



11,620
CO-OP OWNERS

Love your co-op?

Become a Co-op Owner member today!

You'll get exclusive monthly coupons,
discounts at 50+ local businesses and more.

Learn more: wholefoods.coop/ownership

WELCOMING
NEARLY 100
NEW OWNERS
DURING OUR
WINTER DRIVE!



OWNER COUPONS

APRIL

\$5
OFF
YOUR
\$25 SHOP

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. No rainchecks. May not be applied to special orders. No cash value. Valid April 1-30, 2020.



499999003992

MAY

\$5
OFF
YOUR
\$25 SHOP

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. No rainchecks. May not be applied to special orders. No cash value. Valid May 1-31, 2020.



499999004005

JUNE

\$5
OFF
YOUR
\$25 SHOP

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. No rainchecks. May not be applied to special orders. No cash value. Valid June 1-30, 2020.



499999004012

Join our email list to learn about new deals & coupons.

Sign up at wholefoods.coop/newsletter

HILLSIDE + DENFELD

610 East 4th Street
Duluth, MN 55805

4426 Grand Avenue
Duluth, MN 55807

www.wholefoods.coop

WHOLE FOODS
CO-OP



HILLSIDE

610 East 4th Street
Duluth, MN 55805

DENFELD

4426 Grand Avenue
Duluth, MN 55807

www.wholefoods.coop

218.728.0884

OPEN DAILY • 9 AM – 7 PM

New Special Shopping Hour from 9-10 AM for shoppers at-risk. To support social distancing please try our grocery delivery service at wholefoods.coop/delivery.

IN THIS ISSUE:

- ▶ **Staff & Shopper Appreciation**
- ▶ **Meet your Spring Growers**
- ▶ **Co-op COVID-19 Response**

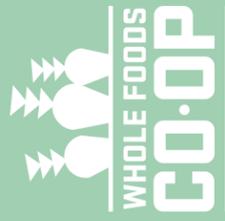
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GARBANZO GAZETTE

SPRING 2020



Working together
now more than ever



Your Community Owned
Grocery Store



HILLSIDE

610 East 4th Street
Duluth, MN 55805

DENFELD

4426 Grand Avenue
Duluth, MN 55807

www.wholefoods.coop

218.728.0884

GARBANZO GAZETTE

— PUBLISHED BY —

WHOLE FOODS CO-OP

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

www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is: **June 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.instagram.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

Let the Co-op be your light

This morning I saw a robin, found rivulets of snow melt seeping into the corners of my basement, and was inundated with images of seedlings in the Instagram feeds of our local farmers. Spring is upon us. I am grateful for these grounding reminders that some things do not change. This feels especially important now.

While we quickly made many changes at the Co-op in the last month, and will likely be making more in the days ahead, there are many things that did not – and will not – change.

We are dedicated to safety. An abundance of caution has been the common thread as we continue to add measures to our already robust processes for sanitation and safety of staff and shoppers.

We are dedicated to the integrity of the food we prepare and sell. As a certified Organic retailer and made-from-scratch deli kitchen, we've always followed strict food handling practices to uphold the safety and integrity of our products.

We are dedicated to our employees. We could not be navigating our current situation without our employees. Our team is currently receiving pandemic pay bonuses for hours worked, and those who can not work currently have job security on the other side of the pandemic. Everyday we're listening, hearing concerns from the front lines and making changes from our staff's ideas for improvement and best practices we've seen at other retailers.

We are dedicated to our community. Every decision we've made has been filtered through the lens of our commitment to our community's health and well-being. From expediting payment terms for local farmers to assisting local producers source ingredients for their goods, we continue to find ways to be helpful. When we learned that the vital free lunch program was to be paused during an upcoming school break, we committed to making and distributing 500 free lunches through our neighborhood school partnerships. We've also heard the call for curbside pick-up service and are ironing out the details to offer this vital service later in April.

And we know you are dedicated to your Co-op. I've been heartened through these uncertain times by the continued outpouring of appreciation for our hard work and commitment to our Co-op and our community. Some of the most satisfying feedback I've heard from shoppers in recent weeks is that they feel safe in our stores and that while some things are different, the Co-op is a steady friend and a stable reminder of who

SOCIAL DISTANCING

- Limit your shopping trips, time in store and who you shop with.
- Stay six feet away from staff & shoppers when possible.
- Try our Grocery Delivery service at wholefoods.coop/delivery

FOOD SAFETY

- As a certified organic retailer and full-service from-scratch deli, we adhere to strict food handling practices to uphold the integrity and safety of our produce and prepared foods.
- Added to already robust cleaning processes including more frequent sanitization.

we are as a community.

