

WHOLE FOODS CO-OP

# garbanzo gazette

SUMMER 2022

Meet the new recipients  
of the Grow Local Food Fund  
and find out about the  
environmental impact  
of their planned projects.

PAGE 8-9

Learn about our  
local honey producers  
and the importance  
of pollinators.

PAGE 10-11

Your Co-op is  
Certified Organic!

PAGE 6

# WORKING WITH NATURE







**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

**Holiday Hours**

July 4th: 7am–7pm  
Labor Day: 7am–9pm

**GARBANZO GAZETTE**

is published by Whole Foods Co-op

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and Sarah Hannigan

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**CONTENT IDEAS?**

Submissions must be received one month prior to production.

The next content deadline is:  
August 15, 2022

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



Family Freedom Center + Grow Local Food Fund are the GIVE! Round Up recipients for August 2022. PAGE 7

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**Sarah Hannigan**  
General Manager

# We Welcome You!

**Y**ears ago, someone asked me what makes our Co-op different from other places to buy groceries and I immediately thought of a beehive – buzzing with activity. The industriousness of the bees, all working together benefiting others, generating something sweet and nourishing that keeps over time. An alchemy of sorts, only possible through the work of many.

A recent sweet result of our collective effort is the GIVE! round up program surpassing \$500,000 in donations. The tremendous generosity of our community in their donations at the registers is much appreciated. The true stars of GIVE!'s success are the Co-op's cashiers – our donation program hinges on their involvement, and every penny raised is a direct result of their work. Please join me in thanking them!

Since its inception in 2017, GIVE! has provided grant funding to area non-profits. In 2019 we expanded the program to include a grant program to support and grow the local food economy. In developing the Grow Local Food Fund, we specifically included value-added producers in addition to farmers in our funding priorities. Local food producers often source ingredients from local farms and mills, and the success of a producer can support the success of a grower. The pages ahead feature the most recent Grow Local Food Fund recipients and information on how non-profits can apply to be featured in 2023 (page 7).

As we step into summer, our Co-op is buzzing. The season brings the bounty of dozens of local growers to our produce shelves. Bright greens from fields in Wrenshall, berries from Bayfield, wildcraft mushrooms from nearby forests, and roots and shoots from the rich soils of the region. For the next many months, you can find new local and seasonal offerings at the Co-op. Every single day.

**As we step into summer, our Co-op is buzzing. The season brings the bounty of dozens of local growers to our produce shelves. Bright greens from fields in Wrenshall, berries from Bayfield, wildcraft mushrooms from nearby forests, and roots and shoots from the rich soils of the region.**

This summer we're also heading back out into the community. After a few seasons of rest, our beloved blender bike is tuned up and ready to pedal out smoothies! Come say hello at perennial favorite summertime events like Lincoln Park Children and Families Meet in the Park, Harvest Fest, and more! It's so very good to be back out in the community with you and our neighbors.

We've also returned to hosting community at our stores. Stop by for lunch and enjoy the Duluth views from our outdoor (and dog friendly!) patios; see the big lake from the Hillside store and Brewer's Ridge from Denfeld. Meet a friend and enjoy a bite to eat in our indoor seating areas and enjoy the local art – both stores feature a gallery wall where a rotation of local artists exhibit their work each month. Past shows have featured both new

and established artists – if you're interested in showing your art in the Owner Art Exhibit, the call-for-artists is on page 14. Check out the Co-op Staff Art Show during the month of July.

Lastly, we're thrilled to announce that the beloved Annual Owner Meeting will return to an in-person party this October. We're planning a fun evening at the Clyde Iron Works Event Center. Registration details will follow in the next issue of the *Gazette*. For now, save the date – and share in our excitement about gathering together to celebrate our Co-op!

We welcome you and look forward to seeing you in the stores, out in the community, and in person!

Thanks for being part of the Co-op buzz! 🥕

*With appreciation,*  
Sarah Hannigan, General Manager  
[shannigan@wholefoods.coop](mailto:shannigan@wholefoods.coop)



Jamie Harvie, Ryan Jones-Casey, LeAnn Littlewolf, Robin Pestalozzi, and Vidar Sanchez

The Cooperative Economy Committee of the Board of Directors

# Reflections

**W**hole Foods Coop Board of Directors created the Cooperative Economy Committee to deepen our commitment to cooperative principles, including open and voluntary membership, cooperation among cooperatives, and concern for our community. By highlighting these principles, we've had the opportunity to bring Board members together to reflect on the topic of what it means to be a cooperative and what our experiences with cooperative economies have been. This reflection started with a discussion on our first memory engaging with a cooperative. Many Board members shared experiences with our own Whole Foods Co-op (WFC), as well as other food coops or cooperative businesses across our country.

