cranberries, is slightly tart. To top off this heretical sandwich, I spread on some Bionaturae brand organic plum fruit spread, which is one of the more economical choices you can make from the jellies and jams in aisle one, but it doesn't disappoint. The result: a PBJ for art lovers.

Alternative uses for gjetost include cheese toast. It doesn't melt all that well — it just kind of sits there and sweats — but it will get all soft and delicious as the heat brings out even more of its flavor.

**Organic Whole Dulse:** You will have to special order this item but it is worth it. We carry the dulse flakes in

the store (aisle 3, pegboard) but I got a sample of organic whole dulse that I vastly prefer and so I'm hyping it. Whole dulse is somehow less strong/fishy tasting than dulse flakes (probably owing to the flakes having more surface area per unit of volume, for you science buffs). Dulse flakes are frequently ignored by folks who can't handle a strong seaweed taste. I myself am not included in this bizarre subset of people as I love dulse flakes on just about everything — stir fries, salads, popcorn, soups, you name it. I am completely unobjective regarding the taste of dulse flakes, which I adore: salty, tangy, savory, and so good for you! Like all sea vegetables, dulse is high in iodine and B vitamins. Anyway, everything I love about dulse flakes is even better in whole dulse. I love this stuff! Looks and tastes like something approximating veggie jerky or a savory fruit leather. My seven year-old picky eater and I eat this flavorful, slightly chewy, dried sea vegetable leaf right out of the bag, my new favorite snack.

**New favorite grain: organic Red Quinoa.** Two words: Amazing. Cooks

up easy just like regular quinoa (2 c. water, 1 c. quinoa, simmer 15 min.) and is even more tasty and so nutritious. I think I may never make rice again. I would say, even if you've never had regular quinoa, do yourself a favor and buy a cup of red quinoa. Here's how I've been eating it: cook up the quinoa, season with San-J organic shoyu (or tamari), drizzle generously with Barlean's high-lignan flax oil (or drizzle conservatively with olive oil), and add sautéed White Wave organic tempeh or tofu, a sautéed organic portabella mushroom, and whatever other sautéed veggies you care to consume, including lots of garlic (optional). Warning: this dish is extremely satisfying! I've already eaten it twice in one week and I feel fabulous.

In closing, let me recommend a couple of summery appetizer-type things. The first is an easy to make guacamole: combine an organic avocado with a container of the deli's own fresh organic salsa. O easy and good! Next up is a variation on an appetizer I had at the New Scenic Café. Dig it: fat slices of organic tomato drizzled with olive oil, a pinch of sea salt, and cracked pepper. The Scenic Café added truffle oil to theirs, not something we carry, but try it if you can get it. A good substitute might be balsamic vinegar reduced down into a syrup on the stovetop. On the other hand, when I was a kid my mom served fat tomato slices topped with mayo. These days I would switch that to Vegemise, the world's best spread (aisle 4 in the cooler). Happy summer! GG

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



Produce Assistant Jennie Bonicatto illustrates cauliflower as big as your head grown by local organic farmer John Fisher-Merritt. No GMOs and all delicious.

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# management report

This is the last Gazette article I will write from 1332 East 4th Street. That means we will be open for business at the new site some time the week of October 10 — give or take a week or two.

The serendipity of an October opening date is not to be ignored. October is National Co-op Month and October 2005 is the 35th Anniversary of Whole Foods Co-op — at least according to the records we rely on. Even John Fisher Merritt's tenure with the Co-op doesn't go back that far!