There is surety in what we have created through our cooperative over the past five decades. While everything seems to be changing, we are, and will continue to be, a beacon of what is possible when we work together, for the collective good.

Your business means a lot, especially now. We're committed to keeping the doors open, shelves stocked, and prepared food offerings abundant for our community, including our neighbors in healthcare. We're counting on you to shop local at the Co-op.

We're dedicated to keeping our light shining brightly. I hope you'll join me.

*In cooperation,
Sarah Hannigan*

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

To see more up-to-date detail on specific measures we've taken in response to COVID-19, visit wholefoods.coop/covid-19 or sign up for our email updates at wholefoods.coop/newsletter



Positively Third Street continues to deliver to the Co-op.



New safety shields at check-out; Co-op hot bar offerings ready for Grab-and-Go.

Board Report



by Jamie Harvie, President, Board of Directors & WFC Owner

Gratitude shines through uncertainty

Solidarity economy: an economic model that puts people and the planet first. This is a model that your Whole Foods Co-op offers.

Today, it seems that at best, it is difficult to make sense of the world—a climate emergency, unconscionable inequality, rampant loneliness. For many of us the Whole Food Co-op offers a means of sense making. Not only is our co-op a fantastic grocery, with stellar staff, but it provides us with the gift of intention; to make our community and the world a better place. And it provides us with the gift of solidarity; with one another, with all life.

I have been awed, yet not surprised, by the generosity of spirit, caring and solidarity of staff in this crisis.

Now, in the midst of the pandemic, these gifts shine even brighter. I have been awed, yet not surprised, by the generosity of spirit, caring and solidarity of staff in this crisis. I can't imagine how stressful it must feel working in a communal environment, interacting with an anxious public, while also juggling the realities of

a home life. As an owner, as a board member I am not alone when I share my deepest appreciation for your poise and grace and sacrifice in very challenging circumstances. Thank you! Thank you!

To our owners, I also share my deepest appreciation. Your in-store social distancing is helping keep staff and others healthy. As some of the most engaged planetary citizens, the best “reusers” in the Northland, you have taken our short term precautionary recommendations to leave your reusable bags and containers at home in stride. You are sharing ideas and strategies to keep our store safe for staff and shoppers! Thank you!

At this point it is hard to know what the new normal will be like. I think of our co-op as a tenacious tuft of prairie grass. And, as depleted soils erode around us, our fifty year old

roots are holding tight to that fertile soil from which we can help our broader community to grow and thrive. The gift of intention is potent. It is so wonderful to be in community, in cooperation, with all of you. Thank you!

As a member of the Whole Food Co-op Board I feel honored and lucky to work and learn from the rich diversity of wisdom and experience around me. And, I appreciate the gift of friendships that naturally evolve. The sadness is in saying goodbye, which is what we had to do when Heather Strasser, Board Vice President, submitted her resignation in late February. Heather and her husband decided to accept an out-of-state job offer they couldn't refuse. Though we wish her well, Heather will be missed for her service to WFC and the greater community.

Naturally, Heather's departure has created a vacancy on the board. As per our Bylaws, the Board may appoint to fill the vacancy through the next Annual Meeting. This year, in honor of the WFC's 50th birthday, there are plans in the works to hold a Birthday Bash in late summer that includes the Annual Owner Meeting. By moving the Annual Meeting to the summer, the meeting and the Board election cycle are out of sync. The Board has decided to leave Heather's seat vacant until the regular October election rather than holding a separate special election this summer. We are confident that our cohesive board “team” has enough capacity to handle the work. During the October election, there will be four seats open, one to fill the remainder two years of Heather's term, the other regular three year terms.

The one bright side to the board vacancy is that there is now an even bigger opportunity for you to step up and serve on your WFC Board.

Thanks for your service and safe travels, Heather!

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



CURRENT BOARD OF DIRECTORS



JAMIE HARVIE
President
Term expires 2020
jharvie@wholefoods.coop



MARIA ISLEY
Term expires 2022
misley@wholefoods.coop



RYAN JONES-CASEY
Treasurer
Term expires 2020
rjonescasey@wholefoods.coop



KIM NORDIN
Secretary
Term expires 2021
knordin@wholefoods.coop



DALE PEACOCK
Term expires 2020
dpeacock@wholefoods.coop



MICKEY PEARSON
Term expires 2021
mpearson@wholefoods.coop



BRANDON SMITH
Term expires 2021
brandonsmith@wholefoods.coop



MELI OSANYA
Term expires 2022
mosanya@wholefoods.coop

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

Due to current circumstances, all WFC Board Meetings are currently being held via web conference. If you're interested in attending a meeting, please contact wfcbod@wholefoods.coop and we'll send you access information.





Want to join the Board?

by Brandon Smith, WFC Board of Directors

NOW
ACCEPTING
APPLICATIONS
FOR 4
OPENINGS!

