

WHOLE FOODS CO-OP

garbanzo gazette

SUMMER 2021



★
LOCAL

Love

Nicole of Love Creamery talks sustainability, supporting local businesses, and sourcing high-quality ingredients to make her delicious ice cream.



HILLSIDE

610 East 4th Street
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SUBMISSIONS

Submissions must be received one month prior to publication.

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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!



GIVE! \$1 DONATION



For every Love Creamery (Page 10) pint purchase and Farm Lola (Page 12) honeyberries in July, \$1.00 will be donated to the Co-op GIVE program, which benefits the Duluth Community Garden (Page 8) and Grow local Food Fund (Page 9)!

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Sarah Hannigan
General Manager

Enjoying the fruit of our labor

Co-op Community, It's been so nice to see your smiling faces again. Summer in the Twin Ports is here and the season has so much to offer. Like you'll see in this issue — fresh and local produce, berries, cupcakes, and even ice cream made with love. What could sound better?

When the sun is shining, life can feel quite abundant. Know that hard work is happening all around us to make this possible. In this issue we explore the importance of equity in our food system and how institutions like the Co-op and other community wealth building organizations are trying to help.

White supremacy holds deep roots in our food system and things like access to land and capital have been limited and restricted from Black, Indigenous, and People of Color (BIPOC) for generations.

The Co-op's new Grow Local Food Fund prioritizes those who have historically been kept from participating fully in the food production economy including BIPOC farmers and food producers.

The Grow Local Food Fund aims to support our local food supply. Learn about the fund's newest grant

“In this issue we explore the importance of equity in our food system and how institutions like the co-op and other community wealth building organizations are trying to help.”

recipients including organic urban garden Growing Together, indigenous producer Baby Cakes Wild Rice Bakery + Savage Girls Salads, and Northern Harvest Farm.

Thank you to shopper round up donations that make funding of our Grow Local Food Fund and monthly non-profits possible. Every cent really adds up!

This summer, let's share the abundances we hold. It takes a community to enjoy the fruits of our labor.

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



Ginga Newton of Growing Together



Delilah Savage of Baby Cakes Wild Rice Bakery



Jamie Harvie
Board of Directors President

Community wealth builds health

As Board President I feel a deep responsibility and commitment to our ENDS – our Co-ops’ grand, long-term vision, our reason to exist. A core component of our ENDS acknowledges that our vision for a healthy community rests on local and shared ownership. But why? What does local and shared ownership have to do with health?

Many are aware of how economic growth has been uneven, with extremes in inequality across the globe. At the local level, high inequality can create a sense of personal and public insecurity. Rich countries with higher inequality consume more resources and generate more waste per person, influencing health through multiple pathways. In Duluth and elsewhere, food insecurity, which refers to a lack of available financial resources for food at the household level, is fundamentally an economic issue.

Moreover, citizens across the planet are experiencing a deepening spiritual emptiness as our economic model pulls us away from a vital sense of connection and relationship with one another and the planet; this connection helps make us resilient and well. The extremes in inequality are rapidly eroding the sense of trust and cooperation necessary for the functioning of civil societies and the global economy itself.

This is a reminder. Viewed holistically, inequality may in fact represent one of the largest influences on the health of individuals, communities, and the planet.

For decades, the traditional economic development tends to be a race to the bottom in which cities fight amongst themselves to waive taxes and subsidize businesses as a means to attract industry at the expense of local wealth creation. One just need to look at the generous subsidies used to attract Costco to Duluth.

Increasingly, this approach is being cast aside and replaced with community wealth building strategies. Community wealth building is focused on developing assets such that wealth stays local, with the goal of helping citizens and communities control their own economic future – and thereby positively improve their health.

Cooperative ownership, and other forms of ownerships such as Employee Stock Ownership Programs, is a core community wealth building strategy. Community wealth

building is woven deep within the DNA of our cooperative business model. In fact, it is our ownership model which really differentiates Whole Foods Co-op from any other grocery store in our community.

Yet, if communities are going to successfully create wealth and health they will need a much deeper local-ownership economic ecosystem. One cooperative grocery store cannot do it alone, nor can one locally-owned business. Together, we have to build and grow a solidarity economy.

Consider, that in Wisconsin, the Madison Cooperative Development Coalition (MCDC) is a City of Madison funded initiative created to form worker cooperatives that address income inequality and racial disparities by creating living wage and union jobs.

“Our region is growing yet our health and resilience depends on a new way forward.”

In Philadelphia, Childspace is nationally recognized for its highly successful quality-job/quality-care business model that was established in 1988 as a worker-cooperative.

