

WHOLE FOODS CO-OP

# garbanzo gazette

SPRING 2021

Stop in and grab beautiful  
Minnesota-grown tulips  
from Duluth Flower Farm.

Meet your  
spring  
growers.  
Page 8

Natasha Lancour  
of Royal Roots  
Garden speaks  
on the healing  
power of  
gardening on  
The Simple Plate  
Podcast. Page 14

LET IT GROW





**HILLSIDE**

610 East 4th Street  
Duluth, MN 55805

**DENFELD**

4426 Grand Avenue  
Duluth, MN 55807

218.728.0884  
www.wholefoods.coop

OPEN DAILY • 7AM-9PM

**GARBANZO GAZETTE**

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**SUBMISSIONS**

Submissions must be received one month prior to publication.

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June 1, 2021

Refer submissions and questions to:  
marketing@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



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



◀ Celebrate Earth Day by learning how to reduce the amount of trash your household creates! Page 15

**Learn about Gardening with Native Plants, the Basics of Organic Gardening and cook a Mother's Day Brunch in our Kids in the Kitchen class! Page 15**

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**Sarah Hannigan**  
General Manager

# Shining Light On All That Grows

**L**ight, fertile soil and the feeling of intrepid resilience floats us toward a new season full of possibilities and growth. Yes, spring is here and for that we are so grateful. Despite the challenges our community continues to face, life is sprouting anew here at the Co-op, and we invite you to join in on this well-deserved celebration.

This issue is packed full of local growers and educators. From tomato transplants for your garden to native perennials for your yard, innovative mushrooms for your plate and beautiful flowers for your table, we are here to shine light on the people who make all this goodness possible. These folks are putting everything they've got into nourishing our community and for that we raise a glass!

I also want to give a shout-out to our Denfeld store. Last month, we celebrated our West Duluth location's 5th Birthday including a surprise treat for shoppers at checkout (a colorful cookie sandwich from our friends at Duluth's Best Bread), party hats, and our Hillside team belting the birthday song across town over the intercom. This excitement is made possible because of you. Five years ago, Co-op owners invested in the bold idea of doubling the size of Whole Foods Co-op. Today, our Denfeld store continues to grow and sustain the Co-op with this last year being a record year of growth. Thanks to everyone who has supported us along this journey. There is so much more to come.

Of course, we're still amidst a pandemic. Unknowns continue to lurk around every corner, but we push forward. Staff are excited for the day when we can shed our layers of PPE and welcome shoppers back into our cheerful café spaces, though when this will happen is still a big question mark. Our team's continued resilience and service should be recognized and applauded.

In early March, vaccine access was expanded to food retail frontline workers in Minnesota and Wisconsin and we breathed a big sigh of relief. Every day, we're



**This spring season, let us not forget to stop and smell the locally grown tulips.**

tracking progress as Co-op staff receive the COVID-19 vaccine, with many slated to be fully vaccinated by mid-April. Another piece of good news: the federal Paycheck Protection Program loan the Co-op secured last spring has been forgiven and this puts us on steady financial ground as our pandemic related expenses continue and remain high.

This spring season, let us not forget to stop and smell the locally grown tulips. Better yet, dig your feet into the soil and grow with us. There is still so much work to be done.

*In cooperation and with gratitude,  
Sarah  
sarah@wholefoods.coop*



**Ryan Jones-Casey**  
Board of Directors Treasurer & Secretary

# Supporting a Lofty Purpose with New Goals

One of the primary responsibilities of the Co-op's board of directors is to help define the reason for the Co-op's existence. Or put another way, what would it look like if Whole Foods Co-op achieved its grand vision?

A couple years ago, the board of directors revised the Co-op's Ends Statement which endeavors to articulate just that.

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

WFC creates a healthy community by:

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

That's quite the tall order for a couple grocery stores situated near the shores of Lake Superior! And to be clear, the statement is meant to be lofty and forward thinking, something worth striving towards and casting a purpose for existence that is well beyond simply selling groceries! Will we achieve these Ends in the next year? Almost certainly not. But what about over the course of the next 20 years? I sure hope so, or at least that we would make significant progress towards helping create such a healthy community!

