

GARBANZO GAZETTE

SUMMER 2020



WHOLE FOODS
CO·OP

DULUTH.MN



“Together we love people,

we serve people,

and we feed people.”

Farmhands
pick vegetables
at Northern
Harvest Farm
in Wrenshall.



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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www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

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Refer submissions and questions to: brand@wholefoods.coop

11,689

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SHARE THE LOVE

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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 & Co-op Owner

Moving forward, together

Do you remember the last person you hugged or high-fived at the Co-op? I do. A dear friend returning from a long stretch of travels. We hugged in front of the cut flowers at the Hillside store. The embrace feels it happened a lifetime ago.

So much has changed in a relatively short time. When I feel like I've lost my bearings, I remember that even in this time of necessary distancing, we continue to come together as a community. We get to do this every day at the Co-op. Thank you for making this so, Co-op employees, shoppers, vendors, and partners.

The past few months have been like no other time for our Co-op and for our community. At the beginning of the pandemic, pantry-loading drove sales to levels we never imagined possible. By the end of March, sales were down significantly as customers limited their shopping patterns, hot bar and salad bars were closed, and supply chain disruptions made it difficult to get basics. Since May, we're all finding a new cadence – supply has stabilized, or new distribution channels have been identified; more of the Co-op's sales are originating at the Denfeld store; and shoppers have discovered delivery and curbside pickup.

Since March, we have tracked and followed evolving guidance from the Minnesota Department of Health and Center for Disease Control and updated our internal practices and processes accordingly. Sometimes it felt that there wasn't a day without a significant change to our operations. A few times we had to wait to launch

As a community-owned purpose-driven business, we're also assessing the greater landscape and seeing how we may harness the Co-op to best support lasting positive change in our community. With so much uncertainty ahead, it's more important than ever to look at our plans and make sure they align with our overarching objectives.

measures we desired because we didn't yet have the supplies available to do so. By the end of June, we implemented symptom screening of all employees before the beginning of each shift; required face coverings for staff and shoppers; stationed a greeter at the front door to help meter the number of people in the store to support social distancing and to ensure shoppers have face coverings, and continued rigorous and ongoing sanitization protocols throughout our operations. We have minimized risk of community transmission of COVID-19 in our stores and have received positive feedback from many about how safe the Co-op feels compared to other public spaces.

The pandemic has also had a tremendous economic impact on our Co-op. We are operating with lower overall sales and higher expenses. In April we secured a Paycheck Protection Program loan from the Small Business Administration (SBA). This loan has been critical to our Co-op's financial health by helping mitigate the myriad of costs associated with our response to COVID-19: plexi-glass shields at the registers, sanitization and personal protective equipment, equipment to support online orders. The loan made it possible to pay our employees an additional \$2 per hour for every hour worked from mid-March into July. SBA support has also helped cushion substantial revenue losses due to the closure of our self-service



The Co-op stretched the positive impact of GIVE by matching shopper donations through June for the Damiano Center's Community Kitchen. Learn more on page 6.

prepared foods and cover the twelve-fold increase in fees associated with increased demand for delivery and curbside pick-up.

During the Spring, we typically are knee-deep in budget and business planning for the new fiscal year that starts in July. Prior year trends have been of no help in planning and projecting for the coming year. Instead, we're watching trends from the past few months and preparing for predicted recessionary forces. As a community-owned purpose-driven business, we're also assessing the greater landscape and seeing how we may harness the Co-op to best support lasting positive change in our community. With so much uncertainty ahead, it's more important than ever to look at our plans and make sure they align with our overarching objectives.

Safety of our staff and shoppers remains the top priority. We continue to remain vigilant in the effort to minimize risk of community transmission of COVID-19 while we begin to look at other measures to take to support the welfare of our Co-op and community. This includes taking a stepped and strategic approach in returning to aspects of our business that we paused in the Spring. On July 1st, we extended our hours of operation to 9am-9pm, seven days a week. We're also looking at ways to safely bring back reusable containers and self-service items.

Through all we've experienced these past few months, we have not lost sight that our Co-op is so much more than a grocery store. Together we love people, we serve people, and we feed people. The pages ahead are an illustration. Celebrating family farms, acknowledging and working toward truly living the "everyone welcome" sign above our door, supporting vital efforts to feed our neighbors, appreciating our employees, honoring 50 years of cooperation, and much more. So much more.

With a warm embrace,
Sarah
sarah@wholefoods.coop

Board Report



by Kim Nordin, Secretary, Board of Directors & Co-op Owner



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.

Our shared responsibility

When COVID-19 hit, my personal fear of being a victim of the rising number of anti-Asian hate crimes was crippling. I've lived in Duluth my whole life and I've seen and felt the racism that's endemic in our community, despite the perception (by white people) that Duluth is "safe" and "progressive." When George Floyd was murdered, it was the final straw that positioned our community, state, country, dare I say the world, for real change. Change that too many people of color have waited so long for; have paid for with their lives to make happen. It is as though a veil has been lifted so that the pain, fear, grief, and anger that is the everyday reality of being a person of color in this world is finally touching everyone, awakening the awareness that to survive, we must create a new system together.

