



# What's your Co-op up to?

Artist and WFC Owner Ron Benson creates another recycled glass masterpiece in Produce entitled *The Great Salad*.

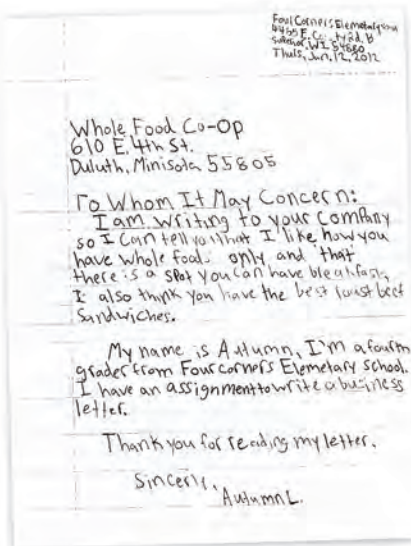


*The Great Salad* frames Kristine Bergren, Tim Malkovich & Faith King, Produce Assistants and Emily Darnell, Brand Coordinator with panache.



As construction continues, the additional seating in the Brewery Creek Overlook becomes a reality.

Promotions & Education Manager Shannon Szymkowiak talks to fifth graders at Nettleton School about Fair Trade as part of their African studies. WFC would like to thank Alaffia and Equal Exchange for their generous contributions to this program.



We love receiving thank you letters. This charming letter made our day. We appreciate your business, Autumn!



The Superbowl may be over, but our football-loving staff is already gearing up for next season. Go Pack! Vikings! Steelers! Broncos! Bears!

## back 40 a (locally grown) apple a day

by Michael Karsh, Produce Manager

Succession planting is a practice that successful gardeners and farmers utilize to manage risks and opportunities at the same time. If we start early, and gamble on some warmer weather, we don't want everything out in the ground in the event of frost; we plan to have a follow-up planting to begin in the safe zone. If you preserve many vegetables, having them staggered in smaller crops throughout the season makes it possible to achieve higher yields with sanity! Some plants have a limited production time, and need other later starts to take their places. These days, who knows how long the season may run? Capturing the opportunity to grow until a truly killing frost means continuing to plant into that risk on the chance there is more warmth to be had.

Our local farm program experiences much the same challenges, but with the benefit of having the opportunity to feed directly into the system our best information, and to build relationships of trust and success where we can. A successful home garden with shelves of canned goods (or freezer full of veggie goodness) is a goal requiring planning and effort, as well as the daily work to maintain the health of the plants. As spring lurks around the corner, we have

been about the work of building our Co-op's supply for this year since before the New Year. Some of that work is meeting with growers who have concerns about our local program, as with a trip taken out to Food Farm this winter, and some is time on the phone discussing whether we can get that amazing variety of sweet corn, Bodacious, back again in 2012. Nine Amish families have moved into the Mora area in recent months, and we have opened conversations with them about what is yet missing in our coming year's supply.

Success is a great reward, especially when it comes to the production and selling of healthful food. This last year was a stand out for us in some areas that had traditionally been very weak given supply and distribution challenges. If you shopped WFC during the summer months you saw an enduring supply of strawberries from one of our newer growers, Bayfield Apple Company (BAC). We've always had a trickle of local and regional strawberries, but the consistency and supply last year allowed us to

largely abandon California product for the duration, not to mention their role as a second to the ever popular Shary's Berries blueberries. Paul's Memorial Orchard joined forces with BAC to push our total volume of local apple sales in season to the same amount of Fuji apples we sold all year or Honeycrisps in their season! This last year saw a transition for Mike and Lynn Olund – from growing in the wilds of Brimston to retirement on the hillside of Duluth (though there is rumor of a greenhouse to go up in town...). Retirement of a grower has

typically brought a loss of a farm to our circle, but this year we have the pleasure of working with Growing Together Farm who will be taking over the Olunds' operation and will supply us with certified organic cucumbers, tomatoes, lettuce and more in the years to come.

*Success is a great reward, especially when it comes to the production and selling of healthful food*

Growing a regional food system is an involved process, but one which makes possible support for family farms and regional economies in a way that is mutually satisfying. Through the expansion of our grower network we have begun to see how valuable the relationship between a store and a grower can be from the better received prices for the growers, to a more responsive relationship to our customers' needs. While sometimes customers have no concern about whether their item is local or not, we still have the opportunity to make sure that it is as often as is possible. To do that requires a broad and deep system that plans to manage risk and to capture opportunities, something that requires many different components. We hope you'll take the opportunity to travel through the season with us even as early greens are being sown for your spring salads. Watch for more information about our growers, their (and our) recipes and if we have our way- chances to meet them here in the store! **CG**



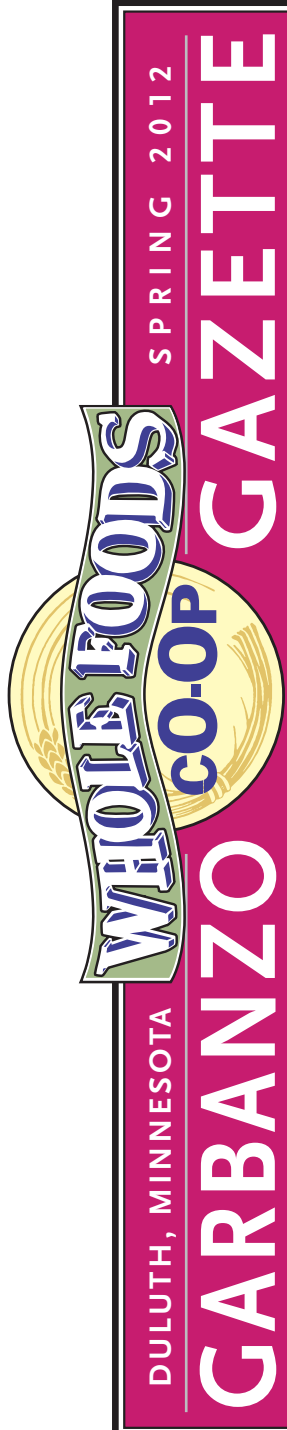




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## GARBANZO GAZETTE

Published by Whole Foods Co-op  
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[www.wholefoods.coop](http://www.wholefoods.coop)

**STORE HOURS:**  
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Further ownership information is  
available at the Whole Foods Co-op.



The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods 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 Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Sunday, April 15, 2012. Refer submissions and questions to [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop).

Editor: Shannon Szymkowiak  
Contributions: Owners & Staff  
Design: Kollath Graphic Design  
Printer: InstyPrints  
Mailing: Barcodes Plus  
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The Garbanzo Gazette is printed on 100% post-consumer recycled paper with soy ink. This paper is recyclable.

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



**MOVING?** Pursuant to WFC Bylaws, Article I, Section 6. Current Address. *Each Member agrees to provide to the cooperative his or her current address and to keep the cooperative informed of any changes in address. This obligation shall continue even after a membership has been terminated as long as the Member has any interest in the cooperative.* In an effort to remind our Owners to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making an Owner temporarily inactive when there is no current address on file. Inactive Owners are not eligible for benefits and will not receive the newsletter.



**BEFORE RECYCLING THIS COPY** of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

# management report

by Sharon Murphy, General Manager

In the last Garbanzo Gazette, I wrote about the results and follow-up from the 2011 Shopper Survey. In even years, we contract with Cooperative Development Services to conduct a Staff Satisfaction Survey that includes participation in an anonymously submitted electronic survey followed by in-store interviews of randomly selected individuals from each department. Results are presented in graph form with comparison to previous WFC surveys as well as to recent surveys at other food co-ops.

The Management Team studies the graphs, ranks staff priorities for implementing changes in the pay/benefit structure, and incorporates concerns into planning for operational or policy

changes. Storewide results are shared with all employees, department results are shared at department meetings, and the Board receives a report relating to compliance with the Board's policies on Staff Treatment and Compensation and Benefits.

Each time we get survey results, from shoppers or from staff, it is easy to be overwhelmed with requests for more services, more benefits, more information. And then the realization kicks in that we are expected and trusted to do our best to provide more – no matter what shape the economy is in – because the Co-op has consistently come through for its owners, for its community and for its staff. It is what we do. It is why we are still here.



Sharon Murphy, General Manager since 1988, attended first CCMA in 1988, Gazette contributor since 1978.

Each change does not meet with universal approval, but each change comes from a sincere effort to meet a diversity of needs. Then we listen to the response to the change and act again. **GG**

## progress on ends

In the Policy Governance model, an ENDS Statement answers the question "What will be/is different because this co-op exists?" The ENDS Statement approved by the WFC Board of Directors on March 23, 2009: *In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system. In the October-December 2011 quarter, management reported the following progress on ENDS:*

- \$500 to Cornucopia Institute
- \$125 to Great Lakes United
- \$100 to support distribution of Co-opoly: The Game of Cooperatives
- \$350 to Cooperative Development Fund/Howard Bowers Scholarship Fund
- \$500 to Midwest Organic & Sustainable Education Service/MOSES
- \$250 to Duluth Library Foundation
- \$250 to Local Initiatives Support Corporation/LISC
- \$1,000 to co-sponsor Community Wellness Day (April 28, 2012, Romano Gym, UM-D)
- Management participation with and logistical support for the Good Food Network Steering Committee, the Duluth Farmers Market, Food & Water Watch/Fair Farm Bill, the Duluth Community Farm Steering Committee, the Grant Community School Collaborative Board and for cab coupons

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# the buzz

wfc staff news & award winners

by Jill Holmen, P & E Coordinator

Rae Lynn of Merchandising and Shannon from Promotions & Education (aka The Bee Girls) report, "We are looking forward to experimenting with a different bee variety this year. Shannon is also going to experiment with a couple of top-bar hives on the roof of her kitchen as well. Honey, honey, we can't wait!"

Heartfelt congratulations to Matt of the Deli Counter who married his sweetheart Amy in late February. We wish these two all the best in life and love as they begin their new adventures together.