The board's responsibilities extend well beyond simply casting an inspiring vision for the Co-op's existence. We're also called to steward the Co-op's finances in our role as fiduciaries while providing accountability to and oversight of our dedicated General Manager. To help keep us on track in these various responsibilities each year

the Co-op's board of directors sets goals for itself. For the current year, these include:

- The board will review and enhance clarity about obligations and responsibilities of board members who are also Whole Foods Co-op employees.
- The board will deepen its financial aptitude for better business acumen.
- The board will work to strengthen its relationship with the General Manager.
- The board will be a learning and sense-making organization.

Each of these goals are designed to improve upon the solid board foundation that has been laid for us by past board members over the course of the last 50 years. Each goal has measurable outcomes that we will use to determine our success. For example, to deepen our financial aptitude, the board has committed to at least 50% board attendance at Co-op finance trainings.

In addition to our new goals, we've also had a change to our board of directors. In mid-March, citing personal reasons, Meli Ellsworth-Osanya

**Will we achieve these Ends in the next year? Almost certainly not. But what about over the course of the next 20 years?"**

resigned from the board. Meli was elected in 2019 and most recently served as Board Secretary. We wish Meli well and thank her for her board service, particularly her contributions to our board member recruitment process. For the remainder of the current board term, the roles of Treasurer and Secretary will be combined and the vacant seat will be filled through the next election in the fall.

As you can see, there is work to be done and I am grateful to be part of an organization that operates with deeply held values committed to supporting, investing and partnering to create a healthy community.

## WFC Board of Directors



**JAMIE HARVIE**  
President  
Term expires 2023  
jharvie@wholefoods.coop



**KIM NORDIN**  
Vice President  
Term expires 2021  
knordin@wholefoods.coop



**RYAN JONES-CASEY**  
Treasurer & Secretary  
Term expires 2023  
rjonescasey@wholefoods.coop



**MICKEY PEARSON**  
Term expires 2021  
mpearson@wholefoods.coop



**BRANDON SMITH**  
Term expires 2021  
brandonsmith@wholefoods.coop



**MARIA ISLEY**  
Term expires 2022  
misley@wholefoods.coop



**HOLLY WOLFE**  
Term expires 2023  
hwolfe@wholefoods.coop



**EMILY ANDERSON**  
Term expires 2022  
eanderson@wholefoods.coop

## Board Meetings

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month requesting the Board's consideration. 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 the pandemic, all WFC Board Meetings are currently being held via web conference. If you're interested in attending, please contact wfcbod@wholefoods.coop and we'll send you access information.*

# Help shape the Co-op!



## BE ON THE WHOLE FOODS CO-OP BOARD OF DIRECTORS.

The board is 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 agriculture, food and health issues, and other topics of concern to the Co-op.

**Learn more and apply:** [wholefoods.coop/wfc-board](http://wholefoods.coop/wfc-board)

The application deadline is August 1st. Email the Recruitment Committee at [boardapplicants@wholefoods.coop](mailto:boardapplicants@wholefoods.coop) with any questions.

### 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.

# GIVE!

Every year, our shopper donation program continues to grow and this year is no exception. New in 2021, we are excited to expand our GIVE Round Up program to help support others that are critical to our community. Every shopper round up donation will be split 50/50 to benefit our Non-Profit Support Program and our new Grow Local Food Fund.



The Grow Local Food Fund works to increase the supply of local, sustainable, and organic food by supporting projects that strengthen the local farming and food producer community. **Learn more:** [wholefoods.coop/growlocalfoodfund](https://wholefoods.coop/growlocalfoodfund)

## NON-PROFIT SUPPORT PROGRAM

**April**  
**Western Lake Superior Habitat for Humanity**

Habitat for Humanity repairs older homes to make them safer and more accessible, so homeowners can stay in their homes, where they enjoy a higher quality of life, and live longer.

**May**  
**Hartley Nature Center**

Using their expansive ecological and biological diversity to teach the region about sustainable and responsible land stewardship and water protection.

**June**  
**Whole Foods Co-op Access Discount**

Helping to reduce cost barriers by giving WFC shoppers enrolled in Minnesota food assistance programs a 10% discount on purchases.

