

WE  OUR OWNERS!



# Owner Deals



**Exclusive savings each month for Co-op Owners!**

Our way of showing our appreciation and one of the many perks of Co-op Ownership.

## Owner Deal!

Valid for the week of **APRIL 22 - 28, 2019**

**15% OFF**   
**Produce**

Owners enjoy 15% off all products in the Produce department.

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of April 22 - 28, 2019.

WHOLE FOODS  
**CO-OP**



499999003053

## Owner Deal!

Valid for the week of **MAY 6 - 12, 2019**

**15% OFF**   
**Bulk**

Owners enjoy 15% off all products in the Bulk department.

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of May 6 - 12, 2019.

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**CO-OP**



499999003060

## Owner Deal!

Valid for the week of **JUNE 10 - 16, 2019**

**15% OFF**   
**Wellness**

Owners enjoy 15% off all products in the Wellness department.

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of June 10 - 16, 2019.

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**CO-OP**



499999003077

# Owner Deal!



# \$5.00 OFF

Owners Enjoy \$5 off a purchase of \$40

Coupon valid for a single purchase of your choice anytime between **APRIL 1 - JUNE 30, 2019**

Valid at both Whole Foods Co-op locations. Purchase requirement of \$40 before tax. One coupon per Owner account. May not be used with other coupons or discounts. Special order discounts do not apply. No cash value. **Valid on one purchase of your choice (April 1, 2019 - June 30, 2019).**

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499999003084

**Co-op Owners...We appreciate you!**

That's why we offer these GREAT ways to save at the Co-op! --- Remember to check the back page of each issue of the Garbanzo Gazette for the most current Owner Deals. No need to bring the coupon to the store...your Owner Deals can be applied at the registers when you provide your Owner number.

**Want access to more Owner Deals?**  
Sign up for Taste-Ecoupons! [www.wholefoods.coop/coupons/](http://www.wholefoods.coop/coupons/)

**Not an Owner?**  
Want in on these deals? Ask about Ownership today!  
[www.wholefoods.coop/join/](http://www.wholefoods.coop/join/)



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**MEMORIAL DAY**  
MONDAY, MAY 27 • 7 AM - 9 PM

**FOURTH OF JULY**  
THURSDAY, JULY 4 • 7 AM - 7 PM

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Fairhaven Farm

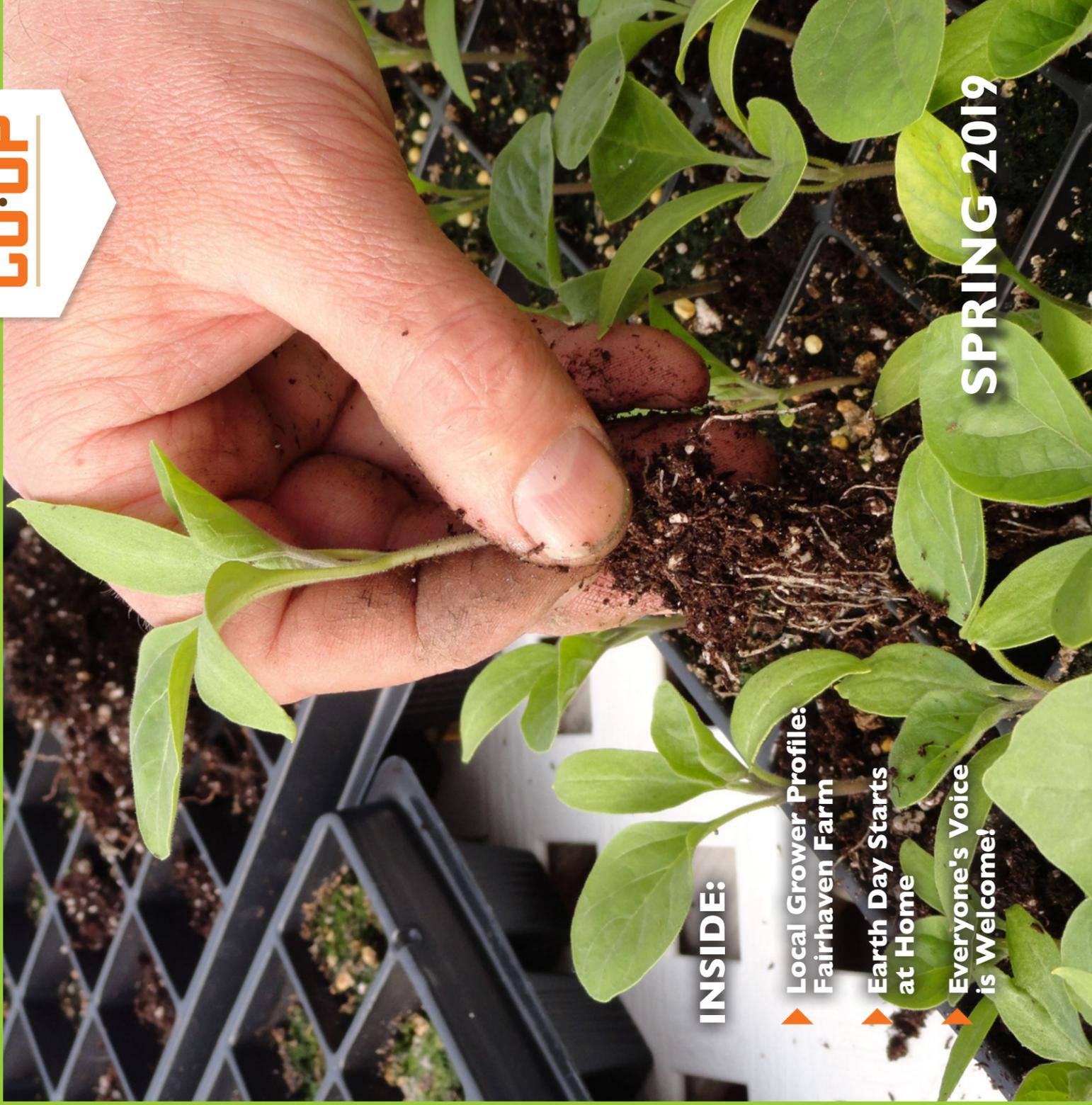
▶ **Earth Day Starts**  
at Home

▶ **Everyone's Voice**  
is Welcome!

