WHOLE FOODS CO-OP

garbanzo gazette

SPRING 2024

Superior Fresh in Hixton, WI uses an aquaponic system to grow organic salad greens.

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Cover photo courtesy Superior Fresh

Sarah Hannigan
General Manager

Full Circle

Welcome! I'm so glad you are here. While spring feels like it's been knocking on the door since October, it's safe to say it's finally within sight, and we can feel the excitement of it all. From planning to harvest (and back to seed), we've got the full circle covered in this issue.

We kicked off the new year with the annual Grow Local Food Fund application cycle. The grant program, funded through the round-up donations of our shoppers, uplifts emerging and established growers and food producers by investing in projects to grow capacity in the local food system.

This year, twenty-two applications were received. The applicant pool showcased a tremendous outpouring of projects, plans, ideas, and dreams from farmers and food producers. Every time we solicit applications for the grant fund, we're reminded of the ambition within and the depth of commitment across the region. It's truly inspiring.

Through February, the grant selection committee – comprised of Co-op staff, prior grant recipients, and community members engaged in the local food economy – reviewed the proposals and ranked them based on selection priorities including funding historically underserved businesses, scaling local food production, sustaining the environment, and ensuring project feasibility and long-term impact. The committee poured over the details, wrestled with the tough decision-making, and ultimately selected the eight awardees featured in the pages ahead.

Shane Dickey, owner of Superior Small Batch and Grow Local Food Fund 2021 Grant Recipient participated in the Selection Committee in 2023 and 2024. He articulates the impact of the Grow Local Food Fund: "We were a recipient, Superior Small Batch, of the grant 3 years ago. It was big for us; we bought a patty machine with the money. It not only made a big difference in how our business was unfolding but really underlined what kind of an impact a local, relatively small grocery store can have, not just in the life of one business but on the overall spectrum of food production in our area. The Grow Local Food Fund is one of the coolest, most exciting supports of local food production that I've been aware of around here or anywhere else."

Thank you to all the shoppers who round up at the registers to support the fund and the staff who solicit donations and administer the program. It's an honor and privilege to host the Grow Local Food Fund, to turn small change into big impact.

We're also excited to share updates from our neighborhoods – housing developments in the Hillside, semi-professional soccer in West Duluth – and ways you can connect in community through classes, annual clean-up events, and Co-op Board service.

And what would a *Garbanzo Gazette* be without stories of local producers? Learn about Superior Fresh's regenerative practices that bring salad greens and salmon to the table, and North Circle Seeds' commitment to sowing the future by providing gardeners with organic seeds from a collective of growers in the region.

Raise your fork to the season ahead and all the bounty unfolding around us!

In cooperation and with gratitude,
Sarah Hannigan, General Manager
sarah@wholefoods.coop

Tristen Eberling
Recruitment Committee Chair,
Board of Directors

Call for Board Candidates

When you walk around Whole Foods Co-op, attend a class, and round up at the register, do you wonder if there is something more you can contribute as an Owner? Are you curious about the Co-op's financial position and wonder how the Co-op adapts to uncontrollable outside forces? What does it take to make a grocery cooperative successful, and how do we measure success? If you ask yourself these questions, I encourage you to join the Whole Foods Co-op Board of Directors!

When I moved to Duluth, one of the first things I did was become an Owner of the Co-op. Previous co-ops I've been a member of were committed to sustainability, like Whole Foods Co-op, which was important to me when it came to deciding which organizations to get involved with. I also knew I wanted to play a part in the decision-making process, so I decided to apply for a Board position.

Being involved with the Board empowers me to forge new connections within this community and foster deeper integration into Duluth. I now call Duluth home, and the Co-op plays an integral role in that sense of community. If this is what you are looking for, I highly encourage you to explore the opportunity to join the Board. As a policy board, we prioritize listening to community members, Owners, and employees when making decisions and discussing potential change. I encourage you to apply today!

What does Board service look like? If you imagine a stuffy room with monotone voices reciting reports and heads nodding while trying to stay awake, then you are wrong! There is a lot of talking, laughter, and passionate discussions. We do more than just push papers around. We laugh, dream big, and share what we have learned through online training, national conferences, and other cooperatives outside of Duluth. Spring and fall retreats serve to keep us aligned with achieving the ENDS. Maintaining a thriving Co-op requires a collaborative Board.

Whether you're considering the Board of Directors, taking a class, or simply attending a monthly Board meeting held every 4th Monday of the month in the Denfeld classroom, we invite you to be part of the conversation. We hope to see you there.

Apply Now!