**July**  
**Duluth Community Garden Program**

**August**  
**WE Health Clinic**

**September**  
**Sustainable Farming Association, Lake Superior chapter (LSSFA)**

**October**  
**Family Freedom Center**

**November**  
**Ecolibrium3**

**December**  
**The American Indian Community Housing Organization (AICHO)**

### 2021 Donation Total

**\$26,526** and counting...

# Try FREE Delivery & Curbside Pickup!

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





## CELEBRATING 5 YEARS IN WEST DULUTH!

Five years ago, Co-op Owners invested a huge \$1.7 million into building our second location in West Duluth, offering greater access to healthy, locally-sourced food. Today, our Denfeld store continues to grow and welcome new shoppers. Thank you to all community members for believing in your Co-op and supporting us along the way.



"We take on requests no matter how small and make people feel at home the best we can."

**Tim**  
Grocery Assistant  
Manager



"We watch our customer's children grow, they ask about our pets, they appreciate our efforts and we appreciate their support."

**Christen**  
Front End Manager  
on Duty



"Opening a new store, 5 years ago, really brought everyone together."

**Pete**  
Grocery Purchasing



"I hope that we can continue our growth with diverse offerings and be able to appeal to even more people in the community."

**Erika**  
Grocery Manager



"We continuously look for new opportunities to grow and help out our community! So much more to come!"

**Matt**  
Produce Purchasing  
Coordinator



# WFC Easter

LOOK FOR ...

**Quiche** *Made-in-House*

**Brunch Box Meals**  
*Individual Meals for Ease*

**Pie** *Local from Rustic Inn Cafe*

**Ham** *Free of Antibiotics & Hormones*

**Floral** *Beautiful Lilies & Colorful Tulips*  
**and more!**

## MEET YOUR GROWERS

Starting mid-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. We'll also have organic soil and compost. Spring is here!



Look for their colorful peonies, sunflower and dahlia bouquets, as well as strawberry plant hanging baskets and blueberry bush varieties!

### Duluth Flower Farm • Duluth, MN

Brook and Derek Hoffbauer, owners of Duluth Flower Farm, have been a great local partner to the Co-op all year round. Come spring and summer, they grow cool climate flowers that thrive here in the northland. Their entire family pitches in at the farm including their four children. "One of the best gifts they are getting is a strong Minnesota work ethic and understanding of how to contribute to their community in meaningful ways."



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



### 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.





**Shoreview Natives** • Two Harbors, MN

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 like Common Milkweed, Black Eyed Susan and Blue Flag Iris.



**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, chard, onion and more.

# Underwood Coffee

SELF-PROCLAIMED SCRAPPY  
UNDERDOGS LOOK TO MAKE  
SPECIALTY COFFEE MORE  
FUN, APPROACHABLE, AND  
HONEST TO ALL



## Try it!

▶ Take \$2 OFF 12oz bags  
of Underwood Coffee  
March 31-April 20!

Jake Underwood and  
Samantha Levine of  
Underwood Coffee.

Photos courtesy  
Underwood Coffee

**B**eginning a new company in the middle of a global pandemic is certainly not anyone's idea of perfect timing, but that's exactly what Jake Underwood and Samantha Levine are trying to accomplish with Underwood Coffee. Duluth's newest coffee roasters officially began their business in October 2020, but they are definitely not newcomers to the Minnesota coffee scene.

Jake, co-owner and Director of Coffee at Underwood has worked in the specialty coffee industry for close to 9 years, starting as a barista at Duluth Coffee Company. During his three years at DCC he continued to grow his expertise, eventually becoming their Director of Education & Training. From Duluth he then moved to Minneapolis where he became

the Production Manager/Head Roaster for Spyhouse Coffee Roasters. After six years there he decided the timing was right to make the move back to Duluth and open his own coffee roastery. For Jake, starting Underwood Coffee has given him complete creative control of something he has a great passion for.

Sam, co-owner and Director of Retail

at Underwood Coffee, was born and raised in Minneapolis and has worked in the service industry for six years, three in specialty coffee. Sam's passion for coffee stems from a duty to showcase the work of dedicated coffee producers while providing warm customer service that leaves people feeling at ease. Sam has always wanted to work for herself, and took the opportunity to move from Minneapolis to Duluth to open Underwood Coffee head on.