HELP SHAPE THE CO-OP! BE ON THE WHOLE FOODS CO-OP BOARD OF DIRECTORS.

We are seeking passionate owners who care about the Co-op and want to take a more active role in ensuring its continued success. Serving on the Board of Directors is one of the most rewarding ways that Owners can become involved in WFC. If the following statements apply to you, you would be a PERFECT candidate:

- I **CARE** about the needs of our community, our Co-op Owners and staff.
- I want to **UPHOLD** the standards of professionalism, advocacy and commitment the Co-op exists by.
- I want to **LEARN** more about the cooperative principles, the cooperative business model, and policy governance.
- I want to **ADVOCATE** for: sustainable agriculture, food and health issues, and other topics of concern to the Co-op.

To learn more about this exciting prospect, ask questions, or to apply you can visit our website at:
<https://wholefoods.coop/ownership/wfc-board/>

Or email the Recruitment Committee at:
boardapplicants@wholefoods.coop

The deadline for applications is August 1st.

In addition to filling out the Board Application, applicants must:

- Be the Primary Owner on your account for a minimum of ninety (90) consecutive days prior to the application deadline. (If you're not sure you are the primary owner, you can call either store and the Customer Service Counter can provide that information.)
- Have attended one of the most recent 12 Board meetings before the application deadline
- Be willing to attend monthly meetings and serve a three-year term
- Complete the Board Application and background check
- Provide a current resume and list of references
- Participate in an interview, prior to the election, with members of the Recruitment Committee

On behalf of the Recruitment Committee and the full Board, I look forward to hearing from some engaged owners. See you in the aisles!



Co-op Staff



MEET YOUR NEW HILLSIDE DELI MANAGER!

Colleen Betts

We asked her a few hard-hitting questions to help us get to know her.

Tell us about your pets...

My sixteen year old mackerel tabby is Chloe! She is retired. She is the sweetest cat I've ever had - I call her my "Walt Disney" cat because of the way she tilts her head to the side and lifts one paw...she eats a teaspoon of poached Lake Superior Whitefish dressed with Wild Alaskan Salmon Oil capsule every morning...

Where did you work prior to the Co-op?

I've worked at a variety of places in Duluth: the Gitchi Gammi Club, Savories Catering, Chester Creek Cafe, Woodland Hills to name a few. I love Food! It has a primal place in healing, celebrating, mourning, uniting ... and of course nourishing! I am excited to work in a place where I am surrounded by it!

What are your favorite spring activities?

I am looking forward to Spring and attempting once again to try container gardening. I have a significant chipmunk population and I would like to grow some produce for myself and not so much for them...

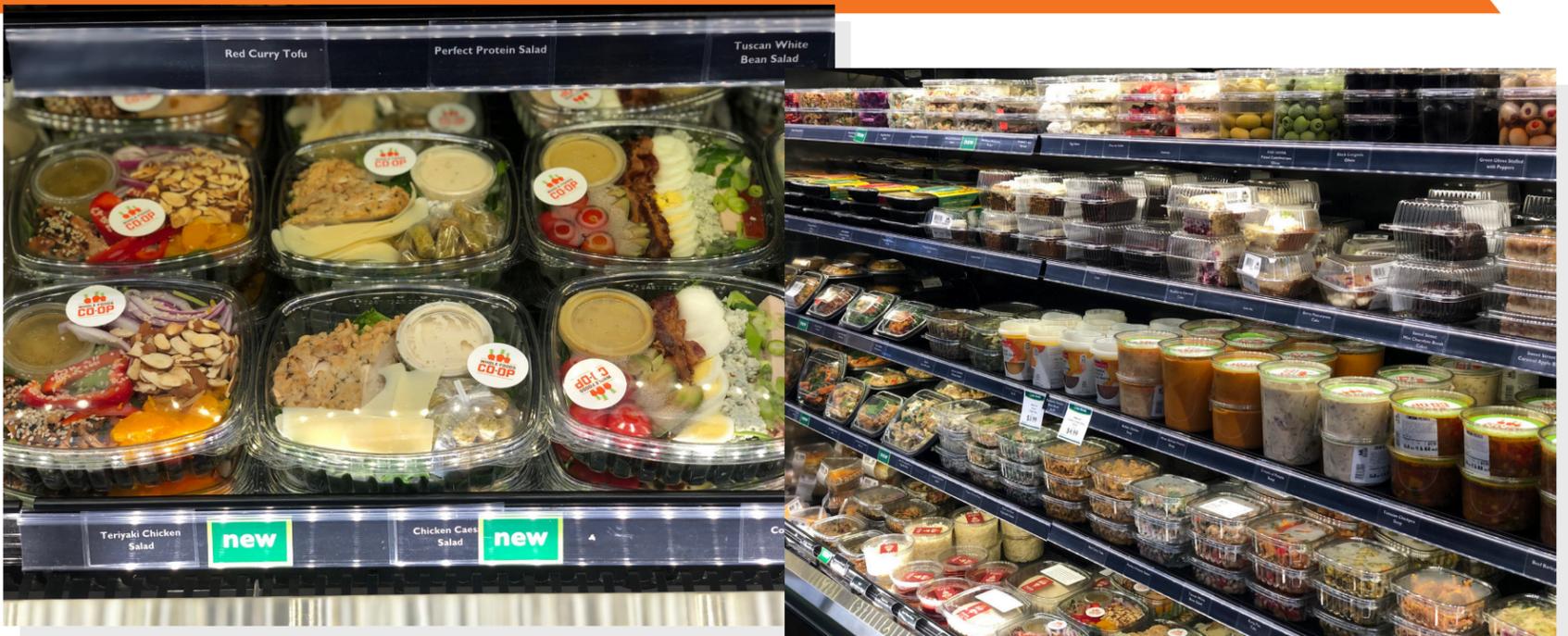
Anything else you'd like to share?