Applications due: **July 31, 2024**
Board Election: **October 2024**

Learn more and apply here:
wholefoods.coop/wfc-board

WHOLE FOODS CO·OP
BOARD OF DIRECTORS

GROW LOCAL FOOD FUND

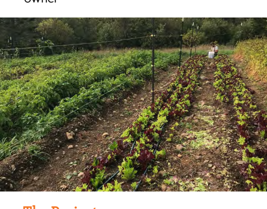
2024 Grant Recipients

Grant funds come from shopper donations. Thank you for rounding up at the registers to strengthen the local farming and food producer community!

DOWNTIME FARM

Grand Marais, MN
Emerging Grower

"Our mission is to provide the local community with high quality, sustainably grown vegetables and cut flowers. Last year, after growing and selling casually for years, I decided to scale up by increasing production and expanding sales outlets to include a farmers market, wholesale grocery and restaurant, and direct to consumers using the CSA model and informal farm tours." – Sadie Sigford, owner



The Project

Funds will be used to construct a root cellar, allowing the farm to start a winter CSA. The space will generate revenue during the off-season so the farm can grow more food and diversify crops.

Environmental Impact

Large amounts of food are shipped to Grand Marais during winter months. A winter CSA would provide local produce at a time when reliance on outside sources is at its highest.

GROW LOCAL FOOD FUND grant: $7,000

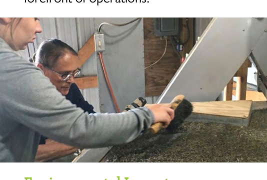
SPIRIT LAKE NATIVE FARMS

Sawyer, MN • Established Food Producer

"For over two decades, Spirit Lake Native Farms has been a Minnesota-grown product and local source of pure maple syrup and wild rice. Our unwavering mission is to share this tradition with not just our children and community but also to educate the general public about food sovereignty. Last year, we finished approximately 12,000 pounds of wild rice and 300 gallons of pure maple syrup. We set up through the summers at the American Indian Community Housing Organization (AICHO) farmers market and also provide individual tribes, businesses, and families with wild rice and maple syrup throughout the year." – Bruce Savage and Tawny Smith-Savage, owners

The Project

The farm is planning to upgrade its gravity-separating table for processing wild rice. The goal is to improve the process, enhancing the overall business while keeping sustainability at the forefront of operations.



Environmental Impact

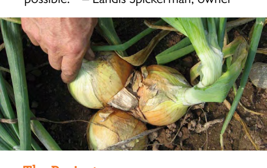
Spirit Lake Native Farm's main objective has always been to achieve sustainability. They use salvaged slabwood from a local sawmill to fuel their roasting process; their wild rice is certified organic; and they primarily sell wild rice within the local and Great Lakes region. They have established networks that directly benefit indigenous families and communities.

GROW LOCAL FOOD FUND grant: $7,000

HERMIT CREEK FARM

High Bridge, WI • Established Grower

"For the past 31 years, we have strived to use regenerative farming practices designed to focus on soil and ecosystem health, improvement of on-farm biological diversity, water quality, and adding resilience in an increasingly chaotic climate. We like to say our primary "crop" is our soil. And if we do a good job, we get the side benefit of the best tasting, healthiest produce and meat possible!" – Landis Spickerman, owner



The Project

The farm will purchase an onion topper designed to mechanically remove the tops, roots, loose skin, and dirt from onions, a process that is currently done by hand. The project will also include a structure to protect the equipment from the elements. This past season (2023), Hermit Creek Farm had to compost roughly 25% of their already harvested crop due to a lack of help and the time it takes to process onions by hand. This project will help them fully realize their onion crop and expand it.

Environmental Impact

Hermit Creek Farm's goal and basic tenet for the past three decades is ecosystem health gained through regenerative farming practices, including but not limited to crop rotation, reduced tillage, cover cropping, planting native species for pollinators and birds, and rotational grazing. They are the only certified organic vegetable producer in the Chequamegon Bay region.

GROW LOCAL FOOD FUND grant: $7,000

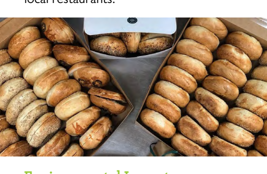
LIFT BRIDGE BAGELS

Superior, WI • Emerging Food Producer

"I established Lift Bridge Bagels in 2020 with the desire to provide fresh, handmade bagels, made with organic and high-quality ingredients, to the Twin Ports of Duluth and Superior. Lift Bridge Bagels exists to make people happy by making the best bagels and English muffins." – Lexy Land, owner

The Project

Lift Bridge Bagels will purchase an Oliver 723-N Bagel and Bun Slicer. This slicer will help increase production capability for wholesale and catering orders and production efficiency, ultimately increasing revenue and profits. By having the capacity to slice products, Lift Bridge Bagels will be able to expand its product offerings to include brioche buns for local restaurants.