Anti-racism is not an easy, painless, fast-moving, comfortable issue to tackle. Adding us to the staff and Board is not the only step. People of color should not bear all the responsibility to fix this. When I was asked to run for the Board two years ago, I gave it a lot of thought. Not unlike many of my experiences in Duluth – my adopted family, school, work - the Board was all white. I questioned the commitment to diversity and the reason that the Board was missing those key voices. Just because Duluth is 90% white should not be an excuse for the lack of diversity in positions of power; especially organizations that claim to represent "the community". And yet, I was actively recruited.

Serving on the Board these past two years and seeing the commitment to diversity and equity from the top-down has given me optimism. Consider our ENDS. These are the overarching, philosophical goals that we ask our General Manager to strive for in our operations. At the core of our ENDS statement is a commitment to support, invest, and partner to create a healthy community. In the year prior to being elected, the Board recognized that the word healthy was too ambiguous. Healthy for who? For what community? The board decided to dig deeper and recognized that a community could not be healed and healthy without a specific

commitment to equity, diversity, and inclusion and ongoing processes to foster relationships and human connection. With the blessing and support of the Co-op Owners, our ENDS were changed so that we could purposefully and transparently embed equity and diversity into all our policies, processes, and operations; to take precedence and permeate our Co-op culture.

The food system is full of systemic racism. The land we grow our food on was stolen from Indigenous people. We rely on Latinx agricultural workers to pick our food for low wages in dreadful conditions. If you're a person of color, it's likely that you live in a food desert. Black and Native people have

It is as though a veil has been lifted so that the pain, fear, grief, and anger that is the everyday reality of being a person of color in this world is finally touching everyone, awakening the awareness that to survive, we must create a new system together.

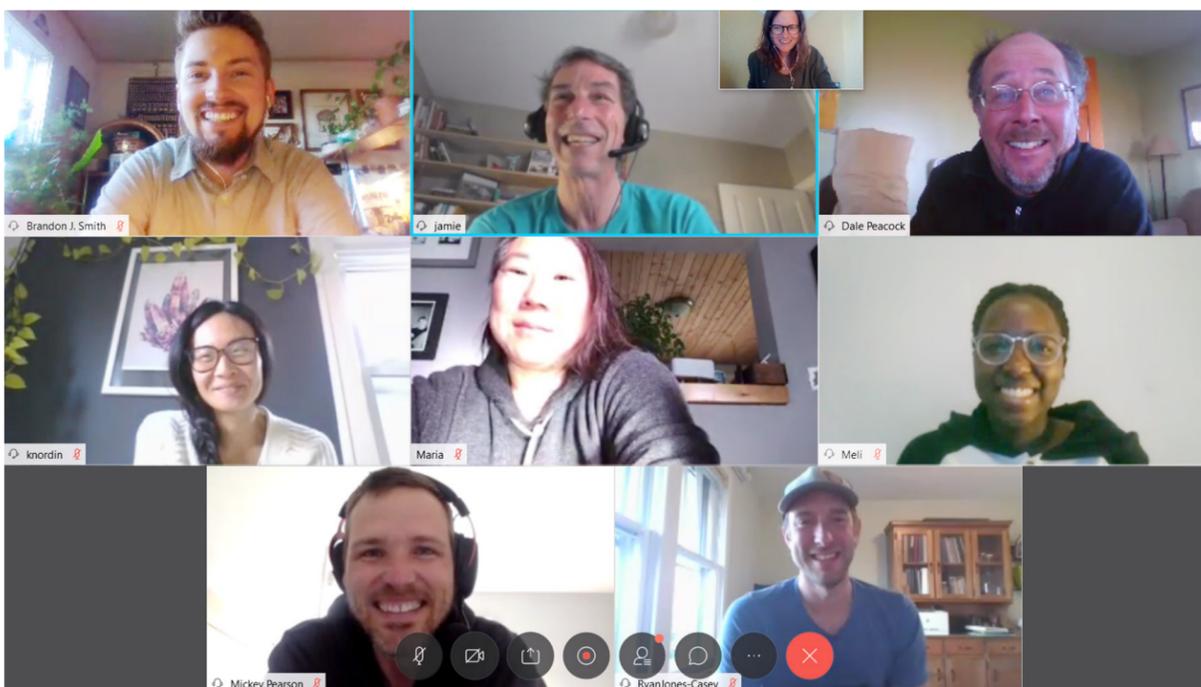
higher rates of diet-related diseases. These injustices are rooted in the principles of white supremacy that our country is founded on. As Co-op board members, we too have a role in this system. With that comes the responsibility to make the changes that are in our power.

My position on the Board is a privilege and responsibility that I don't intend to waste.

I don't pretend that our Co-op, our community, our country doesn't still have far to go. Yet, I hope that the momentum I feel and see around me right now will drive changes necessary to acknowledge the painful events of history and begin real healing and transformation. Only then will we truly have a healthy community.

2020 Annual Meeting update

In the last issue of the Garbanzo Gazette we shared that we were planning a big 50th birthday celebration and Annual Owner Meeting for the summer. We've decided to postpone the in-person summer party into 2021. We also decided that year, we'll hold the Annual Owner Meeting virtually through an online platform in late October. We're working out the details and will announce the specifics in the Fall.