Along with a fabulous new site, we will have a lot to celebrate at our 35th Annual Membership Meeting on September 28:

- Our member loan program (goal \$800,000) in support of the expansion has been extraordinarily successful: \$865,700 in deposits with an average loan size of \$3,431 at an average interest rate of 3.47% — loans are still being accepted
- 516 new members joined WFC (goal was 450)
- Members purchased \$35,281 of new equity (goal was \$33,000)
- Annual sales in the year ending

June 30 were \$4,646,666 representing 16% growth over 2004 (goal was 12%) — purchases by members represented over 63% of sales

- From 50 employees in four departments, the staff structure is evolving to nearly 100 employees (full-time and part-time) in nine departments tasked with achieving the conservatively estimated 65% growth at the new site (my guess is growth will be closer to 100%)

— Our lender and neighbor at the new site, Members Cooperative Credit Union, has purchased the former House of Donuts location and opened up the view and the parking possibilities for both our co-ops. WFC will share customer and employee parking areas with the Credit Union.

Be sure to check out the enlarged photos of construction progress posted around the inside of the front doors and the retail floor plan posted above the hallway to the restrooms. WFC will host its first event and 35th Annual Membership Meeting in the rear parking lot of our new site on September 28. Mark your calendars and watch for full details in

the Annual Report to be mailed in September.

The store won't be ready for tours during the Annual Meeting BUT there will be a preview party for members the evening before we officially open for business at the new site. You will receive your invitation by mail in late September and invitations will also be available at the September 28th Annual Meeting. The preview event will feature building tours, lots of samples, live music, a 35th Anniversary cake, and a gift bag to bring home. This is our way of introducing you to your new store and thanking you, again, for all your support and patience and more patience.

As for the move, we will organize a parade of members with shopping carts full of inventory, files, equipment, etc., trekking west on 4th Street from 1332 to 610. Don't worry — there will be a moving truck for the big stuff. Details on the shopping cart parade will be posted in the store along with notice of the days the Co-op will be closed to facilitate the move.

And, yes, there will be windows. gg

Sharon Murphy, your General Manager, recently completed her 25th year of employment with Whole Foods Co-op and her 110th quarterly inventory. She is now the proud owner of a cosmetically altered bobble-head construction worker talisman.



## welcome, new members!

Nicole Craycraft  
Courtney Thompson  
Charles Sjodin  
Jill Perlinger  
Craig Meyn  
Cathie Miller  
Joseph Schneeweis  
Katie Greene  
Robert Shellenberger  
Christopher Lind  
Ina Myles  
Sean M Curry  
Julie Kainu  
Jean Swanson

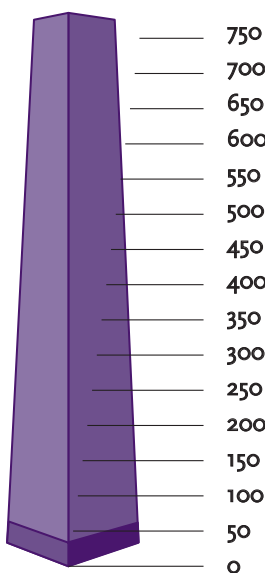
Barbara Stahel  
Paula Pettit  
Julie Topie  
Joy Wiecks  
Sarah Beinke  
Elisabeth Brown  
Chris Ward  
Amy Callahan  
Joanne Olson  
Erin Stave  
Phillip Bailey  
Sharon Szukis  
Mary Anderson  
Bryce Nixon  
Ellen Meyer

Mari Anna Chism  
Cindy Carver  
Carlson  
Angela Allen  
Sylvia Sjolie  
Beth Hall  
Joan Poupore  
Carmen Jamison  
Caroline Woods  
Mark Sastry  
Amy Abts  
Barbara Johnson  
Monica Miles  
Alan

Baumgarten-Leveille  
Robin Raley  
Amy Loiselle  
Amanda Birkeland  
Rebecca Farmer  
Richard Mills  
Deborah Weckert  
Debbie Hitchcock  
Sherry Zawacki  
Pamela Rich  
Tracey Hammell  
Eriq Reed  
Patrick Casor  
Arvid Houghlum  
Steven Grazier  
Todd Sutherland  
Curt Leitz  
Jennifer Messel