A recent report by Project Equity highlighted how 50% of all job-creating businesses in Minnesota are owned by baby boomers, and in a silver tsunami, a majority of these

will change ownership in the next decade. The former owner of New Ulm-based Windings identified employee ownership as a pathway to retirement by choosing an ESOP (Employee Stock Ownership Plan) model allowing him to sell his business to his employees, preserve jobs, and keep the company rooted in the community.

Here in Duluth, we are fortunate to have nationally recognized One Roof Housing, a Community Land Trust, whose housing-ownership model ensures community stewardship of land.

While in Washington State, the member-owned cooperative grocery Orcas Food Coop strategic plan includes a goal to create a new organizational entity to advance cooperative development in the San Juan islands.

Our region is growing yet our health and resilience depends on a new way forward. I am honored to represent a community wealth building enterprise and hope that our co-op model can serve as an inspiration and template for similar community wealth building enterprises.

Apply Today

Whole Foods Co-op Board of Directors



"Being involved with the Co-op has been meaningful to me. I'm proud to be a member of a collective that cares for the sustainability of a healthy community.

I'm grateful to be part of a team that strives to have a lens towards equity and equality in the Whole Foods Co-op policies."

Maria Isley,
WFC Board of Directors

WFC Board of Directors



JAMIE HARVIE
President
Term expires 2023
jharvie@wholefoods.coop



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Vice President
Term expires 2021
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Treasurer & Secretary
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HOLLY WOLFE
Term expires 2023
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EMILY ANDERSON
Term expires 2022
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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.

If you're interested in attending a Board meeting, please contact wfcbod@wholefoods.coop and we'll send you meeting details.

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



COMMUNITY PERKS

As a **Whole Foods Co-op Owner**, you receive discounts at local businesses. Simply present your Co-op card at participating business and get Community Perks like ...

Wild State Cider: Get a free cider taster with purchase of any cider or flight

Continental Ski and Bike: 10% off merchandise

Hanabi Japanese Cuisine: 10% off your purchase

wholefoods.coop/communityperks

\$5 Grab-n-Go Meal Days



Summer Menu

July 21

Chicken Wrap with Summer Fruit Salad
VEG: Red Curry Tofu Wrap

Aug 25

Jerk Chicken with Sweet Potatoes and Coconut Rice
VEG: Jerk Tofu*

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2021 SUMMER FARMER'S MARKETS

LINCOLN PARK
3-6 PM THURSDAYS
Harrison Community Center
3002 W 3rd St, Duluth, MN 55806
June 17th - September 30th

CENTRAL HILLSIDE
2-5 PM TUESDAYS
Essentia Health Parking Lot Across From
503 E 3rd St, Duluth, MN 55805
June 15th - September 28th



**NON-PROFIT
SUPPORT PROGRAM**

GIV



JULY

Duluth Community Garden Program

Making gardening accessible to anyone through 21 community gardens with 200 plots.

- ▶ "We work towards a healthy community for all Duluthians by making gardening accessible to anyone seeking to increase their access to fresh produce. We provide gardening space in our 21 community gardens with 200 plots, gardening education to support gardener success, a gardening tool and food processing equipment library, and annual events that build social connections. Plot rental is on a sliding scale from \$0-\$200/year. In 2020, about 70% of our gardeners paid a reduced plot fee based on income. As a result, we need to seek out extra support to make up for the cost of subsidizing plots."

August

WE Health Clinic

Improving reproductive and sexual health for every individual

- ▶ "WE Health Clinic aims to improve reproductive and sexual health disparities amongst minority groups, including preventing unintended pregnancies, creating access to contraception, abortion, LGBTQ+ healthcare, and HIV/ Sexually Transmitted Infections (STI) by increasing access and providing client centered sexual and reproductive healthcare. In 2018, WHC expanded its services to include LGBTQ+ and transgender care due to the tremendous and increased community need."



September

Sustainable Farming Association, Lake Superior chapter (LSSFA)

Supporting the development and enhancement of sustainable farming systems through farmer-to-farmer networking, innovation, demonstration, and education.

- ▶ "We are a coalition of producers and consumers striving to move food and farming systems into a sustainable future. The work of LSSFA is to enhance our regional food ecosystem by connecting the humans within it and by promoting the principles of soil health for truly sustainable farming. LSSFA serves the western Lake Superior region which includes northeast Minnesota and northwest Wisconsin. We just launched www.RootsandRecipes.org as a recipe sharing platform, to encourage eating local year-round, and to connect eaters to local farmers."



