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Winter Owner Deals

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

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Owner Deal!

Valid Jan. 14-16, 2020

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 Jan. 14-16, 2020.

WHOLE FOODS CO-OP



499999003756

Owner Deal!

Valid Feb. 11-13, 2020

15% OFF Cheese (and non-dairy Cheese)



Owners enjoy 15% off all cheese and non-dairy cheese.

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 Feb. 11-13, 2020.

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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?
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IN THIS ISSUE:

- ▶ **New GIVE Round**
Up recipients
- ▶ **Co-op leads way**
with 5 cent Bag Fee
- ▶ **Owners: What's**
your Co-op Story?

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WHOLE FOODS CO-OP

GARBANZO GAZETTE

WINTER
2020

BEING A PART OF THE CO-OP MEANS...

"I'm participating in a community endeavor"

- Co-op Owner at the 2019 Annual Owner Meeting



MEN AS PEACEMAKERS: FEBRUARY GIVE RECIPIENT



CHUM, MARCH GIVE RECIPIENT

MORE THAN A GROCERY STORE: A COMMUNITY THAT CARES



LIFEHOUSE: JANUARY GIVE RECIPIENT

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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.

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www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:
March 1, 2020

Refer submissions and questions to:
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!

We're Social!
[@WholeFoodsCoop](https://www.facebook.com/WholeFoodsCoop)

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



General Manager Update

by Sarah Hannigan, General Manager & WFC Owner

Stepping up and taking action

More than ever, despite the cold temps outside, I feel the warmth of our community as we band together to truly make a difference.

This fall we hosted our Annual Owner Meeting and heard from several Co-op Owners when we asked ... What does being a part of the Co-op means to you? On page 5 you can get a feel for the kinds of responses we got and it was clear to me more than ever that we are a passionate bunch. We heard ... “Being something larger than myself,” “Participating in a community endeavour” and “Being a part of a community of forward thinking people.”

Indeed, more than ever, we're looking to each other to take action (in both big and small ways) and drive our community forward.

The Co-op stepped up as a leader to help our community make the shift from a disposable culture to a reusable one. In October, the Co-op decided to move forward with the 5-cent fee on single-use bags used at our checkout starting January 1st — a strategy that has successfully reduced the demand for single-use bags in other communities, and at other stores. While the new city ordinance was amended to apply only to plastic bags at registers and start a bit later on April 1st, we're excited to be leading the way with all single-use bags at checkout starting in 2020.

While paper bags are considered a more sustainable choice than plastics — and we've never offered single-use plastic bags at our registers — this initiative is really about shifting from single-use bags to reusable bags. I'm excited to be showing our greater community that this is a simple and do-able step we can take for the health of our planet ... and each other. Thank you for being a part of this endeavor and making a difference.

As you know, this work takes a community and that's what we're building here at the Co-op. In January, to continue to test ways to bring our members together to learn and grow, we'll be supporting an international movement called “VEGANuary” where we'll explore how adopting a plant-based diet can be yet another powerful tool to help rescue the environment. Even if you're just curious, consider joining our new online community (details on page 13) to meet and learn from one another as we take action and perhaps try new things together.



Yet another way we're banding together and stepping up is with our growing GIVE round up program. In 2019, you helped donate over \$120,000(!) to local organizations doing amazing work for our community and we're excited to announce the recipients of the GIVE 2020 round up program on pages 8 and 9.

This winter, through thousands of generous acts of “yes” at our registers, Co-op shoppers will support reconnecting homeless and street youth to their dreams (Lifehouse), help grow in-school mentoring programs fostering strong relationships with peers and positive adult role models (Men as Peacemakers) and join together with ~15 Minnesota Co-ops to collectively raise over \$100,000 for 25 food shelves across the state including our local food shelf (CHUM) during their greatest time of need.

I am so proud of what we're accomplishing together, and we couldn't do it without our collective strength and care for our community and the planet. Like I said, we're a passionate bunch.

As we welcome the new year, let's keep at this community endeavor by stepping up, taking action where we can, and continue leading one another into the future.

With so much gratitude,
Sarah Hannigan

Feel free to reach out to me at shannigan@wholefoods.coop with your thoughts or ideas!

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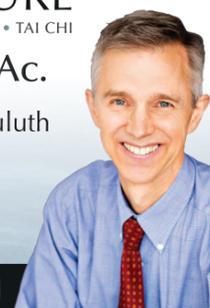
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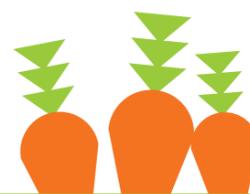
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Board Report



by Mickey Pearson, WFC Board of Directors



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To submit a comment or request a product, visit wholefoods.coop/comment

To contact the Board of Directors, email 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.

New leadership roster and goals heading into new year

Happy new year! The Board of Directors got an early start on our resolutions for 2020 and are looking towards this year with excitement for the tasks ahead.

Shortly following the annual meeting, we convened for our annual Board retreat. Such events are always an opportunity for helping onboard the new Board members (Congratulations, Meli Osanya!), as well as begin the discussion of who will take on leadership roles in the next year. These conversations were frank, friendly assessments of the culture of our current Board, our historical practices and allowed people to offer open self-assessments about how they can best serve in 2020.

At our November Board meeting, we solidified both our leadership roster and goals. I'm pleased to announce our new Executive Committee and goals for the year:

- President, Jamie Harvie
- Vice President, Heather Strasser
- Treasurer, Ryan Jones-Casey
- Secretary, Kim Nordin

The 2020 Board Goals:

- Develop and implement Board self-evaluation process
- Foster culture of inclusivity in all Board work
- Align Annual Owners Meeting with ENDS
- Engage, define, and understand ENDS interpretation and feedback process for future reporting

The last goal is perhaps our biggest undertaking of the year. Since we officially adopted a new ENDS statement in early 2019, we wanted to look at our first full year of WFC's work with them in place with an eye towards how we as a Board understand and measure operational progress.

From a practical standpoint, our General Manager uses the ENDS as something of a roadmap. Every year, she reports both to the Board and to the owners on the many ways WFC works towards achieving them.

Our new ENDS reads:

Whole Foods Co-op is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community. A healthy community is one which nurtures emotional, mental, spiritual and physical health. WFC creates a healthy community by:

- Requiring a robust local, sustainable food system
- Nourishing and replenishing water, air and soil
- Fostering relationships and human connection
- Resting on local and shared Ownership
- Prioritizing equity and diversity

While reporting to the general owners comes with the annual report and at the annual meeting, we on the Board get regular informal monthly updates and a much more detailed annual report from the GM as part of our typical work. This annual ENDS interpretation report is a collaborative effort across all departments in the store and is replete with granular facts and statistics about our business operations.

While this has long been a standard practice with our Board, we are specifically setting aside time at a forthcoming half-day retreat and throughout 2020 to look at the practice of ENDS reporting, seeking ways we can create a more thorough and meaningful feedback to management and how we as a Board can better communicate about our stores' efforts.

As always, the next twelve months will undoubtedly bring with it new challenges and new Board candidates who want to throw their hats in the ring for the October election. We are eager to hear your feedback and ideas and encourage you to reach out with your questions!




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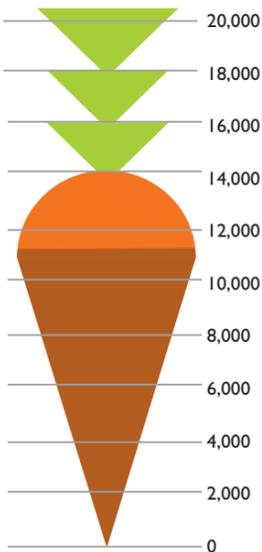


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WELCOME NEW CO-OP OWNERS!

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Tamika T.
Elizabeth M.
Dave J.
Bill D.
Julie A.
... and more.

BECOME AN OWNER!

Our Co-op currently has 11,319 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

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 with your current email address or go to wholefoods.coop/coupons/



Owners and guests enjoy the 2019 Annual Owner Meeting & Dinner.