Thomas Woodbury  
Robert Mitchell  
Erin Manning  
Sherri Wilson  
Stacey Achterhoff  
Jason Staab  
Lori Nelsen  
M Catherine Mensen  
Brent Consie  
John Weiske  
Kurt Guidinger  
Elizabeth Donley  
Alisa Persons  
Peter Langr  
Bill Gange  
Roberta Burdick  
Pete Willemsen  
Hanna Erpestad  
Stephen Thibault  
Kathy McQuinn  
Antoinette Leone  
Jon Helstrom  
Sandra Hare  
Theresa Koenig  
Deanna Ellestad

### Spread the good word!



We have set a goal of 750 new members before July 1, 2006. The graph shows where we are so far as of July 20, 2005. We have a long way to go, but with the encouragement of current members, new members are just a stone's throw away.

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## MEMBER FEATURE

# the seasonal table

by Bonnie Williams Ambrosi, member

One of the many names of the Divine Mother in the Hindu/Yoga tradition is Annapoorna, which means "full of food." Feeding our loved ones is a primal way of expressing our care for them. It begins with the newborn's first suckle, and our mothers (and fathers) continue to provide physical and emotional nourishment to us for the rest of our lives.

This "Seasonal Table" column is dedicated to my dear mother, Mildred Williams, who passed away this summer at the age of 70. Mamma fed our farm family well on a very modest budget — simple dishes lovingly made. I learned to enjoy baking, in particular, from her.

Mamma often had homemade cookies for us when we got home from school. My favorites were Snickerdoodles. Mamma followed the recipe in her 1956 Betty Crocker cookbook. (Its wornout binding was reinforced at some point with duct tape and the book continued in service. I have it now.) I have modified the recipe slightly, using whole wheat flour and reducing the butter and sugar. They are still wonderful cookies!

Special foods prepared with mindfulness and love are a time-honored offering to the gods. Oftentimes this "prasada" is a delectable sweet. May these cookies and the making of them be a delicious blessing to you and your family.

### SNICKERDOODLES

1/2 cup softened Butter or Margarine

1 cup Sugar

2 Eggs

3 cups Whole Wheat Pastry Flour

2 tsp Cream of Tartar

1 tsp Baking Soda

1/2 tsp Salt

2 tsp Cinnamon

2 tbsps Sugar

Cream the butter, sugar and eggs. Add flour, leavenings (press out the lumps in the palm of your hand) and salt. In another small bowl combine the cinnamon and sugar. Gently roll the soft dough into 1" balls or let your kids do it. Roll each dough ball in the cinnamon sugar and place on an ungreased baking sheet. Bake at 400° for 8–10 minutes. Makes 5 dozen 2" cookies.



From "way too hot" Austin, TX to "brand new homeowners" in Duluth, Carolyn & Harley Blake didn't even wait to unpack before they became new members at WFC.





## board of directors

**Jeri Brysch, Treasurer**  
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jeri@wholefoods.coop  
Term expires 2006

**Chad Coffey, Secretary**  
Food Policy Committee (Chair)  
GME Committee  
Membership Committee  
(218) 834-6035  
chad@wholefoods.coop  
Term expires 2006

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Expansion Committee (Chair)  
Finance Committee  
Membership Committee  
(218) 724-6357  
chrise@wholefoods.coop  
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**Lynn Fena**  
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Membership Committee (Chair)  
(218) 728-1394  
lynn@wholefoods.coop  
Term expires 2005

**Dennis Kaleta**  
Expansion Committee  
ME Committee  
Membership Committee  
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dennis@wholefoods.coop  
Term expires 2005

**Katie Neff Dawson**  
Board Recruitment Committee (Chair)  
Expansion Committee  
GME Committee  
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katie@wholefoods.coop  
Term expires 2005

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GME Committee (Chair)  
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jean@wholefoods.coop  
Term expires 2005

**Sharon Murphy, General Manager**  
Whole Foods Co-op  
1332 East 4th Street  
Duluth, MN 55805  
728-0884/w  
728-0490/fax  
724-7998/h  
smurphy@wholefoods.coop

WFC web site: [www.wholefoods.coop](http://www.wholefoods.coop)  
e-group address 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

**W**ith the return of school schedules and the fall weather, September always seems to turn our thoughts to eating better and getting more exercise. Lunches need to be packed, and having something warm for dinner sounds like the perfect end to an active autumn day.