Whole Foods Co-op Board of Directors Meeting, May 18, 2020

Since March, the Board of Directors has conducted business via video conference. Owners are invited to join the meetings; email wfcbod@wholefoods.coop for access information.

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

Hermit Creek Farm

Located approximately 20 minutes south of Ashland, Wisconsin in the Chequamegon-Nicolet National Forest is the small, unincorporated town of Highbridge. This is the home of Hermit Creek Farm and owner operators Landis and Steven Spikerman. Named for a nearby creek that is home to nesting Hermit Thrushes, this Certified Organic farm has been growing food in a “commercial” sense since 1993 when they began selling produce to Ashland’s Chequamegon Food Co-op. In 1995 they expanded to offer CSA (Community Supported Agriculture) shares that included produce, pork, and lamb. Today, with a staff of four to five farmhands and “four hard working Border Collies”, Landis and Steven grow and raise enough food from April to October to supply about 225 CSA shares, local grocers, area restaurants, and Northland College’s food service operations.

The Co-op began purchasing from Hermit Creek Farm in 2017; they’ve quickly become one of our strongest Local producers. For the past two seasons they’ve been our primary grower for green beans, green-topped red beets, scallions, bell peppers, chard, green and red leaf lettuce, cilantro, and curly parsley. This makes their produce some of the first Local spring and summer veggies we share with shoppers – a welcome change from produce that has travelled many miles to make it to the Co-op shelves, and ultimately to our tables.



Landis and Steven Spikerman, owners of Hermit Creek Farm.



Steven and Landis find fulfillment in farming: “We really like growing food for people and get a deep sense of satisfaction knowing that hundreds of families across our region sit down to

wholesome food from our farm. We also like the variety of daily tasks and the challenge of working with a living system (soil, plants, critters, chemistry, biology, weather, climate). All of these variables make for an infinite set of challenges

and likely scenarios that play out across our farm. With having farmed here for nearly 30 years, we feel we’ve seen nearly every challenge nature can throw at us from flood (our road closed for 4 years after the 2016 rain event and subsequent flooding), late and early freezes, hail, wind, drought, etc.”

One situation they couldn’t predict was the pandemic. New challenges included requiring new employees from outside the area to self-quarantine prior to working at the farm, sourcing sanitizer, wearing face masks, and maintaining social distance in a job that often finds people working closely together. As a certified Organic farm, Hermit Creek Farm already had a rigorous food safety plan and employee training in place so it just took a little re-working to respond to COVID-19.

Steven confesses that his least favorite aspect of the business is marketing, feeling that “selling themselves in a marketing sense just doesn’t seem to fit with the growing of food for some reason”, but we at the Co-op beg to differ. Hermit Creek Farm’s attention to detail carries all the way to the shelf. Their beautifully bundled produce is easily visible with their distinctive bright yellow and green labels.

As more and more Local seasonal offerings come to market, shoppers will find an extensive selection of Hermit Creek Farm offerings at both Whole Foods Co-op stores. Enjoy!

At Hermit Creek Farm, everything Steven and Landis do is intended to improve the small part of the world they farm and inhabit. Three key phrases stand out as their daily mantra:

We strive to create positive change

Through farming practices, providing employees a livable wage and safe environment, as well as delivering fresh organic food to the community.

Our primary crop is our soil

This effort began when they converted farmland used for growing conventional GMO corn to Organically certified fields. It continues through planting trees and pollinator habitat. Hermit Creek Farm focuses on building up and preserving the integrity of their land, which ultimately impacts the food they grow in positive ways.

We believe food to be a language spoken by every culture

By providing locally grown Organic food they help others to partake in an act of both cultural and biological conservation.



Community Highlights



Feeding our community with CHUM

by Colleen Betts, Whole Foods Co-op Hillside Deli Manager & Co-op Owner

In late April, Lee Stuart, CHUM's Executive Director reached out to Whole Foods Co-op. In response to the COVID-19 pandemic, CHUM was looking for help in providing meals to vulnerable elders in the community. The Co-op was a natural partner. Hillside Assistant Deli Managers Jake and Rianna immediately constructed a menu focused on tasty and nutritious "comfort food". On April 28th CHUM staff began "no-contact" pick up for the first of hundreds of meals prepared by the Co-op through May and June. One of the kitchen staff doing the day to day preparation said, "it felt good to be able to help" ... Another Co-op employee commented, "it's really cool that we're doing this". Creating healthy community is now more than ever, so very important. Thanks so much to the staff who helped make this happen! You are the positive power of healthy food in our community! And of course, thank you CHUM for giving us this opportunity and for the important work you do every day.



The Co-op Deli preparing meals for hungry and homeless elders in our community. During the months of May and June, the Co-op partnered with CHUM to offer meals to those in need.

Great farms, always growing

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

Northern Harvest Farm, located in Wrenshall, Minnesota, spent the early part of the season working on a project that will sustain their business for years ahead. A new packing and storage facility increases their capacity and sets the farm up to continue to grow their business of growing fresh, healthy produce for the community.