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2019 Annual Owner Meeting



Thanks for everyone who attended and supported our 2019 Annual Owner Meeting & Dinner! 283 Owners and over 400 guests attended, making it one of our biggest Annual meetings ever! We hosted an interactive Community Exercise and the DECC ballroom was filled with love as owners shared what the Co-op means to them, reminding us that we're so much more than a grocery

I ♥ the COOP

WHAT DOES BEING A PART OF THE CO-OP MEAN TO YOU?

Community - this is where I found shared values + forged lasting friendships (at 631 E 8th St in the 1970s)

I receive the gift of meeting my neighbors in a place for our neighbors

Actively creating a local food economy makes me feel like we are ~~are~~ building a more secure future here.

The Coop is my Mom-good food, lots of guidance w a gentle hand. I would starve without the delicious all the choice I have for real ^{and} whole food. ^{and} Crick and freezer.

I was an employee for 9 years and am thankful for the great people who became friends w/ me

I go there when I need to be cheered up + it works I love the co-op.

I remember coming to the coop w/ my mom when I was young (at the Burrito Union location) I always loved the smell + I still do!

It means I'm participating in a community endeavor.

Being part of a community of forward thinking people. People that care about the environment health + the LOCAL farmers.

Being something larger than myself.

Coop staff over the years has been part of my family for me. It's also been a delightful community center, a place to visit w/ friends + staff

Peace Of Mind

IT GIVES ME THE OPPORTUNITY TO LIVE MORE SUSTAINABLY, RESPONSIBLY AND HEALTHILY.

It means having a friendly store to look forward to going to. I love the foods offered, the classes, and their mission.

WHAT DISH/ MEAL/MOMENT WOULDN'T BE THE SAME WITHOUT THE CO-OP?

As a surprise to my partner I made a Vegan shepherds pie recipe from our favorite and most quoted film/comic Scott Pilgrim Vs The World. It required many vegan alternatives that I could only find at the Co-op!

My son's excitement every time he picks something out of the Explorer bin.

What dish/meal/moment wouldn't be the same without the Co-op? I really appreciate the pie! BUT BEST OF ALL: I can buy one stalk of celery!!

all the gluten-free goodies ~ especially the GF GINGER MOLASSES cookies @ Denfeld!

It would be a long drive to the Rustic Inn for pie.

The moment I met my husband. The co-op is a place where like-minded people gather - so a great place to meet someone!

What dish/meal/moment wouldn't be the same without the Co-op? Watching it (the co-op grow from this little store to the larger stores and more people being involved, I feel our community has been more inclusive.

What dish/meal/moment wouldn't be the same without the Co-op? I love the blueberry cake that the Co-op makes! Also - the Co-op is the only place I can buy morel mushrooms - expensive, but oh-so-yummy!

Visiting my daughter without a Co-op care pak!

My German Shepherd had bad skin issues from other food brands - I finally put her on Solid Gold from the coop + she has not had skin allergies since!

POPCORN TIME (NETFLIX) WOULDN'T BE THE SAME WITHOUT NUTRITIONAL YEAST ON THE POPCORN.



LOCAL Matters

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



- ▶ **Growing Farms**
growingfarms.org
- ▶ **Duluth Community Garden Program**
duluthcommunitygarden.org
- ▶ **Lake Superior Sustainable Farming Association**
sfa-mn.org/lake-superior



- ▶ **Minnesota Food Charter**
mnfoodcharter.com
- ▶ **Land Stewardship Project**
landstewardshipproject.org



- ▶ **Young Farmer Coalition**
youngfarmers.org
- ▶ **Community Action Duluth** • Seeds of Success Program • Deep Winter Greenhouse Project
communityactionduluth.org



Community View

by Jim Richardson, Co-op Owner, Employee of 21 years

Canola oil is not bad for you.

Lately I have noticed an uptick in customers commenting about the integrity of Canola oil. Canola oil is not bad for you and I'm here to debunk the myths that I feel are misguiding some Co-op shoppers. My method was to look into the origins of the claims and to try and validate them using verifiable information. In each case, the claims I have heard against Canola oil turned out to be false.

Where did the scare begin?

The history of the Canola oil scare began in 1996 when "Perceptions" magazine (since folded; a hotbed of conspiracy articles apparently) published an article that made adverse health claims. These claims were not sourced or attributed, and/or cannot be independently verified. In fact, I easily debunked them by tracking down the actual, verifiable, scientific information about Canola. However, to be credible, claims need at least a shred of documentation and evidence beyond mere anecdote. The Perceptions article, which was also written pseudonymously, contained neither. Since the Perceptions article came out, numerous internet sites have uncritically echoed it. However, I have found that the claims against Canola amount to nothing.

Myth #1: Canola oil was created by genetic engineering.

FALSE. The invention of Canola oil predates the technology of genetic engineering by two decades. Canola oil was created by traditional crossbreeding of the rapeseed plant, in order to lower rapeseed's high levels of erucic acid. Oil from un-crossbred rapeseed has high concentrations of erucic acid, and for this reason rapeseed oil has never been established as a cultural favorite (although it has been used in a pinch in India and China for a couple hundred years). The health effects of consuming lots of un-crossbred rapeseed oil are deleterious, primarily because of erucic acid (although small amounts of erucic acid have some medicinal uses). However, if it's called Canola oil, it represents a cultivar of the rapeseed that has had the erucic acid content all but completely bred out of it. The name Canola is an acronym for "Canadian oil, low acid," and in the absence of high concentrations of erucic acid, it has some desirable qualities including a healthy fat profile.

Myth #2: The Wall Street Journal published an article that showed cooking with Canola oil causes lung cancer.

FALSE. The article focused on a study of extremely high-heat frying with un-crossbred, high erucic acid rapeseed oil in China. Canola oil, with its low acid content, was not the focus of the study. In addition, traditional Chinese cooking uses much higher frying temperatures than are normally used in Western cooking. These extremely high temperatures were bringing the rapeseed oil to smoke point, an unhealthy situation for any oil, but particularly in the case of rapeseed as high concentrations of erucic acid were inhaled. Since traditional frying temperatures here in the West are lower, the danger of burning your oil is much less likely, and there's almost no erucic acid to inhale from Canola anyway. Any oil of any kind that starts smoking in the pan should be discarded, and a lower heat used. That said, canola oil can take heat in the upper registers of Western cooking and is a good choice for frying.

Myth #3: Canola oil is an industrial oil unfit for human consumption.

FALSE. Many food oils can be processed for industrial uses, which has no bearing on whether or not they



also have food-grade forms. The fact that Canola oil can be used industrially with extensive processing does not mean that food-grade Canola oil is unhealthy to eat. Other healthy food oils that have industrial uses after processing include flax oil, walnut oil, coconut oil, and olive oil. They can all be used for both food and industry, depending on how they are processed. Think too of corn – it can be made into plastic, which doesn't mean it is not also one of the most important foods on the planet.

Myth #4: Insects won't eat rapeseed or Canola in the fields, so it must be toxic.

FALSE. Major insect pests of rapeseed include: flea beetles, diamondback moths, armyworms, root maggots, grasshoppers, lygus bugs, bronzed field beetle larvae, snails, and slugs. Canola's susceptibility to pests is precisely why most of it is grown in Canada, as Canada's cold weather discourages pests.

Myth #5: Spraying canola oil on insects kills them, so it must be toxic.

FALSE. Any oil makes good insecticide because insects coated in oil will suffocate.

Myth #6: Rapeseed, a member of the mustard family of plants, was the source of mustard gas in World War I, which demonstrates the toxicity of Canola oil.

FALSE. Mustard gas is a chemical that got its name because of its smell and color; it is unrelated to the mustard family of plants.

Some criticisms of Canola oil revolve around the fact that much Canola oil, since its invention through crossbreeding, has subsequently been subjected to genetic engineering. In addition, it is argued that much Canola oil has been extracted, processed, and preserved using toxic chemicals. All this is TRUE, however, these criticisms only apply to non-organic Canola oil.

The way to avoid all that is to buy organic Canola oil from the Co-op. By definition – as ensured by third party, independent certifiers – organic Canola oil is free of genetic engineering and chemical processing.

Community Highlight



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.