I love to swim - it is my go-to stress relief. My lifetime project is learning Spanish. I also crochet, study ancient history, and collect UNESCO world heritage sites. I am looking forward to meeting you!

Describe your perfect Duluth day...

Putting my kayak in at Brighton Beach right at dawn, with good coffee in the thermos, a fresh wild blueberry lemon scone and paddling till I am exhausted - Lake Superior is Divine...

Grab-n-Go Soups, Salads & Snack Packs now available in the WFC Deli coolers!





Spring Grower Guide

MEET YOUR GROWERS

Starting in May, the Co-op will be bursting with starter herb and veggie plants, bushes, berries, native plants, hanging baskets and so much more!

Give your garden a head start with locally grown transplants or start with seeds. We'll also have organic soil and compost. Spring is here!



DULUTH FLOWER FARM

Duluth, Minnesota

Brook and Derek Hoffbauer, owners of Duluth Flower Farm, have been a great Local partner in providing fresh-cut, beautiful bouquets and floral arrangements available from early spring to late fall at the Co-op. During transplant season, they provide strawberry plants and hanging strawberry baskets along with MN hardy blueberry bush varieties; look for them this season at the Co-op!

Look for their colorful peonies and sunflower bouquets coming soon.



FAIRHAVEN FARM

Saginaw, Minnesota

Alongside their vegetable CSA, farmers Emily and John are honored to be providing the Co-op with a selection of annual vegetable, herb and flower bedding plants this year. Their rural farmstead is located 25 minutes north of Duluth where they focus on heirloom and rare varieties, but also offer fan favorites. Fairhaven Farm employs clean growing practices, meaning they do not use any pesticides, herbicides or other harmful chemicals on their plants. Their hand-seeded plants are also bee-friendly and free from neonicotinoids.

Look for their starter plants like tomatoes, strawberries and more.



RICE LAKE GARDENS

Duluth, MN

Rice Lake Gardens is providing annual flower hanging baskets and hanging tomatoes this season! Rice Lake Gardens is a locally-owned greenhouse in Duluth, MN. All of their plants, vegetables and herbs are seeded by hand, on-location and include hundreds of different varieties.

Look for their beautiful hanging flower baskets in time for Mother's Day.



SHOREVIEW NATIVES

Two Harbors, MN

New to the Co-op this year, Shoreview Natives is dedicated to helping home and business owners transition outdoor spaces into landscapes that support aesthetic, ecological, economic and social goals. While they specialize in designing and installing gardens, they also offer a variety of regionally native wildflower, grass, and sedge plugs. Most seeds are sourced regionally within Lake, Cook, and St. Louis Counties of Minnesota. Shoreview Natives services directly support efforts to help declining populations of monarch butterflies, native bees, honeybees, and a host of other pollinator species exhibiting major population crashes.

Look for their native perennial plants for your yard and garden.