Photo of Matt & Amy by WFC Deli Counter Clerk Breann (check out Breann White Photography on Facebook!)

Front End Clerk Martha is excited to take her daughter to Savannah, Georgia in March to celebrate the 100th Anniversary of Girl Scouting at the birthplace of Juliette Low, the GS founder. Martha is looking forward to "a once-in-a-lifetime opportunity for this old Girl Scout and a superb bonding opportunity for Mother/Daughter bonding!" Have a wonderful trip, girls.

Merchandising Clerk Sarina and her boyfriend have been excitedly playing with their new Wii at home. Sarina re-

ports she is already kicking the tail of Super Mario Bros. You go, girl!

If you find yourselves traveling north this spring, the Grand Marais Art Colony will be hosting their spring art exhibit, including photography by Front

End Clerk Darnell. If you haven't yet made plans to head up the shore, this is the perfect excuse! Congratulations to you, Darnell!

Adam, Promotions & Education Coordinator, has an exciting year ahead of

him! He and partner Holly are expecting a baby in June and are busy planning for their upcoming wedding this October. We wish them all the best in their busy months (and years!) to come. **GG**

## DECEMBER



**Gumby Award:**  
Dolores Meidl,  
Deli Cook



**Gumby Award:**  
John Freedline,  
Deli Cook



**Customer Service:**  
Rianna Reiter,  
Deli Buyer/Receiver



**Customer Service:**  
Jesse Hoheisel  
Cool Buyer

## JANUARY



**Gumby Award:**  
Kristine Bergren  
Produce Clerk



**Gumby Award:**  
Eriq Reed,  
Merchandising Receiver



**Customer Service:**  
Michael Olker,  
Front End Ass't Manager



**Customer Service:**  
Amanda Borgren,  
Finance Coordinator

## FEBRUARY



**Gumby Award:**  
Anna Lieffring,  
FE



**Customer Service:**  
Kristen Augustyn,  
Deli



**Customer Service:**  
Kenny Bitzer

## Staff Anniversaries

### March

Kristen Augustyn, *Deli* 5 Years  
Claire Musech, *Produce* 2 Years  
Grainger Scherer, *Merchandising* 1 Year

### April

Jeremy Beckman, *Merchandising* 6 Years  
Erin Eklof, *Merchandising* 1 Year  
Jill Holmen, *Promotions & Education* 12 Years  
Faith King, *Produce* 2 Years  
Katherine Lamb, *Produce* 2 Years  
Hally Sharrow, *Produce* 1 Year  
Kristie Woolverton, *Deli* 1 Year

### May

Susan Boorsma, *Front End* 7 Years  
Michael Karsh, *Produce* 22 Years  
Dale Maiers, *Finance* 4 Years  
Kevin Taylor, *Merchandising* 6 Years  
Ellen Turner, *Merchandising* 2 Years



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**Must pre-register, call 724-6735**

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**Summer Day Camps**  
Hartley Nature Center offers a variety of nature-themed camps weekly from June 18 through August 17.

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- Scholarships available
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- Early drop off, half day and all day options
- Urban Wilderness Camp experiences for youth ages 10-12 in city parks around Duluth and *now in Superior!* (Sponsored in part by Whole Foods Co-op and the Duluth Superior Area Community Foundation)

**On-line registration begins April 4**  
Check our website for more details at [www.hartleynature.org](http://www.hartleynature.org)





## food co-op movie in production

**Education, participation, independence, and cooperation.** These are four of the seven cooperative principles that keep food cooperatives rooted in their mission: to serve their communities. Food for Change, a work-in-progress documentary planned for release next spring, looks at how food co-ops manifest these principles in their day-to-day operations.



The film takes a contemporary and social-historical look at cooperatives in the United States, exploring three periods of co-op expansion: the first wave following the financial collapse of 1929 when co-ops proved to be a mitigating factor against hard times; the second wave of the 1970s driven by a counter-culture desire for whole and organic foods; and the third wave, currently underway, aimed at both of these concerns.

Food For Change's release is timed to coincide with the United Nations designation of 2012 as the International Year of Cooperatives. The plan is to show the film in hundreds of locations across the country on the same day and to follow-up with national discussion about the cooperative ways of doing business.

To date, 64 co-ops in 25 states, including Whole Foods Co-op, have contributed nearly 40 percent of the budget needed to complete and distribute the movie.

The project needs support from co-op owners, too. Please visit [www.foodforchangemovie.com](http://www.foodforchangemovie.com) to watch the trailer, view scenes from the movie, and consider making a contribution. Your investment in this documentary will help us communicate a deeper understanding cooperatives and will help the present wave of co-op expansion.



### LOAN FROM THE CARLTON COUNTY HISTORICAL SOCIETY

Many thanks to the Carlton County Historical Society for the loan of three display boxes of photographs of area cooperators and their cooperatively-owned businesses from the early Twentieth Century. Look UP when you are shopping to find these displays.

## in balance with ayurveda

### aromatherapy

by Bonnie Ambrosi, WFC Owner

*Editor's note: Ayurveda is a Sanskrit word meaning "the complete knowledge for long life" and deals with measures of healthful living during the entire span of life and its various phases. Ayurveda stresses a balance of three elemental energies: vata, pitta and kapha. When these three regulatory principles are in a more balanced state, the body will function to its fullest.*

A sudden, unexpected whiff of some aroma, familiar to you from long ago, can transport you back in time in an instant! The sense of smell is part of the brain's limbic system, which deals with emotion and recollection—which is why an aroma can instantly call up such strong memories and feelings. Vibrant, happy memories can be triggered by smells that a perfumer would never seek—for me these include the aroma of green beans being canned, the scent of hay and manure in a cowbarn, the slightly musty smell of a grandparent's house, the tang of chlorine at the public pool (a visit to which was a rare and wonderful adventure). When you meet with smells that evoke pleasant memories for you, savor the surprise and the intensity of the experience.

Smells are also one way in which we bring the energy of nature into our bodies. A scent's action on the nervous system can make you feel more lively or more centered, more alert or more contented. A scent can open your mind and lift up your heart. For these uses, we seek out certain fragrances... in their natural state (a fresh flower, for example), as incense, or as essential, aromatic oils. Aromatic oils can be divided into two basic groups—floral and spicy—with somewhat different actions.

The sweet scent of flowers has a cooling effect that is especially useful for relieving hot conditions such as anger, irritability, fever, and itchy rashes or bug bites. Flower fragrances are also calming, reducing anxiety and nervousness, relieving insomnia, and promoting contentment and devotion.

Lavender is a well-known and beloved floral fragrance. The name comes from the Latin word meaning "to wash." At one time it was commonly used for men's toiletries. Lavender calms the agitated mind and is particularly useful with anxious children. A few drops of lavender oil on a cotton ball placed on a child's pillow at bedtime can ease her into sleep. (Do NOT give cotton balls to babies or toddlers, who might try to eat them.) Lavender can relieve stress, headaches, and insomnia for adults, too. I have also found lavender oil very useful applied to mosquito bites to stop the itching.\* Lavender is only semi-hardy in gardens here. Plant it in a sheltered, sunny place in light, well-drained soil, then gently stroke the grey-green needle-like leaves for the best aromather-

apy of all!

Rose oil awakens feelings of love, compassion and devotion, softening anger and hard-heartedness. Pure rose oil is expensive because it takes as many as 60,000 rose petals to produce one ounce of essential oil! It is classified as a "refrigerant," as it has a cooling effect on the mind and body. Rose water can be used to cool and cleanse the skin. Rose-flavored tea, such as Tulsi Tea's "Sweet Rose," is another lovely way to imbibe the scent of roses. And whenever you can, enjoy the transporting fragrance of fresh roses. To enjoy it even more, please buy fair-trade roses that provide a decent living for the growers. Some other useful floral oils are gardenia, jasmine, honeysuckle, iris, and lily.

Spicy oils, by contrast, are generally pungent and warm, clearing the lungs and sinuses and stimulating the mind and senses. They improve circulation and digestion and are particularly useful for heavy, moist ailments such as congestion, colds, and lethargy—conditions that do not benefit



**Who knew? It can take up to 60,000 rose petals to produce one ounce of essential oil!**

from sweet floral fragrances. Some of these are oils that we recognize as spices, such as cinnamon and cloves. The scent of cinnamon, for instance, is said to strengthen the will, while cloves awakens a sense of joy and liveliness, as well as clearing the air in a stuffy room.

Other pungent oils come from wood and tree resins. Camphor, for instance, is a natural compound found in the wood of the camphor laurel tree, as well as in the leaves of camphor basil and rosemary. Its aroma has a clarifying action, opening the mind and senses and strengthening the powers of perception. Frankincense and myrrh are gum resins—sap collected from trees that are native to parts of the Arabian peninsula and East Africa. In ancient times, they were among the most valuable exports of those lands, used for perfume, for worship and for burial. They have a bitterness that promotes purity and detachment. Sandalwood oil is pressed from the wood of that tree. Unlike many spices, it is sedative, rather than stimulating. It is one of the best-

known fragrances for incense and is highly regarded for its calming, centering effect on the mind. The wood, which keeps its aroma for a very long time, is often carved into prayer beads. Other useful penetrating aromas include eucalyptus, cedar, basil, and sage.

In terms of the three ayurvedic body types, Kapha responds well to sharp, pungent aromas; Pitta does best with sweet floral scents; and Vata benefits from fragrances that are earthy and warm but not too strong—sandalwood is one of the best; lavender is also very good for Vata.

**How to Use Essential Oils:** Essential oils are highly concentrated and should never be taken internally or placed undiluted directly on the skin. To use these oils for aromatherapy, simply place a drop or two in a small amount of neutral oil, such as sweet almond, grape-seed, or coconut, then rub a little of the scented oil on the inside of your arm to test for skin sensitivity. If it causes redness or irritation at the site, stop using the oil. If there is no problem, then you may place the oil where you can more easily smell it; the wrist is a good spot—never on or near the eyes, mouth, or other sensitive membranes. Or place a few drops in a bowl of steaming hot water and inhale the scented vapors. Or use a scent diffuser to perfume a room. Do be thoughtful of other people around you, who might not care to share your aromatherapy practice!