Introducing: The Simple Plate on 103.3 KUMD

"The Simple Plate" is a new feature on Northland Morning every other Tuesday at 8:00 am, featuring tales of local food made and produced by local people. You'll hear conversations with local chefs and local food growers and they'll discuss food culture, visit area food events, and even share a few recipes. "The Simple Plate" is supported by Whole Foods Co-op. For the premiere episode, KUMD sat down with Jillian Forte, executive chef of At Sara's Table Chester Creek Cafe. They dove into the importance of locally sourcing your ingredients. Listen to this episode and more on KUMD.org and take a stab at the featured recipe.

All hail, the okonomiyaki: a savory, Japanese pancake. You can add as many different veggies or meats as you like because "okonomi" translates to "how you like" and "yaki" means cooked. This recipe is composed of a nutritious array of vegetables and is topped off with gut-health promoting and sinus-clearing kimchi. It's inexpensive, delicious, and easy to make. Jillian's recipe is top secret, but I've thrown together a great recipe through a lot of trial and error. I tried to make a vegan version as well; see the substitutes in parentheses. — MARK IDSTROM

Okonomiyaki

HARDWARE

- 2 medium pans
- 2 spatulas
- 2 large mixing bowls
- 1 plate



INGREDIENTS

- 1 cup dashi (sub cold water)
- 4 eggs (sub with 4 tbsp flaxseed or other vegan egg replacement)
- 1 tsp mirin (sub sherry with a pinch of sugar)
- 1 cup all-purpose flour (sub ½ cup oat flour + ½ cup buckwheat flour)
- 1 tsp salt
- 2 cups napa cabbage
- 1 carrot
- 4 green onions
- ¼ cup shiitake mushrooms
- 2 tbsp vegetable oil
- Kimchi
- Sriracha Mayo



PREPARATION

Thinly slice your cabbage, mushrooms, carrots, and green onions. Place half of the green onions to the side and place the rest of the veggies in a large mixing bowl.

In your other bowl, whisk together your dashi (or cold water), mirin, and eggs, then slowly mix in salt and flour until you reach a smooth consistency.

Pour your batter over the vegetables. Mix well until vegetables are completely covered.

Heat your pans to medium-high and toss 1 tbsp oil into each. Wait until the oil is shimmering, then pour equal parts okonomiyaki batter into each pan. Pat the top and round the edges of the pancakes. Reduce heat to medium-low and cover for 9 minutes.

Check the bottom of the pancake for a golden brown color and if it isn't, wait, but if it is, take your two spatulas and carefully flip both pancakes.

Apply pressure to the top of the pancakes and wait until you arrive at golden brownness on the other side.

When the pancake has finished cooking, transfer to a plate and top with sriracha mayo, kimchi, and the remaining green onions.



GIVE!

Give Generously

The **GIVE 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. Below are the recipients for 2020.

IN 2019,
SHOPPERS DONATED OVER
\$120,000
IN ROUNDED-UP CHANGE!
THANK YOU!!



January: **Life House**

"Life House reconnects homeless and street youth to their dreams. We work with many homeless and street youth who have lost their way. Sometimes family abuse, substance abuse or lack of a solid support system challenge our youth to maintain healthy relationships with others and themselves. Our staff work to reconnect these young people to school, to healthy eating, to family and/or friends by providing hot meals everyday, hygiene supplies, housing and mental health services, and education and employment programs so that they can begin to feel empowered in their lives."

February: **Men As Peacemakers**

Men As Peacemakers strives for a world without violence, in which human connection is valued above all else. Youth programs focus on building strong relationships with their peers, with positive adult role models, and the wider Duluth community. Their in-school mentoring programs like the Girls Restorative Program primarily serve youth of color who qualify for free or reduced-price lunch (household income is 185% of the federal poverty line or below).



March: **CHUM + Minnesota FoodShare**

Whole Foods Co-op is a part of the Minnesota FoodShare program that bands together with ~15 Minnesota Co-ops each March to collectively raise money for Minnesota food shelves to the tune of \$114,100 for 25 food shelves across the state in 2019. This March, the Co-op will continue to support CHUM Food Shelf. CHUM is "People of faith working together to provide basic necessities, foster stable lives, and organize for a just and compassionate community." They provide emergency shelter, food and street outreach throughout Duluth.

April: **St. Louis River Alliance**

"The SLRA is the voice of the St. Louis River. We are a membership organization of river stewards working together to restore, protect, and enhance the resiliency of the St. Louis River. We work to connect people to the river in order to help rebuild their relationship to the river. When people remember their connection it helps us build stronger community and helps us protect our water by creating stewards who love the river."



May: Clayton Jackson McGhie Memorial

"Clayton Jackson McGhie Memorial, Inc. (CJMM) exists to foster racial justice and promote healing and reconciliation in our community. For nearly 20 years, CJMM has worked within our community to educate folks about the impact of the 1920 lynchings of Elias Clayton, Elmer Jackson, and Isaac McGhie. On June 15, 2019, we will honor these men by asking more than 10,000 community members and visitors to join us at the intersection of the memorial and in the surrounding streets to commit to working towards racial equity, reconciliation, and peace."

June: Whole Foods Co-op Access Discount

Food access for all! The Whole Foods Co-op Access Discount helps to reduce cost barriers by giving shoppers enrolled in Minnesota food assistance programs a 10% discount on purchases. In 2019, your co-op provided over \$50,000 to 329 individuals and families on food assistance.



July: The Land Lab - UMD

The Land Lab is a hub for research and action that links agricultural production with food justice and food sovereignty and a space where students and community members engage in active-learning based on the unique ecology of Northeast Minnesota. In a region with high rates of economic inequality and homelessness that dealing with the effects of a changing climate, the UMD Land Lab asks how can we ensure that our food system is resilient enough to meet the needs of all community residents.

August: POP! Power of Produce (Community Action Duluth)

The Power of Produce Club is a Lincoln Park and Hillside Farmers Market incentive program for children. Each week, children ages 4 to 12 receive a \$2 token to spend on fresh fruits and vegetables.



September: Duluth Community School Collaborative

"Our mission is to foster community partnerships that promote wellness and school success for youth and families; creating a community of life-long learners that embraces diversity. The Collaborative engages parents, youth, and community members to guide the work and provides support for engagement such as childcare, dinner, and transportation. These reduce barriers to participation, as does the fact that all programs are free of charge to the family."



October: American Indian Community Housing Organization (AICHO)

"AICHO honors the resiliency of Native American people by strengthening communities and centering Indigenous values in all aspects of our work; we provide housing and supportive services while also managing arts, cultural, and food sovereignty initiatives in Duluth, MN. Our operating philosophy is that every Native American deserves to live in a non-violent and non-threatening environment and has the right to be treated with dignity and respect."

Prøve

November: Prove Gallery

The mission of Prøve Gallery is to foster a greater appreciation of the contemporary arts; to bridge cultures; to create and expand community; and to provide cultural exchange, networking opportunities, and educational outreach through regular interaction with the contemporary arts.

December: Second Harvest/Northern Food Bank's Backpack Program

"We secure easy-to-open, easy-to-prepare food with a balance of nutrition. It arrives at our food bank (from donors like Whole Foods Co-op) where it's packed into small bags by volunteers every month. Once packed, the food is transported to school districts within six Northland counties."



LOCAL

Local Producer Profile

by Jen Gilbertson, Education / Outreach Coordinator & WFC Owner

Expanded Food Farm Carrot Season with New Winter Root Cellar

A carrot picked in the fall is sweeter than one picked in August. This is because as nights become colder carrots ramp up production of sugar as protection from frost, making for a much sweeter carrot than those not exposed to cooler temperatures. This could be one of the biggest factors in why Food Farm organic carrots are so darn delicious and so coveted by savvy Co-op shoppers. Late summer, the whispers begin, “when will Food Farm carrots come in?” Then the gleeful announcement, “Food Farm carrots have arrived!” Which all too soon is followed by “Food Farm carrots are sold out for the season.” Cue sadness. But this year is different.