Local Growing Season AT THE CO-OP



● PEAK ● NEAR PEAK

	MAY	JUN	JUL	AUG	SEP	OCT	NOV
APPLES				●	●	●	●
ASPARAGUS	●	●	●				
BEETS			●	●	●	●	●
BROCCOLI		●	●	●	●	●	
BRUSSELS SPROUTS					●	●	●
CABBAGE		●	●	●	●	●	●
CARROTS			●	●	●	●	●
CAULIFLOWER			●	●	●	●	
CUCUMBERS			●	●	●		
EGGPLANT				●	●		
GREEN BEANS			●	●	●		
GREEN ONIONS	●	●	●	●	●		
GREENS		●	●	●	●		
HERBS			●	●	●		
KOHLRABI		●	●	●	●	●	●
MELONS				●	●		
ONIONS				●	●	●	●
PARSNIPS					●	●	●
PEAS		●	●				
PEPPERS			●	●	●		
POTATOES			●	●	●	●	●
PUMPKINS						●	●
RADISHES	●	●	●	●	●		
RASPBERRIES			●		●		
RHUBARB	●	●					
SPINACH	●	●			●	●	
STRAWBERRIES		●	●				
SUMMER SQUASH			●	●	●		
SWEET CORN			●	●	●		
TOMATOES			●	●	●		
TURNIPS					●	●	●
WINTER SQUASH					●	●	●



GIVE!

Give Generously

SINCE 2017,
SHOPPERS HAVE
ROUNDED UP OVER
\$260,000
THANK
YOU!!

2020 RECIPIENTS

JANUARY

Life House
\$11,674

FEBRUARY

Men As Peacemakers
\$10,481

MARCH

CHUM +
Minnesota FoodShare
\$13,858

APRIL

St. Louis River Alliance

MAY

Clayton Jackson
McGhie Memorial

JUNE

Whole Foods Co-op
Access Discount

JULY

The Land Lab – UMD

AUGUST

POP! Power of Produce

SEPTEMBER

Duluth Community
School Collaborative

OCTOBER

American Indian
Community Housing
Organization (AICHO)

NOVEMBER

Prøve Gallery

DECEMBER

Second Harvest/
Northern Food Bank's
Backpack Program



2020 GIVE TOTAL
\$36,013



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. June 15, 2020, will mark 100 years to the day that these men were killed. On that day we will acknowledge this history, honor these men, commit to racial justice, and pledge to show up for the rescheduled commemoration in June of 2021.



June: 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.

Local Producer Profile



by Jen Gilbertson, Whole Foods Co-op Education Coordinator & Co-op Owner

Spirit Lake Native Farms

Bruce Savage is a member of the Fond du Lac Band of Lake Superior Chippewa. He and his wife Tawny, together with their children, own and operate Spirit Lake Native Farms, producing handcrafted maple syrup and traditionally harvested wild rice—available in the bulk sections of both Whole Foods Co-op locations. The Savage family has been hand harvesting wild rice in the Great Lakes region for over 200 years and Bruce began harvesting as a child.

Wild rice (or Manoomin, meaning “good berry” in Ojibwe) grows primarily in the northern Great Lakes region. It has been a staple in the diets of Indigenous people for generations. To quote environmentalist and activist Winona LaDuke, “Where there’s rice, there’s Anishinaabe, where there’s Anishinaabe, there’s rice. It’s the first food of a baby, the last food for an elder. We simply can’t be a healthy people without our rice.”

In Indigenous culture, wild rice is regarded as a spiritual food and considered to be a gift from the Great Spirit or Creator. In accordance with this, tribal members never harvest wild rice without giving an offering of tobacco (Asema) and a prayer of gratitude.

First and foremost, wild rice is not rice at all, it is the seeds of aquatic grass. It is the Minnesota state grain and the only grain indigenous to North America. Native wild rice grows in lakes and rivers and requires just the right conditions to grow, ideally growing in water that naturally flows and fluctuates.

Due to high demand, most wild rice available in grocery stores is cultivated in rice paddies and is not grown wild or hand harvested. The texture and taste of wild rice is chewier with a distinctive roasted nutty flavor. Though less expensive, commercially grown rice is a hybrid that does not have these delicious, nuanced flavors found in naturally occurring wild rice.

The wild rice harvest lasts 4-6 weeks beginning mid-August through the end of September. Traditionally, the month of August (Manoominike Giizis) was referred to as “Ricing Moon”, the time when the Ojibwe left their homes to set up camps near the lakes for the harvest. There they would spend

weeks gathering and processing as much wild rice as they could. These traditions continue and harvesting wild rice remains much the same as it was in the past.

Hand harvesting wild rice requires the work of many people, both on land as well as in canoes and boats in the rice beds. When Bruce was a small child he began working the shoreline bringing water to the workers and carrying canoes out to faraway rice beds.