**AND MORE!**

WHOLE FOODS CO-OP

# GARBANZO GAZETTE



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Fairhaven Farm

▶ **Earth Day Starts**  
at Home

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is Welcome!

# SPRING 2019

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## GARBANZO GAZETTE

— PUBLISHED BY —

### WHOLE FOODS CO-OP

The Garbanzo Gazette is published four times a year (January, April, July, October) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette provides 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.

**Editor:** Sarah Hannigan

**Contributions:** Owners & Staff

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The information in the Garbanzo Gazette is also available on our website at:

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

### SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:  
**June 1, 2019.**

Refer submissions and questions to:  
[brand@wholefoods.coop](mailto:brand@wholefoods.coop)

### ADVERTISING

Ad space is limited and will be reserved on a first come, first served basis for each issue. If you wish to advertise in the Gazette, visit our website at:

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

and enter in your contact information to be added to our database of advertisers so you'll be included in future notifications about advertising opportunities.

The next ad reservation deadline is:  
**May 1, 2019.**

For advertising questions, contact:  
[brand@wholefoods.coop](mailto:brand@wholefoods.coop)

### SHARE THE LOVE

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 Sarah Hannigan, General Manager & WFC Owner

## With Gratitude

The truth is I struggle with writing this column. There are dozens of stories to tell from the operational helm of our bustling cooperative: things to celebrate, plans for improved customer experience, progress toward our overarching mission, reflection on shortcomings, and deepening community connections. For the weeks leading up to the production of the Gazette, I compose snippets of these stories in my head. When it comes time to stitch it together, I get overwhelmed by how to present it all in a tidy and compelling bundle.

As I sit down to actually write today, I keep coming back to gratitude. A few years ago, a friend shared that she had been keeping a gratitude journal. A place where she would regularly write ten things for which she is grateful, and why. She indicated that the practice was transformative, even if the things she was grateful for in the moment were as mundane as the ink flowing from her pen. I was curious enough to pick up a blank journal and to see what a little deliberate expression of gratitude might do for me.

I've since been practicing gratitude. In no way has my practice been perfect, or even regular; but I am coming to see that when my practice is frequent, I experience more ease and greater capacity to see goodness all around as well as possibility in challenge. This seems to be especially important in this time of social and political divisiveness. It's also been quite helpful in parenting teens; and too, in overseeing our Co-op.

With an enterprise like ours, there is much to be thankful for each day. Here are some of the highlights from the year to date:

I am grateful for community partnerships that help us help others. Our GIVE round-up program connects our shoppers to agencies and programs in the community. So far in 2019, we're slated to raise over \$25,000 in donations of small change from our shoppers. These donations are helping create community gardens, support cultural celebrations and connections, and keep food shelves stocked.

I am grateful for our partnerships with farmers to bring the best local produce to our shoppers. We've forged

purchasing commitments with growers throughout the region to bring the top selling items to market through the upcoming growing season. These farmers know that they'll be our primary supplier for agreed upon fruits and vegetables for specific timeframes; and are planning their plantings accordingly. This arrangement also keeps the door open to smaller growers looking to bring hundreds of other herbs, vegetables and fruits to market through the Co-op.

I am grateful for the support we get from other cooperatives and grocery retail specialists. The updates we've made to produce and the grocery aisles at Hillside wouldn't have been possible without the expertise of partners who help co-ops like ours in offering the best product selection in small spaces. While the physical changes have been seen at Hillside, these updates have allowed us to bring hundreds of exciting new items to our shelves at both stores.

I am grateful for candid and constructive feedback from our stakeholders. We completed a staff survey in February and will be using the results to identify and develop programs that support increased internal communication and positive accountability. And, as you'll read in the pages ahead, we'll soon be launching both the Bi-annual Shopper Satisfaction Survey as well as an ongoing tool to capture real-time feedback from shoppers. Hearing from our stakeholders about what is and isn't working is critical to our ability to understand and improve both the employee and shopper experience.

I am grateful for you. You are one of over 11,000 members of our community who have invested in this cooperative, this enterprise that is so much more than a grocery store. Whole Foods Co-op could not be what it is today without each of you. And too, we need you to continue to be here tomorrow. Remember, that while you can shop at other grocery stores, shopping at your Co-op makes a true difference.

As always, feel free to reach out directly to me to share your thoughts, comments, or gratuities about our Co-op and your experience. We're here for you.

In cooperation, and with so much gratitude,  
Sarah Hannigan, General Manager

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# Board Report



by Brandon Smith, WFC Board of Directors

## Everyone's Voice is Welcome!

Hello co-op community! Let me introduce myself: I'm Brandon Smith, and I am one of Whole Food Co-op's newest Board members! I'm honored and excited to serve the Co-op in this new way. One thing I'm especially eager about is the Board's newly formed Owner Engagement Committee. Formed in November 2018, this new committee's goal is to help the Board foster a welcoming culture for Owners and encourage Owners to rise to the level of their desired engagement within the Co-op. As a committee, we believe this can be accomplished by ensuring everyone's voice is heard, regardless of their level of involvement in the Co-op. That's why this committee is currently working on improving our one-way and two-way communication between Owners and the Board.

An example of what improving our one-way communication looks like is better utilizing our website and social media outlets to deliver information about Board activity. We want to make sure our hard work is as visible as possible so folks feel informed and can reach out to us easier if they have questions or concerns. We also plan to improve our two-way communication by creating more opportunities to have dialogue with YOU, the Owners! That means you'll be seeing us at more community and WFC-sponsored events, as well as, creating more opportunities to engage Owners in the store.