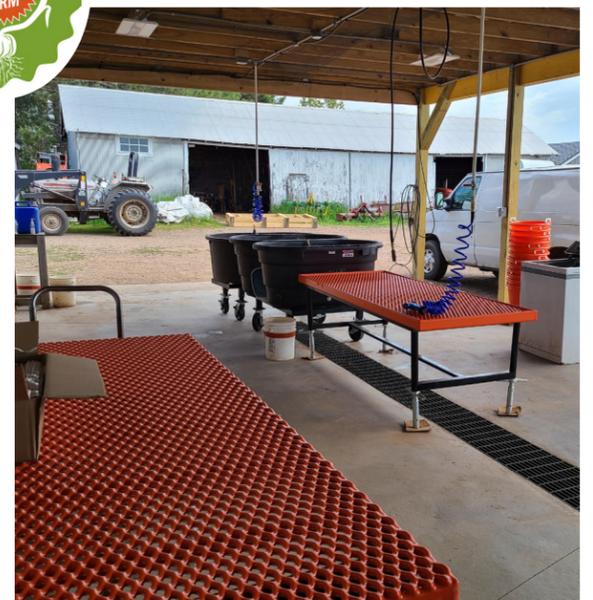
The project began as the vision of farm co-managers Adam Kemp and Clara Salvesson, and farm owner Rick Dalen. Together they envisioned a space where they could easily and comfortably do all the work that comes after the harvest – the cleaning, culling, bundling, packaging and storing of thousands of pounds of vegetables each season. In June, the 1400 sq ft facility was completed – just in time for the 2020 growing season.

The new facility includes a packing shed that is open on two sides. Here produce is cleaned and packaged. The space was designed with ergonomics and food safety in mind. The tables and tubs are readily moveable and height adjustable; and the antifungal and antimicrobial work surfaces meet all food safety and Organic handling standards. Once the vegetables are cleaned and packed, they are moved into the adjacent cooler, which has the capacity to hold 30,000 lbs of produce and extend the season during which Northern Harvest can offer its fresh produce to CSA shareholders, area restaurants and local Co-ops.

The project was made possible in part by a grant from the Lakewinds Organic Field Fund. Similar to WFC's GIVE Program, LOFF is funded by the Owners and shoppers of the Lakewinds Co-op in the Twin Cities. According to Lakewinds General Manager Dale Woodbeck "This grant program allows us to support smaller organic farms, which is a key element in our effort to cultivate a vibrant and sustainable local food



Rick Dalen, owner of Northern Harvest Farm, works in their new packing and storage facility.



system." While Northern Harvest doesn't sell their produce to Lakewinds, LOFF supports projects that grow the capacity of food producers throughout the region.

The Co-op is excited to see LOFF's impact in our community and will begin to explore developing a similar program to support the growth of the local food economy in late 2020.

GIVE!

Give Generously

2020 RECIPIENTS

JANUARY

Life House
\$11,674

FEBRUARY

Men As Peacemakers
\$10,481

MARCH

CHUM +
Minnesota FoodShare
\$13,858

APRIL

St. Louis River Alliance
\$5,597

MAY

Clayton Jackson
McGhie Memorial
\$8,002

JUNE

Whole Foods Co-op
Access Discount
AS OF JUNE 23RD, ON TRACK FOR
\$8,400

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

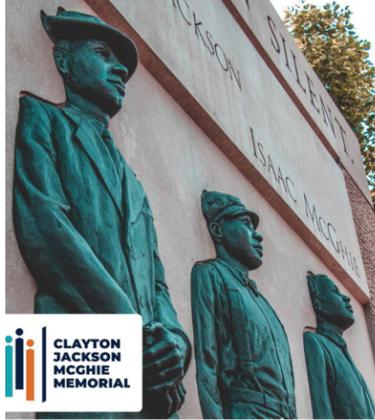
DECEMBER

Second Harvest/
Northern Food Bank's
Backpack Program

SINCE 2017, SHOPPERS
HAVE ROUNDED UP OVER

\$300,000

May: Clayton Jackson McGhie Memorial



Thank you, Co-op shoppers, for rounding up to support the Clayton Jackson McGhie Memorial, Inc. in May. A total of \$8002.81 was raised during the month to support CJMM's work to foster racial justice and promote healing and reconciliation in our community. This work is vital, and ongoing.

Elias Clayton, Elmer Jackson, and Isaac McGhie, three innocent Black men, were lynched in downtown Duluth on June 15, 1920. Nearly 100 years later, George Floyd was murdered by police in Minneapolis. Events upon which are difficult to speak, yet impossible to remain silent. There is still so much work to be done in our community, in our state, and in our nation.

As a Co-op we will not remain silent. We will continue to learn from and work with our community partners who are striving to address racial inequity and systemic injustice. It is our responsibility to make sure all members of our community feel welcome, respected, and safe. We know we have a long way to go, and we are committed to working toward lasting change for our Co-op and for our community.



June: WFC Access Discount + Damiano Community Kitchen

In June, donations from Co-op shoppers supported WFC's Access Discount Program. This program provides a 10% discount for Owners of limited means, and helps increase access to fresh and healthy foods. Recognizing that food insecurity has grown in our community over the past few months, the Co-op will stretch the positive impact of GIVE by matching shopper donations through June for the Damiano Center's Community Kitchen.