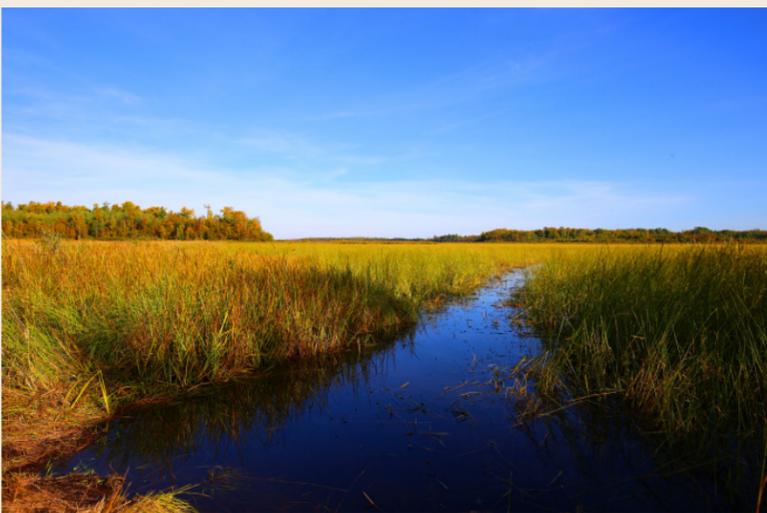
The canoes usually contain just two people: the “poler” and the “knocker”. The poler stands in the back and uses a tall push pole, propelling the canoe through the rice beds. The knocker remains seated and using two cedar sticks (also known as flails), gently bends the rice stalks over the boat and taps the rice kernels off the stalk, into the boat. On a good day one boat can collect 400 pounds of wild rice.

Hand harvesting ensures only the mature ripe kernels are taken, leaving the remaining immature kernels to ripen and fall back into the water for the next year’s crop. The harvested wild rice is then taken to shore for processing and traditional methods include drying the rice in the sun, parching it over a fire, jigging to separate the hulls from the seeds and finally winnowing and sorting. All Spirit Lake Native Farms’ wild rice is processed within a few days of being harvested to protect the flavor of the grain, which can begin to sour if not processed quickly.



Photos by Andi Murphy/toasted sister podcast

Above: Bruce and Tawny Savage of Spirit Lake Native Farms.
Below: Processing of wild rice



Hand harvesting ensures only the mature ripe kernels are taken, leaving the remaining immature kernels to ripen and fall back into the water for the next year’s crop.

Spirit Lake Native Farms combines traditional harvesting methods with modern machinery to process their wild rice. Using wood-fired tumbling machines for parching and hulling machines to remove the hulls. The use of modern machinery helps alleviate some of the more strenuous tasks and increases their production capabilities.

For more information, please visit the Spirit Lake Native Farms website spiritlakenativefarms.com or find them on Facebook at facebook.com/Spirit-Lake-Native-Products

*Anishinaabe means “original people” and comprised of several Algonquian tribes: the Ojibwe, Odawa, Potawatomi, Saulteaux, Oji-Cree, and Algonquin peoples, including the Fond du Lac Band of Lake Superior Chippewa. The names Ojibwe and Chippewa refer not only to the same tribe, but is actually the same word pronounced slightly differently due to the accents of European fur traders and colonialists.



Local at the Co-op



COOPERATIVELY OWNED | DULUTH, MN

POSITIVELY 3RD STREET BAKERY

Positively 3rd Street Bakery is a worker-owned co-op determined to offer healthy and affordable goods to their customer. They have a strong focus on local and organic ingredients.

Look for their breads, croissants, and cookies.



Yker  Acres

WEIK FAMILY | WRENSHALL, MN

YKER ACRES

Pasture-raised heritage pigs and cows on a 3rd-generation family farm. "Our animals are raised in a low-stress, natural environment and are treated humanely." The Weik's believe that happy pigs make for good meat, and good meat makes for happy customers.

Brats, bacon, sausage and more.



JASON AND LUCIE AMUNDSEN
WRENSHALL, MN

LOCALLY LAID

At Locally Laid (LoLa) our hens forage on pasture where they exercise, stretch their wings and enjoy fresh grasses - for a nutritionally superior egg. We're creating real food for neighbors, while treating our livestock and the planet well in the process."

Check out LoLa's delicious eggs.



SHANE DICKEY AND GAIL FRANCIS
DULUTH, MN

SUPERIOR SMALL BATCH

Located in Duluth, Minnesota, we make delicious vegan burgers and sausage in small batches, with wholesome ingredients and an emphasis on quality.

Check out their heartyburger and curryburger.



Tales of Local Food



The Simple Plate

The Simple Plate podcast tells stories of local food produced by local people. Recent episodes spotlight the Food Farm, Harvest Nation, Duluth Coffee Company and more. Listen to past and future episodes at kumd.org or wherever you listen to podcasts.

"The Simple Plate" is supported by Whole Foods Co-op.



Food Farm March 17

When Janaki Fisher-Meritt was a kid growing up on the farm, his idea of teenage rebellion was telling his parents how they should be doing things. Now the co-owner of the Food Farm in Wrenshall is telling a whole new generation of farmers.