The new food pyramid, [www.mypyramid.gov](http://www.mypyramid.gov), combines a nutritious diet high in fruits and vegetables along with moderate exercise. It's a perfect resource to review for anyone striving to lead a healthier life while also modeling good nutritional habits for their children.

Even with all of its good intentions, the food pyramid may not have the desired effect on our health and fitness levels. Apparently many folks who could benefit the most from it have found it too difficult to navigate, according to a new report published in the Archives of Internal Medicine.

According to the study, just three percent of us get the pyramid's recommended requirements completely right. Here is a breakdown of what they found:

23 percent eat five servings of fruits and vegetables a day;

22 percent exercise for at least 30 minutes daily;

40 percent maintain a healthy weight (25 or less body mass index); and

76 percent don't smoke.

Put all this information together and just three percent do it all.

We all know that the wider the variety of the foods that you eat, the better chance you have of getting all the nutrients needed for good health. We also know that exercise benefits people of all ages. So how can we bring the number above three percent?

**Let's make it easier on ourselves by starting with eating fruit and vegetables that give us the most bang for the least amount of effort.** Start with some foods that have proven disease prevention benefits, a wealth of nutrients, are tasty and easy to prepare so that it will make sense to eat them every day.

**A good start would be oranges,** which can be easily sliced for lunches

or afternoon snacks, or juiced for a perfect start to the day. They are a great source of folic acid, fiber, antioxidants beta-carotene and vitamin C, as well as flavonoids and carotenoids with known anti-cancer compounds.

**Next are dark leafy greens.** What could be easier than buying a bag of pre-washed baby spinach greens, throwing them in a bowl with a light vinaigrette and some peeled orange sections for dinner? Or chopping up some fresh kale into small pieces and adding into a can of vegetable soup for lunch. You don't have to add a lot and if you do this a few times a week, you'll get all the anticancer compounds, vitamins and minerals these greens provide. They also contain folic acid, which has been shown to help prevent neural-tube birth defects, and antioxidants, beta-carotene and vitamin C, fiber and lutein.

incorporate fruits and veggies into your daily routine, you'll soon find that adding a few more will come more easily. As far as exercise goes, start by parking farther away from the grocery store, and walking whenever you have the chance. Each step will bring you closer to your health goals.

## Organic Market Profile

If your friends still think that organic food and agriculture is a fringe or fad movement, you may want to fill them in on some of the latest findings. When asked:

Percentage of consumers who said they occasionally buy organic — 66 percent

Percentage of consumers who regularly buy organic — 24 percent

# fresh perspectives

## easy ways to get your fruit and veggies

**Lastly, eat an apple!** They are compact, tasty, and possibly the perfect portable food. Not sure which one to buy for the most benefits? Well with all the apple varieties available these days the Red Delicious seems to have gotten lost in the back of the box. But perhaps you should reconsider how you

## This month's tidbit

A 2002 study conducted at Truman State University in Kirksville, Missouri, found that organic oranges contained 30 percent more vitamin C than their conventionally grown counterparts. Good information to know when you are deciding which morning juice may be best for your family.

feel about this old American favorite (still the most common variety grown in the United States, comprising 27 percent of total apple production).

Fall is the best time to eat a Red Delicious. It will be crisp and full of flavor. A recent Canadian study found that of the eight varieties studied, the Red Delicious has the highest concentration of antioxidants.

If you start with these three ways to

Pretty amazing numbers when you think about it. And it isn't stopping there — even the most conservative analysts are predicting double-digit growth for the organic industry over the next decade. Talk about a good investment!