This short column is but the briefest introduction to the therapeutic use of aromas, but it may guide you to some useful experiments with fragrances. Using the notes here as a starting point, try for yourself the effects of various essential oils. Notice the effects on your mind, emotions, and general disposition and discover the scents that are most helpful for you! The auracacia.com website offers lots more information about many, many different oils and their uses. **CG**

*NOTE: It is not recommended to apply undiluted essential oils to the skin. Instead, add a few drops to a carrier, such as sweet almond oil.*

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# can we grow a healthy local food system?

by David Abazs, WFC Owner

**T**wenty-five years ago, on our fledgling farm in Finland Minnesota, the first crop we planted grew 4 inches and then died. Did we make a mistake thinking we could farm this thin soiled piece of bedrock? Was the fact that this Finnish homestead was abandoned after one generation a warning sign we should have heeded? After years of manure, composting, cover crops, crop rotation, pigs and pick-axing, we have managed to significantly increase our soil's fertility and our farming skills so that currently we deliver weekly vegetable-filled coolers to over fifty families through a Community Supported Agriculture (CSA) marketing system. We realized we can feed many of our neighbors, but the question arose: Can this region feed itself?

Two UMD folks, Stacey Stark of the Geographic Information Sciences Lab (GISL) at UMD and Dr. David

Syring of the Sociology and Anthropology department at UMD contacted me, and together we put together a research project to answer that exact question: Can the Western Lake Superior Region feed itself?

The Western Lake Superior region covers 18.4 million acres. Minnesota Counties included Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, Pine, and St. Louis; and Wisconsin Counties included Ashland, Bayfield, Burnett, Douglas, Iron, Sawyer, and Washburn.

For the research, we interviewed 26 farmers, mapped our region for farmable land, obtained the latest population numbers, identified diets and determined the land needed to grow food for those diets while looking at the economic potential in developing a local food system.

The result was that 1.69 million dry, flat, cleared, above average fertility acres were identified as available for farming in this region. With our population of 479,856 people



fifteen county study area

(2008 census) eating both the Standard American Diet (SAD) and the newly-created Western Lake Superior Healthy Diet (WLSHD), we determined that it would take 500,671 acres or (1.04 acres per person) to grow 83% (83% is the amount that could be grown in our region) of the SAD diet and 369,567 acres or (0.77 acres per person) to grow 100% of the WLSHD. Clearly, with 1.69 million acres available, the answer to our initial question is yes!

Examining the economics of eating

we are looking at increasing our job markets and economic strength here at home, building a local food system is a good place to start.

Efforts are already underway to feed this region with locally produced foods. We have seen an increase of small farmers selling directly to local consumers through CSAs, farmers markets and direct farm sales. New efforts in the City of Silver Bay include the development of Victus Farm, a fish, produce, and algae production greenhouse facility that will result in no "waste" and is powered by renewable energy, including wood, solar, and wind. An Institution & Farmers Food Hub has emerged to examine how area hospitals, schools, and

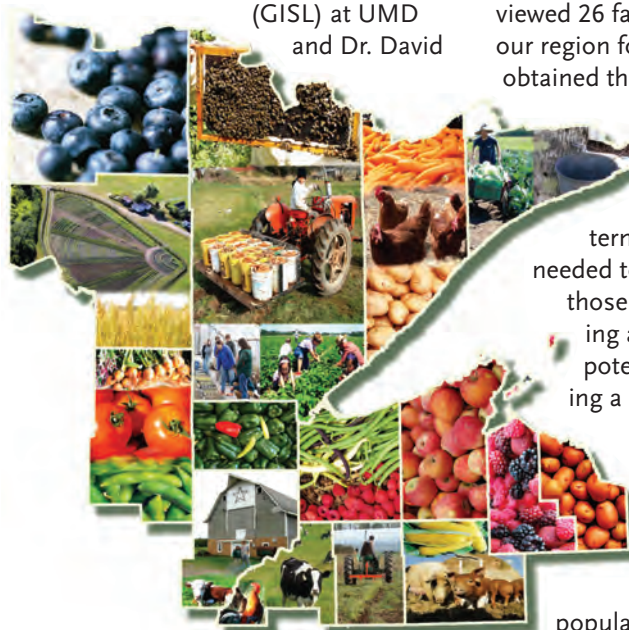
businesses can get more local food from local growers by "scaling up" production. The "Good Food Network" has been born to bring a diversity of individuals within local food groups together, to coordinate and build on each other's efforts. Organizations like the Sustainable Farmers Association and Farmers Union continue to support our farmers and fight for better social and economic conditions.

We can simply look at the

data that shows we can feed ourselves in the region or we can take that information and actually build a local food system, creating fresh food, jobs, and rural development. The best way to predict the future is to help create it. Let's create it together! **GG**



Round River farm, 25 years later: rich, loamy soil



## INTERESTED IN REGIONAL FOOD ISSUES?

Check out the information and opportunities at:

[www.duluthcommunityfarm.org](http://www.duluthcommunityfarm.org)  
[www.superiorfoodweb.org/LAFS/compact.pdf](http://www.superiorfoodweb.org/LAFS/compact.pdf)

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## board of directors



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Board Recruitment Committee

### Chris Edwardson

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Board President  
Finance and GM Eval Committees

### Mark Friederichs

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Board Treasurer  
Finance Committee

### David Helf

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Finance and GM Eval Committee

### Theresa Koenig

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Board Recruitment and GM Eval Committees

### Heather Murphy

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Board Recruitment and GM Eval Committees

### John Westlund

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Finance Committee



Sharon Murphy, General Manager

Whole Foods Co-op

610 E 4th Street

Duluth, MN 55805

728-0884/w • 728-0490/fax

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

Call 218 728-0884 to leave a call-back

request for a Board member.

Letters addressed to Board members

c/o Whole Foods Co-op, 610 E. 4th St.,

Duluth, MN 55805 will be forwarded

unopened to the Board/Board

member.



## ends statement

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



## 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.

## ownership matters

### your global reach/International Year of the Co-operative

David Helf, WFC Board Member

*“Co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility.”*

— **Ban Ki-moon, UN Secretary General**

The cup of strong black coffee sitting on my desk as I write is not just a warm beverage. It is the finished product of a long chain of actions and decisions that link cold Duluth with any number of people in warmer climes.

In this International Year of the Co-op, let's momentarily put aside thoughts of local food production, of our food security, and how few food miles a Carlton County potato has traveled before I slather it with butter. (Don't worry-we won't lose our focus on those things.) Instead, let's get back to that cup of coffee.

Let's say it's a cup of coffee provided to WFC by a local coffee roaster, Alakef, a member of Fair Trade USA since 2001. Fair Trade USA's vision statement begins:

*We seek to empower family farmers and workers around the world, while enriching the lives of those struggling in poverty. Rather than creating dependency on aid, we use a market-based approach that empowers farmers to get a fair price for their harvest, helps workers to create safe working conditions, provides a decent living wage and guarantees the right to organize.*

Nice. And did you notice that last part, “the right to organize...?”

One way of organizing small producers is—wait for it—to form co-ops. A group that Fair Trade USA highlights is the *Central Piurana de Cafetaleros* (CEPICAFE), a group of 90 small coffee co-ops formed 17 years ago in northwestern Peru. Before they became Fair Trade Certified, they had to sell their coffee beans to local buyers at very low prices. At those prices, many farm workers couldn't make a living locally and were forced to leave the region to find work. With the “living wage” prices for their coffee beans provided by Fair Trade, those workers can skip the migration and work in their home region.

From the [www.FairTradeUSA.org](http://www.FairTradeUSA.org) website:

*The cooperative aims to improve the quality of life of coffee-growing families and is an important contribution to the sustainable development of the region. It became Fair Trade certified in order to access international markets on a level where farmers would be paid fairly for their product. CEPICAFE prides itself in the direct level of participation and autonomy that its members hold in decisions involving the cooperative.*



David Helf,  
WFC Board Member

In northwestern Peru, small coffee growers are able to make decisions that directly affect their economic lives, much like we at WFC are able to do. It is clear that as consumers like us can make good choices. We can have an effect on the lives of people thousands of miles away. And we can join with

others- other owners of food co-ops, suppliers and producers of what we consume- to make a difference to people. In this International Year of the Co-op, let's celebrate our interdependence with the many people worldwide who share our co-operative values.

*Increasingly, we see demands for a change in the ways we live and work. Increasingly, we see the need for choices and values that are sustainable, responsible, and inclusive. In confronting these challenges, we can draw strength from the cooperative spirit.*

— **Asha-Rose Migiro, UN Deputy Secretary General**

Thanks for being a Whole Foods Co-op Owner. **CG**

## board report the power of cooperation

by Chris Edwardson, WFC Board of Directors

In a previous article, I wrote about the role of a co-op Board of Directors. Beyond the task of ensuring the long term viability of your business, the article discussed how the Board looked at the “big picture” through a process of study. Study is on-going and at our February 2012 retreat, we will decide what we want to study and accomplish (goal setting) in the next year. But if we are truly looking at the “big picture,” planning one year out isn't enough. Thus, we have decided to start a three year rolling “strategic” plan. (I will write more about this in future articles).

In January, a number of Board members attended a leadership training workshop in Minneapolis. What we learned will allow us to incorporate strategic process into our work plan (goals). It would be impossible to write in a short article about all that we learned, but I will highlight one of key themes, servant-leadership.

The term servant-leaders may not be familiar, but it generally describes your Board. The term comes from work by Robert Greenleaf in his essay, “The Servant as Leader.” Greenleaf's premise is that being servant first begins with the natu-

ral feeling that one wants to serve. We have the intent to serve. And if we are going to serve you, our Owners, well, we must learn to lead.