This year was a bumper carrot crop for Food Farm, bringing in 75,000 pounds of their wonderful roots (check out their Facebook page to see their footage of the carrot harvest, it’s mesmerizing!). To put this into perspective, Food Farm did the math: 75,000 lbs of carrots is equal to 772,500 individual servings, enough for every resident of Carlton County to eat 21 servings! This gigantic harvest of carrots couldn’t have happened without a very strategic addition to the Food Farm infrastructure: their new winter root cellar.

I have very defined memories of the root cellar at my uncle’s old farm house. I was only 3 years old and I remember it exactly. It was a dark, chilled, pervasively musty earthen basement room with long wooden troughs that stored carrots, potatoes, squash, and onions. The Food Farm root cellar is chilly and houses the same vegetables, but that is where the similarities end. It is huge; a clean, multi-roomed, high ceilinged, and climate controlled facility, with storage space enough to hold the enormous bounty of fresh winter veggies to keep us all well fed throughout these long, cold months ahead.

John and Jane Fisher-Merritt began farming on Food Farm’s current site in Wrenshall, MN, in 1988. Their son Janaki, with his wife Annie Dugan, purchased the farm from his parents in 2010. Janaki’s goal has been to increase production through efficiency. In order to accomplish this certain aspects of the farm’s infrastructure needed to be upgraded. The addition of their vast root cellar has gone a long way toward increasing their production and storage capacities, the latter being the real issue. They could grow the veggies, but storage was a dilemma. Housing fresh vegetables throughout the winter months is onerous, conditions too cold, too dry, or too damp can cause the veggies to rot, resulting in a large amount of loss - and when you work so hard to coax these gems from the soil the last thing you want is to throw them out. Please note: veggies not fit for sale aren’t “thrown out” at Food Farm, they are composted and used to improve their soil. Good for their soil, not so good for their bottom line.

The new root cellar has various climate zones designed to house the vegetables in ideal conditions. Carrots are with cabbages in a cold but humid room, winter squashes and onions in a slightly warmer, dryer room and potatoes in another area of their own. Here they will safely stay until they are delivered to the Co-op, and other local vendors such as Chester Creek Cafe, Duluth Grill, OMC Smokehouse, and Spirit Creek Farm (shout out to their amazing kimchi and sauerkraut made from Food Farm cabbages!), as well as to Food Farm CSA share holders.

Community is the heart of any CSA operation. Sitting down with Janaki, the word “community” was used many times. Not only regarding CSAs, references to the community of organic farmers was another large part of the conversation. Organic farmers benefit in their support of each other; they share equipment, trade ideas, assist in harvesting, celebrate each others successes, and commiserate in their challenges.

Organic farmers are passionate about what they do. They generously share their knowledge with others and are excited to learn from fellow farmers. This trading of information isn’t limited to established farmers,



Above: Owner, Janaki and fellow Food Farmer Karin show off their delicious organic carrots in their new winter root cellar in Wrenshall, MN



they also love to instruct folks new to farming. There are many first generation farmers in the Northland who have been mentored by the farmers at Food Farm; Northern Harvest Farm, Uff-Da Organics, Stone’s Throw Farm, and Fairhaven Farm all have ties, either direct or indirect, to Food Farm and their dedication to encouraging new generations of growers, thereby enlarging the farmer community.

Community is not only the area we live in, it is created by connections and common interests. We are the Whole Foods Community Cooperative, we are the consumers and farmers together, connected by food. In Janaki’s words “Being able to grow our own food is essential”, as is supporting our local farmers. We all play a part in ensuring our food supply remains vibrant and thriving.

Food Farm is committed to growing delicious produce for their community. Co-op shoppers can rest assured their supply of delicious vegetables, particularly those incredible carrots, are safely stored and will taste as wonderful as the day they were picked, no matter how deep the winter snow gets.



Co-op Community Perks

As a Whole Foods Co-op owner, you receive discounts at local businesses. Simply present your Co-op swipe card at participating businesses and receive benefits.



Thanks to our Community Cooperators!

For the current list of perks visit wholefoods.coop/communityperks

A Place for Fido

600 East Superior Street | Duluth, MN 55802
218.464.4484 | aplaceforfido.com

- ▶ **WFC Owner Benefit:** 5% off your purchase. Excludes food, special orders, and custom work. Must present WFC Owner Card to receive discount. Cannot be combined with any other offers or discounts

Amazing Grace

394 South Lake Avenue | Duluth, MN 55802
218.724.3431 | amazinggraceduluth.com

- ▶ **WFC Owner Benefit:** 10% off beverages. Excludes alcohol. Limit one per customer per day.

Amazing Alonzo Inc. (Paperback Exchange)

1831 East Superior Street
Duluth, MN 55812 | 218.724.3431
Open 10 AM – 5 PM, Tuesday – Saturday

- ▶ **WFC Owner Benefit:** 10% off your book purchase price.

Art in the Alley

230 East Superior Street | Duluth, MN 55802
218.464.4822 | artinthealley.com

- ▶ **WFC Owner Benefit:** Free earrings (\$12.95 value) with any \$25 purchase.

Bent Paddle Brewing Co.

1912 West Michigan Street | Duluth, MN 55803
218.279.2722 | bentpaddlebrewing.com

- ▶ **WFC Owner Benefit:** One taproom beer size upgrade per visit (during regular taproom hours).

The Bookstore at Fitger's

600 East Superior Street | Duluth, MN 55802
218.727.9077 | fitgersbookstore.com

- ▶ **WFC Owner Benefit:** 10% off regular-priced items. Excludes candy and magazines.

Continental Ski & Bike

1305 East 1st Street | Duluth, MN 55805
218.728.4466 | info@continentalski.com

- ▶ **WFC Owner Benefit:** 10% off regular-priced merchandise (excluding bicycles). Not valid with any other offer, coupon or promotion.

Destination Fitness

4966 Rice Lake Road | Duluth, MN 55803
218.260.6562 | destinationfitnessmn.com

- ▶ **WFC Owner Benefit:** 50% off your first month's membership or 10% off your first personal training package purchase. Valid for new customers only.

Daugherty Appliance Sales & Service

3931 West 1st Street | Duluth, MN 55807
218.722.3925 | daughertyappliance.com

- ▶ **WFC Owner Benefit:** Free local delivery and hook-up of non built-in appliances \$399 or more. \$5 off any appliance service call.

Duluth Children's Museum

115 South 29th Avenue West | Duluth, MN 55806
218.733.7543 | playduluth.org

- ▶ **WFC Owner Benefit:** \$2 off daily admission rate. Offer good for up to 5 persons.

Duluth Coffee Company

325 South Lake Avenue | Duluth MN 55802
218.221.6643 | duluthcoffeecompany.com

- ▶ **WFC Owner Benefit:** \$1 off any sized drink at Canal Park Cafe within The Ripple Bar inside Hoops Brewing Company. Limit one use a month.

Duluth Huskies

101 North 35th Avenue West | Duluth, MN 55807
northwoodsleague.com/duluth-huskies/

- ▶ **WFC Owner Benefit:** ½ price full admission tickets to all Huskies games.

Duluth Area Family YMCA

302 West 1st Street | Duluth, MN 55802
218.722.4745 | duluthymca.org

- ▶ **WFC Owner Benefit:** One free week (seven consecutive calendar days) non-transferrable, one use per year.

Electric Fetus

12 East Superior Street | Duluth, MN 55802
218.722.9970 | electricfetus.com

- ▶ **WFC Owner Benefit:** 10% off regular-priced items store-wide. Some restrictions apply.

Energy Works Myofascial Release

732 East 4th Street, Suite C | Duluth, MN 55805
218-464-2349 | energyworksmfr.com

- ▶ **WFC Owner Benefit:** \$25 off an Initial MFR Consultation. \$10 off a 30" Amethyst BioMat healing session.

Fitger's Wine Cellars

600 East Superior Street | Duluth, MN 55802
218.733.0792 | fitgerswinecellar.com

- ▶ **WFC Owner Benefit:** 10% off organic wine.

Flora North

138 West 1st Street | Duluth, MN 55802
218.279.3444 | floranorthmn.com

- ▶ **WFC Owner Benefit:** \$5 off any purchase of \$25 or more. Not to be used with any other promotions, must present Owner Card at time of purchase

Frost River Trading Co.