Another chance to voice your opinion to the Board will be coming in early April with our Bi-annual Shopper Satisfaction Survey! Owners, at random, will receive an email invitation on April 2nd to participate in an online survey with questions about shopping habits and frequency, satisfaction with WFC, and basic information about their households. Shoppers will also have an opportunity to provide feedback about how well the Co-op is serving our customers and community. For those who would like to participate in the survey but are not selected to receive a random email invitation, computer kiosks will also be available in both stores from April 2nd through 12th. This survey – administered by the Survey Research Center at the University of Wisconsin River Falls – has been conducted every other year since 2009. We'll be able to compare this year's results to prior shopper feedback, as well as get a snapshot of how the Co-op is performing and areas where we can improve. Two survey participants will be selected at random to receive a \$100 WFC gift card and a WFC canvas totebag.

Of course, you never have to wait for the survey to give us your "two cents". For day-to-day operational comments like: "Can the Co-op carry more gluten-free pastries?" or "The Deli's hot-bar was awesome today!", you can submit those on our website

at [wholefoods.coop/comment](http://wholefoods.coop/comment). For broader, more big-picture questions, feel free to email the board at [wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop). We're really looking forward to seeing and hearing from you soon!

See you in the aisles!



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 Term expires 2019  
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- 
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[rjonescasey@wholefoods.coop](mailto:rjonescasey@wholefoods.coop)
- 
**KIM NORDIN**  
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- 
**HEATHER STRASSER**  
 Term expires 2019  
[hstrasser@wholefoods.coop](mailto:hstrasser@wholefoods.coop)

To submit a comment or request a product, visit [wholefoods.coop/comment](http://wholefoods.coop/comment)

To contact the Board of Directors, email [wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop)

Letters addressed to the Board or a particular board member c/o Whole Foods Co-op will be forwarded unopened to the Board/Board member:

Board members  
 c/o Whole Foods Co-op  
 610 East 4th Street  
 Duluth, MN 55805



## INTERESTED IN HOW THE BOARD WORKS?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you'd like to speak to the Board on any topic, you are welcome to participate in the Owner Listening Sessions at the beginning of each Board Meeting. 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 at 5:30 PM on the 4th Monday of every month, subject to change due to holidays and Co-op events.

CONCERTS INTERNATIONAL DAME MYRA HESS  
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FINAL CONCERT of the SEASON  
**4.16.19**

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*and*  
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 is moving to our forever home in the beautiful Lakeside/Lester Park neighborhood of Duluth, steps away from Lester Park. This new space along with our unique curriculum will provide students with authentic experiences to learn from and connect with nature and the community.

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WHOLE FOODS CO-OP

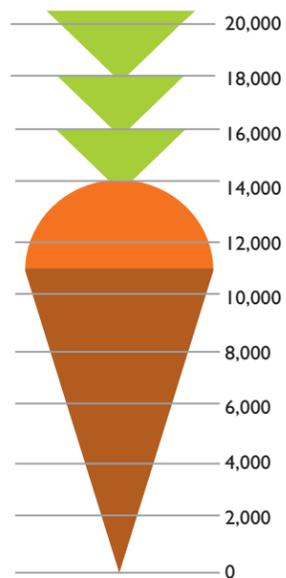
# Own It!

Co-op Owners enjoy exclusive benefits!

## OWNER BENEFITS

- ▶ Owner appreciation deals and events
- ▶ Discover Coupon books
- ▶ Weekly Taste-e Coupons
- ▶ Special order discounts
- ▶ Discounts at select area businesses
- ▶ Discounts on WFC U Classes at the Co-op
- ▶ Patronage rebate eligibility when WFC is profitable

**11,007 OWNERS!**



## BECOME AN OWNER!

Our Co-op currently has 11,007 Owners and we are continually growing! Sign up today to become one of our new Owners!

Current Ownership investment: \$100 per voting membership. Further ownership information is available at the Whole Foods Co-op website and in the store at the Customer Service Counter.

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

## SIGN UP FOR OUR EMAIL LIST!

Be sure to receive Owner-exclusive deals and coupons...

Each Wednesday, participating Owners receive an email with an exclusive deal for the week. To sign up and start saving, send an email to [info@wholefoods.coop](mailto:info@wholefoods.coop) with your current email address or go to [wholefoods.coop/coupons/](http://wholefoods.coop/coupons/)



# Earth Day Starts at Home

by Robin Asbell, from NCG Stronger Together

## Earth Day Starts at Home

I have a confession to make. Sometimes, in the course of my week, I make too much food. Sound like a good problem to have? Well, it seems to be alarmingly common in our affluent country. My excuse is that I develop recipes for a living, so I test recipes even when I already have food to eat. My family, friends and neighbors all benefit from my overproduction, but more often than I would like, things go to waste. That half a jar of tomatoes for the pizza I made a couple of weeks ago got ignored when I moved on to testing dessert recipes. Then, we meant to finish all that cake, but by the time we realized that we couldn't eat another bite, it was stale.

I feel terrible about it, every time, and resolve to do better. This year, for Earth Day, I'm going to do my small part to cut back on waste.

Earth Day started in 1970, back when there was no regulation of pollution. It was perfectly legal to dump sewage in the river, or send tons of toxins up in smoke. That year, Senator Gaylord Nelson created Earth Day, and 20 million Americans came out in solidarity across the country. By that December, Congress created the EPA, and started reining in industrial polluters and protecting our air and water.

Since then, Earth Day has become an annual reminder that we still have work to do, on recycling, cleaning up our toxic industries, as well as not wasting food.