Typically the Community Kitchen serves meals seventeen times a week out of a bright dining area in the basement of the Damiano Center in the Central Hillside. With the pandemic, these meals were no longer able to be served in the communal setting. Damiano Center staff quickly moved to packaging meals and developed an outdoor distribution center. The set-up is simple – an awning, a few tables, some carts and a hand lettered sign that reads Free Food – but

it allows employees to hand out bagged and boxed meals, free socks and personal hygiene kits, toilet paper, and day-old baked goods donated from local grocers.

Retooling their food distribution hasn't been the only challenge faced by the Damiano Center over the past few months. With their building closed to the public, programs like the Free Store, Clothes That Work, Community Services, and Health Realization have been on hold. Yet, the Damiano Center's team has continued to assist our community by passing out masks, basic hygiene items, and clothes to people in need on a limited basis.

The GIVE Match helps the Damiano Center meet the increased demand for meals and cover some of the new costs associated with running their meal programs outside. Thanks Co-op shoppers for rounding up in June and doubling the positive impact!

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 free 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.

Applications for 2021 GIVE will open later this summer! Details to be announced on social and in our weekly email newsletter. Sign up for emails at wholefoods.coop/newsletter and follow us on social @wholefoodcoop

Tales of Local Food



The Simple Plate Podcast

The Simple Plate podcast tells stories of local food produced by local people. Recent episodes spotlight the Emily Vikre, Arlene Coco, Jahn Hibbs and more. Listen to past and future episodes at kumd.org or wherever you listen to podcasts.

"The Simple Plate" is a bi-weekly podcast produced by KUMD and supported by Whole Foods Co-op.



Emily Vikre April 14

Take a woman's business-self (co-founder of Vikre Distillery), her mom-self (distance learning with two little kids) and her self-self (nerd who loves learning for the sake of knowledge). Confine at home for several weeks, with internet access. Result: Homeschooling with Cocktails.

COVID-19 and Vikre Distillery

Since March, Vikre Distillery turned it's efforts from gin and tonics to hand sanitizer. Helping the community to meet the demand due to COVID-19, Vikre has been giving the hand sanitizer away for free and sharing any donations received with furloughed employees.



A favorite recipe of Arlene's, she serves this Double Blue Salad all year long. To make the recipe plant based, replace the blue cheese with your choice of a sharp flavored vegan cheese and replace the butter with a plant-based butter. Baby spinach can substitute for baby greens.

Arlene Coco March 31

Maybe you want to use this time at home to learn a new skill. Maybe you want to use this time at home to start healthier habits. Maybe you want to use this time at home to figure out how to keep your family out of your hair. Whatever your plan, Arlene Coco has a suggestion for that.

Double Blue Salad

Number of Servings: 10

INGREDIENTS

Salad:

- 1 pound baby greens
- 1 pint blueberries
- 8 ounces blue cheese crumbles

Spicy Pecans:

- 3 cups pecan pieces
- 1 tablespoon ground cinnamon
- 1 teaspoon ground white pepper
- ½ teaspoon salt
- 2 teaspoons granulated sugar
- ¼ teaspoon ground ginger
- ½ teaspoon ground allspice
- ¼ teaspoon cayenne pepper
- 2 tablespoons butter

Dressing:

- ½ cup apple cider vinegar
- ¼ cup onion, peeled and minced
- ⅔ cup maple syrup
- 1 cup canola oil
- 1 tablespoon brown mustard

DIRECTIONS:

For the Salad Base:

Arrange Greens, Cheese of choice and Fruit of choice on a platter. Set aside until ready to serve.

For the Spicy Pecans:

Roast pecans on a cookie sheet at 350F for 15 minutes. Stir about every 5 minutes. When they start to smell like toasted nuts, remove from oven and set aside.

As nuts are roasting -Melt butter in a small bowl. Mix seasonings in a larger bowl. When nuts are toasted, toss in the bowl with the seasonings and add the butter. Spread the mixture on a cookie sheet and let dry for about an hour. (can be stored for up to a week in a air tight container)



For the Maple Dressing:

Place all ingredients in a food processor except oil and blend on high for 30 seconds. Drizzle in oil slowly.

When ready to serve, sprinkle pecans on salad and drizzle with dressing.



ARLENE COCO



Seeking Candidates for the Board of Directors

by Brandon Smith, Board of Directors & Co-op Owner

Hello fellow owners!

We are STILL seeking passionate owners who care about the Co-op and want to take a more active role in ensuring its continued success by serving on the Board of Directors. Especially during this time of difficulty and strain, it is more important than ever to have strong leaders at the helm of our essential business.

The fast-approaching deadline for applications is August 1st!