"We believe our area can and should feed itself. We're able to grow our own food here and we think it's good for us economically and socially to provide food for ourselves."



CREDIT: DANI PIERATOS



Harvest Nation March 3

Harvest Nation is an indoor, aeroponic farm owned by four Anishinabe Ikweg (Indigenous Women) and Bois Forte Band of Chippewa tribal members. The pilot farming program is a CSA/produce box subscription serving Iron Range cities and Bois Forte tribal communities on the Nett Lake and Vermilion Reservations.



Duluth Coffee Company Jan 7

On this episode we meet with Sam Levar of Duluth Coffee Company. We dive into the dark roast vs light roast myth, the numerous processes that ultimately affect the flavor of your coffee, and why Lake Superior's water makes for a such great cup. "

Co-op Community Education



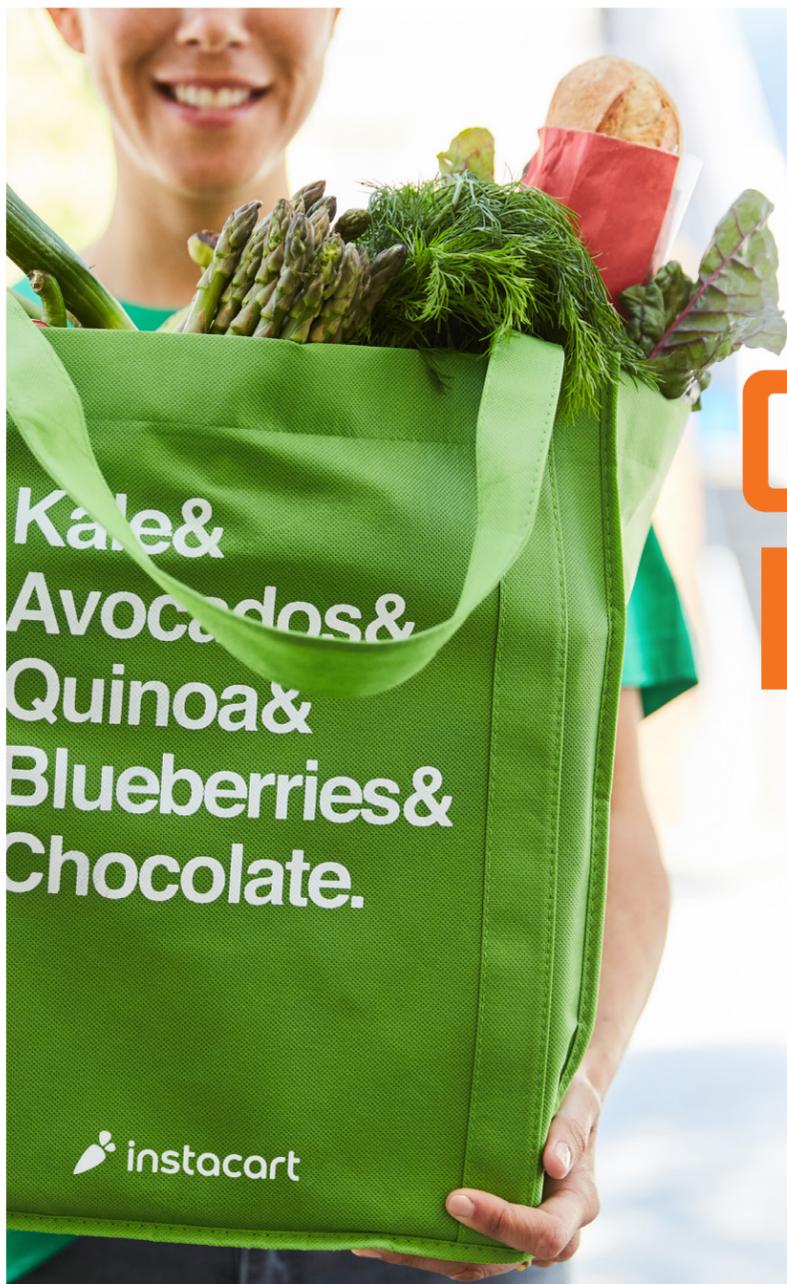
All in-store Co-op community classes have been cancelled through at least May 1st due to COVID-19.

Stay tuned to our social media streams as we explore remote learning opportunities like cooking tutorials on Facebook Live.

 Follow us on Instagram
instagram.com/wholefoodscoop

 Find us on Facebook
facebook.com/wholefoodscoop

 Visit our website
wholefoods.coop



WHOLE FOODS CO-OP

+  instacart

GROCERIES DELIVERED

Fresh, local produce, groceries and even our bulk and WFC Deli delivered to your doorstep.

Home Delivery starting at just \$3.99.