What were the total U.S. organic sales in 2004? \$12.7 billion, which equals about 1.9 percent of the nation's total retail sales. Worldwide total sales are about \$25 billion. The latest research shows that it could reach 10 percent of all U.S. retail food sales by the year 2020, which would be approximately \$70 billion.

What was the largest selling category in total sales volume? It's hard to figure out. Produce made up 43 percent, or \$5.33 billion, of overall sales. Of that 43 percent, packaged salads were the topselling organic produce item.

There were 21, 875 organic farmers in the country in 2004, which comprised two percent of the U.S. agriculture. By 2020 the number is expected to grow to 175,000. **GG**

References this issue: "Five Foods You Should Eat Every Day," by Sue Gilbert, M.S., Nutritionist, <http://articles.health.msn.com>, May 17, 2005; VegNews Magazine, June 2005, "Why Go Organic?" by Jenny Humphrey.

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# Healthcare Food by Jamie Harvie, Member

If you have made it this far, you must be curious. Many people who have had intimate contact with healthcare facility food can attest to the lack of inspiration, creativity, spirit and health-giving properties of the “cuisine”. The unfortunate irony is that most food served in healthcare facilities today contributes to a wide range of human and environmental health impacts. Co-op shoppers understand these linkages, which include ground water contamination, air pollution, rise of antibiotic resistance bacteria, and socio-economic determinants resulting from the decline of rural farming communities. However, there is changing tide coming to healthcare food. Perhaps the co-op’s decision to relocate to the medical district can be viewed as a harbinger of the upcoming food revolution in the healthcare industry!

One of the primary drivers for this new outlook is the “obesity crisis”, which has as one of its foundations, poor nutrition. Poor nutrition is a risk factor for at least four of the six lead-

ing causes of death in the United State — heart disease, stroke, diabetes and cancer — which are placing new demands on an already overburdened health care system. What is most striking is the growing recognition by healthcare leaders of a systemic problem. Our food system is not only misaligned with the U.S. dietary guidelines, but hidden behind these nutritional imbalances is a system largely reliant on methods of production and distribution that negatively affect social, and environmental health — and by extension, human health.

Nurses, dieticians, and physicians are slowly becoming advocates for sustainable food. When they learn for example, that 70% of all antibiotics in the US are given to animals that are not sick, but to increase growth it is not surprising that medical professionals concerned about antibiotic resistance are not only beginning to speak out, but working with their healthcare food service departments to adopt proactive food procurement policies. As Preston Maring, a Kaiser

Permanente Cardiologist asked in a recent journal, “What could be more closely related to health than what we eat?”

In April 2005, Kaiser (the largest not-for-profit hospital system in the country) shared an overview of their draft food policy on a national healthcare teleconference, which read in part, “We will work with local farmers and community-based organizations to maximize locally-sourced food, and support the development of local food systems that promote sustainable agriculture.” Kaiser has opened more than ten weekly farmers’ markets at their healthcare facilities and will be rolling out more.

Catholic Healthcare West, another leading healthcare system, is also proceeding with a sustainable food policy, guided to large degree by positions of the National Catholic Rural Life Conference. Their Dominican Hospital facility, in Santa Cruz, CA, buys produce from a nonprofit, community-based organic farm program as part of their commitment to invest-

ing in their local community as well as healing the sick. An onsite garden provides produce and flowers for the facility.

This trend is not limited to the west coast; Heart Hospital in South Dakota, has purchased hormone-free and antibiotic-free (natural) meats from a local meat vendor and buys flax seed and whole wheat from local mills. And in perhaps a first for a heart hospital, a recent kitchen remodeling project included complete removal of their deep fat fryers.

Duluth’s own St. Luke’s is also a leader in “walking-the-walk”, and deserves support and recognition for their programs. St. Luke’s has introduced a selection of organic foods in their cafeteria for visitors, staff, and patients. Hospital coffee is Fair Trade certified, that is, bought from small coffee producers guaranteed a just return on their labor, and has begun to pilot introduction of local, sustainably grown food. Beyond that, St. Luke’s is the only hospital participating in the WLSSD food waste program, closing the loop and restoring health and vitality to the soil.