1910 West Superior Street | Duluth, MN 55806
218.727.1472 | frostriver.com

- ▶ **WFC Owner Benefit:** One free pound of coffee by Duluth Coffee Company with purchase of \$100 or more.

Grihastashrami Yoga

21 North 28th Avenue East | Duluth, MN 55812
218.728.9942 | grihastashrami.yoga

- ▶ **WFC Owner Benefit:** One free yoga class. Classes held at Pilgrim Congregational Church.

Hanabi Japanese Cuisine

110 North 1st Avenue West | Duluth, MN 55802
218.464.4412 | hanabimn.com

- ▶ **WFC Owner Benefit:** 10% off your purchase. Not valid for lunch specials, happy hour, or alcohol.

Hawk Ridge Bird Observatory

PO Box 3006 | Duluth, MN 55803
218.428.6209 | hawkridge.org

- ▶ **WFC Owner Benefit:** 20% off one Hawk Ridge membership at any level.

Healing Ways since 1983

1420 East 1st Street | Duluth, MN 55805
218-724-9737 carolyn.sheets@gmail.com

- ▶ **WFC Owner Benefit:** One Massage Session for \$65 (good once annually per Owner). One hour Soulwork session for \$60 (good for 3 sessions per year, per Owner).

Hiki Hit - Duluth Mobile Sauna

2003 Dunedin Avenue | Duluth, MN 55803
701.680.1481 | hikihut.com

- ▶ **WFC Owner Benefit:** Book a sauna session for two and receive one free single session, to be used at a later date. Check their website for sauna dates and times.

Hucklebeary

Gifts, Cards & Creative Space
106 East Superior Street | Duluth, MN 55802
218.461.9083 | hucklebearyduluth.com

- ▶ **WFC Owner Benefit:** Buy 7 cards, get the 8th card free.

Holistic Health & Healing, LLC

205 West Second Street, Suite 150H
Duluth, MN | 55802
218.724.3679 | Holistichealthhealing.info

- ▶ **WFC Owner Benefit:** \$10 off a 90-minute Energy Therapy session with wellness consultation for new clients.

House of the Gathering Yoga School

606 North 5th Avenue West | Duluth, MN 55806
218.213-8786 | houseofthegatheringduluth.com

- ▶ **WFC Owner Benefit:** 15% off One HGYS Retreat in 2020. Discount invalid for use on other non-HGYS or collaborative retreats.

Infinity Massage & Wellness

4897 Miller Trunk Highway,
Suite 200 Hermantown, MN 55811
218.341.8799 infinitymassageduluth.com

- ▶ **WFC Owner Benefit:** 10% off any service.

Jazzercise • Linda Herron

Duluth, MN 55812 | 218.728.2843 | jazzercise.com

- ▶ **WFC Owner Benefit:** \$25 discount for first-time participants with registration for EFT pass. Valid for 8:30 AM classes Monday, Wednesday, Friday, and Saturday.

JEM Yoga & Massage

16 ½ North 1st Avenue West | Duluth, MN 55802
218.216.5620 | jemduluth.com

- ▶ **WFC Owner Benefit:** 10% off a yoga punch card or massage, limit one per year. Not to be combined with any other offers or discounts.

Juice Pharm

12 South 15th Avenue East | Duluth, MN 55802
218.606.1236 | juice-pharm.com

- ▶ **WFC Owner Benefit:** 10% off any purchase, not to be combined with any other offers or discounts.

Lenora Organics

(Available Online Only) | Superior, WI
715.718.1977 | lenoraorganics.com

- ▶ **WFC Owner Benefit:** 15% Off your first online order. Use code (coop15) at check-out.

Lizzard's Art Gallery & Framing

11 West Superior Street | Duluth, MN 55802
218.722.5815 | lizzards.com

- ▶ **WFC Owner Benefit:** 15% off any framing orders.

Lucas Wellness

(Available Online Only) | Superior, WI
715.817.8787 | lucaswellness.com

- ▶ **WFC Owner Benefit:** Free shipping and 15% Off your first online order of \$150 or more and 15% Off all future orders.

Luke Chiropractic & Wellness

916 Hammond Avenue | Superior, WI 54880
715.392.2476 | lukechiro.com

- ▶ **WFC Owner Benefit:** Free exams for new patients and 20% off your first purchase of products from our office.

Master Framing Gallery on London Road

1431 London Road | Duluth, MN 55805
218.728.4056 | masterframinggallery@gmail.com

- ▶ **WFC Owner Benefit:** 10% off any custom framing. Not to be combined with any other discount or offer. WFC Owner Card must be presented at time of order to receive discount.

Northwest Outlet

1814 Belknap Street | Superior, WI 54880
715.392.9838 | northwestoutlet.com

- ▶ **WFC Owner Benefit:** 10% off all regular-priced Columbia, Northface, and camping gear.

Paula Williams • Certified Life Coach

218.428.2862 | livethislifeonpurpose.com
paulajwilliams@gmail.com

- ▶ **WFC Owner Benefit:** 4th Coaching Session is free. For new and returning clients. See website for more information.

Pineapple Art Center & Supply

124 West 1st Street | Duluth, MN 55802
218.722.2919

- ▶ **WFC Owner Benefit:** 10% off all art supplies year-round (offer does not include consignment or classes).

Playing with Yarn

276 Scenic Drive | Knife River, MN 55609
218.834.5967 | playingwithyarn.com

- ▶ **WFC Owner Benefit:** All purchases can be applied to your Playing With Yarn card anytime, all year.

Red Mug Coffeehouse

916 Hammond Avenue | Superior, WI 54880
715.392.2662

- ▶ **WFC Owner Benefit:** 50% off any Red Mug Salad with the purchase of one beverage. Dine in or take out.

Rustic Inn Café & Gifts

2773 Highway 61 | Two Harbors, MN 55616
218.834.2488 | rusticinn.cafe

- ▶ **WFC Owner Benefit:** 20% off total purchase. Excludes sale and clearance items.

Saffron & Grey Couture Floral Design

2303 Woodland Avenue | Duluth, MN 55803
218.728.1455 | saffronandgrey.com

- ▶ **WFC Owner Benefit:** \$25 off any event order of \$250 or more. \$5 off a floral/plant delivery of \$75 or more. Must present WFC Owner Card.

The SunSpot

Mobile rescue unit fighting vitamin D deficiency and winter blues.
218.728.1067 | facebook.com/thesunspotduluth

- ▶ **WFC Owner Benefit:** 20% off each 30-minute light therapy session.

Trailfitters

600 East Superior Street | Duluth, MN 55802
218.722.6776 | trailfittersduluth.com

- ▶ **WFC Owner Benefit:** 10% off all regular-priced, in-stock clothing or footwear.

Tortoise & Hare Footwear

4002 Grand Avenue | Duluth, MN 55807
218.624.4840 | tortoiseharefootwear.com

- ▶ **WFC Owner Benefit:** \$10 off any purchase of \$100 or more. Must present Owner Card at time of purchase.

Yarn Harbor

4629 East Superior Street | Duluth, MN 55804
218.724.6432 | yarnharborduluth.com

- ▶ **WFC Owner Benefit:** Annual one-time 15% discount on yarn purchase. Not available with any other store sales.

Wild State Cider

2515 West Superior Street | Duluth, MN 55806
218.606.1151 | wildstatecider.com

- ▶ **WFC Owner Benefit:** Free taster with purchase of any cider or flight

Zeitgeist Arts Café

222 East Superior Street | Duluth, MN 55802
218.722.9100 | zeitgeistartscafe.com

- ▶ **WFC Owner Benefit:** Receive a free order of fries with the purchase of an entrée.

Zenith Bookstore

318 North Central Avenue | Duluth, MN 55807
218.606-1777 | zenithbookstore.com

- ▶ **WFC Owner Benefit:** 10% off your new book purchase.

Zinema 2

222 East Superior Street | Duluth, MN 55802
218.722.7300 | zinema2.com

- ▶ **WFC Owner Benefit:** One free small popcorn with movie ticket purchase.