Environmental Impact

Lift Bridge Bagels uses high-quality organic ingredients. Providing brioche buns to local restaurants would reduce the need for bread products from outside the area, thereby reducing emissions.

GROW LOCAL FOOD FUND grant: $3,023

MUDDY TRAILS FARM

Two Harbors, MN • Emerging Grower

"Committed to sustainable living, we utilize traditional methods and handcrafted techniques to bring our community the best homemade syrup, jam, produce, and farm fresh eggs. Our mission is to live sustainably, nurture our land, and foster awareness and connection by sharing our knowledge and deep appreciation for the land we inhabit." – Porsha Hoffman, owner

The Project

Muddy Trails Farm will build a sugar house, procure essential equipment, enhance accessibility, boost production capacity, and elevate sanitation standards. This project aims to significantly scale syrup production, contributing to the sustainable growth of the business while maintaining a commitment to environmental stewardship and quality.

Environmental Impact

The farm shares its regenerative practices with the community through educational outreach programs that create awareness about sustainable land management. They can do more outreach with a sugar house to host events.

GROW LOCAL FOOD FUND grant: $7,000

BREAD IN THE MEADOW

Esko, MN • Established Food Producer

"For the past 8 years, under the Minnesota Cottage Food Law, my husband, Stephen, and I have been selling bread and pastry out of our home regularly and also at summer farmers markets weekly and special events. Our mission is to provide good bread for our neighbors. As we do so, we desire to build a business that seeks the good of our community as it nourishes the people who live in it." – Elizabeth Naglak, owner

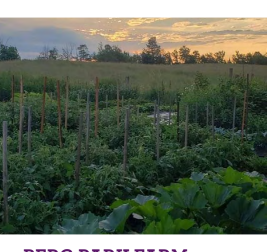
The Project

Bread in the Meadow will use grant funds to construct a commercial bakery, to increase bread production and open new markets for good, wholesome bread.

Environmental Impact

Forty percent of their flour and 100% of whole grains and seeds are certified organic and sourced from Minnesota. Bread in the Meadow always purchases local eggs and uses 100% local fresh fruit. The new kitchen will have energy-efficient utilities, including in-floor heat and a tankless water heater.

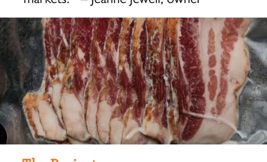
GROW LOCAL FOOD FUND grant: $7,000



BERG PARK FARM

Poplar, WI • Emerging Food Producer

"I've worked in agriculture for over 13 years, starting on a local CSA farm before moving to Poplar, WI, where I initially rented and eventually purchased Berg Park Farm. Our mission is to provide high-quality, locally sourced meat and produce, with a vision to become a key supplier in our local and regional markets." – Jeanne Jewell, owner



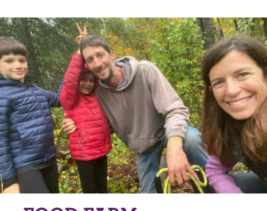
The Project

Berg Park Farm will construct a 6x8 walk-in freezer. This will greatly increase its meat storage capacity, reduce energy costs, and support its expansion into larger markets.

Environmental Impact

By consolidating multiple freezers into one efficient unit, Berg Park Farm will reduce energy usage, supporting its commitment to sustainable farming practices.

GROW LOCAL FOOD FUND grant: $7,000



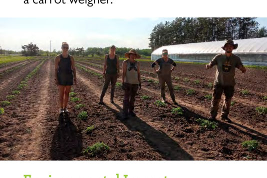
FOOD FARM

Wrenshall, MN • Established Grower

"Annie Dugan and I have owned this farm since 2010, though the farm operation was begun in 1976. Our passion is providing high-quality food for our community and a sustainable livelihood for our farmers while improving the productive capacity of our land. Our goals are to make adaptations necessary to mitigate the impacts of a changing climate, to contribute healthy food to our community, and to take care of those who work the land." – Janaki Fisher-Merritt, owner

The Project

Food Farm will apply their grant toward refrigeration efficiency upgrades that will utilize waste heat recovery technology to move heat from refrigeration condensing units to the packing and warm storage areas of their cellar. The full project will also upgrade the farm's electrical service. These upgrades are part of a much larger project to expand vegetable storage and packing area to accommodate increased production and add equipment, including a carrot weigher.



Environmental Impact

With a team of building and energy design professionals, Food Farm plans to reduce the energy use intensity of the building by 20%, down to 2.6 kWh/square foot from 3.3. Even though its building plan will increase refrigerated cooler space by 75% and double its enclosed (heated) packing area, these efficiencies will enable the farm to maintain a small surplus in electricity generation from solar panels. Electrical upgrades will also allow the capacity to eventually install a charging station for an electric delivery vehicle. Over its nearly 50-year history, Food Farm has always prioritized energy conservation and efficiency at each stage of growth.