The two consider themselves to be the scrappy underdogs in the industry. Underwood Coffee was built from the ground up with very little startup money—in the midst of a pandemic—but they aren't letting that get them down. What matters most is their genuine care for the products they produce, as well as the people who buy them.

Their goal is to make specialty coffee more fun, approachable, and honest to all. In order to meet that goal Underwood only sources coffees from producers and importers they trust and respect. They roast their coffee with intention and care, and cup each roast making sure it meets their standards. Coffee cupping essentially means they take the time to taste every roast of coffee before it goes out the door to make sure it's up to their standards of quality. This ensures their coffees are approachable to all those pouring it, and comforting with each and every sip. If for some reason a roast doesn't pass their standards during evaluation, they donate it locally.



**The long-term goal for the pair would be to build out their own roastery and tasting room open to the public.**

One of the biggest challenges for Underwood Coffee currently is trying to find creative ways to grow a business with very little startup money, and get the word out during a global pandemic. Despite the challenges of growing a new business during trying times, there are still plenty of reasons to celebrate, one being especially personal to Jake. Later this year, Underwood Coffee will offer a coffee from a producer named Alfonso Cordova, who's farm he was fortunate enough to visit when traveling in Peru last Fall. Cordova is producing some of the finest coffees Jake has ever tasted and is an inspiring person.

The long-term goal for the pair would be to build out their own roastery and tasting room open to the public. It would be a space for the Duluth community to come see and experience what they're doing in a cafe setting. They hope to take they're doing and share it with as many people as possible. Several varieties of Underwood Coffee are now available at Whole Foods Co-op, and we are proud to support this dynamic Duluth duo!



# Forest to Fork

**PART SCIENCE, PART ART,  
AND ALL PASSION FOR  
THIS HIGHLY SUSTAINABLE  
MUSHROOM OPERATION.**

**M**ike Kempenich knows mushrooms! With forty years of foraging experience, the President and Chief Marketing Officer of Forest to Fork is well versed in mushroom knowledge. He knows the various varieties, the edible from the poisonous, and the best spots to forage for tasty wild fungi. Most importantly, he knows how to cultivate these culinary delights and deliver them to retailers and restaurants alike.

Though he has been foraging for the fun of it for many years, Forest to Fork only began because Mike found himself unexpectedly unemployed. He is fond of saying that at the time he had a boss who “gave him the opportunity to look for a new opportunity”. That new opportunity was the chance to take his passion for foraging and turn it into a new career. Originally, the company was called Mikeology

– a play on the word mycology, otherwise known as the study of fungi. Mike told us, “I found people generally didn’t know the word and instead thought I was rather vain!” After a few years the name changed to Gentleman Forager, which, with their focus on the wild products

of the woods and waters of Minnesota, was a more accurate portrayal of the business. Three years ago they became Forest to Fork when they opened a retail store at Keg and Case Market in St Paul. Through it all, the goal has always been to deliver the freshest and highest quality mushrooms and other wild foods.

Successful foraging is a combination of patience, expertise and luck. Obviously, in Minnesota foraging turns difficult once the snow flies. Most varieties of mushrooms go dormant once the temps drop below 55 degrees but Mike found a solution to that problem. He uses a process to clone and cultivate mushrooms that would normally only be found in the wild. His first humble mushroom growing operation was a converted one-car garage. Now, the Forest to Fork facility has grown into something of a wonder – 30,000 square feet with 20 “growing chambers” that have specific atmospheric conditions maintained for each species grown, as they all like a little different environment. It is commonly thought that mushrooms need dark areas to be grown, but that is only necessary for



the white button mushroom. Just like in the wild, many varieties need light and dark times of the day to grow properly, as well as different levels of humidity and various substrates. From this facility they are able to harvest and ship their products within 24 hours, and since their mushrooms are never stored in a cooler waiting to be ordered, but instead are picked, packaged and shipped to order, it greatly increases their shelf life and overall quality. It also reduces the carbon footprint of the company.

Their carbon footprint is a large consideration for the team at Forest to Fork due to their deep love of the outdoors and their desire to keep the environment clean. From developing methods to collect and reuse the water and CO<sub>2</sub> produced by the products they grow, down to the compostable packaging they use, they are committed to being as sustainable as possible while helping to keep our world beautiful.