So how do we become effective servant-leaders? Fortunately, others have been working on this idea for a long time and we can learn from them. We start with the ten characteristics central to the development of servant-leaders that were described by Larry Spears, CEO of the Greenleaf Center for Servant Leadership.

The characteristics he identified are listening, empathy, healing, awareness, persuasion, conceptualization, foresight, stewardship, commitment to the growth of people, and

strengths of others.

One characteristic we will need at our upcoming retreat is conceptualization. Spears describes this as “Servant leaders seek to nurture their abilities to dream great dreams. The ability to look at a problem or an organization from a conceptualizing perspective means that one must think beyond day-to-day realities.” It is the role of the Board to be strongly visionary.

Along with conceptualization, we will need foresight to guide us. Greenleaf said that “prescience or foresight, is a better than average guess about what is going to happen in the future.” Without foresight we can only react and if we are only reacting we will probably run out of options. Spears said about foresight “it is a characteristic that enables the servant leader to understand the lessons from the past, the realities of the present, and the likely consequence of a decision for the future.”

Although I have just scratched the surface of our leadership training, I hope that this article has offered some insight into how the Board plans to lead your co-op into the future. Through this type of training and our study, we are building wisdom and knowledge to have the foresight to keep your business strong. **CG**



Chris Edwardson,  
WFC Board President.

### interested in how the board works?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time constraints at the Board meeting. Board meetings are on the 4th Monday of every month beginning at 5:30 PM subject to change due to holidays and co-op events.

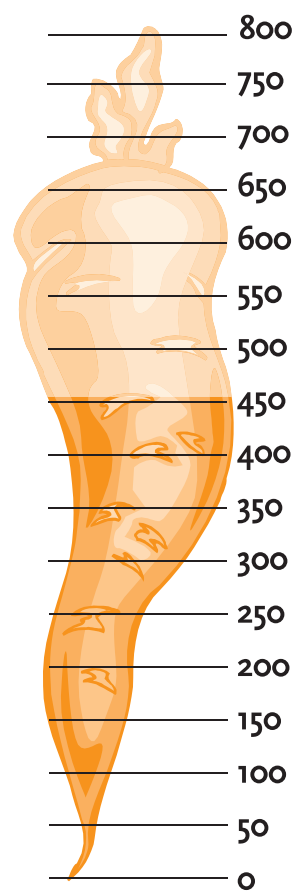
building community.

Thankfully, we don't have to have strength in all of the characteristics. Our Board believes each Board member is a leader and we can draw on the



# welcome, new WFC Owners!

Georgia A Clark	Nicole Wise	Doris K. Terrill	Kelly K Mullan	Karla D Stevens
Lise T Abazs	Nancy J Rectenwald	Debra Jean Rask	Justin S. Petite	Jennifer C Allen
Jennifer Dagenais-Brunder	Joel Youngblom	Marye T Mccarty	Denise M Hamsher	Caroline Clement
Katie J Schleicher	Kwok Mak	David C Gore	Nyssa J Krause	James L Gagne
Allen Cragin	Jane Brissett	Michelle M Robbie	Ian M Rosa	Linda G Hendrickson
Roberta J. Mistretta	Sherrie Klamm	Winnie L Laprairie	Deanna D Bartlam	Mona Lee
Theresa M. Heath	Jeanne Marie Tondryk	Stacy Vig	Heather M Jellum	Emily L Davis
Allysa Parrott	Joshua C. Kahihia	Joan Lee Knutsen	Dennis M Balmer	Charity Kaler
Justine Naalsund	James E Olson	John Finkle	Allyson Yoki	Jennifer Palo
Robert Missinne	Angie M. F. Johnson	Heather E Wright Wendel	Erin M. Lucas	Daniel M Filipiak
John Wodny	Jennnifer L Ketola	Paul Jeanetta	Laura Ribich	Christina M Eckstine
David H Alban	Richard L Paullin	Brian Maki	Thomas Gardner	Eric C Enberg, Jr
Christie C Higgins	Sharon Symons	Debra A Waites	Susan C. Bonneville	Clyde R Whitledge III
Jodi Ojala	Paul R Paulson	Troy Plaster	Cheryl Passe	Nicholas L. Dahlen
Meagan Campbell	Darryl W Anderson	Valerie Acquard	Andrew Grant	Pamela Radtke
Matthew J. Bovee	Nancy M Lee	Samantha Greensky	Kelle Klocke	Emily A. Norton
Kathleen Hagan	Ruth Merhar	Martin H. Sinclair	Abigail Shirley	Gerald R. Persons
Kimberly Kosmatka	Trina J. Waters	Kevin Doyle	Debra L Goldman	P Andy W Moore
Kathleen D. Turner	Tonya M Meinerding	Lisa Kane	Tracy Williams	Monique M Scott
Anthony Busch	Laurelei Gunsolus	Anthony Macioce	Mary Monson	William E Lavin Jr
Daniel L Eastman Sr.	Tiffany Sprague	Gerhardt Quast	Christopher Correia	Emily Zobel
Theresa Muecke	Henry Sluka	Christopher Ismil	Mary E Bue	Samantha Bisogno
Edward F Piasecki, Sr.	Dwight Tschetter	Kevin Seime	Lauren Kachinske	Susan M Wiste
Charles Steffen	Douglas E Johnson	Chad C Rindal	Alaine Tuft	Debra Cervenka
Josie Ozan	Christinia Ehlers	Barry J. Peterson	John R. Rainwater	Kathleen A. Adee
Marit Eales	Francis Pearson	Trish A Berger	Sarah J Bertagnoli	Rebecca S Deboer
Susan Lasch	Emily G Tonkin	Mischelle L Vietanen	Jennifer J. Bigler	Jason C Loll
Melissa Kuehl	Shirley Crowe	Gerald L Sellars	Lisa L Bodine	Diana C Zorn Wark
Gordon Macvey	Brianna Campe	Leah Schroeder	Sharon Ropes	Patricia A Simigran
Deborah Klejeski	Judy Horvat	Patricia Bastian	Patricia J Norling	Christine Austin
Kristi L Brown	Melissa M. Stewart	John W Moeller	Wendy A Haldorson	Barbara B. Bentz
Kimberly A. Johnson	Joan Mogensen	Travis D Stejskal	Alisha M Franckowiak	Magdalena Wallhoff
Khalea Zobel	Michelle J. Stites	Nicole E Birch	Lisa Marie Nordquist	Michael W Lesner
Elaine Wilde	Cloe E Tirebuck	Dianna L Bankey	Caitlin Marie Sloan	Eric Cyr
Per Swenson	Florencia Matamoros	June Gerard	Kristin A Duckart	Dennis Angell
Breann R White	Mary J. Thomas	Gary E. Foster	Mindy L Traylor	
Kathleen A Sewell	Barbara Bushey	Ryan M Matheson	Jera Van Damme	
Andrea E Doty	Shannon May	Carmen R Marti	Scott Halvorson	



## Progress

We are over halfway to our goal of 800 new WFC Owners by June 1, 2012. From July 31 of last year to January 31, 2012, we have added 452 new Owners to the ranks of almost 6,600 people who support the business of selling the best food in town. Thank you!

## ownership matters you own it!

### Mary Dragich, WFC Board Member

This is the International Year of Cooperatives. Cooperative businesses are owned and controlled by you, the Owners. In fact, ownership differentiates cooperatives from other businesses. Cooperatives make decisions that balance profit with the needs and interests of owners and their communities. In other words, this cooperative IS ALL ABOUT YOU!

You shop here. Whether you buy freshly churned peanut butter once a month, something for lunch once a week, or something in between, you like what we sell. Your purchases help build a strong, successful business that provides its employees with good wages and benefits, that contributes time and money toward strengthening the regional food system, and that participates in the community—values you share.

You participate. You attend special events, such as the Midsummer Food Festival, the Halloween party, the annual meeting, or the film screenings. At these events you have fun and you meet the people who are working to strengthen our local food system.

You are an Owner. Whether your membership number is 1 or 11,000, you've made an investment in this co-op. Owners who shop here get great benefits. You save money through monthly Owner Extras and receive discounts when you place special orders for cases of any item. In addition, you get coupons, discounts on classes, and quarterly owner appreciation discounts. In the last three years, Owners received

rebate checks representing the cash portion of your share of profits. You get the Garbanzo Gazette, which contains co-op news, recipes, class schedules, and more.

You vote in board elections and for bylaw changes, participate in policy discussions and surveys, and run for positions on the board. These are your big opportunities to make sure the co-op continues to meet the needs of its Owners. The Board approves the co-op's annual budget, monitors its finan-

cial condition, and approves or denies capital expenditures. The board also reviews and updates all co-op policies yearly. Board members study food system issues, community trends, and local, state and national issues to be prepared to make decisions about the co-op's future.

As a member of the Board, you will learn about the cooperative principles that guide the relationship between a cooperative and its owners with regard to economics, education, and represen-

tation. To ensure a well-rounded board, members with legal or financial knowledge or knowledge of environmental, food system, or sustainability issues are especially encouraged to run for board positions. All co-op owners in good standing with a minimum of 90 days consecutive membership are eligible for Board positions.

Serving on the board is ultimately all about you. It is your chance to help direct a business YOU own. **GG**

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## fresh perspectives it's easier than you think

**M**om says, "Eat your fruits and vegetables and you'll get big and strong." Researchers and health practitioners tell you that eating plenty of vegetables and fruits can help you ward off heart disease, help control blood pressure, and even help prevent some types of cancer. Magazines, TV and radio remind us daily that produce is essential for a healthy diet and even the USDA's latest dietary guidelines call for five to thirteen servings of fruits and veg-

### THIS MONTH'S TIDBIT

Like garlic? You'll love green garlic, also known as spring garlic. It has the look and texture of scallions, but all the taste of garlic. It is excellent in just about any dish that calls for bulb garlic and is even wonderful as a salad ingredient.



etables a day. Farmers' markets have grown by leaps and bounds in the last few years and can be found in nearly

every region of the country. Even organic produce sales grew at a whopping 38 percent in 2009.