GROW LOCAL FOOD FUND grant: $7,000

NON-PROFIT SUPPORT PROGRAM

Round up at the registers in April, May, and June to support the Grow Local Food Fund and these three Non-Profit Support Program recipients.

APRIL GIVE! RECIPIENT

Domestic Abuse Intervention Programs

Working toward ending violence against women. One hundred percent of funds will go to a Food Resource Fund that supports victims of domestic violence.

MAY GIVE! RECIPIENT

Whole Foods Co-op Access Discount

Helping reduce cost barriers by giving Co-op Owners enrolled in food assistance programs a 10% discount on purchases. In 2023, the Co-op Access Discount provided over $93,400 to 544 individuals and families with limited means.

JUNE GIVE! RECIPIENT

Northeastern Minnesotans for Wilderness (Save the Boundary Waters)

Uniting people to advocate for the protection of wilderness and wild places, especially the Boundary Waters Canoe Area Wilderness and the greater Quetico-Superior Ecosystem. Funds will go toward general operating costs to support the campaign.

Clean Yer Creek

16TH ANNUAL CLEANUP

Clean Yer Creek (CYC), a Duluth, Minnesota volunteer initiative, is hosting its 16th Annual Creek Cleanup on May 4th. This year, they'll add Amity and Merritt creeks to the past year's lineup of Keene, Miller, and Chester creeks. Their goal is to remove trash and debris to prevent pollution in the Lake Superior Watershed.

CYC started as a homegrown initiative by Greg Benson, founder of Loll Designs, in 2008. Initially, the goal was to plant trees behind Loll Designs' Hawk Ridge production location and around Duluth to diversify tree species.

"I still see the trees that have been planted over the years," says Julia Wisehart, program coordinator of Clean Yer Creek. "As I walk along Duluth's local creeks and vast trail systems, I am still in awe of the manpower and all the volunteers who planted trees and have maintained them over the years."

After the flood of 2012, it was clear the creeks and the Lake Superior Watershed needed attention. Thus, creek cleanups came to fruition.

Today, Loll Designs, Involta, Chester Bowl Improvement Club, Wild State Cider, and Bent Paddle Brewing Company team up with others to conduct the cleanup. Over the last 16 years, thousands of individuals have participated, resulting in over 4,000 trees planted and over 13.5 tons of trash collected.

"The amount of trash removed each year is always shocking and a reminder of why we continue to do this," says Julia, "the satisfaction of seeing our community gather and leave our hillside and watershed a cleaner and safer place always brings me joy."

The annual event has also seeded awareness of environmental stewardship in our community.

CYC's goal is to continue expanding its creek cleanup citywide and educate the importance of not only getting out once a year, but taking action on an ongoing basis. That is why CYC has partnered with **Keep Duluth Clean** (KDC) over the last five years. KDC aims to inspire residents, students, and businesses to maintain clean neighborhoods year-round. KDC values a beautiful city for all, free of litter and illegal dumping. KDC is committed to working with local community members to expand the resources needed to dispose of collected litter and abandoned waste properly.

"A small effort can make a big impact," says Cheryl Skafte, lead coordinator with Keep Duluth Clean. "Whether bringing a bag with you on a walk or jumping in on an organized cleanup, anyone can make a difference."

Local Duluth volunteers along Skyline Blvd. during a Keep Duluth Clean organized clean up event. Photo credit: Keep Duluth Clean

Both organizations rely on donations and sponsorships from local patrons. Whole Foods Co-op and countless other businesses have already stepped up to support their efforts.

To sponsor this event, contact Julia at **cleanyercreek@gmail.com**, (218) 310-4512, or Cheryl at **keepduluthclean@gmail.com**, (218) 341-8454.

Be sure to register for this year's Clean Yer Creek Cleanup and sign up for the creek of your choice!

CLEAN YER CREEK 16TH ANNUAL CLEANUP

Saturday, May 4, 2024
Keene, Miller, Chester, Amity, and Merritt Creeks

Join us in removing trash and debris from Duluth creeks and the Lake Superior watershed!

REGISTER

Schedule of events:

9:30 – 10am: Registration & Meetup

10am – 1pm: Creek Cleanups

2 – 4pm: After Party at Bent Paddle Brewing with a complimentary beer

Local volunteers standing next to a pile of trash and debris collected from Keene Creek. Photo credit: Erica Wisehart of Clean Yer Creek.