WE!



GROW LOCAL FOOD FUND

Whole Foods Co-op's new Grow Local Food Fund aims to increase the supply of local and sustainable food by supporting projects that strengthen the local farming and food producer community. Meet the newest grant recipients below.

Growing Together



"The mission of Growing Together is to grow produce to feed our community, inspire others to grow their own food and create urban farms to live more sustainably and in harmony with the planet's natural cycle, and to grow more women farmers of color."

Ginga Newton

Growing Together is an active farm in the community currently supporting local food production as well as inspiring others to grow food, live healthy, and more sustainably. They sell produce at the Hillside and Lincoln Park Farmers Markets and to local food trucks.

Photo courtesy Growing Together

Baby Cakes Wild Rice Bakery + Savage Girls Salads



"It is now up to the younger generations of the family to keep on harvesting wild rice and maple syrup and teaching their young ones. Only now, we combine those traditions with contemporary times."

Leah Savage

We are Indigenous Food Producers and live on the Fond du Lac Reservation of Lake Superior Chippewa. We come from generations of harvesters, food producers, artisans and entrepreneurs of Wild Rice, Maple syrup and garden veggies.

Photo courtesy Baby Cakes Wild Rice Bakery

Northern Harvest Farm



"Soil fertility is at the heart of everything we do. If we don't have healthy, vibrant soil, we've got nothing."

Rick Dalen

At Northern Harvest Farm, our goal is to provide local, organically-grown produce to people in the Northland community. This gives us the opportunity to do meaningful work and to contribute to a more sustainable and healthy food system.

Photo courtesy Northern Harvest

Love Creamery

Handcrafted, small-batch ice cream made with love fuels Nicole's creativity and care for community

We all scream for ice cream! Especially when it's from Love Creamery! Nicole Wilde and her joyful team enthusiastically scoop their delectable creations for throngs of locals and visitors alike from their shop located in the Lincoln Park Craft District. For Nicole, Love Creamery sums up everything she believes in: environmentalism, sustainability, support of local businesses, ethically-sourced high-quality ingredients, and deliciously creative desserts!

The Love Creamery handcrafted ice cream shop has been doling out cones, cups, sandwiches, and more to their fans since it's opening in 2018, but the business actually began in 2014 with a small cart at local farmer's markets, events and festivals. An Instructor of Marketing at UMD, Nicole had always wanted to own her own business which would enable her to be creative and live her values. Once settling on the idea for her business, Nicole spent several years studying about making ice cream and traveling to research exactly what she wanted her ice cream to be.



A farmer and gardener at heart, Nicole knew that she really wanted to support local as much as possible. Love Creamery sources a large majority of their ingredients from suppliers which readers will recognize: honey from Bar Bell Bee Ranch, fruit from North Wind Organic Farm, baked goods from Positively 3rd Street Bakery, coffee roasts from Duluth Coffee Company, syrup from Simple Gifts, and berries from Farm Lola to name a few! For Nicole, who's also very passionate about protecting our environment, it makes sense to buy ingredients as close to home as possible, which has the added benefit of supporting our local farmers and producers. Ingredients that cannot be secured locally are purchased through sustainable businesses to ensure their availability for years to come.

At Love Creamery, they are focused on making every ice cream flavor as delicious as possible using real, thoughtfully selected ingredients. All of their ice cream flavors start in small batches and each batch is crafted by hand to get the perfect mix of ingredients. They churn their ice cream on-site daily to deliver the freshest treats, with each recipe having a slightly different process. For example, recently they have been searching for locally-grown rhubarb which they will first make into jam or rhubarb crisp to add to the ice cream base to churn. Many of their concoctions need a

great deal of attention, particularly their vegan and gluten-free treats!

Another long-term goal for Nicole is to continue growing her company into a strong local business with well cared-for staff (currently, 39 people work with Nicole at Love Creamery). A huge leap forward in realizing this goal is the opening of the second Love Creamery location in Canal Park! The opening of this second storefront will increase their ability to provide the tasty frozen treats we've all

come to love!

For Nicole, Love Creamery sums up everything she believes in: environmentalism, sustainability, support of local businesses, ethically-sourced high-quality ingredients and deliciously creative desserts!

When asked how much ice cream they produce in a week, Nicole laughed. "A LOT" was her reply, then elaborated that not only was it enough to serve over 80,000 patrons last year (during a pandemic!) but also enough to fulfill orders for their retail pints which are found at local businesses, including Whole Foods Co-op!