These limited examples represent a new movement, in which hospitals and health care systems demonstrate their ability and willingness to buy and provide food in their facilities in ways that help create a model for wellness at the individual, community, and national levels. Providing access to healthier food promotes wellness among patients, visitors and staff. Buying food produced in ways that are ecologically sound, economically viable, and socially responsible also supports a food system that ultimately benefits healthier individuals and communities. Hats off to these stewards and caregivers leading the way. **GC**

**Jamie Harvie** is Executive Director of Duluth based Institute for a Sustainable Future and is the Food Workgroup Coordinator for the international coalition Healthcare Without Harm. [www.noharm.org](http://www.noharm.org). He has been a co-op member for 15 years.

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## news bites

### CANADA: World's first live cattle diagnostic test for BSE

17 Jun 2005

Source: just-food.com

Biotechnology company Vacci-Test Corporation has announced that a simple, reliable and economical diagnostic tool for the detection in live cattle of infectious brain diseases, including Bovine Spongiform Encephalopathy, will soon be available for use on farms and ranches in Canada and around the world.

Designed for the measurement of immunity and the presence of infectious diseases in both humans and animals, patented Vacci-Test allows for the precise evaluation of the immune status very quickly through a simple blood test. Vacci-Test(TM) BD can determine the presence of a protein marker which identifies brain infections such as BSE in cattle.

"A single drop of blood will identify the presence of Protein 14-3-3, the marker for brain infections, including BSE," says Bill Hogan, president and CEO. "This will facilitate affordable mass testing of live cattle in the field with results readable in less than 30 minutes. Furthermore, Vacci-Test platform can diagnose any kind of bacteria-viruses based infectious diseases in livestock and humans.

At present, BSE can only be detected post-mortem, in a laboratory procedure that takes much longer to identify and is significantly more expensive than the "pre-mortem" Vacci-Test.

"We forecast that Vacci-Test BD, at a cost of approximately CA\$20 (US\$17) per animal, will be available in North America for purchase by the fall of 2005," said Hogan.

### Tests show free-range eggs more nutritious!

Topeka, KS, July 26, 2005

New research by *Mother Earth News* magazine provides more evidence that industrial agriculture is producing inferior food. Tests of eggs from four free-range flocks found that, compared to U.S. Department of Agriculture (USDA) nutrient data for eggs from confinement production systems, the eggs from chickens raised on free range were much more nutritious — up to twice as rich in vitamin E, up to six times richer in beta carotene (a form of vitamin A) and four times richer in essential omega-3 fatty acids. And, the free-range eggs averaged only half as much cholesterol as the USDA data indicates for confinement-system eggs.

*Mother Earth News* magazine, a leader of the "Real Food Revival," initiated tests, which were conducted by Skaggs Nutrition Laboratory at Utah State University and Food Products Laboratory in Portland, Ore.; data and graphs are available in the August/September 2005 issue of the magazine or at the *Mother Earth News* Web site, <http://www.MotherEarthNews.com/eggs>. "Other studies also have shown similar results for some of these nutrients, but the industry actively denies that free-range systems produce

## buyer's pick apples

by Justin Hemming, Produce Buyer

Apple season is upon us (you could even be eating one as you're reading this). The leaves live up to the season's name and it's time to pull out the pull-over that never makes it to the "winter storage" bin in this part of the country. The much beloved apple deserves the attention we pay it when the new crop apples start arriving. While either stored apples or those grown afar are available year round, it's the domestically grown, newly ripened ones that are prime. You don't have to be hit by a falling apple like Sir Isaac Newton to appreciate the fine eating quality, tartness, and sweet juice of a great apple. Lucky for him, he wasn't under a coconut tree. Everyone has their favorite and with over 90 varieties grown for sale in the United States, you may have many favorites. Some of my preferred varieties are Honeycrisp, Braeburn, and Pink Lady. In actuality, there are over 10,000 varieties cultivated around the world. Ever since humans ate the first apples over 8,500 years ago, Americans now