Dried up carrots, moldy nubs of cheese, and stale bread heels pile up in refrigerators across the USA, and they add up to billions of dollars in food waste. In fact, food scraps are the number one thing that goes to the landfill. According to the EPA, methane gas released from food waste in landfills accounts for 20% of the United States' greenhouse gas emissions.

We waste food at all points in the supply chain, so it's not just your fridge that's causing problems. At harvest, it gets damaged and tossed on the way out of the field. At the processing plant, things spoil or stick to the machinery and get rinsed down the drain. Grocery stores have to sort through and discard produce that isn't perfect, although some of that is picked up by food shelves (a recent study found that food co-ops recycle 74% of food waste compared with a recycling rate of 36% for conventional grocers.) Out of date packaged goods have been pitched, as well. Restaurants and food service fill dumpsters with all the food we leave on our plates, combined with things that didn't sell in time.

I am going to work to waste less this year and use more of the food I buy. If you'd like to do the same, here are a dozen tips that can help reduce your waste, and as a bonus, save you money!

## 12 TIPS TO REDUCE FOOD WASTE

- **Use those radish and carrot greens**  
Buying radishes or carrots by the bunch? Use the leaves to make pesto, salads (like Moroccan Carrot Radish Salad), and toss in soup. Think of them as peppery parsley.
- **Savor broccoli and cauliflower stems**  
Do you discard broccoli and cauliflower stems? Peel the tough skin from the stems and chop the tender cores to use in the dish, or cut in planks to eat with dip.
- **Cook kale stems like you would celery**  
Do you discard kale and other greens stems? When cooking with kale, you can simply separate the leaves from the stems, chop the stems, and cook the stems first; they will cook a bit like celery. If you juice, save all your greens stems from meals you prepare, including parsley, and add to your juice for a chlorophyll boost.
- **Flavor stock and other dishes with potato peels**  
Do you peel potatoes? The peels make a flavorful addition to stock, and even thicken it a bit. Consider whether you even need to peel; many soups, potato salads and even mashed potatoes are more nutritious and filling with the skins left on.
- **Enjoy the flavor and nutrition of apple peels**  
Baking or cooking with apples? Leave the skins on and you will reap the nutrients and fiber they contain, and save time. If you do peel, add them to soup stock, for a subtle sweetness.
- **Zest your citrus and freeze for future use**  
Juicing a lemon or lime or eating an orange? Zest your organically grown citrus first, then you can freeze the potent zest in a freezer bag, for adding a hint of citrus to everything from muffins to pastas.
- **Peel overripe bananas and freeze for smoothies or baking**  
Are those bananas looking a little too brown to put in the lunch box? Peel and freeze them, then add them to smoothies, or thaw and puree for banana bread, muffins and cakes.
- **Puree and freeze veggies before they go bad**  
Do you have veggies going soft in the crisper? Cook and puree carrots, sweet potatoes, greens, cauliflower, and other veggies, then freeze. Stir the purees into pasta sauce, macaroni and cheese, soups, casseroles and meatloaf for an added veggie boost.
- **Save veggie trimmings for soup stock**  
Cutting up vegetables for a dish? Save and freeze the skins and trimmings from onions, carrots, celery, sweet potato, potato, parsley, spinach, and other mild veggies (peppers, cabbage and broccoli can be too strong) until you have a good amount to make veggie trim stock.

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Subtotal		<input type="text"/>	<input type="text"/>
Total (sum of totals)		<input type="text"/>	<input type="text"/>

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[www.healingways.org](http://www.healingways.org)  
[carolyn.sheets@gmail.com](mailto:carolyn.sheets@gmail.com)

- **Use up stale bread in flavorful recipes**  
Do you have bread going stale? Freeze the slices and make croutons for salads and soups, or crumbs to toss with pasta or top casseroles. Don't forget about bread pudding and stratas, too.
- **Keep food that needs to be consumed soon front and center**  
Organize your refrigerator and pantry, and put foods that should be consumed sooner right in front. Switch your storage containers from opaque to clear glass, so that you will see that tasty lasagna from last night, because out of sight is out of mind.
- **Turn your vegetable scraps into fertilizer**  
Do you have room for a compost pile or a worm bin? Ultimately, transforming your plant waste into fertilizer is better than packing it in the landfill.



**The Voice of Co-op Ownership**

Your Co-op was built on the energy and ideas of many. As we continue to grow, dedicated and energetic Board members are a necessity. But what does the Board of Directors do?

- ▶ We are **LEADERS**. We provide a link between WFC and its Owners.
- ▶ We are **SERVANTS**. We attend monthly meetings, monitor policies, serve on committees, network with other co-ops and take advantage of training opportunities so that we can continue to build a healthy, effective voice for our Ownership.
- ▶ We are **STEWARDS**. We ensure the long-term financial health and sustainability of WFC, and the performance of the General Manager with respect to compliance with the Board's policies, WFC's articles and by-laws, applicable laws and regulations, and WFC's ENDs Statement.
- ▶ We are **VISIONARIES**. We focus on the future of our Co-op and its sustained growth.

**Interested in running for the Board?**

**Board members are committed to:**

- ▶ Caring about the needs of our community, our Co-op Owners and Co-op staff.
- ▶ Upholding standards of professionalism, advocacy and commitment.
- ▶ Learning about the cooperative principles, the cooperative business model and policy governance.
- ▶ Communicating regularly with each other, with the General Manager and with Owners.
- ▶ Having an interest in sustainable agriculture, food and health issues and other topics of concern to the Co-op.

**Still Interested?**

**To be eligible to apply:**

- ▶ Be a primary WFC Owner for at least ninety (90) consecutive days prior to the application deadline. *To run for the Board in Fall 2019, applicants must be the primary account owner by May 3, 2019.*
- ▶ Have attended at least one of the most recent 12 Board meetings.
- ▶ Be willing to attend monthly meetings and serve a three-year term.
- ▶ Review and complete the Board Application Packet found at Customer Service by August 1, 2019.