Please note that some of the participating businesses also request that you mention your WFC Ownership when making appointments, so read the offers carefully.



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

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 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

Follow us!

@WholeFoodsCoop

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



WFC-U 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 fall 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!

JANUARY

Kids in the Kitchen: Easy (and Healthy) Snacks

Chef Adam Wisocki and Jen Gilbertson
Saturday, January 4 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners | \$15 Non-Owners
FREE to Access Discount members.
Registration required. Limit 12
Recommended age – 5 years and older

We hear it all the time - "There's nothing to eat!" In this class our students will learn easy, healthy and super delicious recipes designed to empower our young chefs and hopefully alleviate the "nothing to eat" blues!

Winter Cleanse Class

Stacey Quade
Tuesday, January 7 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners | \$20 non-Owners
FREE to Access Discount members.
Registration required. Limit 20

WHY WINTER DETOX? Re-vitalize after the holiday season. Improve your immune system, metabolism and wellness all winter long. "To detox or not to detox" is not the question, it's how to safely do it in a gentle supportive way during the time of year when your body needs to be nurtured and supported. Topics covered include:

- What makes a good cleanse? Critical components, dos and don'ts.
- What happens during a cleansing process? It's not just physical.
- How to decide if you need to do a full cleanse or just modify nutrition and habits.
- Different detoxifying foods, herbs, and techniques that are easy to incorporate into your daily life. AND easier ways to use CASTOR OIL!

Soup, Salad and Chocolate Cherry Sourdough

Missy Polster and Jen Gilbertson
Saturday, January 11 | 11:00 AM – 2:00 PM

HILLSIDE Classroom

\$20 WFC Owners | \$30 Non-Owners
Registration required. Limit 20

Missy Polster and Jen Gilbertson will each teach aspects of this dual class – Missy will begin with her Chocolate Cherry Sourdough Bread and while we wait for the bread to rise between stretching Jen will make a delicious salad and soup to accompany the bread. Missy will also cover the feeding of sourdough, preparing of dough,

stretching process, fermentation and then baking and storing your bread. Come hungry!

Zero Waste Living

April Hepokoski
Tuesday, January 14 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners | \$20 Non-Owners
FREE to Access Discount members.
Registration required. Limit 20

Learn how to reduce your household trash through shopping Zero Waste at the Co-op! This class includes a presentation filled with tips and tricks on how to live a Zero Waste lifestyle in Duluth, followed by a hands-on shopping experience with your own reusable containers and bags at the Co-op. You will gain confidence using the bulk bins, tare system, PLU #'s, bulk produce, experience the check-out process and much more!

Make Your Own Kefir and Kombucha

Lanae Rhoads
Thursday, January 16 | 6:00 – 8:00 PM

DENFELD Classroom

\$20 WFC Owners | \$25 non-Owners
FREE to Access Discount members.
Registration required. Limit 20

A demo to help you learn everything you need to know to brew the best probiotics on your block. We will cover ingredient selection, brewing, fermenting, bottling and flavoring and will answer all of the unknowns in between. All participants will get to choose a Kefir or Kombucha starter to bring home for their personal use. Get brewing now!



Co-op Yoga Night

Joella Erin
Tuesdays, Jan. 21, Feb. 18, Mar. 24, Apr. 21 and May 19 | 5:30 – 6:30 PM

DENFELD Classroom

Free, no registration required: Limit 10

Join us for a relaxing yoga session in our Denfeld classroom. All levels welcome, bring your own yoga mat if you're able. Space is limited, come early!

Healthy Cells and Being Well

Stacey Quade
Thursday, January 23 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners | \$20 non-Owners
FREE to Access Discount members.
Registration required. Limit 20

Healthy cells thrive in a more alkaline environment, abnormal cells and inflammation in an acidic environment. Learn about choices, habits, and patterns that support healthy, vital cells and wellness!

Co-op Basics Recipes: French Mother Sauces

Jen Gilbertson
Tuesday, January 28 | 11:30 AM – 1:30 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form of a \$5 WFC gift card.
FREE to Access Discount members.
Registration required. Limit 20

Bechamel, Veloute, Espagnole, etc.! This month we will learn about the French Mother Sauces and create several recipes featuring some of the most famous sauces!

FEBRUARY

Kids in the Kitchen: Chocolate!

Chef Adam Wisocki and Jen Gilbertson
Saturday, February 1 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners | \$15 Non-Owners
FREE to Access Discount members
Registration required. Limit 12
Recommended age – 5 years and older

St. Valentine's Day is right around the corner! In this class we will learn all about chocolate from bean to bar and all between. We will also have a chocolate taste test and create some delicious recipes.

Are You Sick and Tired of Being Sick and Tired?

Michelle Russell
Tuesday, February 4 | 5:30 PM – 7:00 PM

DENFELD Classroom

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

Raise your vibration! Participants will learn how our habits and choices affect our vibrational energy and how to raise our vibration for optimum health and well-being.



Co-op Basics Recipes: Celebrating Citrus

Jen Gilbertson Thursday, February 6 | 6:00 PM - 8:00 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form of a \$5 WFC gift card
FREE to Access Discount members | Registration required. Limit 20

Citrus season is in full swing! This month we will learn about different kinds of citrus fruits as we enjoy multiple savory and sweet/ recipes featuring these juicy, delectable fruits!

Cold Process Soap Making

Lanae Rhoads

Thursday, February 13 | 6:00 – 8:00 PM

DENFELD Classroom

\$20 WFC Owners | \$25 non-Owners
FREE to Access Discount members
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 5oz. bar of soap that you will choose the scent and color for from a natural selection of essential oils, spices, clays and herbs.

\$10 WFC Owners | \$15 Non-Owners
FREE to Access Discount members
Registration required. Limit 12
Recommended age – 5 years and older

With Daylight Savings Time beginning again and the official end of winter only a week and a half away we will celebrate the arrival of all things fresh and new with a handful of recipes using early spring ingredients.

Sugar and Carbohydrate Addiction – Yes It’s Real!!

Michelle Russell

Tuesday, March 10 | 5:30 PM – 7:00 PM

HILLSIDE Classroom

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

Participants will have the opportunity to:

- Understand the biological and psychological connection
- Identify the negative impact sugar and refined carbs have on our health
- Learn how to create healthy habits to curb the cravings
- Learn how to boost your metabolism, stabilize your blood sugar, improve your energy, and restore mental clarity through proper nutrition and glycemic impact eating.

St. Valentine’s (or Palentine’s) Day Cooking Class



Chef Arlene Coco Buscome

Tuesday, February 11 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$30 WFC Owners | \$40 Non-Owners
Registration required. Limit 16

Whether you are cooking for good friends or a Valentine, this menu is sure to please. Following an Italian theme, you will learn how to make a classic Bruschetta for starters, a dual entree for meat and non-meat eaters of Wild Mushroom Farro Risotto and Chicken Marsala with Grapes. You will learn how to dress simple greens for after the entree course, and make Chocolate Mousse with a secret ingredient that will surprise and delight you. This hands-on class will give you a chance to practice your knife skills and participate in cooking in community. Recipes include:

- Bruschetta with assorted toppings
- Wild mushroom Farro Risotto
- Chicken Marsala
- Simple dressed garnished greens
- Raw Chocolate Mousse

MARCH

Kids in the Kitchen: Spring Fling

Chef Adam Wisocki and Jen Gilbertson
Saturday, March 7 | 11:00 AM – 1:00 PM

DENFELD Classroom

TAKE ACTION: TRY VEGAN IN JANUARY!

Join the Co-op Community’s Facebook Group and let’s learn together! [Facebook.com/groups/DuluthDoesVEGANuary](https://www.facebook.com/groups/DuluthDoesVEGANuary)

Did you know that going plant-based is one of the most powerful tools we have as individuals to help rescue the environment and the climate?

“Climate, environment – and even our health – are big issues with many factors beyond our control. All the more important, then, to do the good that we can do. And the more of us who do it, the more powerful it becomes.” - Bonnie Ambrosi, long-time Whole Foods Co-op owner and Garbanzo Gazette contributor, a vegan recipe columnist, and a cook in the Denfeld WFC deli.