eat over 24 pounds each per year. These members of the rose family were first cultivated by the Romans millennia ago. In colonial times they were oddly known as winter bananas or melt-in-the-mouths. They originated in the area between the Caspian and Black Seas. Don't worry about the temptation of a delicious apple — Eve was more than likely tempted by an apricot than an apple. Apples weren't known in the Middle East in those times. Apples were often featured in the art portraying Adam and Eve as they were readily available as models. One more tidbit: a mature apple tree yields over 850 pounds of fruit per year. If only William Tell knew how good apples are he probably wouldn't have shot an arrow into one. Even the wood from these great trees can be used in that grill on your patio to flavor the food above.

It so happens that apples are also good for you and yours. The pectin in apples can help reduce high cholesterol and blood sugar levels.

Apples also contain flavanoids and phenolics, a group of antioxidants that have been shown to help protect the brain from certain ailments. They are also high in fiber and have no sodium, cholesterol, or saturated fats.

Buy apples that are free of bruises and feel hard to the touch. Store them in the refrigerator to keep them crisp and they will last several weeks. Place cut apples in water mixed with a little lemon juice for 5-10 minutes, to stop cut parts

Justin Hemming,  
Assistant Produce Manager



from browning (about 1 tablespoon of lemon juice per cup of water).

The winner of the apple dunking contest

gets an extra bowl of soup, but bobbing for apples right out of the scalding bowl of soup is not recommended. Tepid, spiced apple cider is a better choice.

### CURRIED PARSNIP SOUP WITH SHREDDED APPLES

Serves 6. *Recipe courtesy of Bon Appetit.*

- 1 tablespoon Butter
- 1 tablespoon Olive Oil
- 1 cup chopped Onion
- 1 1/2 tablespoons Curry Powder
- 6 cups Chicken Broth
- 1 1/2 pounds Parsnips, peeled and cut into 1-inch pieces
- 2 Granny Smith Apples
- 1 cup plain, Whole-Milk Yogurt, whisked to loosen it
- 1/4 cup Canola Oil
- 1/2 teaspoon Sea Salt

Melt butter with olive oil in a large pot over medium heat. Add onion and sauté until translucent, about 3 minutes. Add curry powder, broth, and parsnips. Bring to a boil, reduce heat, and simmer uncovered until parsnips are soft, about 30 minutes. Remove from heat, cool 15 minutes. In batches, process soup in a blender until smooth. Return puree to pot.

Using a vegetable peeler, remove apple peel in long strips from both apples. Quarter, core, and shred apples. Add apples and yogurt to the soup.

Slice the apple peel into thin strips. In a skillet heat canola oil on medium-high heat and fry apple peel strips until golden brown, about 30 seconds. Drain fried peels on a paper towel and sprinkle with salt.

Warm the soup over medium heat, stirring occasionally (do not boil). Season as you desire and serve garnished with fried apple peels. **CG**

**Justin Hemming** worked at WFC for over five years both in the deli and now in the produce dept. He lives in town with his handsome dog Cosmo. They both love apples.



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# book review *by Judy Kreag, member*

## Your Organic Kitchen *by Jesse Ziff Cool*

“Another cookbook”? I can almost hear it ... “Who needs another cookbook?” Well, if the Head Chef at The Dwelling in the Woods is any gauge, you do want to consider this one. I borrowed this book from the Co-op to write a review and asked her to test some of the recipes on our guests. That is all it took. She wanted to keep the book because she was so impressed with what she found. Jesse Ziff Cool has really outdone herself.

The cookbook, *Your Organic Kitchen*, is beautifully compiled with elegant, mouthwatering color photos of many of the prepared recipes. She has friendly comments on the sides of each page with timely kitchen tips interspersed throughout the whole book. To Jesse, cooking and eating good foods create the heart and soul of one's existence. That is not an easy task in today's world. In fact, it is almost impossible unless you grow your own food or at least patronize a good Coop. The author equates long life and a young attitude with wholesome, fresh foods, like those used in the recipes in this book.