WHOLE FOODS CO-OP

Help us **GIVE!**



The G.I.V.E. program harnesses the co-operative power of our shoppers to support organizations that are working for the betterment and health of the Duluth-Superior region. Each month a different group is selected to receive the funds collected when shoppers elect to "round-up" their purchases in our stores.

**UPCOMING G.I.V.E. RECIPIENTS**

**April:**

**Whole Foods Co-op Access Discount**

Whole Foods Co-op's Access Discount helps make healthy food accessible to Owners with limited incomes by providing a discount on purchases to qualifying shoppers.

**May:**

**Damiano Center**

Damiano Center's Summer Food Corps engages teens in the local food system through gardening, cooking and leading activities in the Kids Kitchen.

**June:**

**Superior Hiking Trail Association**

The Superior Hiking Trail runs 324 miles from Duluth to Canada. G.I.V.E. funds will support trail repair and maintenance for sections in Duluth.

**SO FAR IN 2019, OUR CUSTOMERS HAVE ROUNDED UP:**

**January:**

Lincoln Park Families and Children's Collaborative

**\$5,744!**

**February:**

Duluth Branch NAACP

**\$7,271!**

**March:**

CHUM Foodshelf  
*as we send this issue to print, we are on track to raise*

**\$15,000!**

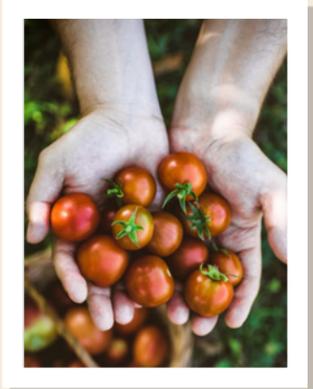


**LOCAL Matters**

Check out these organizations working to make our LOCAL community food system better!



- ▶ **Growing Farms**  
[growingfarms.org](http://growingfarms.org)
- ▶ **Duluth Community Garden Program**  
[duluthcommunitygarden.org](http://duluthcommunitygarden.org)
- ▶ **Lake Superior Sustainable Farming Association**  
[sfa-mn.org/lake-superior](http://sfa-mn.org/lake-superior)



- ▶ **Minnesota Food Charter**  
[mnfoodcharter.com](http://mnfoodcharter.com)
- ▶ **Land Stewardship Project**  
[landstewardshipproject.org](http://landstewardshipproject.org)



- ▶ **Young Farmer Coalition**  
[youngfarmers.org](http://youngfarmers.org)
- ▶ **Community Action Duluth** • Seeds of Success Program • Deep Winter Greenhouse Project  
[communityactionduluth.org](http://communityactionduluth.org)



# LOCAL Grower Profile

by Jen Gilbertson, Education and Outreach Coordinator & WFC Owner

**Fairhaven Farm**  
*John & Emily Beaton*

Although it is a beautiful sunny day, it is a frigid 3 degrees outside which makes it difficult to believe that in a few weeks the snow will be gone, and it will time to plant our gardens. This is the time of year that makes gardeners excited – the chance to plan your garden for the upcoming season, to dream of all the fresh veggies and gorgeous flower beds, and to confirm that despite living in a part of the world with an extremely short growing season, we are still able to sustain ourselves with food and beauty.

Growing in this climate is not for the faint of heart. The weather is unpredictable, and chances are the ground won't even be ready for planting until well into May, perhaps even later. Not being much of a gardener myself, it wasn't until I began working for Whole Foods Co-op that I learned a trick that all gardeners and farmers in the Northland know. Use transplants!

Transplants – also known as seedlings, bedding plants or sprouting plants – can be the key to having a successful crop when growing in our climate. Seeds are started indoors in a growing medium, where they can survive and establish a strong root system. Once ready, the plants are then transplanted into the garden. This substantially increases the length of the growing season, and the overall viability of the plant.

There is one large drawback to transplants – not everyone has a green house or space in their homes to begin growing a bunch of seeds into transplants. This is where our featured local growers come in. Meet John and Emily Beaton of Fairhaven Farm. For the second year in a row, Fairhaven Farm is providing all of the transplants sold at Whole Foods Co-op and they (along with farm dog, Bonus) couldn't be prouder and more excited to grow the herbs, vegetables and flowers for our community of gardeners.

While neither grew up farming, it is a passion they share. The two former urban farmers began growing produce in 2012, with Emily starting Pocket Farm Microgreens in her apartment and John renting some land from WFC's long-time local vendor, Northern Harvest Farm. John and Emily met while selling produce at a local farmer's market; John selling veggies and grapevines and Emily selling microgreens a few tables away. A few short years later, they are the honored proprietors of Fairhaven Farm.



Fairhaven Farm is an absolutely idyllic piece of land located just 20 minutes outside of Duluth in Saginaw, MN. John and Emily, together with Emily's parents, bought the farm from a retiring organic vegetable farmer in July of 2017 with hopes of becoming full time farmers. Their CSA (Community Supported Agriculture) began that same year. In 2018, they began providing transplants to WFC and the feedback from our shoppers was terrific. They will complete their Organic certification this summer; however, in the meantime, all of their products are grown using Organic standards – that means no GMO's, no neonicotinoids (for the protection of our pollinators), and no toxic chemicals are ever used at Fairhaven Farm.





One of the biggest differences that sets Fairhaven Farm transplants apart from others is John and Emily's focus on quality. While many area retailers have transplants sourced from larger wholesale greenhouses, this is not the case with Fairhaven Farm. All of their transplants are started onsite in greenhouse from Organic seeds in Organic potting soil. Another major difference are the seeds themselves. John and Emily use only certified Organic seeds sourced from reputable providers such as Seed Savers and High Mowing Seeds, as well as seeds they personally harvested from the previous year. They also use heritage seed varieties when available. You know the kind of tomato that tastes like a tomato should? That's what you'll find with the tomato transplants Fairhaven Farm grows.