What is VEGANuary? VEGANuary is the world’s largest vegan movement, inspiring people to try vegan for January and throughout the rest of the year.

In 2019, more than a quarter of a million people “took the pledge” with VEGANuary, and of those, 6 out of 10 said they would stay vegan!

Interested in going Vegan or just Vegan-curious? Join our digital community and let’s learn about this movement together:

Get inspired:

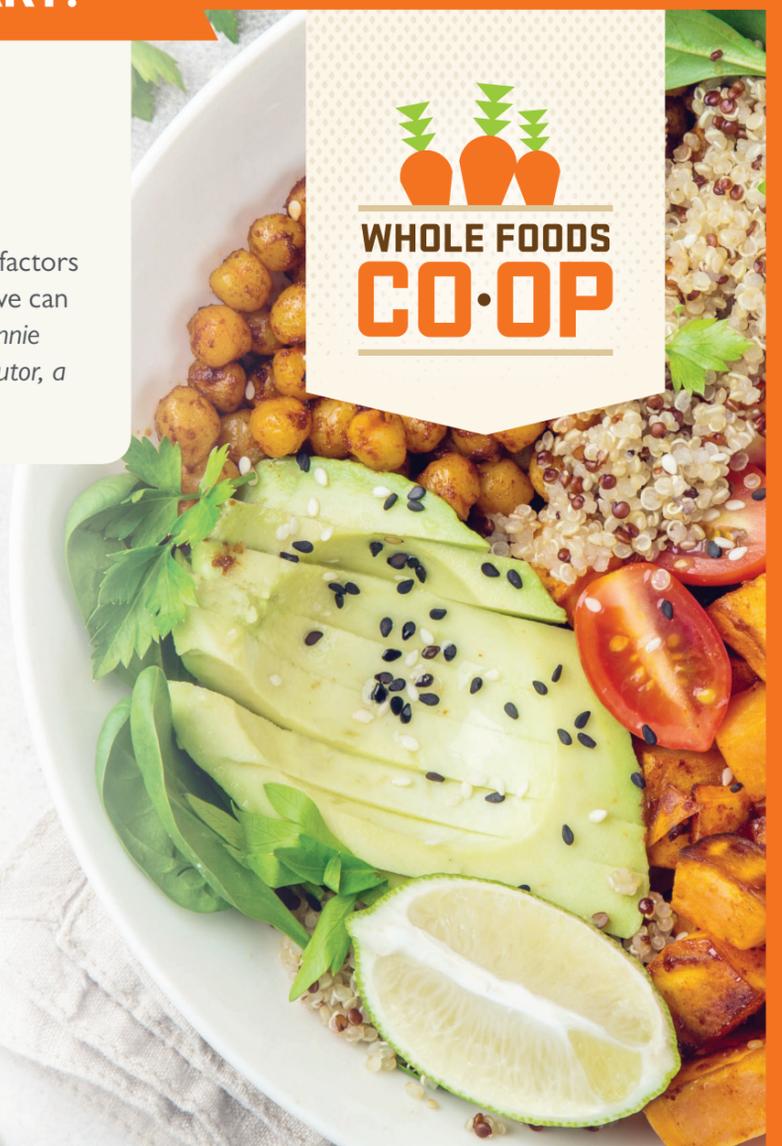
The Co-op will share simple, weekly recipes and information on Vegan food essentials for your kitchen like plant milks and other dairy replacements.

Connect with others:

Easily meet and connect with others in our co-op and local community interested in adopting a plant-based diet with the help of community polls, Q&A and recipe swaps. Sharing and helping answer each other’s questions is highly encouraged!

Get involved:

During the month of January there will be a weekly \$50 Co-op Gift Card Drawing to those who post/comment/share with the Duluth VEGANuary community as well as exclusive co-op Vegan sampling events for group members to try easy recipes and meet in person at the Co-op!





Interested in Teaching?

QUESTIONS?

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

218.728.0884

brand@wholefoods.coop

CURRENT INSTRUCTORS:

Arlene Coco Buscombe

Chef Arlene Coco has been cooking professionally for over 30 years and has a portfolio career in the food world. As a culinary instructor, cookbook author, caterer and chef, her vast experience has taken her to over 19 countries where she has traveled and studied the food ways of numerous cuisines. She shares her passion for food by teaching private cooking classes, food safety classes and coordinating team building cooking events.

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. She knows how hard it can be to put together meals to please the masses. Jen enjoys discovering and trying new recipes and is always up for a cooking challenge.

April Hepokoski

April Hepokoski is a sustainability activist who lives a near zero waste lifestyle, creating close to just a mason jar of trash each month. She has founded Zero Waste Duluth, a social media group where she inspires others to live intentionally and sustainably by sharing her story. She is active in the community hosting speaking events for herself and other activists, organizing clean-ups, speaking on podcasts, and running her nature-based preschool near Zero Waste. Her preschool blog, Zero Waste Nature School, can be found on zerowastenatureschool.com.

Missy Polster

Missy has baked bread at home for about 30 years. Last year, she started to sell bread at farmer's markets and now bakes and sells from a commercial bakery in Sandstone. Missy makes sourdough and has found that one of her FAVORITE things is to work through the process of baking sour dough with others in a relaxed, fun, information sharing environment. Missy knows there is a ton of information about the art and hopes to demystify it a bit for others and plant more seeds for people to do this themselves.

Joseph Quade

Joseph Quade of Great Lakes Therapies is a Physical Therapist specializing in manual and movement therapies for chronic and acute pain, injury prevention and rehabilitation, and overall physical/mental/emotional healing. As a Physical



Dog Days of Winter Comfort Foods

Chef Arlene Coco Buscome
Thursday, March 12 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$30 WFC Owners | \$40 Non-Owners
Registration required. Limit 16

Deep winter calls for comfort and warm goodness. In this hands-on class you will learn a new twist on the classics with some plant-based updates and learn a few new skills along the way. Recipes include:

- Thai inspired Tomato Soup
- Hummus Quesadillas with Mediterranean salsa
- Meatballs with Vegan Brown Gravy
- One Pot Pasta Dinner
- Italian Apple Cake

Upcycled Irish Soda Bread

Missy Polster and Jen Gilbertson
Saturday, March 14 | 11:00 AM – 2:00 PM

HILLSIDE Classroom

\$20 WFC Owners | \$30 Non-Owners
Registration required. Limit 20

Missy Polster and Jen Gilbertson will each teach aspects of this dual class – Missy will begin with her recipe for “Upcycled” Irish Soda Bread and while we wait for the bread to rise Jen will make some traditional Irish recipes to accompany the bread. Missy will also cover the feeding of sourdough, preparing of dough, stretching process, fermentation and then baking and storing your bread. Come hungry!

Bitters Making Workshop

Lanae Rhoads
Thursday, March 19 | 6:00 – 8:00 PM

DENFELD Classroom

\$20 WFC Owners | \$25 non-Owners
FREE for Access Discount member
Registration required. Limit 20

Got the itch to become a true cocktail craftsman? Then you've no doubt wondered how to make your own bitters! From the medicine cabinet to the bar, bitters have a long history of curing ailments and flavoring drinks. Though they may seem mysterious, bitters are simply bitter and aromatic herbs and spices, infused or tinctured in spirits. Combining the various flavors is where the fun part comes in. There are no hard and fast rules about the types of herbs to use in bitters, so you can create bitters blends that fit your palette. This class will help you start making your own bitters at home! We will provide a large selection of herbs and bases to choose from, and give you some basic recipes to get you started. The rest comes from your imagination and palette. Come ready to taste a few bitters before creating your own blend.

Co-op Basics Recipes: Not Your Ordinary Rabbit Food

Jen Gilbertson
Tuesday, March 24 | 11:30 AM – 1:30 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form of a \$5 WFC gift card
FREE to Access Discount members
Registration required. Limit 20

Salads are not just for rabbits! Join Jen as she makes several hearty and delicious salad recipes with scratch made dressings.