The next phase of Forest to Fork will be completion of their new complex that will include multiple facilities to greatly increase production for national distribution. The design will integrate mushroom cultivation and greenhouses into a single synergistic closed loop which comprises climate, automation, and efficiency improvements. No other company has fully developed a solution for mushrooms, plants, compost, climate, and water into a single fully automated facility. It’s part science, part art, and all passion for Forest to Fork!

▲ Mike, along with two fellow foragers in the forest.

Photos courtesy Forest to Fork.



by Gentleman Forager



The Forest to Fork facility has 20 different 'growing chambers' with specific atmospheric conditions for each species.



### Try it!

- ▶ Take \$2 OFF per pound bulk Shiitakes and \$1 OFF packaged whole and sliced Shiitakes March 31-April 20!

... since their mushrooms are never stored in a cooler waiting to be ordered, but instead are picked, packaged and shipped to order, it greatly increases their shelf life and overall quality. It also reduces the carbon footprint of the company.



# The Simple Plate

The Simple Plate podcast tells stories of local food produced by local people. Recent episodes spotlight the Duluth Does Veganuary movement, Native Wise small-scale family farm and more. Listen to past and future episodes at [kumd.org](http://kumd.org) or wherever you listen to podcasts.

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



## Royal Roots Garden

With no background in gardening, Natasha starting planting seeds in the garden of her new home and was struck by the healing and reinvention space it allowed. "In the garden is where it hit me that I was on a journey of healing myself ... it felt good when you were in it and it felt good when you left it and wanted to come back to it." Now, Natasha wants to create a gathering space for others to step into the soil. "I want my people to feel this. It's not something normalized in the black community—farming and gardening and agriculture."

Photo courtesy Ivy Vainio

# Join Us! Keep Duluth Clean

**SPRING CLEANUP • APRIL 10TH**

Join others throughout the community as we pick up litter near favorite waterways like Lake Superior, a neighborhood creek or storm drain, or just around your own neighborhood.

**Learn more and sign-up:  
[keepduluthclean.org](http://keepduluthclean.org)**

*Whole Foods Co-op giftcard giveaway  
for anyone who participates!*



## Co-op Free Spring Virtual Classes

Visit [wholefoods.coop/classes](https://wholefoods.coop/classes) to see detailed class descriptions, instructor bios, and registration information. Interested in hosting a class? The Co-op is seeking passionate community members willing to share their special skill! Beginners welcome. Email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop) for more details.

### THURSDAY, APRIL 22

#### Zero Waste Living

April Hepokoski • 6pm to 7:30pm



Learn how to reduce the amount of trash your household creates! This class includes a presentation filled with tips and tricks on how to live a Zero Waste lifestyle. Learn ways to reduce, reuse, recycle, repurpose and more.

### APRIL

#### Co-op Yoga Night - Advanced Vinyasa

Joella Erin of JEM Yoga & Massage  
Tuesdays: April 6, May 11, June 8  
5:30 - 6:30pm

#### Alzheimer's Association Presents: Healthy Living for Your Brain and Body

Charlene Johnson  
Thursday, April 8 • 5:30 - 7pm

#### Kids in the Kitchen: Fresh Flavors of Spring

Jen Gilbertson  
Saturday, April 10 • 10 - 11:30am

#### An Education Out of the Ordinary: Waldorf 101

Abra Derbis and Perin Ellsworth  
Osanya, Spirit of the Lake  
Community School  
Tuesday, April 13 • 6 - 7:30pm

#### Co-op Yoga Night - Slow Flow Yoga

Joella Erin of JEM Duluth  
Thursday, April 15, May 20 and  
June 17  
5:30 - 6:30pm

#### Boost Brain Power through Functional Foods

Chef Arlene Coco  
Saturday, April 17 • 9 - 11am

#### Using Common Herbs and Spices for Health and Wellness

Stacey Quade  
Tuesday, April 20 • 6 - 7:30pm

#### Zero Waste Living

April Hepokoski  
Thursday, April 22 • 6 - 7:30pm

#### Qigong with Rebecca

Rebecca Alsum  
Saturdays: April 24, May 29, June 19  
10 - 11am

#### Gardening with Native Plants

Dan Schutte from Shoreview Natives  
Tuesday, April 27 • 6 - 7:30pm

#### Are You Toxic?

Jean Sumner  
Thursday, April 29 • 10 - 11:30am

### MAY

#### Kids in the Kitchen: Mother's Day Brunch

Jen Gilbertson  
Saturday, May 1 • 10 - 11:30am

#### Celebrating Cinco de Mayo

Chef Robert Giuliani, Tacos Tacos  
Tacos (Duluth's newest taqueria)  
Tuesday, May 4 • 6 - 7:30pm