They also offer transplants not typically found for sale such as the DiCicco Broccoli, a cutting variety of broccoli that can potentially produce all season long, and Principe Borghese Tomatoes, a type famously used for sun drying. This year, Fairhaven Farm is growing over 120 varieties of veggies, herbs and flower transplants!

Emily and John have many wonderful plans for the future of Fairhaven Farm. Last summer they built an outdoor

wood-fired oven and have begun including artisan bread shares along with the vegetables for their CSA. Their bread is made from Organic, Minnesota grown wheat flour and baked onsite by John. They anticipate building a farm stand for folks to buy produce directly, and they have designs to open Fairhaven Farm to the public for tours, workshops as well as public and private events - can you say wood-fired pizza party?!

John and Emily hope for Fairhaven Farm to be a gathering place where members of our community can meet and connect to the land and to each other. For more information and to get notifications for their events, pizza nights, and CSA and bread shares, please visit their website and sign up for their newsletter at [hello@fairhavenfarmcsa.com](mailto:hello@fairhavenfarmcsa.com), or join them on Facebook: @fairhavenfarming and Instagram: @fairhavenfarmer, and don't forget about Bonus the farm dog: @bonusthefarmdog!

And, of course, keep an eye out for their transplants, available beginning the week before Mother's Day at both Whole Foods Co-op stores!



**Ways to SAVE at the Co-op!**

**coop basics**



**Co-op Basics** program promotes items that are an everyday low price. These wholesome, affordable foods are pantry staples for every home.



**ACCESS DISCOUNT**

Do you participate in a limited-income support programs like SNAP, WIC, Section 8, HRA Housing Programs, the AEOA Energy Assistance Program? If so, the Access Discount Program can help you save 10% on all eligible purchases every day! For details, including how to enroll in the program, see the Access Discount Program brochure available at the Customer Service Counter. The Access Discount does not apply to: special orders, purchases made with WIC vouchers and/or Co+op Basics purchases. Program eligibility to be verified on an annual basis.



**FRAN SKINNER MATCHING FUND**

Those who qualify for the ACCESS DISCOUNT can also receive help paying for up to \$80 of their initial Owner equity investment through the Fran Skinner Memorial Matching Fund. For details, see the MEMORIAL MATCHING FUND brochure available at the Customer Service Counter.



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## CALL FOR VOLUNTEERS!

Whole Foods Co-op is partnering with the Duluth Experience, Duluth Parks & Recreation, and Lake Superior Brewing Company for the

### Second Annual SKYLINE PARKWAY SPRING CLEANUP

**Sunday, April 28  
2pm - 6pm**

Meet in front of Lake Superior Brewing Company (2711 W. Superior Street) where The Duluth Experience shuttle will transport volunteers to cleanup locations along Skyline Parkway.

Follow the event on Facebook: Second Annual Skyline Parkway Spring Cleanup



## We're Listening!

Aaron Peterson, Front End Manager & WFC Owner

### Introducing: Real-time Shopper Feedback

At the Whole Foods Co-op, we know that our relationship with our owners and shoppers is key to our success. We take a great deal of pride in the service that we provide and are constantly looking for ways to improve it. To that end, we are excited to introduce a new way to hear regular feedback from you!

Beginning April 8th, shoppers will be selected randomly to complete a short Customer Experience Survey using a link printed on the register receipt they receive while shopping at our stores. As a way to thank customers for taking the time to give us feedback, those who complete the survey will receive a coupon for \$5 off a future \$25 purchase.

Here's how it works. If you receive an invitation to complete the survey at the end of your transaction, visit the website listed on your shopping receipt within three days of your purchase. Enter the information listed on the receipt and then let us know your thoughts. Once the survey is complete, please record a validation code. Then bring your receipt back with you within 30 days and receive your \$5 off your \$25 purchase.

This new option will help provide timely feedback about shopper experiences and will help us learn more about what is

working well, and where we have opportunity to better serve our shoppers. This is in addition to all the other ways you can share your ideas or questions with us. As always, you can contact us via:

- Phone – Give us a call anytime! 218-728-0884
- Website – visit [wholefood.coop/comment](http://wholefood.coop/comment) to ask a question or share an experience.
- Social Media – Check us out on social media to learn what's new or share your co-op story. @wholefoodscoop
- In person – Stop by our customer service desk and chat about what's great or what could be better.
- And, in early April 2019, we invite you to participate in WFC's Bi-annual Shopper Satisfaction Survey. This comprehensive survey has been conducted regularly by WFC since 2009. Read more about the 2019 survey in the Management Report on page 2 of this issue of the Garbanzo Gazette.

It is my hope that through the exciting new Customer Experience Survey, we're able to learn from real-time feedback of our shoppers to better serve our community. Thank you for your participation and I look forward to hearing from you soon!



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# Calling All Artists!

## Nourished Artists = Nourished Community

We are currently looking for artists who are interested in sharing their work with the community through an art show at one of our Whole Foods Co-op locations!

Your Whole Foods Co-op is proud to support the Twin Ports' art community. We believe that having a beautiful as well as functional building meets our ENDS Statement in being part of "a healthy community."

### Rotating Art

Each month, a local artist's work is featured in the seating areas at both the Hillside and Denfeld stores. To date, the work of over 350 local artists have been displayed and admired by Co-op customers and staff.

If you are interested in displaying your art at either of our stores please contact the brand department at [brand@wholefoods.coop](mailto:brand@wholefoods.coop)

### Upcoming Gallery Shows:

#### HILLSIDE:

##### APRIL

- Spirit of the Lake School

##### MAY

- Zoey Cohen

##### JUNE

- CHOICE, Unlimited

#### DENFELD:

##### APRIL

- Virginia Artist Collective

##### MAY

- Lincoln Park Middle School

##### JUNE

- Margie Helstrom



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## What's Happenin'??