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[wholefoods.coop/delivery](https://www.wholefoods.coop/delivery)



Recipes



Flu-Fighter Smoothie

Here's an easy antioxidant-packed smoothie recipe to help boost your immune system and help kick any cold or flu's behind!

The Pharm JuiceBar+Kitchen



INGREDIENTS

- 2 medium navel oranges (peeled)
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated peeled fresh ginger
- 1 to 3 teaspoons pure maple syrup
- 3 to 5 ice cubes
- pinch of cayenne (optional)

TIPS

If you'd like the smoothie served warm, omit the ice and keep blending on high-speed for a few minutes, until the heat of the blender motor warms the mixture. For even more nutritional power, try adding a bit of kale or spinach into the mix!

Check out The Pharm's new shop – currently open for curbside pickup and delivery – at 208 E 1st Street, Duluth. (218) 522-4545

PREPARATION

Combine all ingredients in a high speed blender, blend until smooth. Drink and get ready to feel better!



THE PHARM JUICE BAR + KITCHEN

The three P's are pumpkin, parsley and peanut butter. When I'm baking them, Pal (our 15-year-old little dog) stands in the kitchen and waits, sniffing the aroma. I confess that I find these treats pretty tasty too! This recipe is easily doubled.

Bonnie Ambrosi, WFC Cook and WFC Owner

3-P Dog Treats



INGREDIENTS

- One 15-ounce can (about 1½ cups) plain pumpkin
- 1 small bunch parsley (about 1 packed cup with only the largest lower stems removed)
- ½ cup plain, unsalted, unsweetened peanut butter
- 3 cups quick rolled oats

PREPARATION

Blend pumpkin, parsley and peanut butter in a food processor. (Alternatively, chop the parsley and mix ingredients by hand.)

Remove mixture from food processor and put it in a large bowl. Stir in oats by hand. If you let this mixture sit for a few minutes, it will hold together better.

Form mixture into flat rounds, bars, or just press it into a big flat shape on a cookie sheet. The thinner you press it, the crunchier the treats will be.

Bake at 350 degrees for 30 to 45 minutes, until as crispy as you want. If you made one big flat "sheet cake" dog treat, cut or break it into pieces. Allow treats to cool, then store in the fridge, or freeze for longer storage.



BONNIE AMBROSI

Community Voices



by Ryan Glenn, Whole Foods Co-op Front End Clerk and Co-op Owner

Doing everything we can to feed our neighbors

It's cold out. Not as bad as usual this year, but it is still cold outside. Cold enough that most would not enjoy an evening of sleep outdoors. Unfortunately for some of our neighbors and shoppers this is not a choice they get to make. Rising housing costs and employment instability has led to year-after-year increase of unsheltered homeless people in the Twin Ports. When this happens food often becomes an afterthought as the stress of how will I get through the evening alive and warm takes precedent. What many of us come to the Co-op for, good quality food, is a far away dream for some.

I bring all this up as crucially important because it is. I was homeless for six months throughout 2018 and I was incredibly fortunate to have Dorothy Dei house take me in and assist me back to a housed life. During my stay there nearly every meal was provided by Whole Foods Co-op. Access to healthy and hot food can be life changing. You feel better eating fresh and healthy things versus another fast-food or canned food option. Imagine going a month without a hot dinner and then imagine the joy of getting one—finally.

I started working at the Co-op in January and quickly devised a plan to share our food with the Gloria Dei warming center across the street. Full disclosure, I also work at and helped establish the CHUM warming centers in Duluth through my work with Homeless Person's Bill of Rights

Duluth. Working with the eager-to-help Deli team, we saved what was left of our Hot Bar each evening and I would then walk it over to folks across the street. If this sounds absurdly simple, it is. I literally just carried about 10-20 pounds of food across the street and changed peoples day or week. That's all it takes is just a quick little moment.

Over the week and a half of the Gloria Dei center being open we helped to feed over 200 people over 5 nights of operation. Each night, hot chicken, potatoes, and veggie plate. I cannot begin to explain the happiness this brought to people. Grumpy instantly becomes happy and agitated becomes calm. I do not bring this up to bring kudos to myself or the Co-op. Instead, it is vitally important to understand how easy access to good food can change a person's life for the better. We should strive to do everything we can to feed our neighbors who need assistance. Food brings us all together and we obviously all need it. We should all be able to access it.

The seasonal warming center closed at the end of March; in the off-season, left over prepared foods are donated to the Loaves and Fishes community and Second Harvest/Northern Food Bank. To learn more from Ryan about homelessness in our community and how to help, email ryan.glenmn@gmail.com

Imagine going a month without a hot dinner and then imagine the joy of getting one — finally.



Whole Foods Co-op hot bar donations at the Gloria Dei Warming Center