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

Or email the Recruitment Committee at boardapplicants@wholefoods.coop

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 (July 27th will be the last opportunity for this election cycle).
- 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

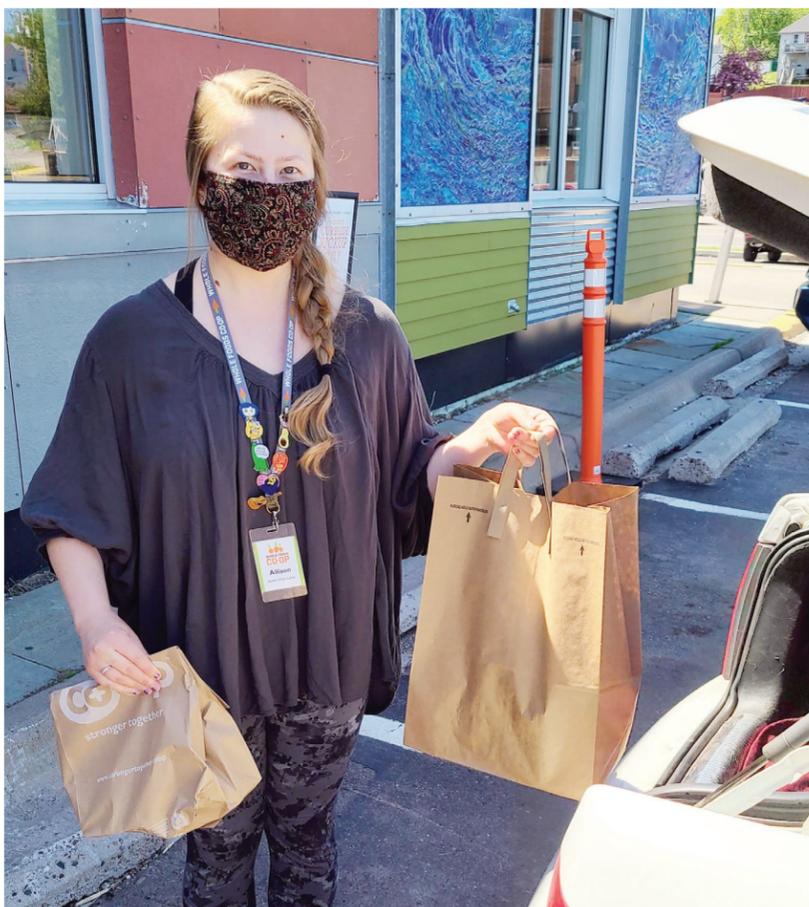
Co-op community education update

YAY! We will start offering classes online this summer! With a commitment to education and a commitment to supporting a healthy community, we believe this is the best way to share cooking, yoga, health, and wellness classes for the near future. Class offerings will be announced in our weekly email newsletter and on Instagram and Facebook. Sign up for emails at wholefoods.coop/newsletter and follow us on social @wholefoodcoop

 Follow us on Instagram [instagram.com/wholefoodcoop](https://www.instagram.com/wholefoodcoop)

 Find us on Facebook [facebook.com/wholefoodcoop](https://www.facebook.com/wholefoodcoop)

 Visit our website [wholefoods.coop](https://www.wholefoods.coop)



WHOLE FOODS CO-OP +  instacart

CURBSIDE PICKUP

Fresh, local produce, groceries and even our bulk and WFC Deli ready for you to pick up at either location.

Curbside Pickup starting at just \$1.99.

wholefoods.coop/curbside-pickup

Celebrating the Co-op



50 years of serving our community!

That's right! 50 YEARS! This year Whole Foods Co-op is celebrating our 50th anniversary! We know that you have memories and mementos from the Co-op, and we want to share them with our Co-op community.

Are you one of the founding members from the beginnings at the Chester Creek House? Did you help paint the mural on the side of the store on 8th St? Did you play under the bulk tables at the Burrito Union location while your parents shopped and visited with friends? Do you remember how the flood of 2012 blew apart the parking lot at Hillside -- or that it snowed on the day we opened the Denfeld store? Do you have a 40th anniversary sweatshirt? Or a bag or t-shirt with an old logo?

Help us weave a retrospective that we'll share this fall! We want to hear your stories, see your photos and videos, see your vintage Co-op gear and archived publications!

Check out wholefoods.coop/shareamemory to learn how to share a story or an image. Or reach out to Education and Outreach Coordinator, Jennifer Gilbertson at jgilbertson@wholefoods.coop or 218-728-0884 x202 with anything you'd like to share!

Everyone who participates in this collection of Co-op memories and mementos will be entered in a drawing to **win one of three \$50 gift cards** to Whole Foods Co-op!



ABOVE: Co-op Owners help paint a mural on the side of the store on 8th Street and 7th Avenue East.

BELOW: An employee stands in front of the store located on the corner of 4th Street and 14th Avenue East.



2020
SUMMER
FARMERS' MARKETS

LINCOLN PARK
3-6 PM THURSDAYS
Harrison Community Center
3002 W 3rd St, Duluth, MN 55806

CENTRAL HILLSIDE
2-5 PM TUESDAYS
Damiano Center Parking Lot
206 W 4th St, Duluth, MN 55806

The poster features a light pink background with various colorful illustrations of farm products: two strawberries at the top, a green pea pod in the center, a yellow corn cob on the left, and a large orange tomato on the right. The text is in bold, playful fonts.