So why do the latest statistics on fruit and vegetable consumption show that the average American eats a total of just three servings of fruits and vegetables a day? It could be that many folks feel preparing fruit or vegetables is too hard or time consuming or it could be that we think that five to thirteen servings of fruits and vegetables a day is a lot to consume.

Well, perhaps if we look at it differently it might make eating the produce we need a little easier. The recommended servings equals about 2 1/2 to 6 1/2 cups per day. For a person who needs 2,000 calories a day to maintain a healthy weight and diet, this breaks down to only nine servings, or 4 1/2 cups per day (2 cups of fruit and 2 1/2 cups of vegetables).

If you look at a cup measure you'll see that a cup is actually very small in quantity - eating your daily amount might not seem so daunting. Another way to look at it is to break it down into how many carrots or grapes you need

to eat to make a one-cup serving.

Here is one serving (one cup) of some favorite fruits and vegetables:

### Fruits

- One banana
- Six strawberries
- Two plums
- Fifteen grapes
- One apple
- One peach
- One-half cup of orange or other fruit juice

### Vegetables

- Five broccoli florets
- 10 baby carrots
- One Roma tomato
- 3/4 cup tomato juice
- 3/4 cup vegetable juice
- Half a baked sweet potato
- One ear of corn
- Four slices of onion
- One cup of lettuce

When you look at it this way, a banana and cup of OJ with your cereal, a handful of grapes for a morning snack, sliced tomato and onion, a leaf of let-

tuce on your bologna and cheese sandwich, 10 baby carrots for afternoon snack, then one ear of corn and a small green salad for dinner you will have eaten what you need for the day.

Or, if you make even a basic dinner salad with two cups of romaine lettuce, five or six slices of cucumber and three or four rings of red pepper, you've got your veggies covered for the day.

Heck, a vegetable omelet with 1/2 cup of sliced mushrooms, 1/2 cup of green pepper, 1/4 cup of chopped onions could make up almost half of your day's veggie needs. It doesn't seem so monumental this way does it?

Of course it would be great if we would eat more than the daily recommendation but if you are eating little or none, this is a good place to start. And once you get started you'll see that organic produce can be a pretty nice addition to just about any meal or snack routine. **GG**

References this issue: *What Is a Serving of Fruit or a Vegetable?*, by Shereen Jegtvig, [About.com](http://About.com) Guide; *The Nutrition Source*; *Vegetables and Fruits: Get Plenty Every Day*, [www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-full-story](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-full-story)  
©2011-12 Organic Options

garlic photo by Donovan Govan

## TIPS TO HELP MAKE EATING PRODUCE EASIER

- Sample what's fresh and in season. Produce is always at its best flavor and best price. For example, kiwis are really tasty right now as are springtime mangoes and tangerines.
- Keep fruit out where you can see it. Keep it out on the counter or in the front of the fridge and you'll be more likely to eat it.
- Have some already cut up. If your carrots are ready to eat, and your orange is already quartered, you will be more apt to choose them.
- Every meal, every day. Try filling half your plate with vegetables or fruit at each meal. It will seem odd at first but eating salads, stir fry, or fruit salad makes it easier to do every day.
- Get to know your produce manager. Ask her/him to help choose something new. It's easy to stick with the same old thing each time you shop but that is also what could be what's so uninspiring for lunch or dinner. It is said that variety is the key to a healthy diet so your produce manager can help you try some new fruits and vegetables each shopping visit.
- Make a cooking night for yourself. If you are making dinner anyway, cook up some extra sweet potatoes. They are wonderful cold or warmed for lunch. Make up a batch of coleslaw or lettuce and carrots ready to go in a Tupperware bin. If you are feeling adventurous make a pot of soup with lots of your favorite vegetables to get you through the week.
- Set a good example. If you do it, you'll soon see others following suit. The easier we make it, the more we will eat well.
- Keep the potatoes to a minimum. While it is easy to choose some spuds for a vegetable, you are better off making them the exception and choosing other vegetables that are packed with more nutrients as the rule.

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# The Lake Superior Good Food Network Food Charter

creating a healthy, green, fair and affordable local food system.

By Leah Nelson, Sarah Nelson, Randy Hanson and Jamie Harvie, Good Food Network Steering Committee Members

All across the US, citizens are coming together in grass roots ways to confront the problems of our failed industrial food system. This system, which produces and distributes food from distant places, results in a diverse set of problems such as rising rates of obesity, heart disease and diabetes, hunger, loss of soil fertility and air and water pollution and the loss of community economic vitality. As citizens and their communities increasingly understand, we need a new model for our

good healthy food, a healthy economy and a healthy environment into a community wide prevention agenda.

Using community input from the Superior Grown Summit, we have drafted a 'Good Food Charter', a vision for a regional food system to help channel the development of coordinated food policies and actions and guide our community's engagement and participation in conversations and action around a healthy, green, fair and affordable regional food system. Consistent with

other regions of our country and Canada, the charter is envisioned as a document that would be collectively endorsed by area citizens, organizations, businesses and government. But as this is intended to be your Charter, we

such we will advocate for the following principles and values:

*We recognize the influential role of Lake Superior and our bioregion on agriculture and our diet. Moreover, we understand that how our food is grown, processed, delivered, sold and consumed plays a critical role in the overall health, security, and prosperity of our communities and environment. We recognize that many systems, policies and individual choices affect the availability, affordability and quality of food. Moreover, we recognize that the development of a vibrant, dynamic local food system is an integral foundation to ensure the health and prosperity of our region. As such we will advocate for the following principles and values:*

## Community Health and Social Justice

- Ensure access for all to nutritious, affordable, culturally appropriate food
- Make nutritious foods the default choice with a priority for schools.
- Facilitate access to nutritious, affordable, and safe food for all through income, education, employment, housing and transportation policies
- Recognize the importance of healthcare and community institutions in modeling and promoting a healthy food system

- Encourage the development of communitywide food security through gardens, yard gardens, urban fowl, and other initiatives.
- Support safe, livable wage jobs from farm to fork.

To read, download and provide full input on the Charter no later than March 15th, or to learn

more about the Good Food Network, visit [www.goodfoodnetwork.org](http://www.goodfoodnetwork.org). Let us know if your organization wants to get involved. Send an email to: [info@goodfoodnetwork.org](mailto:info@goodfoodnetwork.org). GG



Dr. Nancy Sudak, Lake Superior Community Health Center; Arlene Coco, local chef; unidentified GFN participant; Mark Branovan, St. Luke's Hospital; and Shaye Morris, Second Harvest Food Bank

food system. But getting there is tricky.

It's clear that governments aren't able to address these complex problems alone, and the market in itself cannot. Our food system is a complex set of connections from farm to fork. A change requires a whole network of people and organizations that recognize and are engaged in the intimate connections between food, people, communities, and the planet, working together to support strong, healthy, resilient communities.

To this end, in the fall of 2011, the Good Food Network was launched at a reception at the Greysolon Ballroom. The Good Food Network is a collaborative network of organizations, agencies and businesses representing physicians, nurses, farmers, gardeners, anti-hunger advocates, consumers, nutritionists, policy makers, healthcare representatives, educators and students working to support policy and systems change.

These efforts are diverse. For example, as a regional medical hub, it is about strengthening the integration of

need your input as citizen, or organization.

To provide a sense we have excerpted the Charter preamble and a section on Community Health and Food Justice:

*We recognize the influential role of Lake Superior and our bioregion on agriculture and our diet. Moreover, we understand that how our food is grown, processed, delivered, sold and consumed plays a critical role in the overall health, security, and prosperity of our communities and environment. We recognize that many systems, policies and individual choices affect the availability, affordability and quality of food. Moreover, we recognize that the development of a vibrant, dynamic local food system is an integral foundation to ensure the health and prosperity of our region. As*



David Syring, UMD, and Francois Medion, Duluth Grill Urban Farm and Duluth Community Garden Program

## news bites

### WHEELCHAIR AVAILABLE

WFC now has a wheelchair for customer use while shopping at the Co-op. To access the wheelchair, please ask a Customer Service Clerk for assistance.

### AMERICAN EXPRESS

WFC now accepts American Express cards.

### 2012 INTERNATIONAL YEAR OF COOPERATIVES

The theme of the International Year of Cooperatives, as declared by United Nations General Assembly Resolution 64/136, is "Cooperative Enterprises Build a Better World." To learn more, visit [www.ncba.coop](http://www.ncba.coop)

### THE REAL STORY ON THE AFFORDABILITY OF ORGANIC FOOD

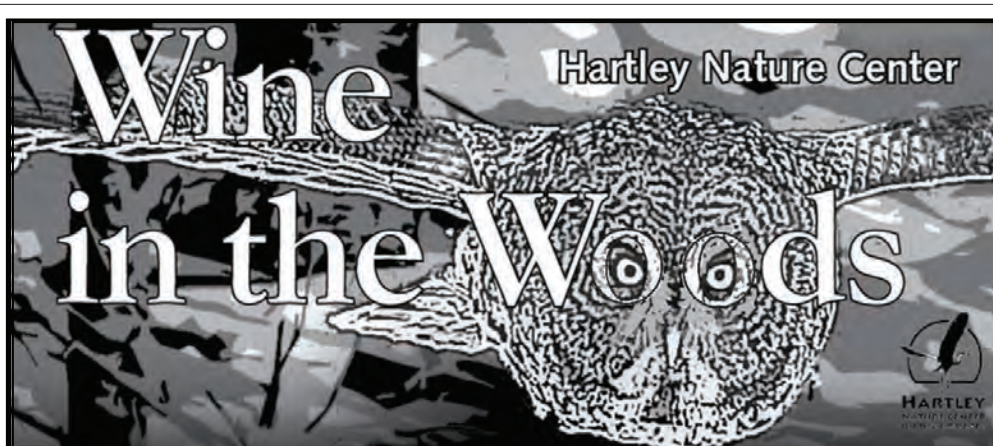
Check out the article from Beyond Pesticides Newsletter (Fall 2011) at [www.beyondpesticides.org/organic-food/purchasing/index.htm](http://www.beyondpesticides.org/organic-food/purchasing/index.htm)

### STRETCH YOUR FOOD CONTRIBUTION CASH

The annual Minnesota FoodShare Campaign provides an unequalled opportunity for people to stretch cash and food contributions to food shelves in the state because every food and cash donation receives matching incentive funds from both the FoodShare Campaign and the Feinstein Foundation. The campaign begins March 1 and runs for the entire month, so March is the best time of the year to help stock the CHUM Food Shelf. Items most needed at this time: canned fruit, peanut butter, tuna, soups and ramen noodles. For more information, call 727-2391.