Medicinal Herbal Infusions

Stacey Quade
Tuesday, March 31 | 6:00 PM – 7:30 PM

HILLSIDE Classroom

\$15 WFC Owners | \$20 Non-Owners
Free for Access Discount owners
Registration required. Limit 20

Medicinal Herbal Infusions- How they can help you:

1. Rebalance your physical constitution
2. Decrease inflammation
3. Soothe irritated tissues
4. Improve digestion, and more...

Taste, smell, feel... are clues that help us discern the different properties of herbs and the way they can help us to rebalance. This class will help you identify common and easy to access herbs to experience several different herbal infusions. Practice picking up the subtle and not so subtle characteristics of the herbs to ID how they can help you with rebalancing organ systems and tissues in your body and apply principles to other foods and herbs that are commonly used.

Select Co-op Classes are now FREE for Co-op Access Discount program participants!

NEW

Register by phone or in-person to receive discount.

The Whole Foods Co-op Access Discount helps to reduce cost barriers by giving shoppers enrolled in Minnesota food assistance programs a 10% discount on purchases and now free Co-op classes!

Celebrating 120 Years
2019-20 SEASON SERIES

FEB 11 | 7:30PM | Mitchell Auditorium, CSS

MAR 3 | 7:30PM | Weber Music Hall, UMD

matinee musicale

THIRD CONCERT of the SEASON 2.11.20
XAVIER FOLEY
DOUBLE BASS
Joined by **NICHOLAS SUSI**
Piano

FINAL CONCERT of the SEASON 3.3.20
THE DALLAS BRASS
ENSEMBLE

ORDER YOUR TICKETS TODAY! www.matineemusical.org or sold at door

WFC-U Co-op Community Education

APRIL

Kids in the Kitchen: Spices!

Chef Adam Wisocki and Jen Gilbertson
Saturday, April 4 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners | \$15 Non-Owners
FREE to Access Discount members
Registration required. Limit 12
Recommended age – 5 years and older

Spices aren't always "spicy"! In this class we will learn all about different spices, their origins and how they are used. After our learning we will make some tasty dishes using some of the spices we discussed.

DIY Green Cleaning Workshop

Lanae Rhoads
Tuesday, April 7 | 6:00 – 8:00 PM

DENFELD Classroom

\$20 WFC Owners | \$25 non-Owners
FREE for Access Discount members
Registration required. Limit 20

Switching to green cleaning isn't just about environmental ethics, or making housecleaning a more pleasant experience. The chemicals in common cleaning products can cause a variety of health problems, especially for our respiratory system. Learn how to replace your supermarket cleaning supplies with just a few inexpensive all-natural ingredients and pure, organic essential oils! Participants will make an all-natural tough kitchen scrub and an all-purpose spray cleaner for safely, economically and effectively disinfecting your home. Plus, you'll take home recipes for all products made in class along with recipes for laundry detergent, toilet fizzies, glass cleaner and wood cleaner.

Co-op Basics Recipes: Spring Brunch

Jen Gilbertson
Thursday, April 9 | 6:00 PM - 8:00 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form of a \$5 WFC gift card
FREE to Access Discount members
Registration required. Limit 20

Spring is here! This month we will learn different recipes perfect for an elegant and easy springtime brunch!

Keeping Your Immune System Strong

(3-part series – take one or sign up for all three)

Jean Sumner
Tuesday April 14, Thursday April 23, and Tuesday April 28 | 6:00 PM - 8:00 PM

HILLSIDE Classroom

\$15 WFC Owners - per class
\$20 Non-Owners - per class
FREE to Access Discount members

(All proceeds go to World Wellness Education – a non-profit organization)

In this three-part class series participants will learn about the following:

R U Toxic - April 14

This class will include discussion of the toxins in our lives including things we ingest, what we put on our skin, toxins in our homes, yards, and in the environment. Ideas will be shared about alternatives to what we are currently using. What changes need to be made to improve our overall well-being will be included. Methods of detoxing regularly will be shared.

Strengthen Your Immune System - April 23

This class includes ways to strengthen your immune system. We will cover the foods to eat, management of stress, the role of the "gut" in immune management, and methods to enhance the immune system

Living a Long, HEALTHY Life – April 28

This class explores the habits of people who live in the Blue Zones. These are zones in the world where people live the longest, healthiest lives. We will review the traits these zones have in common in order to make a plan for each of us to live a long healthy life!

MAY

Kids in the Kitchen: Last Day of School Celebration

Chef Adam Wisocki and Jen Gilbertson
Saturday, May 2 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners | \$15 Non-Owners
FREE to Access Discount members
Registration required. Limit 12
Recommended age – 5 years and older

It's the last of our Kids in the Kitchen classes for the school year and we want to celebrate all of the learning and fun we've had! Together we will make some party ready recipes and play games!

25 YEARS CELEBRATING 25 YEARS IN THE COMMUNITY

Internationally Known, Locally Loved: Home of SomaYoga Methodology

YogaNorthDuluth.com

Yoga North ISYI » Internationally Known, Locally Loved

Free Salad

Stacey Quade
Tuesday, May 5 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$15 WFC Owners | \$20 non-Owners
FREE to Access Discount members
Registration required. Limit 20

Herbs are packed with nutrition and first aid uses, that nature plants for you!

Course objectives include:

Becoming familiar with the plants, herbs and weeds found in your yard and the woods around you.

Learning to identify uses of these plants to add to your meals, for basic nutrition, and herbal first aid.

Co-op Basics Recipes: BBQ

Jen Gilbertson
Tuesday, May 12 | 11:30 AM – 1:30 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form of a \$5 WFC gift card
FREE to Access Discount members
Registration required. Limit 20

Fire up the grill, it's time to BBQ! This month we will learn fast and easy recipes perfect for getting your BBQ game on!

Tai Chi for Children

Joseph Quade
Saturday, May 16 | 11:00 AM – 12:30 PM

DENFELD Classroom

\$10 WFC Owners | \$15 non-Owners
FREE for Access Discount members
Registration required. Limit 15
All ages welcome

Tai Chi is a movement form from China. Learning the movements can help children build their inner strength. It helps with mental focus, balance, coordination, flexibility and feeling peaceful. We will practice and learn beginning level movements. Come dressed to move!

UMD THEATRE

The Little Prince
February 6-15

Machinal
March 5-22

LITTLE SHOP of HORRORS
April 16-25

218.726.8561 | tickets.umn.edu

Therapist since 1997 he has studied a variety of modalities for manual and musculo-skeletal rehabilitation. Focus points of his training include: Myofascial Release, Core Stabilization, Cranial Sacral Therapy (Level I), Strength and Conditioning, Mechanical Link, Tai Chi, Healing Touch (Level I), and Herbalism.

Stacey Quade

Stacey Quade, COTA/L, CHTP/I, Herbalist, has maintained a private practice in Healing Touch and Herbal Medicine since 2002 years in Duluth, MN. Certified in 2014 as a Foundations in Healing Touch -Course I instructor. Stacey's experience in Herbal experience stems from a lifelong relationship with plants and nature. Structured learning and clinical education began in 2002. Herbal products are available through direct sales and in community at the Duluth Whole Foods Co-op and other local businesses.

Stacey teaches classes on a variety of wellness topics, including energetic principles, diet/nutrition and lifestyle basics and herbalism in the Duluth area and surrounding communities.

Lanae Rhoads

Lanae Rhoads is the owner of Mix Cosmetics. She is a maker of all things - soap, skincare, lotions, makeup, 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.

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.

Jean Sumner

After being diagnosed with an incurable cancer by the medical industry, Jean began studying all ways of healing. She created a non-profit wellness organization to help others learn what she learned.

Adam Wisocki

Former chef and current high school teacher and father, Adam has a long history in the foodservice industry that began in his family's restaurant. He served as the Director of Foodservice for a local non-profit assisted living where he turned the menu for the residents that consisted of convenience food to an all scratch kitchen and bakery. Adam is a Certified Dietary Manager/ Certified Foodservice Protection Professional (CDM/CFPP) with the Associated of Nutrition & Foodservice Professionals (ANFP). Adam's love for satiating treats mushroomed when he lived and traveled in Eastern Europe.