If you've been in their store over the years, you've no doubt noticed some changes, specifically the gigantic, whimsical mural created by local artist Shawna Gilmore (some readers may remember Shawna's past exhibits at the Co-op!). This

mural is indicative of another passion and goal for Nicole, supporting local artists. Over time her plan is to feature many local art pieces and potentially incorporate some opportunities for philanthropy down the road to "celebrate goodness" within our community!

It is in this spirit of philanthropy that for every pint of their ice cream sold at Whole Foods Co-op, Love Creamery will donate \$1.00 to the GIVE Round Up Program benefiting the Duluth Community Garden Program and the Grow local Food Fund for the month of July!

Find their wonderful desserts in our freezer section at your Co-op and enjoy!



Nicole Wilde, Owner and Founder of Love Creamery.



Lime ice cream with blueberry crumble from Love Creamery.

Photos courtesy Love Creamery



Lucky Charms ice cream from Love Creamery.

For every pint of their ice cream sold at Whole Foods Co-op, **Love Creamery will donate \$1.00 to the Co-op Round Up Program** benefiting the Duluth Community Garden Program and the Grow local Food Fund for the month of July!

Farm Lola

Farmers Lucie and Jason grow honeyberries — oddly-shaped and conveniently-early fruit loaded with good-for-you vitamins.

By now, you might know of Locally Laid, the egg company featuring pasture-raised chickens and a brilliant marketing strategy. But were you aware of Jason and Lucie Amundsen's other project ... Farm Lola? That's right, in an effort to diversify their farm and create another income stream to help offset the cost of maintaining a farm, they added berry plants including blueberries, strawberries, and most importantly ... honeyberries! These oddly shaped, dark blue and purple berries are what you'd imagine a blueberry mixed with a SweetTart would taste like ... utterly delicious.

Lucie explained that honeyberries come from the fruiting honeysuckle bush, also known as Haskaps. They're popular in Russia where they thrive in Siberia. And yes, Duluth offers the same growing climate as Siberia!



Honeyberries are also full of health benefits. Not only antioxidants, they also have twice the vitamin A and four times the vitamin C as blueberries ... wow! Honeyberries have the highest content of phenolic acids and

anthocyanin of the berries and contain significant sources of potassium, calcium, phosphorous, and iron.

Honeyberries are a conveniently early fruit typically ready in late June and early July. They're oblong and a little odd looking but what they lack in traditional looks, they make up in taste. There are different varieties, some finish sweet, making them

great for table eating, and some tart, making them good for use in mixed drinks.

While our climate is perfect for growing honeyberries, it's not without its challenges. It has taken a lot of effort, time and expense to establish them on the farm. Another problem comes on the wing, particularly the Cedar Wax Wing, which will invite other Wax Wings to join the feast and eat the fruit right off the bushes. Jason came up with a great solution for that - he has an "alarm" which when activated will emit a recording of the bird's distress call which warns the birds to stay away from the field.

Additionally, climate change is definitely a challenge as the farm faces extreme heat and drought. Climate change is not a theory on Farm Lola - over the years they've noticed their berries ripening weeks earlier than they had in the past, a sure sign that our climate is changing. Other notable challenges are dealing with the heat, weeding, and, of course, the general worry about getting the crop in. "Farming is a high-risk venture and until all the fruit is off the field, it's hard to fully exhale" Lucie explained.

While it is challenging, there are certainly benefits that come from running Farm Lola. Lucie explained they get a great amount of joy from finding that people love this odd fruit they've planted, it's gratifying to take a chance on something different and see people really respond to it. They also enjoy seeing people come out to the farm, take in the beautiful fields and become enamored with the honeybees and the pollinator garden, and certainly with their flock of chickens, also known as the "Lola's" of Farm Lola!

The future of Farm Lola is to grow the berry business into a signature berry for the area. Ideally, it will draw tourists to the region as people come to Farm Lola to pick the berries and then head up to Duluth to stop into Love Creamery, Wild State Cider, Bent Paddle, and Ursa Minor to try delicious creations featuring ... you guessed it — honeyberries!

During the new season, stop into Whole Foods Co-op to buy Farm Lola honeyberries or go berrypicking at Farm Lola! All Co-op members receive a \$1 Off per pound of pick-your-own honeyberries for the first week of July. Farm Lola is located at 840 Cemetery Road, (parking address: 852 Cemetery Road) Wrenshall, MN 55797.

For every purchase of honeyberries in July,
\$1.00 will be donated to the Co-op Round Up program, which
 benefits the Duluth Community Garden and Grow local Food Fund.