In Our Neighborhoods

Rendering of Brewery Creek Apartments courtesy One Roof Community Housing

HILLSIDE: BREWERY CREEK APARTMENTS

Exciting news! The Brewery Creek Apartments, the new 5-story building across the street from the Hillside Co-op, is nearing completion and will begin leasing in July 2024.

Jeff Corey, Executive Director of One Roof Community Housing and one of the development partners on the site, shared more on what's brewing: the 52-unit complex will include two floors, totaling 32 units, dedicated to permanent supportive housing for youth aged 18-24. Both Life House and the Human Development Center will have offices and staff on-site to support this resource. Ten units will be reserved for Fond du Lac Band members, and the remaining 10 units will be available for rent to households earning 60% or less of the local median income, providing affordable housing options for our community.

Brewery Creek Terrace, also across 4th Street to the east, is being renovated and will be managed by Heirloom Properties. The brownstone, constructed in 1899, will have 21 units, with most available for rent to households earning 80% or less of the area median income. We are excited to welcome our new neighbors!

Team photo courtesy Duluth FC

DENFELD: DULUTH FC

Duluth FC, also known as the Blue Greens, is Duluth's premier semi-professional soccer team, playing across from the Denfeld Co-op at the Walt Hunting Stadium – Marv Heikkinen Field. General Manager, Charlie Forsyth shares his appreciation for the partnership forged by club and the Co-op: "We have players that come to Duluth from all over the country and those players stay with host families. We want our players to eat healthy food to keep them in top shape to win a championship and bring the beautiful game in the beautiful city. We believe that Whole Foods Co-op provides that kind of organic, great food."

During the May–June season, check out a game and stop into the Co-op for a delicious bite to eat. Go Blue Greens!

SEE SCHEDULE

Duluth FC player, Stephen Roeb pedals the Whole Foods Co-op Blender Bike at the Local Summer Sampler, June 2023

Nate Hefts, Superior Fresh Vice President of Sales with packaged salads at Whole Foods Co-op

Superior Fresh

SUSTAINABLE FARMING FROM SEED TO FIN

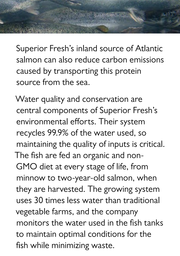
Remarkable farming feats are happening in the village of Hixton, Wisconsin using aquaponics. In less than a decade, **Superior Fresh** has transitioned land that was once over-farmed and degraded into a facility that has made them become a leading provider of salad greens and salmon, producing a staggering annual yield of over 6 million pounds of safe, pesticide-free food.

The story of Superior Fresh began in 2015. Todd and Karen Wanek, the owners of Superior Fresh, along with Brandon Gottsacker, CEO and Co-Founder, expressed, "We wanted to lay the groundwork for sustainable food production, not by reinventing the wheel, but by refining processes and lessons learned to create a one-of-a-kind business." And that's exactly what they've accomplished. Just two years after the initial construction, they celebrated their first lettuce harvest. Then, on July 4th, 2018, they proudly celebrated their first farm-raised salmon harvest. Last year, with a dedicated team of about 150 employees, Superior Fresh produced over 4.5 million pounds of leafy greens and 1.5 million pounds of Atlantic salmon.

Lee Scoggin of Superior Fresh catching salmon

The company uses an innovative aquaponics system that combines aquaculture, farming aquatic organisms, and hydroponics – growing plants in water instead of soil – to create a hyper-efficient ecosystem. Filtered nutrient-rich water from fish tanks is used to fertilize leafy greens, which purify the water that is then returned to the fish, creating an ecosystem that maximizes production efficiency while minimizing waste and environmental impact.

According to the Coral Reef Alliance, aquaponic systems can reduce fishing pressure and allow marine environments to rest and recuperate. As the world's population grows, adding local, innovative techniques like sustainable farm-raised salmon can help slow overfishing our oceans.



Superior Fresh's inland source of Atlantic salmon can also reduce carbon emissions caused by transporting this protein source from the sea.

Water quality and conservation are central components of Superior Fresh's environmental efforts. Their system recycles 99.9% of the water used, so maintaining the quality of inputs is critical. The fish are fed an organic and non-GMO diet at every stage of life, from minnow to two-year-old salmon, when they are harvested. The growing system uses 30 times less water than traditional vegetable farms, and the company monitors the water used in the fish tanks to maintain optimal conditions for the fish while minimizing waste.

Growing 1.5 million pounds of Atlantic salmon in Wisconsin is cool, but when we examine actual feed-to-product numbers, the numbers are staggering. One pound of fish food produces one pound of fish. That's easy math, right? Now, the water from the fish grows an additional three pounds of leafy greens. So, 1 pound of fish food = 1 pound of fish + 3 pounds of leafy greens.