### St. Louis River Alliance Annual Membership Meeting

Tuesday, April 9 • 5:30 PM – 7:30 PM  
 Clyde Iron Works

### Co-op Spring Infusion Night

Friday, April 12 • 6:00 PM – 8:00 PM  
 Enjoy a pint of Bent Paddle Brewing Company beer infused with fresh ingredients from Whole Foods Co-op!  
 Bent Paddle Taproom

### FREE Co-op Yoga

Fridays: April 19, May 17, AND Tuesday: June 18 • 5:30 PM – 6:30 PM WFC  
 Denfeld Classroom

#### \*Attention:

**New summer Co-op Yoga Night schedule!**  
 Co-op Yoga Night will move to the 3rd Tuesday of the month beginning June 18, through August 20

### FREE Whole Foods Co-op Board Meeting

Mondays: April 22, May 27 AND June 24 5:30 PM  
 Denfeld Classroom

### Raise the Roof for One Roof Community Housing

Friday, April 26 • 6:00 PM – 9:00 PM  
 Clyde Iron Works

### FREE YMCA Healthy Kids Day

Saturday, April 27 • 9:00 AM – 12:00 PM  
 Duluth Area Family YMCA, Superior-Douglas County Family YMCA

### FREE Skyline Parkway

**Spring Cleanup**  
 Sunday, April 28 • 2:00 PM – 6:00 PM  
 Skyline Parkway

Meet in front of Lake Superior Brewing Company (2711 W. Superior Street) where The Duluth Experience shuttle will transport volunteers to cleanup locations along Skyline Parkway.

### FREE City of Duluth Bike to Work Day

Friday, May 17 • 6:00 AM – 8:00 AM  
 Multiple locations throughout Duluth

### FREE City of Duluth Celebration of Summer Skating Party

Wednesday, May 29 • 6:30 PM – 8:00 PM  
 Essentia Duluth Heritage Sports Center

### Duluth Superior Film Festival

Wednesday, May 29 – Sunday, June 2  
 Zeitgeist Arts Building, Clyde Iron Works and other local venues

### FREE Animal Allies Walk for Animals and Furry 5K

Saturday, June 1 • 9:00 AM – 2:00 PM  
 Bayfront Festival Park

### FREE Duluth Public Library "Senior Moments" Learning Seminar: Learning About Organics Lecture and Tasting

featuring Whole Foods Co-op  
 Tuesday, June 11 • 11:00 AM – 12:30 PM  
 Duluth Public Library, Mount Royal Location  
 Lecture is only open to Senior Citizens.

### CHUM Rhubarb Festival

Saturday, June 29 • 9:00 AM – 3:00 PM  
 First Lutheran Church

## We're Social!

### @WholeFoodsCoop

Follow us on social media to always stay up-to-date with all the latest happenings at your Co-op!



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[chumduluth.org/rhubarbfestival](http://chumduluth.org/rhubarbfestival)

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## Interested in Teaching?

### QUESTIONS?

If you have questions about our classes or you're interested in teaching a class at the Co-op, contact:

**218.728.0884**

[brand@wholefoods.coop](mailto:brand@wholefoods.coop)

### INSTRUCTORS:

#### Jen Gilbertson

In her role both as WFC Education and Outreach Coordinator, as well as a mom of two, Jen has had a ton of experience in the kitchen. Whether it's working with kids or adults, Jen enjoys discovering and trying new recipes and is always up for a cooking challenge.

#### Lanae Rhoads

Lanae Rhoads is the owner of Laveé Lanae. She is a maker of all things - soap, skincare, lotions, makeup, and anything to do with caring for your skin naturally. She started making skincare products (soaps and lotions) in 2005. Most of her products contain organic, raw, local, edible ingredients.

#### Debby Ortman

Debby Ortman has been an organic gardener and community activist for over 35 years. She has been the National Field Director for Organic Consumers Association and a member of the Minnesota Department of Agriculture's Organic Advisory Task Force. She is a retired consultant and freelance writer and was the Contracted Coordinator of WLSSD's Food Composting Program for 12 years.

#### Lorna West

Lorna West spent over 25 years in the classroom as a Preschool teacher, Kindergarten teacher and music educator for grades PreK - 12. She is currently the ED of the local nonprofit organization Grandma's Garden by the Lake. She also participates in the Master Gardener program through the St. Louis County extension office. She has a passion to learn with children in the garden as they explore and ask questions. She desires all children might grow happy and harvest healthy.

#### Michelle Russell

Michelle Russell, CHHP, CHTP, is a certified Holistic Health and Healing Touch Practitioner is a well-known advocate of bridging the worlds of mainstream and natural medicine. She is an educator and speaker and shares her passion for holistic health care throughout the Northland.



# Co-op Community Education

Taught by Local Experts, Community Members, WFC Owners & Staff

Community is at the heart of any Co-op. We love that our Co-op provides not just a great place to shop, but a shared space where people can come together to learn, relax and explore. Our list of spring classes has a few new offerings that we hope will bring people together in our Co-op to share knowledge, build community and celebrate wellness. Many of these classes are absolutely free. We hope you'll drop in to take advantage of these opportunities to learn about a variety of subjects, while connecting with others in your Co-op community!

## APRIL

### Kids in the Kitchen: Spanish Tapas!

*This class is full!*

Taught by Jen Gilbertson

Saturday, April 6 | 11:00 AM - 1:00 PM

**DENFELD Classroom**

\$10 WFC Owners, \$15 Non-Owners  
Registration required. Limit 12  
Recommended age - 5 years and older

Spanish Tapas are small plates of food meant to be shared. In this class the students will help prepare several authentic tapas recipes like Tortilla Espanola, Albondigas (Spanish meatballs), and grilled apples with Serrano ham and maple syrup!