### THE BEANS HAVE ARRIVED

WFC's youngest customers can now shop inside a "Bean" from the McCue Corporation. Kid-size, colorful and NOT self-propelled, the Beans are good for all of us!



## Wine Tasting & Fundraiser

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- **So Delicious**  
Strawberry Coconut Kefir (Non-dairy)  
G.T.'s \*  
Raspberry Chia Kombucha
- **Silk**  
Chocolate Almond Milk
- **Kevita\***  
Pomegranate Coconut Probiotic Juice

## FROZEN

- **Udi's**  
Millet Chia Gluten-Free Bread
- **Amy's\***  
Light and Lean Bean & Cheese  
Burrito

## GROCERY

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Cappucino  
Latte
- **Spry**—all made with xylitol—sugar-

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Spearmint Gum  
Citrus Gum  
Cinnamon Gum  
Peppermint Candy  
Spearmint Candy  
Citrus Candy
- **Larabars**  
Coconut Cream  
Chocolate Cherry Torte
- **Native Forest\***  
Canned Portobello Mushrooms
- **R.W. Knudsen**  
32oz Just Blueberry Juice
- **Food Should Taste Good**  
Blue Corn Dipping Chips  
Yellow Corn Dipping Chips  
Sweet Potato Tortilla Chips
- **Virgil's**  
Diet Cream Soda
- **Justin's Nut Butter**  
Maple Almond Butter  
Chocolate Hazelnut Butter
- **Arrowhead Mills**  
Gluten Free Steel Cut Oats
- **Bob's Red Mill**  
Graham Flour  
13 Bean Soup Mix  
Vegi Soup Mix
- **Clif**  
Cookies & Cream Builder Bars  
Chocolate Chip Builder Bars  
Chocolate Almond Coconut Mojo  
Bars
- **Pacific 7 Grain Beverage**

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Superior Reds  
Superior Oranges  
Superior Purples
- **Boiron**  
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Amazing Grass  
Raw Reserve\*  
Energy Superfood\*
- **Badger**  
Cocoa Butter Lip Balms\*
- **Burt's Bees**  
Men's Body Wash
- **Giovanni**

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- **Aura Cacia**  
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Kid's Cavity Zapper Grape  
Kid's Cavity Zapper Berry
- **Desert Essence**  
100% Australian Tea Tree Oil
- **Alaffia**  
EveryDay Shea Foaming Hand  
Soaps\*\*

## MEAT

- **Dave Rogotske**  
Wild Caught King Salmon Portions

\* *Organic*

\*\* *Fair Trade*

## SEEDS ARE HERE!

We are pleased to announce that seeds are here. The selection of seeds has increased, so please take a look. To help your garden along, we also have seed starting accessories: bulk peat pellets and Earth Plugs for germinating seeds. We have New Seed starter kits in two sizes; 36 insert or 72 insert, which are recyclable, biodegradable, and use recycled plastic for the dome. These are great for windows!

Keep an eye out for seed saving books and more garden supplies that will be arriving throughout the spring.

# grocery gab new milk supplier!

Lisa Anderson, Merchandising Manager

Whole Foods Co-op has been supporting local farmers and producers since long before 'local' was cool. As we continue to grow, we also strive to increase our local purchases. WFC defined local for the store as products coming from within a 300 mile radius, but of course the less miles traveled the better, right?

After a long and successful partnership with Valley View Farms, we have decided to change our milk supplier in support of The Superior Compact, a

local foods movement aimed at increasing food production and consumption within the Western Lake Superior Region. Franklin Foods, located on West Superior St., produces fluid milk products under both the Arrowhead and Kemps label. They are owned by Associated Milk Producers, Inc. and Dairy Farmers of America, two marketing co-ops, and receive their milk from more than 60 local dairy operations with only a couple of farms milking over 100 cows. All dairy pro-

duced in their plant is farmer certified BST-free.

By switching to Franklin Foods/Arrowhead Milk, WFC is supporting local producers. We are supporting a local business that employs about 65 of our neighbors. Keeping grocery dollars in our community and region benefits everyone.

In preparation for this transition, we did a blind taste test between Valley View and Arrowhead on the sales floor for both skim and 2% milk. There was no

preference for Valley View, and the results showed that both brands were equally satisfying to those that took the test. Since milk is such an important staple for many households, we wanted to make sure that this was the right decision. While the Arrowhead brand can be found on many store shelves in our area, we believe that this is an important move in support of local purchasing.

Please let us know what you think. And thank you for supporting WFC and other local businesses! **GG**

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## gourmet to go

by Alyssa Elliott, Deli Counter Manager



Alyssa Elliott

Living a gluten-free life can be challenging. Sure, the co-op helps by stocking a plethora of products that are gluten-free. We even make finding gluten-free items easy by placing orange G/F tags on them. Disappointingly though, sometimes a product's gluten-free counterpart cannot measure up. For example, cupcakes might not be as moist or pie crusts not as flaky as those laden with gluten. However, we have good news! The deli's newest supplier, Down in the Valley Bakehouse, has solved the gluten-free baking dilemma.

Now available in the deli's gluten-free baked goods case and in the grab and go cooler, Down in the Valley products are so delicious I am still having

a hard time believing there is no gluten in them. Not too long ago staff here at Whole Foods Co-op were lucky enough to get the chance to sample a wide variety of Down in the Valley products. I tried a bite of this, a taste of that and proclaimed the cakes moist and the pie amazing. Then, when someone told me they were all gluten-free I had to check the ingredients label; I could not believe bakery items without gluten could taste that good. Yet, gluten-free they are. Whatever the folks at Down in the Valley Bakehouse are doing, they are doing it supremely well.

An off site bakery for Valley Natural Foods Co-op, Down in the Valley Bakehouse is a completely gluten-free facility. Valley Natural Foods Co-op had been making gluten-free baked goods in their deli but felt the best way to fully ensure no contamination occurred was to produce in a separate building. Located in Eagan, Minnesota the bakery boasts a convection-style oven capable of baking two hundred to three hundred cookies at a time. But cookies are not the only items produced there. Muffins, cakes, baguettes,



cupcakes, hotdog and hamburger buns, pies, and more are all made gluten-free by Down in the Valley. Some items are even dairy-free, such as their delectable giant fudge brownie.

Your Fog City Deli carries most of the products available from Down in the Valley. They are delivered frozen every other Tuesday. We keep a back stock of the baked goods in our freezer so if we are ever out of something make sure to ask because chances are good we can run and grab it. Special orders can also be placed and know that Down in the Valley also makes pie shells, pizza crusts and pie tarts. While we currently do not stock those items, we would be happy to place a special order for them so just ask any Whole Foods Co-op staff member. We are happy to help! I hope our selection of products from Down in the Valley makes living gluten-free a little easier and a lot tastier for everyone. GG



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## notes from the front

by Briana Brewington,  
Front End Manager



### magic beans

We recently received three new child-friendly carts, referred to as "Beans". You and your kiddo can find them in the entry vestibule with the other grocery carts. We still have one infant carrier cart, but the others were dismantled due to low demand.



We realize the space constraints in the co-op can be challenging for both, customers and staff, particularly when it's busy, so we opted for the more space efficient models that feature the car cab located under the shallow shopping basket of the cart. The cart also contains two shelves located in back for more groceries.



### cart etiquette

With the addition of the Beans, I'm taking this opportunity to promote safe and sanitary etiquette with the other carts. Namely, children should only ride in the designated seat of the large carts while fastened in with the provided belts. Because grocery carts can be unstable when used improperly and because we have seen too many children accidentally tip them (sometimes resulting in injury), we will approach parents if children are seen using the carts in any other manner, such as riding in the large basket, holding on to the side of the cart while standing on the rack below, or any other conduct that is determined to be unsafe or unsanitary (dirt, etc., from shoes gets on cart surfaces that carry your organic food).

The new Beans are actually "magical" in a sense that having the child sit in it reduces their interest in other accident-prone behaviors and reports are that some children (gasp) even fall asleep in them. Let the magic begin!





# WFC-U spring class listings

March, 2012 – June, 2012

## March

### Naturally Leavened Artisan Bread Baking at Home

Kathleen Busche

Saturday, March 10th  
9:30 am – 12:00 pm

The benefits of baking naturally leavened bread include: Drop dead gorgeous loaves of bread that are not only easier to digest, but are also better tasting and last longer than bread made with commercial yeasts. Learn how to: grow, feed and maintain wild yeast (sometimes referred to as sour dough); the basics of working with natural leavened bread dough; and how to bake beautiful bakery quality loaves of Artisan bread in your home oven.

*This will be hands on class. All class participants should bring an apron and a clean glass pint jar if they wish to take home starter.*

### Homemade Tofu

Pak Williams

Wednesday, March 14th  
6:00 pm – 8:00 pm

Tofu. Some people cringe at the word, others know its true value... around \$3.15 at your local co-op. In this class, Pak will show you the art of making this 2000-year-old tradition right in your home. Use this knowledge to make your favorite tofu appetizers, sandwiches, and entrées. This will be a skill worth bragging about.