Savor the Season Summer Recipes

Here in the Northland, we get **REALLY** excited about locally-grown produce picked at peak freshness. There are so many ways to enjoy the seasonal bounty. Check out these fresh recipes for inspiration!

Fried Green Tomatoes

A crunchy cornmeal coating and some under-ripe tomatoes are the basis for Hilah Johnson's fried green tomatoes.

Total Time: 15 minutes | Servings: 2

INGREDIENTS

- 2 medium green (unripened) tomatoes
- 1 tablespoon seasoned salt (celery salt, garlic salt, onion salt)
- 1 egg
- 2 tablespoons vegetable oil or bacon fat

Seasoned flour mix

- ½ cup cornmeal
- ½ cup all-purpose or whole wheat flour
- ½ tsp cayenne pepper (optional)
- Salt and pepper, to taste

PREPARATION

Slice the tomatoes about ½ inch thick.

Beat the egg in a small bowl and set aside. In a separate bowl, combine the flour, cornmeal, salt, pepper, and optional cayenne pepper.

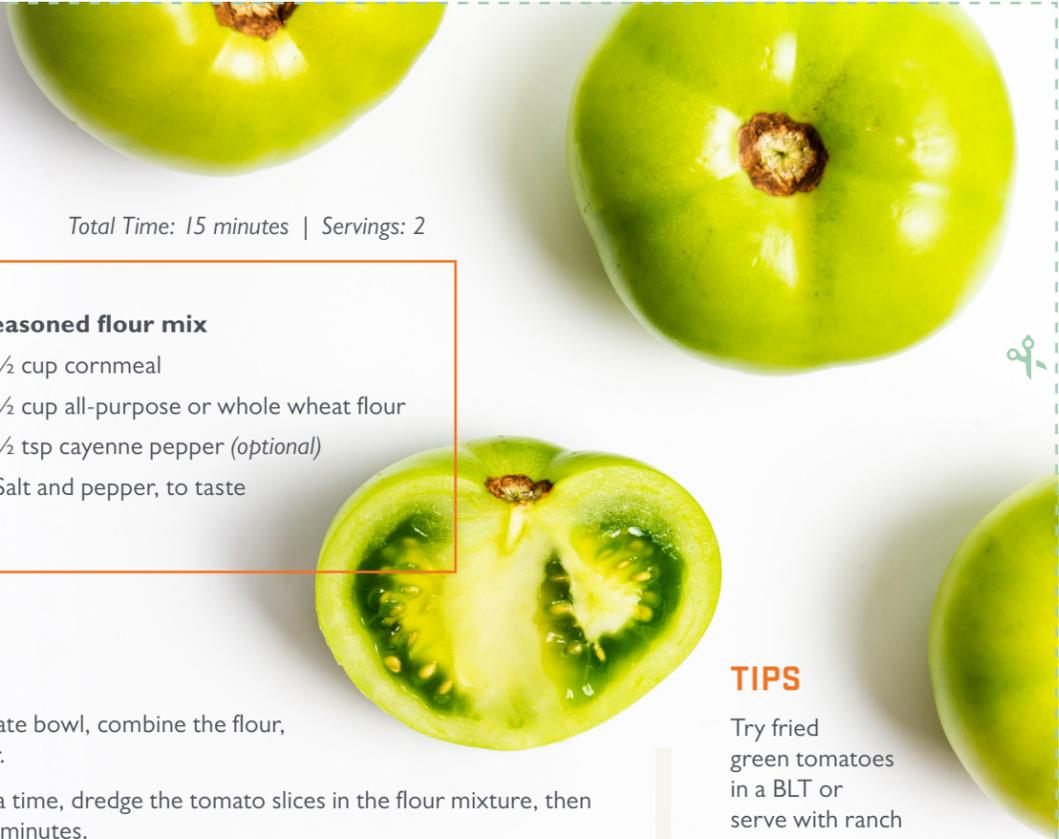
Sprinkle the slices lightly with seasoned salt. One at a time, dredge the tomato slices in the flour mixture, then the egg, then back into the flour and set aside for 10 minutes.

Heat the oil in a wide, non-stick skillet over medium high heat. Oil will shimmer when ready. Carefully lay the slices in the hot oil and turn the heat to medium. Cook 1-2 minutes or until golden brown, then flip and cook another 1-2 minutes. Remove the tomatoes from the oil and rest them on paper towel or a rack. Serve hot.

TIPS

Try fried green tomatoes in a BLT or serve with ranch dressing, lemon wedges or hot sauce and a nice pasta salad.

HILAH JOHNSON



Grilled Fruit Kebabs

Total Time: 20-30 minutes | Servings: 6

INGREDIENTS

- 1 pound fresh ripe peaches and/or plums, pitted and cut into quarters
- 1 small pineapple (2-3 lbs.), peeled, cored, and cut into 2-inch cubes
- ½ cup ginger ale
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 tablespoon vegetable oil
- ¼ cup brown sugar
- ¼ teaspoon ground allspice
- 2 sprigs fresh thyme, stems removed
- Pinch of salt
- Pinch of cayenne pepper (optional)
- 6 metal or bamboo skewers (soak bamboo skewers in water before using)

PREPARATION

Prepare and preheat the grill.