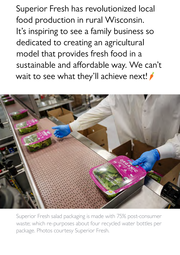
With the farm's next greenhouse expansion, Superior Fresh anticipates the greens per pound of fish food to increase greatly. The current footprint of their food production covers approximately 13 acres, which is about 20 times less land needed for the same output farming on soil.

Greener Days Ahead

Superior Fresh plants organic greens seeds 365 days a year to ensure consistent supply. Because their greens are greenhouse-grown, we can enjoy mid-summer freshness all year, even in winter.

Superior Fresh has taken substantial steps to protect and restore local ecosystems; they steward 800 acres of land adjacent to their operation and are actively working to restore native prairie and the oak savanna habitat. They have planted over 3,500 trees and shrubs and saved over 50 million native seeds. Native plants and birds have started to return, including the Purple Martin and American Kestrel. Additionally, through outreach, they engage with schools and colleges to educate students on sustainable agriculture and aquaponics, inspiring the next generation of farmers and environmentalists.

Superior Fresh has revolutionized local food production in rural Wisconsin. It's inspiring to see a family business so dedicated to creating an agricultural model that provides fresh food in a sustainable and affordable way. We can't wait to see what they'll achieve next!



Superior Fresh salad packaging is made with 75% post-consumer waste, which re-purposes about four recycled water bottles per package. Photos courtesy Superior Fresh.

North Circle Seeds

SOWING THE SEEDS OF SUCCESS

As the world becomes more modern, where the pace of change often distracts us, it's easy to overlook the small seeds of change that feed our communities. **North Circle Seeds**, a seed collective in Vergas, Minnesota, is dedicated to maintaining a bio-diverse collection of seeds gathered through a meticulous seed-saving process. North Circle Seeds is significantly impacting the preservation of genetic diversity and championing the cause of sustainable agriculture.

The story of North Circle Seeds begins with Zachary Paige, whose business journey started on a farm in Vermont in 2009. Intrigued by the farm's organic practices, he felt there was a missing component and was left wondering why the farmers weren't saving their seeds. This curiosity ignited a passion within him. Zachary left the farm and moved to Arizona to attend school, where he immersed himself in seed-saving techniques and the history of seeds, and conducted research into the significant loss of diversity caused by neglecting seed preservation. Zachary recalls, "It amped me up. That was in 2012, and ever since then, I've been on this train of wanting to save all the seeds that I grow." As his collection of seeds grew, so did his commitment to preserving rare and endangered plant varieties. In 2019, he purchased 46 acres in Vergas, Minnesota and launched North Circle Seeds. In 2020, the farm earned organic certification.

Zachary Paige, owner of North Circle Seeds

North Circle Seeds is committed to promoting biodiversity. They focus primarily on open-pollinated varieties. Open-pollinated plants allow for natural cross-pollination, resulting in diverse genetic traits that can adapt to different environmental conditions. By preserving and sharing open-pollinated seed varieties, North Circle Seeds empowers farmers and gardeners to spread and foster biodiversity.

Zachary shares, "We're trying to sell open-pollinated seeds, where people can save them independently. And we think that's a good thing, not trying to have people buy seeds from us every year."

The seed-saving process is intricate and fascinating. Most seeds are grown in Vergas, but North Circle Seeds has also built a regional collective of seed keepers. They partner with nine farms to grow and collect seeds, including The Boreal Farm, a 2023 Grow Local Food Fund recipient.

The Boreal Farm, located in Rice Lake, Minnesota, is a USDA Certified Organic farm. Over four years ago they supplied North Circle Seeds with the core seeds for Sugar Daddy Snap Peas and have been growing seeds for them ever since.

Caroline and Jay Hegstrom, owners of The Boreal Farm

Photos courtesy North Circle Seeds

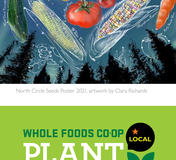
By cooperating with multiple experienced seed keepers, the task of species diversity becomes significantly more manageable. It begins with careful crop selection, where each variety is chosen for its unique attributes, such as flavor, productivity, or adaptability to specific growing environments. Seeds are then harvested and processed, ensuring that only the highest-quality seeds make it into North Circle Seeds' collection.

Once seeds are harvested, they undergo thorough drying and cleaning. This helps to eliminate any moisture that could cause mold or rot during storage. Cleaning the seeds involves winnowing, sifting, and hand-sorting to remove debris, damaged seeds, or chaff. This scrupulous process guarantees that only viable seeds are packaged and sent to stores and customers.