Ms. Cool feels that the spirit in which a dish is prepared is often as nurturing as the food itself. When you take time to buy good organic ingredients it is nurturing to both body and soul. However, we do live in a fast paced society where we don't always have (or take) time to choose carefully, so Jesse talks about walking the walk and also being flexible enough to not be ashamed of occasionally wandering off the good path.

*Your Organic Kitchen* is beautifully organized. The author tells you how she came to love good food and how important it was in her family to learn to nurture people through their palates. She then gives you pertinent information on why organic makes sense and how to let the labels guide you. Labels can and often are deceiving so knowing what to look for and

how to read them really makes good sense. The recipes are arranged by seasons: First of spring, late spring, early summer, midsummer, Indian summer, autumn harvest, early winter and deep winter. She has a balance of entrees, vegetable dishes, salads and desserts in each section using seasonally appropriate ingredients. My favorite recipe is the Mexican Chocolate Pudding from the midsummer section. It can be served by itself or with fresh berries. I liked it best drizzled over fresh cut strawberries.

The hint of cinnamon was unique and delicious.

The book ends with a guide to organic products, markets and resources, complete with websites and summaries.

This is a classic among cookbooks and you can find it in the book section of the Co-op. Browse through the tasteful pages and decide if you, too, would like to experience some of these delicious and healthy recipes in the pleasure of your own kitchen. GG

Judy Kreag has written two guidebook/cookbooks and has worked for a local nutritionist. She is presently the Executive Director of The Dwelling in the Woods, a spiritual retreat 75 miles south of Duluth.

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better eggs,” says *Mother Earth News* editor-in-chief Cheryl Long.

The *Mother Earth News* article reports that the American Egg Board Web site ([www.aeb.org](http://www.aeb.org)) claims that free-range conditions do not result in a better diet for the hens and more nutritious eggs. “But we have assembled evidence that this claim is untrue, and we've asked the Egg Board to correct the statement on their Web site.”

Meat and dairy products show nutrient differences similar to those reported above for eggs. Products from animals raised on natural pasture diets tend to be lower in saturated fat and higher in vitamins and other essential nutrients than products from animals raised in confinement on high-grain diets. For more information see the April/May 2002 article at [http://www.MotherEarthNews.com/Whole\\_Foods\\_and\\_Cooking/2002\\_April\\_May/Pasture\\_Perfect](http://www.MotherEarthNews.com/Whole_Foods_and_Cooking/2002_April_May/Pasture_Perfect)

### The Minnesota Association of Cooperatives (MAC) will post scholarship applications in the fall of 2005.

Visit [www.wfcmac.coop](http://www.wfcmac.coop) or call 651-228-0213.

### Consumer Cooperative Management Association Conference

Board and Management Team folks who attended the June 2005 Consumer Cooperative Management Association Conference in Albuquerque, NM, came back with an inspiring quote from keynote speaker Gar Alperovitz, Professor of Economy, University of Maryland and author of *America Beyond Capitalism*:

“120,000,000 Americans belong to co-ops. It is not about food. It is about the ownership and distribution of wealth.”

We also brought back a fistful of links for information on co-ops — past, present and Canadian:

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

<http://coop-studies.usask.ca>

[www.community-wealth.org](http://www.community-wealth.org)

[www.americabeyondcapitalism.org](http://www.americabeyondcapitalism.org)

[www.apolloalliance.org](http://www.apolloalliance.org)

### WEEPING FOR JOY

In the Middle Ages, doctors prescribed onions to alleviate headaches, provide protection against snakebites and prevent hair loss.

### WEEPING FOR JOY

Bela Karolyi, now-retired coach of Olympic gymnasts, swears by the old Transylvanian remedy of applying a cooked onion to an inflamed joint.