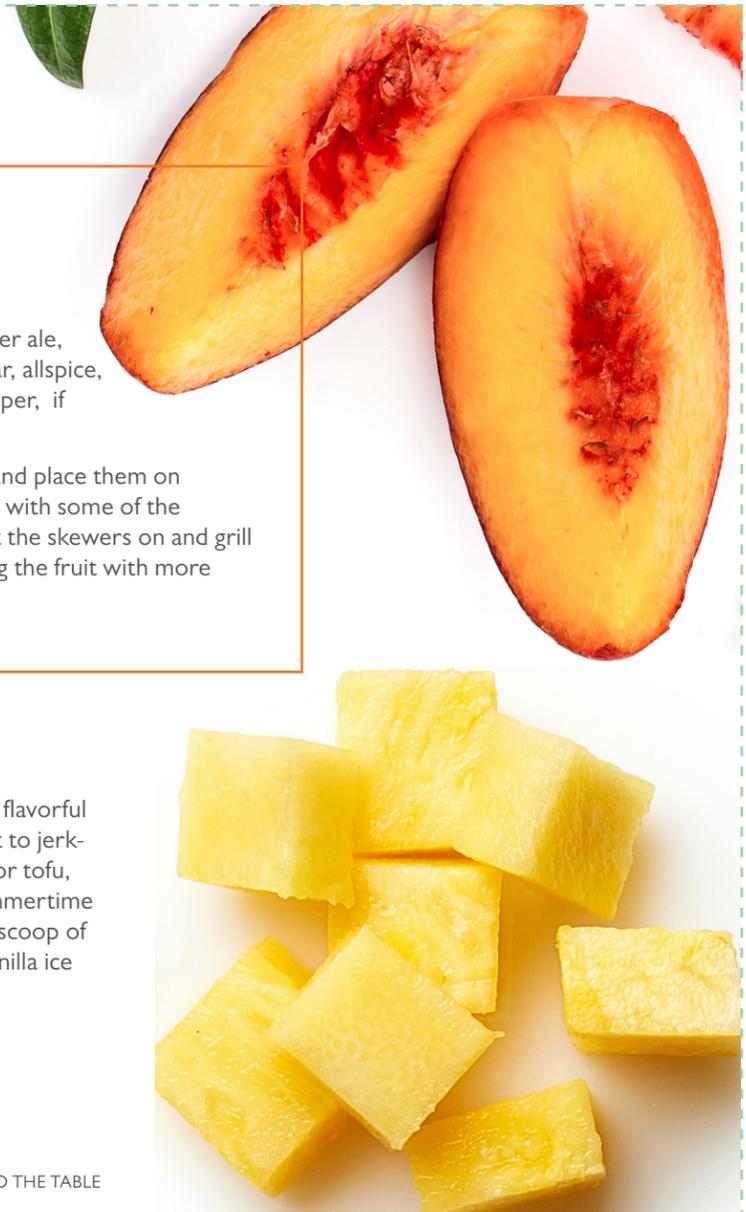
In a small bowl, whisk together ginger ale, honey, orange juice, oil, brown sugar, allspice, thyme leaves, salt, and cayenne pepper, if using.

Thread the fruit onto the skewers and place them on a rimmed sheet pan. Brush the fruit with some of the marinade. When the grill is hot, put the skewers on and grill on each side for 3-4 minutes, glazing the fruit with more marinade every couple of minutes.

TIPS

Grilled fruit is a flavorful accompaniment to jerk-spiced chicken or tofu, or a special summertime dessert, with a scoop of chocolate or vanilla ice cream.

CO+OP. WELCOME TO THE TABLE



Savor the Season Summer Recipes



Southwestern Stuffed Zucchini Boats

Zucchini takes center stage, stuffed with spiced black beans, red pepper, and topped with cheddar.

Total Time: 30 minutes | Servings: 6



INGREDIENTS

- 4 medium zucchini, cut in half lengthwise
- 2 tablespoons olive oil
- 1 cup diced red bell pepper
- ½ cup diced green onions
- 1 teaspoon ground cumin
- 4 tablespoons prepared salsa
- 1 15-ounce can black beans, rinsed and drained
- 1 cup shredded cheddar cheese
- Pinch of salt and ground black pepper
- Dash of hot sauce (optional)



PREPARATION

Preheat the oven to 400°F.

Scoop the flesh out of the zucchini halves. Gently squeeze it to extract any excess liquid, then dice about a cup of the flesh to use for the filling.

Cook the zucchini boats cut side down on an oiled sheet pan for 10-12 minutes. Remove from oven and turn the boats over.

While zucchini is cooking, heat the olive oil in a skillet over medium-high heat. Sauté the red pepper, green onions and zucchini flesh for 3-5 minutes. Add the ground cumin, salsa, and black beans and cook another minute. Remove from heat and stir in the cheese, salt, pepper, and hot sauce if using.

Evenly distribute the filling mixture between the zucchini boats. Return the filled boats to the oven and bake for 10-12 more minutes until cheese is melted.

TIPS

Add cooked lean ground turkey to the stuffing for a heartier dish, or serve with grilled fish, chicken or tofu for an end-of-summer supper.



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