Photos courtesy North Circle Seeds

Beyond its mission of preserving heirloom plants, North Circle Seeds actively engages in community programs and initiatives, sharing their expertise to promote environmentally conscious agriculture. They collaborate with local educational institutions and organizations, offering workshops, seed swaps, and resources about seed-saving techniques. The final stage of preparing the seeds for sale germinates another opportunity for outreach and engagement, as community members come together to hand-package the seeds.

North Circle Seeds is a shining example of the importance of small seed companies in safeguarding biodiversity and fostering sustainable agriculture. With every seed they preserve and every gardener and farmer they empower, they sow the seeds of a more resilient and diverse food system—a legacy that could endure for generations to come.



North Circle Seeds Poster 2021, artwork by Clara Richards

WHOLE FOODS CO-OP LOCAL
PLANT SALE

MOTHER'S DAY – JUNE

Find local hanging flower baskets in time for Mother's Day, plus locally grown starter vegetable and herb seedlings, bushes, berries, native plants in June at the Co-op! *Supply subject to availability.*

Blue Greens Salad

Serves 3 | Prep time: 15 minutes

PRINT RECIPE

Ingredients

- 16 oz. salad greens (try Superior Fresh!)
- ½ red onion, thinly sliced
- ⅛ cup chopped fresh dill
- ⅛ cup chopped fresh basil
- ½ cup crumbled goat cheese
- ½ cup chopped walnuts
- ½ cup fresh blueberries
- 2 green onions, thinly sliced
- ¼ cup pickled banana peppers or pickled green beans
- Salad Girl Lemony Herb Vinaigrette

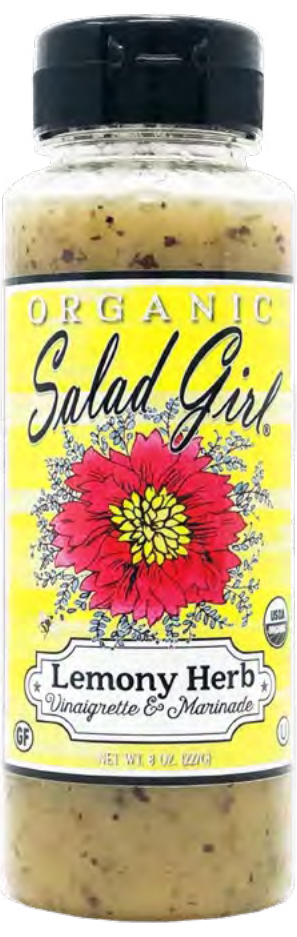
Instructions

1. Wash and dry the salad greens, then place them in a large salad bowl.
2. Add the thinly sliced red onion, chopped dill, and chopped basil to the salad greens and toss to combine.
3. Scatter the fresh blueberries and sliced green onions over the top of the salad.
4. Add the pickled banana peppers or pickled green beans for a tangy kick.
5. Sprinkle the crumbled goat cheese and chopped walnuts over the salad.
6. Toss with Salad Girl Lemony Herb Vinaigrette and enjoy the delicious combination of flavors!

Salad Girl Lemony Herb Vinaigrette

Salad Girl is a local, family-owned fresh organic salad dressing company located in Willernie, MN. Salad Girl Organic Dressings are dairy-free, gluten-free, certified kosher, and non-GMO.

Try Lemony Herb Vinaigrette & Marinade, a perfect compliment to the Blue Greens Salad.



LOCAL

All Salad Girl Dressings are $1 off at Whole Foods Co-op during April! Find 7 varieties in the produce section.

Salad Girl

co+op explorers corner

Color a Co+op Explorers coloring page and submit it for a chance to win a kids' snack bucket!

DOWNLOAD

Download or pick up a paper copy from customer service.

To enter, email a photo of your child and their completed coloring sheet to marketing@wholefoods.coop by May 1st.

CO-OP CLASSES

Spring Co-op Classes

Check out our online class calendar for detailed descriptions and to register for classes and store tours: **wholefoods.coop/classes**

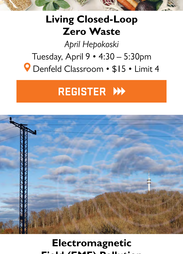
Registration is required.
Co-op Owners will receive a $5 Co-op gift card at paid classes.