### Grateful Brunch

Adam Wisocki

Saturday, March 17th  
9:00 am - 11:00 am

It is Saturday morning, your stomach is louder than the alarm clock, and you need food. Jot on down to the WFC for a satisfying breakfast. Adam will teach you how to make gluten-free waffles, awesome hash, cheesy egg delight, and more. This will prepare you for a well deserved nap and a full belly to enjoy the rest of St. Patrick's Day, however you choose to celebrate.

### Becoming a Wonder Woman

Anthony Macioce

Tuesday, March 20th  
6:00 pm - 7:30 pm  
All proceeds from this class will benefit Community Wellness Day.

If you ever wanted to be a superhero, or if you already are one and want to enhance your superhero powers, this is the class for you. Dr. Anthony Macioce will show you powerful ways to defeat women's health issues. You will learn how to unlock the special powers you have always possessed. Bring your friends and make this a "ladies night" to remember!

### The Jamaican Way

Tony Curtis

Wednesday, March 28th  
6:00 pm – 8:00 pm

It's time to get an in-depth cooking experience with Jamaica's own Tony Curtis. Tony will be bringing some of his favorite Caribbean dishes to prepare and serve to you. This class will help you learn some basic secrets of Caribbean cooking. Come prepared to eat and learn the techniques that make Caribbean cooking unique.

## April

### Raising Urban Chickens

Theresa Koenig & Jason Amundsen

Tuesday, April 3rd  
6:00 pm - 8:00 pm

Can you really get eggs year-round from a backyard flock in Duluth? Yes. And this class covers everything you'll need to know to start your own flock. From starting with chicks, to maintaining healthy, productive adult hens, to learning about the best breeds for urban flocks and what to feed them, you will see examples of some of the chicken coops in our area and find out works and what doesn't.

### Indian Cuisine

Koresh Lakhan

Thursday, April 12th  
6:00 pm – 8:00 pm

Former restaurateur Koresh Lakhan will guide students through some of his favorite, easy-to-make Indian dishes. This class sells out every time it is offered, so early registration is encouraged.

### Reclaiming Your Kitchen

Shannon Szymkowiak

Saturday, April 14th  
10:00 am - 3:00 pm  
This 5-hour workshop is \$45. WFC Owners pay \$40

How do I stop being a short-order cook? How do I cook from scratch when I have no time? How do I deal with my picky eater? These issues and much more will be covered in this workshop. Although there is required pre-class homework, you will be thrilled with the results. You will leave class with a one-week menu plan of foods your family will eat (and skills to create more), a custom shopping list, recipes, some basic knife skills and some new kitchen skills you can implement immediately to increase your confidence and begin to enjoy your time in the kitchen.

*Due to the one-on-one nature of this class, class size is limited to 8.*

### Ayurveda Diet: 6 Tastes

Bonnie Ambrosi

Tuesday, April 17th  
6:00 pm - 8:00 pm

In the ancient Indian science of health called Ayurveda, "taste" is a system for describing which of the five elements--earth, water, fire, air, and ether--are present in a food. Understanding the six tastes can guide you in choosing foods that support your health, and bring a new level of awareness and appreciation to your meals. Join us for a fun class on how to eat the Ayurvedic way, with delicious examples of all six tastes!

### Turkish Home Cooking Revisited

Byron Johnson

Thursday, April 26th  
6:00 pm – 8:00 pm

*Due to the long waiting list and great enthusiasm about this class, Byron is doing an encore.*

Home cooks in Turkey utilize simple yet good quality ingredients to create wonderfully flavorful dishes. Embedded in each dish is a cultural story waiting to be told. In this class, Byron will demonstrate dishes such as Leeks and Carrots cooked in Olive Oil, Piyaz (a bean salad), Yogurt Soup, Cappadocian Manti (a savory pastry), and Stuffed Vegetables. While these dishes are prepared he will share pictures and sounds from a year spent in Turkey to illustrate the stories these dishes have to tell about the Turkish people and their relationship to good, simple, honest food.

## May

### From Seed to Sauce

Jamie Zak & Candice Richards

Wednesday, May 2nd  
6:00 pm - 8:00 pm

Learn from avid gardeners and food preservers as you plan for the joy, flavor, and nutritional benefits of eating local foods in season. We will use a simple, original tool that charts your family's annual food needs, and works out your specific plan from seed to sauce. The outcome will be a realistic and attainable 'game-plan' for the upcoming growing season. There will also be a demonstration/consultation on the preservation methods of: water bath canning, pressure canning, and freezing.

### French Cuisine

Robert Giuliani

Tuesday May 8th  
6:00 pm - 8:00 pm

Some know the French by their hats, others by their fries. Robert Giuliani knows French like the back of a crepe. The purpose of this class is right in its name: French Cuisine. Robert will be teaching you how to make French sauces, coq au vin, crepes, and other simple French dishes.

### "There's an 'App' for that" – Contemporary Vegetarian Appetizers

Jill Holmen

Tuesday May 15th  
6:00 pm - 8:00 pm

Freshen up your brunch, picnic, or dinner party with some unique and picturesque vegetarian appetizers, sure to please Veggie- and Meat-loving friends alike. A step up from nachos and dip, this class focuses on individually portioned small bites that are both healthful and versatile. Like the quintessential black dress that can be fancied up or dressed down, you'll learn how to create and adapt appetizers to suit any occasion, from gourmet to grassroots. We'll create Beet & Goat Cheese Napoleon, Tofu Satay with Sunny Sauce, and Vermicelli Pasta Baskets with a few other surprises.

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## Yoga

**Suzanne Erdmann**  
**Saturday, May 19th**  
**10:00 am - 11:30 am**

For thousands of years, yoga has been practiced as a way of life, bringing clarity to everyday interactions. This class is a series of poses linked with breathing to create fluid body/mind movement. You will leave class relaxed, calm, energized, and more aware of yourself. You'll learn a yoga routine you can take home and practice every day.

## Diabetes: Prevention & Living with it

**Dr. Shannon May**  
**Tuesday, May 30th**  
**6:00 pm - 8:00 pm**

Increase your knowledge about an epidemic that is plaguing America: diabetes. Dr. May will discuss a low glycemic diet, foods within the co-op that are low on the glycemic index, and the preparation of simple and delicious foods. Dr. May will also explain physiology of sugar in our system, lab values, pre-diabetes, insulin resistance, and life style management.

## June

### Hemp, Hemp, Hooray!

**Karen Pringle**  
**Tuesday, June 2nd**  
**6:00 pm - 8:00 pm**

Come enjoy a celebration of Hemp History Week with a beautiful salad complete with hemp seeds and hemp oil dressing, finished with delicious hemp cream! We'll discover the many uses of hemp - paper production, textiles, building materials, food, medicine, paint, detergent, and much more. Unlike other crops, hemp can grow in most climates with minimal inputs.

## BBQ: 101

**Debbie Manhart & Adam Wisocki**  
**Saturday, June 9th**  
**11:00 am - 2:00 pm**

The snow - what we got of it - has melted. The snowbirds are back for the summer, and it is time to fire up the grill. Don't miss the epic conclusion to our spring classes as Debbie and Adam show you basic skills and ideas for your 'Back Yard BBQ'. Don't think this class

is only for carnivores. We will also be grilling meat-free recipes as well!

## your instructors:

### Bonnie Ambrosi

Bonnie Williams Ambrosi is a certified Ayurvedic Health Educator. She teaches classes through the Co-op, Community Ed, her home, and elsewhere. For more information about Bonnie, visit her website at [www.grihastashramiyoga.com](http://www.grihastashramiyoga.com)

### Jason Amundsen

Jason became interested in chickens when the Duluth City Council allowed raising chickens within the city limits of Duluth. He has given classes on the subject of raising urban chickens and has been honing in his skills for the past 2½ years. His main goal is to give the backyard poultry novice the essential skills they need to successfully keep hens at home.

### Kathleen Busche

Kathleen Busche is obsessed with baking artisan bread in her home oven. She has been baking bread since her childhood, but it wasn't until she grew her first wild yeast and started baking naturally leavened bread that she began to understand what good bread is all about. A member of the Bread Bakers Guild of America, she bakes bread regularly for her friends and family, and has recently added croissants to her repertoire.

### Tony Curtis

Tony has been cooking formally and informally for the past 34 years. He has assisted with classes at Vermilion Community College and Mesabi Range Community and Technical College. Tony credits his skills to his mother who was a private cook for households in Jamaica.

### Suzanne Erdmann

Suzanne Erdmann began practicing yoga while a Recreation-Outdoor Education student at UMD and at Camp Voyageur near Ely. Following graduation she earned the 200-Hr RYT Yoga Alliance certification at CorePower Yoga in the Twin Cities. This winter she helped open Duluth's new Evolve Studio inside historic Old City Hall.

### Robert Giuliani

Cooking has always been a big part of Robert's family life. Robert attended the AI in Minneapolis and the Culinary Institute of America

in California. Robert has taught in the Twin Cities, Duluth, and for private parties. Robert's knowledge of Italian, Mexican, French, and Asian cuisine gives him a background that brings him many new experiences. He is currently working on a cook book, recipe development, and creating packaged food that is healthy for athletes. Such education and experience in the culinary field has not let him forget his roots. He still believes that his greatest instructor was his mother.

### Byron Johnson

Byron is an anthropologist and self-taught cook. He and his family spent a year living in Turkey where he learned how to cook from Turkish home cooks since Byron believes a good way to understand a culture is through the food. As a naturalist, Byron has taught at environmental learning centers and National Parks for seven years; as well as being an adjunct anthropology and geography instructor in Southern Minnesota. To Byron, every dish is an historical and cultural exploration.

### Jill Holmen

Jill is a good eater. She loves discovering new flavor combinations and making vegetarianism both accessible and appealing to even the pickiest of eaters. The daughter of a Home-Ec teacher, Jill began experimenting in the kitchen at an early age and grew up to be a foodie and vegetarian for nearly 18 years, (though she admits to an occasional fish indulgence). She was hired as a cook at WFC in 2000, and has been at the co-op in various capacities ever since. As one of your Promotions & Education Coordinators, Jill is thrilled to share her love of food and Organics with the broader community.