#### Alzheimer's Association Presents: 10 Warning Signs

Charlene Johnson/Kathleen Kwon  
Thursday May 6  
5:30 - 7pm

#### Basics of Organic Gardening

Debbie Ortman  
Saturday, May 8 • 12 - 2pm  
Space is limited!

#### Love Your Gut - Caring for Your Microbiome

Jean Sumner  
Thursday, May 13 • 10 - 11:30am

#### Easy Weeknight Dinners

Chef Arlene Coco  
Saturday, May 15 • 9 - 11am

#### Introduction to the Human Biofield

Stacey Quade  
Tuesday, May 18 • 6 - 7:30pm

#### The Power of Setting a Vision

Inge Maskun  
Saturday, May 22 • 10 - 11:30am

#### Hearty and Delicious Salads

Jen Gilbertson  
Tuesday, May 25 • 6 - 7:30pm

#### Comfortable and Customizable DIY Facemasks

Herb Fineday, Round Lake Traditions  
Thursday, May 27 • 6 - 7:30pm

### JUNE

#### What's Up with My Shoulder? Help for Aching Shoulders

Joseph Quade  
Tuesday, June 1 • 6 - 7:30pm

#### Homemade Bitters

Lanae Rhoads  
Thursday, June 3 • 6 - 7:30pm

#### Kids in the Kitchen: End of School Fiesta!

Jen Gilbertson  
Saturday, June 5 • 10 - 11:30am

#### Alzheimer's Association Presents: Understanding Alzheimer's and Dementia

Charlene Johnson  
Thursday, June 10 • 5:30 - 7pm

#### The Mediterranean Diet

Chef Arlene Coco  
Saturday, June 12 • 9 - 11am

#### Exploring the Fifth Taste: Umami

Jen Gilbertson  
Tuesday, June 15 • 6 - 7:30pm

#### What a Pain in the Neck! How to Help Neck Pain

Joseph Quade  
Tuesday, June 22 • 6 - 7:30pm

### SATURDAY, MAY 8

#### Basics of Organic Gardening

Debbie Ortman • 12pm to 2pm  
Space is limited!



Learn about the basics of organic gardening with a focus on vegetables and herbs. This class will be held virtually, but participants can reserve a spot to attend the class in Debbie's gardens. Please dress for the weather, wear a mask and observe social distancing.

# WHOLE FOODS CO-OP

## HILLSIDE

610 East 4th Street  
Duluth, MN 55805

## DENFELD

4426 Grand Avenue  
Duluth, MN 55807

[www.wholefoods.coop](http://www.wholefoods.coop)  
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## Co-op Owners

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

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

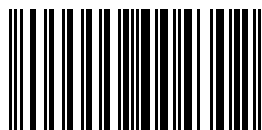
*Sign up at [wholefoods.coop/newsletter](http://wholefoods.coop/newsletter)*

APRIL

# \$5 OFF

YOUR \$25 SHOP

Deal valid at both Whole Foods Co-op locations;  
for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders.  
No cash value. Valid April 1-30, 2021.



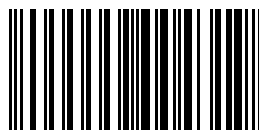
499999004302

MAY

# \$5 OFF

YOUR \$25 SHOP

Deal valid at both Whole Foods Co-op locations;  
for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders.  
No cash value. Valid May 1-31, 2021.



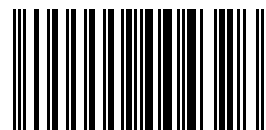
499999004319

JUNE

# \$5 OFF

YOUR \$25 SHOP

Deal valid at both Whole Foods Co-op locations;  
for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders.  
No cash value. Valid June 1-30, 2021.



499999004326