APRIL

Living Closed-Loop Zero Waste

April Hepokoski
Tuesday, April 9 • 4:30 – 5:30pm
Denfeld Classroom • $15 • Limit 4

REGISTER



Electromagnetic Field (EMF) Pollution

Michelle Russell, CHHP, CHTP, CEFTP
Thursday, April 11 • 5:30 – 7pm
Denfeld Classroom • $15 • Limit 14

REGISTER

Make Your Own Flower Essences

Courtney Mae Cochran
Saturday, April 13 • 10am – Noon
Denfeld Classroom • $20 • Limit 14

REGISTER

Navigating Food Allergy and Special Dietary Needs

ALEIA Project: Rose Sterling, Emily Homan, and Erica Hanson
Monday, April 15 • 5:30 – 6:30pm
Denfeld Classroom • FREE • Limit 14

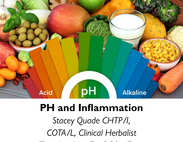
REGISTER

Truly Holistic Solutions for Muscle and Joint Pain

Dr. Lara Hill, DC
Thursday, April 25 • 5:30 – 7pm
Hillside Classroom • $15 • Limit 14

REGISTER

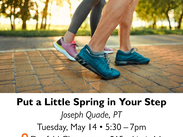
MAY



PH and Inflammation

Stacey Quade CHTP/I, COTA/L, Clinical Herbalist
Tuesday, May 7 • 5:30 – 7pm
Denfeld Classroom • $15 • Limit 14

REGISTER



Put a Little Spring in Your Step

Joseph Quade, PT
Tuesday, May 14 • 5:30 – 7pm
Denfeld Classroom • $15 • Limit 14

REGISTER

JUNE

Let's Make Ice Cream

Jonathan Wolfe
Tuesday, June 11 • 6 – 7:30pm
Denfeld Classroom • $15 • Limit 14

REGISTER

MONTHLY

Co-op Store Tours & Tasting

Learn about our Co-op community, discover the best of our stores, and taste a popular menu item from the Co-op deli.

Friday, April 19 • Hillside Store
1 – 2pm • FREE • Limit 10

REGISTER

Friday, May 17 • Denfeld Store
1 – 2pm • FREE • Limit 10

REGISTER

Friday, June 14 • Hillside Store
1 – 2pm • FREE • Limit 10

REGISTER

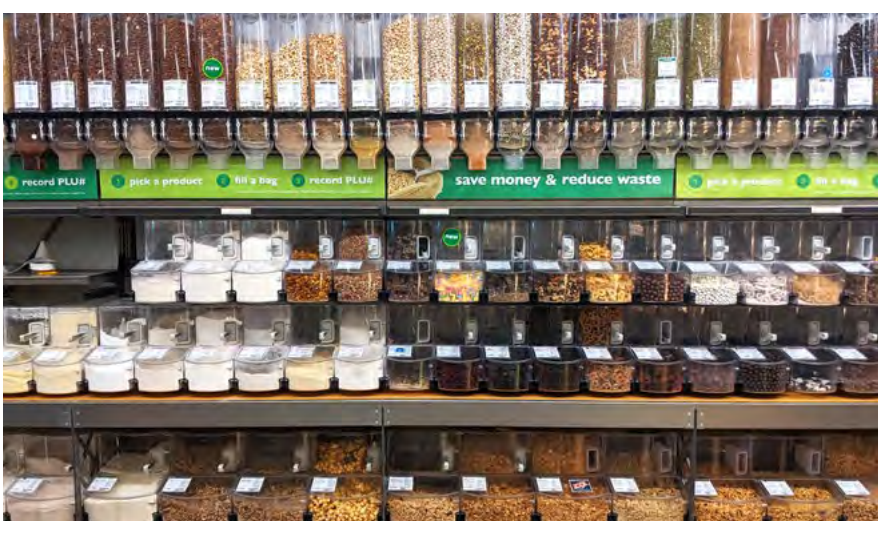
Interested in teaching a class or have suggestions? Let us know! marketing@wholefoods.coop

SPRING OWNER DEALS

Plan your shop!
This deal is one time use.

10% OFF

YOUR BULK SHOP
APRIL 10 – 16



Plan your shop!
This deal is one time use.

10% OFF

MEAT PURCHASES
MAY 22 – 28

- ★ **Includes Seafood & Plant-based Meats**
- ★ **Save up to $10**

10% OFF

ALL PRODUCE EVERY TUESDAY IN JUNE

(June 4, 11, 18, & 25, 2024)

DON'T FORGET TO USE YOUR MONTHLY OWNER COUPON!

$5 OFF

YOUR $40 SHOP
APRIL, MAY, & JUNE

One Time Use Per Month

All Owner Deals valid at both Whole Foods Co-op stores; for in-store use only. Deals for Owners only. No rain checks. May not be applied to special orders. No cash value. Gift cards cannot be purchased with monthly coupons.

WHOLE FOODS CO·OP

HILLSIDE

610 East 4th Street
Duluth, MN 55805

DENFELD

4426 Grand Avenue
Duluth, MN 55807

wholefoods.coop
218.728.0884

OPEN DAILY • 7am – 9pm

Spring Holiday Hours

Memorial Day: 7am – 9pm
Juneteenth: 7am – 9pm

Owned by YOU and

13,534

of your neighbors!