Thanks to Co-op shoppers and Farm Lola for this donation!



Left: Lucie and Jason Amundsen, owners of Farm Lola and Locally Laid.

Below Left: Fresh-picked honeyberries at Farm Lola.

Photos courtesy Farm Lola



Go Berry Picking and Save!

- ▶ Go berry picking at Farm Lola! **All Co-op members receive a \$1 Off per pound of pick-your-own honeyberries for the first week of July.** Farm Lola is located at 840 Cemetery Road, (parking address: 852 Cemetery Road) Wrenshall, MN 55797.

Co-op Free Summer Virtual Classes

Visit 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 for more details.

Let's Do SunDo

Kim Hedegaard of Body Awareness Therapeutic Massage
Tuesday, August 17 & September 21 • 6 – 7:30pm



Grab your yoga mat and join us for a new class that joins movement and meditation, SunDo! Using Taoist meditation techniques, practitioners will progress through special sets of postures that are held while breathing very slowly and deeply. Together, the postures and breath work help to revitalize the body and mind by cultivating Qi - the life-force energy within us.

Qigong with Rebecca

Rebecca James-Alsum
Saturday, July 31 • 10:30 – 11:30am

AUGUST

Co-op Yoga Night: Advanced Vinyasa

Joella Erin of JEM Duluth
Tuesday, August 10 • 5:30 – 6:30pm

Co-op Yoga Night: Slow Flow Yoga

Joella Erin of JEM Duluth
Thursday, August 19 • 5:30 – 6:30pm

JULY

Pest Control: Natural and Safe!

Debbie Ortman
Saturday, July 10 • 12 – 1pm
Space is limited!

Co-op Yoga Night: Advanced Vinyasa

Joella Erin of JEM Duluth
Tuesday, July 13 • 5:30 – 6:30pm

Kids in the Kitchen: It's a Fiesta with Jen!

Saturday, July 17 • 10 – 11:30am

Co-op Yoga Night: Slow Flow Yoga

Joella Erin of JEM Duluth
Thursday, July 22 • 5:30 – 6:30pm

Mentor Duluth Presents: The Mentor Movement!

Porsha Cline, Karen Valdez & Katie Pease
Thursday, July 29 • 6 – 7:30pm

SunDo

Kim Hedegaard of Body Awareness Therapeutic Massage
Tuesday, August 17 • 6 – 7:30pm

Qigong with Rebecca

Rebecca James-Alsum
Saturday, August 28 • 10:30 – 11:30am



THURSDAY, JULY 29

Mentor Duluth Presents: The Mentor Movement!

Porsha Cline, Karen Valdez & Katie Pease • 6 – 7:30pm

Curious about youth mentoring in Duluth? You're invited to join Mentor North staff Porsha Cline and Karen Valdez, and AmeriCorps VISTA Katie Pease for a fun and engaging presentation to learn more about Mentor North's various youth-serving programs, ways you can become involved, and overall community impact. Live outside of Duluth? You'll still leave with great information and resources to use within your community. Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Become part of the mentor movement today! The first step is learning more. We look forward to sharing more with you.

CO-OP CLASSES



SEPTEMBER

Co-op Yoga Night - Advanced Vinyasa

Joella Erin of JEM Duluth
Tuesday, Sept. 14 • 5:30 – 6:30pm

Co-op Yoga Night - Slow Flow Yoga

Joella Erin of JEM Duluth
Thursday, Sept. 16 • 5:30 – 6:30pm

SunDo

Kim Hedegaard of Body Awareness Therapeutic Massage
Tuesday, Sept. 21 • 6 – 7:30pm

Qigong with Rebecca

Rebecca James-Alsum
Saturday, Sept. 25 • 10:30 – 11:30am

Call (218) 576-7123 or email hello@duluthagingsupport.org to get your FREE connect booklet.

Whether you're looking for a class, a support group, or a friendly voice on the phone, connections await!

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Senior support led by love

UNIVERSITY OF MINNESOTA EXTENSION zeitgeist

Whether you're looking for a class, support group or a friendly voice on the phone, Duluth Aging Support can help!

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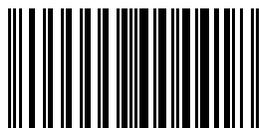
Sign up at wholefoods.coop/newsletter

JULY

\$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 July 1-31, 2021.



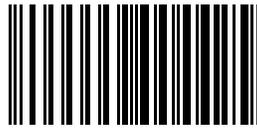
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AUGUST

\$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 August 1-31, 2021.



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SEPTEMBER

\$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 September 1-30, 2021.



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