### Cold Process Soap Making!

*Space is limited.*

Taught by Lanae Rhoads

Tuesday, April 16 | 6:00 - 8:00 PM

**HILLSIDE Classroom**

\$20 WFC Owners, \$25 Non-Owners  
Registration required. Limit 20

Back by popular demand!! Want to learn to make cold-process soap from scratch using natural ingredients? Then this is the perfect class for you! The class will cover the following as we make a 2-pound batch of soap (about 8-10 bars) using the cold process method: coloring soap naturally with herbs, spices and clays, using pure essential oils to scent your soap naturally, preparing your molds and molding options, insulating, cutting, curing and storing your finished soap. You will learn how to make all-natural cold process

soap through watching the instructor and taking part in the process yourself. You will go home with one 5 oz. bar of soap that you will choose the scent and color for from a natural selection of essential oils, spices, clays and herbs.

### coop basics:

#### Some Like It Hot!

*Space is limited.*

Taught by Jen Gilbertson

Tuesday, April 23 | 6:00 PM - 7:30 PM

**HILLSIDE Classroom**

Free, registration required. Limit 20

Spicy is the name of the game with this class! Jen will make a handful of recipes from throughout the world with varying kinds of spice and heat!



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for CSA sign up information

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## Basics of Organic Gardening

Taught by Debby Ortman

Saturday, April 27 | 11:00 AM – 1:00 PM

**DENFELD Classroom and Debby Ortman's Duluth Home**

\$10 WFC Owners, \$15 Non-Owners  
Registration required. Limit 15

Learn about the basics of organic gardening with a focus on vegetables and herbs. This class will include: soil types, soil testing, when to plant, watering, sunlight, mulch, organic fertilizers, compost/soil amendments, weeding, favorite tools, organic pest control, raised bed gardening and container gardening. We will also discuss the challenges of gardening in Northern Minnesota. Please plan for the weather as half of this class will be held at Debby's home garden. Transportation/carpooling can be arranged.

## MAY

### Kids in the Kitchen: Greek Eats!

Taught by Jen Gilbertson

Saturday, May 4 | 11:00 AM – 1:00 PM

**DENFELD Classroom**

\$10 WFC Owners, \$15 Non-Owners  
Registration required. Limit 12  
Recommended age – 5 years and older

We will explore the flavors of Greek cuisine in this class. Recipes will include Saganaki cheese, traditional Greek salad, and Greek Bougatsa with Honey and Pistachios.



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### Handmade Lotions!

Taught by Lanae Rhoads

Thursday, May 9 | 6:00 – 8:00 PM

**DENFELD Classroom**

\$20 WFC Owners, \$25 Non-Owners  
Registration required. Limit 20

Back by popular demand!! Once you learn how to make your own lotion you will never want to use anything else! Through this course you'll learn the truth about ingredients and how to read the labels of moisturizers on the market. Then you'll learn how easy it is to make all natural lotions, how to choose oils for different skin types and the truth about preservatives in skin care. We'll discuss all necessary ingredients like emulsifiers, humectants, emollients, as well as standard equipment and supplies needed to get started. You will be making product that is the same quality they are selling a few ounces in the mall for over \$80. This will help you learn to evaluate the quality of ingredients in store bought lotions and soaps as well.

### Growing: Kids in the Garden

Taught by Lorna West

Saturday, May 11 | 11:00 AM – 1:00 PM

**DENFELD Classroom**

(Weather permitting we will be outside)

\$10 WFC Owners, \$15 Non-Owners  
Registration required. Limit 20

This class is designed for kids and their grown-ups who like to get their hands dirty. Kids will hear a little bit about plant

parts, a little bit about nutrition and a little bit about soil types during this 90 minute session. They will also come away from this class with some plants to grow inside and some plants to grow outside. We will practice the art of repurposing as we create plant containers from ordinary household items, as well as use various plant parts to create new plants. Bring a shoebox to this class to carry home your mini-garden!

### The Negative Effects of Stress & Anxiety on Our Health

Taught by Michelle Russell

Thursday, May 16 | 5:30 PM – 7:00 PM

**DENFELD Classroom**

\$15 WFC Owners, \$20 Non-Owners  
Registration required. Limit 20

Learn the importance of creating stress resilience and how to use simple methods for coping with stress in a healthier way.

### Coop basics: Let's Go Vegan!

Taught by Jen Gilbertson

Tuesday, May 21 | 11:30 AM – 1:00 PM

**HILLSIDE Classroom**

Free, registration required. Limit 20

Vegan dishes full of flavor are easy to prepare and delicious! Jen will prepare a handful of recipes completely free of any animal products.





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## Co-op Community Education



### REGISTRATION

**In person:**  
Stop by the Customer Service Counter and let them know that you would like to sign up for a WFC class. Cash, check, credit card and WFC gift cards are accepted.

**By phone:**  
Please call 218.728.0884.  
We do need payment at the time of sign-up, so have your credit card ready.

**Online:** [www.wholefoods.coop/events-calendar](http://www.wholefoods.coop/events-calendar)

**Drop-in:** Drop-in classes do not require registration.

Owners receive a discount on WFC classes!

Additionally, all students who attend 8 classes get their 9th class free when they present a full (and signed) Frequent Learner Card.

### FEES + CANCELLATIONS

Class prices vary. Please visit [www.wholefoods.coop](http://www.wholefoods.coop) for more information. Registration, when required, must be completed 48 hours in advance in order for us to shop accurately for the class. Classes and lectures must have a minimum of six students signed up in order to take place.

Refunds or class credits will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

### QUESTIONS?

If you have questions about WFC classes or are interested in teaching a class at the Co-op, please contact us!

Brand Education & Outreach Coordinator

P 218.728.0884 | ext. 202

[brand@wholefoods.coop](mailto:brand@wholefoods.coop)

### Follow us!

**@WholeFoodsCoop**

Follow us on social media to learn about classes and other happenings at the Co-op!