### Theresa Koenig

Theresa has raised chickens for both eggs and meat in Rice Lake Township for over 12 years and has recently added some ducks to her flock. Though Theresa grew up in a family that kept a backyard flock, she readily admits she made many mistakes early on with her own flocks. She is eager to share with beginners what she has learned over the years, and she continues to learn new tips about raising urban chickens from the many folks who have recently started flocks in Duluth.

### Koresh Lakhan

One of the original co-owners of the India Palace Restaurant in Duluth, Koresh learned at an early age how to blend spices, select ground provisions, fish, meats, etc., from his extended family with his mother and grandmother at the helm. In Duluth, he has been involved in cooking various fundraisers, Indian weddings and other festivals.

### Dr. Anthony Macioce

Dr. Macioce has been a chiropractor in Duluth since 2002. From 2008 - 2010, he served as a Senior Consultant for the Foundation for Wellness Education, a non-profit group of volunteer doctors dedicated to changing the health of America, one community at a time. He has co-created educational workshops that are used nationwide. He is also the proud coordinator of "The Northland's Annual Community Wellness Day" which is part of a nationwide initiative to empower community's residents to take control of their health.

### Debbie Manhart

Over 20 years ago, Debbie started her career in the food service industry by completing a three-year chef's apprenticeship. She enjoys sharing her gourmet food secrets, revealing how to make delicious dishes in a short amount of time, and how to do so without feeling frazzled! Currently the WFC Deli Manager, Debbie brings a broad level of expertise to our table.

### Dr. Shannon May

Dr. May served for 2½ years with the U.S. Peace Corps in Africa where she worked with sustainable organic agriculture and educated families about

disease prevention. Dr. May earned her Naturopathic Doctor degree and Master's of Acupuncture at the National College of Natural Medicine in Portland, Oregon. She also received in-depth training in adjunctive cancer care, chronic disease, women's health, pediatrics, and much more. She has been practicing in this field since 2007.

### Karen Pringle

As a Shaman, Karen has spent most of her life observing and learning about healing through natural ways. Originally from Santa Cruz, California and now living in Cloquet, she began her training in raw foods in 1986. She also has training in herbal medicine, Ayurvedics and conscious touch. She works full time in massage, energy, and wellness consultations and making foods for healing.

### Candice Richards

Candice Richards began cooking and canning food with her grandmother in the middle of the last century and has shared her obsession with good food throughout her life. She recently completed the Master Food Preserver program through the University of Wisconsin Extension.

### Shannon Szymkowiak

With the discovery of asparagus growing next to the house at the age of eight, Shannon realized that there was more to food than pork chops and mashed potatoes with gravy. Besides being the co-op's Promotions & Education Manager, she is a gardener, a novice beekeeper, and a proud member of Slow Food. She gets jazzed when she can turn someone on to a new food or cooking technique, especially if it makes their life a little easier.

### Kamolpak Williams

With Pak's many jokes and stories of her childhood in Thailand, her classes give true meaning to the term cultural cooking. Pak will share with you how to make your own home made tofu.

### Adam Wisocki

Adam grew up in Duluth working the majority of his life at the Pickwick restaurant. He learned many tricks and tips from his father Steven and his brother Chris to whom he credits most of his cooking knowledge. Adam spent two semesters studying in Poland and Hungary and three and a half weeks in Bosnia-Herzegovina. His travels opened his mind to many different types of food that satisfied his palate enough to bring some of this Eastern European knowledge back home.

### Jamie Zak

Jamie's interest in sustainable farming practices, local food system issues, and environmental ethics has empowered her to teach others the importance of preserving food and plan for annual food needs. Jamie has a B.A. in elementary education, M.S. in science, and Master Food Preserver Certification Training. She has been teaching on these subjects for the past eight years, and has been canning for four.

## questions?

**Contact Adam Wisocki or  
Shannon Szymkowiak at  
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[pe@wholefoods.coop](mailto:pe@wholefoods.coop)**

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# recipies

## Editor's Note:

The Garbanzo Gazette Annual Recipe Issue (winter 2011/12) featured several kale recipes from the Duluth Community Garden Program. Unfortunately, there was not room for all of the delicious recipes. Although this year's vegetable is beets, we will leave you with just a few more recipes from the 2011 Vegetable of the Year. Enjoy!

## Kale and Cheese Squares

Submitted by Lyn Clark Pegg

- 4 oz. butter
- 3 eggs
- 1 cup flour
- 1 cup milk
- 1 tsp. salt
- 1 tsp. baking powder
- 1 pound Monterey Jack cheese, grated
- 4 cups chopped, fresh kale

Melt butter in a 9x13 inch pan. Beat eggs. Add flour, milk, salt, and baking powder. Add cheese and kale, mixing well. Spread into pan and bake at 350 degrees F. for 35 minutes. Cool 30 minutes before serving. Cut into squares. These freeze well in plastic bags.

## Dairy Free Kale Smoothies

Courtesy of Jahn Hibbs, community gardener, 2011.

Healthy snack. Makes one serving.

Prep time: 5 minutes

To make a single, 8-oz. smoothie:

- ¼ cup (2 oz.) mixed berries
- ¼ cup mashed banana
- ½ cup kale, washed, chopped & blanched\*
- ¼ cup soy milk
- a few ice cubes (optional)
- 1 Tbsp. apple juice concentrate for sweetness

Combine all ingredients in a blender and puree to desired smoothness. Add additional soy milk if needed to reach desired consistency.

## Veggie Loaf with Kale

From Moosewood Restaurant Cooks at Home, contributed by Cornelia Dacey of the Lafayette Garden

- ½ cup cooked brown rice
- ½ cup cooked lentils
- 2 cups low fat cheddar cheese
- 1 cup wheat germ or oatmeal
- 1 cup sunflower seeds
- 1 onion, chopped fine
- ½ cup green pepper, chopped fine
- 2 cups kale, chopped fine
- ½ cup shredded carrot
- 4 eggs, beaten
- 2 Tbsp. soy sauce
- 1 Tbsp. dry mustard
- ½ tsp. thyme
- ½ tsp. marjoram
- ½ tsp. sage
- Catsup

Combine all ingredients and form into log. Line baking pan with parchment paper, place veggie loaf on parchment lined pan. Bake in 350F. oven for 40 minutes. Top veggie loaf with catsup then return to oven and bake for an additional 15 minutes or until lightly browned. Serves 10.

*Hint: Chop large amount of kale in food processor. Store in tightly sealed plastic bag. Kale is then instantly ready for a veggie loaf, smoothie, salad, or to put in scrambled eggs.*

## African Pineapple Peanut Stew

Submitted by Jen Stenson and Melissa Boyle

Yield: 4 servings

West African-inspired, this is a rich and very fresh-tasting stew, eclectic and surprising in its combination of ingredi-

ents. If you have a few extra leaves of kale, put them in; this stew can absorb lots of greens. Serve on rice, millet, or couscous, topped with crushed peanuts and chopped scallions.

- 1 cup chopped onions
- 2 garlic cloves, minced or pressed
- 1 Tbsp. vegetable oil
- 1 bunch kale or Swiss chard (4 cups sliced)
- 2 cups undrained canned crushed pineapple (20-oz. can)

*"Duluth, Minnesota recently had a city-wide campaign, One Vegetable–One Community, encouraging every household to start a garden and to grow kale.*

*Like Duluth, we encourage all gardeners here to dedicate some room to Kale..."*

— Food For Thought Newsletter,  
Marquette, Michigan



Thank you, Kale. Hello, Beets:  
2012 Vegetable of the Year.



- ½ cup peanut butter
- 1 Tbsp. Tabasco or other hot pepper sauce
- ¼ cup chopped fresh cilantro
- salt to taste
- 2 cups uncooked brown rice (long or short grain)
- 1 Tbsp. butter, margarine, or olive oil
- 2 cups onion, minced
- 2 pounds spinach, fresh, stemmed, and finely chopped
- 1 tsp. salt
- 4–5 medium cloves garlic, minced
- ¼ tsp. nutmeg
- ¼ tsp. cayenne
- black pepper, to taste
- 1–2 tsp. prepared mustard (optional)
- ½ cup sunflower seeds
- 2 eggs, beaten (optional)
- 1 cup milk, lowfat (optional)
- 1½ cups cheddar, grated, packed paprika

In a covered saucepan, sauté the onions and garlic in the oil for about 10 minutes, stirring frequently, until the onions are lightly browned. While the onions sauté, wash the kale or Swiss chard. Remove and discard the large stems and any blemished leaves. Stack the leaves on a cutting surface and slice crosswise into one-inch-thick slices.

Add the pineapple and its juice to the onions and bring to a simmer. Stir in the kale or chard, cover, and simmer for about 5 minutes, stirring a couple of times, until just tender. Mix in the peanut butter, Tabasco, and cilantro and simmer for 5 minutes. Add salt to taste, and serve.

Place the rice in a medium-sized saucepan with 3 cups water. Cover, bring to a boil, then lower to the slowest possible simmer. Cook, covered and undisturbed, for 35–40 minutes. Remove from heat, transfer to a medium-sized bowl, and fluff with a fork.

Preheat oven to 350 degrees F. Oil a 9x13-inch pan.

Heat the oil in a deep skillet. Add onion, and saute 5–8 minutes, until soft. Add spinach, salt, and garlic, and cook about 5 minutes more over medium heat, stirring frequently. Add this to the rice, along with the seasonings and half the sunflower seeds. Mix well.

Purely optional: Beat together eggs and milk, and stir this into the spinach-rice mixture, along with the grated cheese.

Spread into prepared pan, sprinkle with the remaining sunflower seeds and dust with paprika. Bake uncovered for 35–40 minutes until heated through and lightly browned on top.

*\*Blanching kale makes it more mild tasting. To blanch, simply toss clean, chopped kale in a pot of boiling water for 2–3 minutes until tender but still bright green. Rinse for an equal amount of time in cold water to stop the cooking (or you'll get brownish, mushy kale.)*



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