**What sets WFC apart from other grocery stores in our community? Are we just a grocery store?** As Owners of this cooperative, we invite you to reflect on your first memory engaging with a cooperative, as well. This reflection allows us to collectively articulate the characteristics and traits that set WFC aside from other grocery stores in our community. As a member-owned cooperative, we are so much more than a grocery store. We are a thriving consumer-owned cooperative that supports, invests, and partners to create a healthy community.

**Why are we Owners? Why do we shop at the Co-op and what does it mean to us?** One of our newest Board members LeAnn Littlewolf shared this reflection: "The Duluth Whole Foods Co-op has been my teacher over the years on the importance and power in cooperatives. I knew about cooperatives from a young age because I grew up near Deer River, Minnesota, where we had a Farmer's Cooperative in town. I was told my Grandpa used to belong to it and it was said with a certain reverence and respect. As a young adult, I was invited to Mesaba Co-op Park, a summer gathering place and so much more. I loved the origin story of people pooling their resources together to create something together, infusing it with their values.

I learned my grandparents used to go to Mesaba Co-op Park in the 1950s to dance and in the 1990s our Native youth group held our Kaboom Dance there. Co-ops carry this personal connection to history, place, and purpose. But it has been our Co-op that has taught me the most. As a college student, I loved bringing my kids to WFC, where there was a little cubby play area for them while I put my bulk purchases in order. When we became Owners, my kids came with me to turn in our paperwork, and it was a big day in our family! I love that cooperatives can invite people in, to both add in resources

**“Whole Foods Co-op has been my teacher over the years on the importance and power in cooperatives.”**

and share the benefits. I also like the creativity and strong sense of values that move cooperatives through changing times. Duluth WFC has taught me to value my food and where it comes from, who grows or produces it, and the care they put into it. I love that I know local farmers by name. I learned that I stand with a body of Owners who care about our stores and what they mean to our community. I love this sense of community and how we can make our commitments to each other stronger and deeper. Being a part of the Cooperative Economy Committee is about deepening our collective education and commitment to core principles and values, exploring what cooperative economies mean, and hearing the stories of why each of us feel such a strong pull to cooperatives, especially our beloved WFC."

This year, we'll be leaning into our stories within cooperative economies and more stories around why we are committed to cooperatives. There are several ways we can do this together:

- ▶ Join our Cooperative Economy Committee meetings which are held virtually the 1st Wednesday of each month at 4pm. Email [wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop) to request a meeting invite.
- ▶ Join us at the Annual Owner Meeting on October 27, 2022, and share why you are an Owner of the Co-op and what it means to you.
- ▶ Email the Board at [wfcbod@wholefoods.coop](mailto:wfcbod@wholefoods.coop) and tell us why you're an Owner of the Co-op and what it means to you.

## WFC Board of Directors



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## Board Meetings

If you have an item for discussion at Board meetings, please submit your item in writing by the first Friday of the month requesting the Board's consideration.

Board meetings are at 5:30pm on the 4th Monday of every month, subject to change due to holidays and Co-op events.



# Apply Now!

Whole Foods Co-op Board of Directors seeks candidates to represent Owners and provide leadership for our Co-op.



“It can be easy to become overwhelmed by the scale of problems we see in our communities and the world at large. The impact of one well-meaning individual can seem inconsequential and dwarfed by the actions of a single mega-polluting company or industry. I serve on the Board to surround myself with people who care greatly about creating a healthy community and to reinforce in myself the idea of collective action.”

– **Vidar Sanchez**, WFC Board of Directors

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

## SAVE THE DATE

# 2022 ANNUAL OWNER MEETING

**THURSDAY, OCTOBER 27TH**

📍 Clyde Iron Works Event Center, Duluth, MN

Join us for the 2022 Annual Owner Meeting!  
Mark the date on your calendar and look for announcements and registration details in October. We can't wait to see you in person!



WHOLE FOODS CO-OP:

# The Twin Ports' Only Certified Organic Retailer



By Michael Karsh, *Operations Manager*

**B**eing in the grocery business, the Co-op is subject to inspections common to all grocers in town, like frequent MN Department of Agriculture and MN Department of Health inspections. However, since the opening of our Hillside location in late 2005, we have pursued an additional, higher certification – Certified Organic Retailer.

### So, what does it mean to be a Certified Organic Retailer?

Annually, both Hillside and Denfeld locations undergo an inspection by our certifying agency, Midwest Organic Service Association, known as MOSA. During the inspection, product handling, labeling, and merchandising are scrutinized to ensure the daily practices of Whole Foods Co-op preserve the organic status of all products designated as organic in our stores.

In addition to job-specific training, Co-op staff are educated in the meaning and concepts of the organic food system. Organic standards training allows us to maintain those standards and to be able to think critically about our operations to ensure that daily practices in an ever-changing business environment continue to comply with the stringent requirements of being a Certified Organic Retailer.

Whole Foods Co-op is thankful for the partnership with our inspecting agency, MOSA. They certify and enable our success in working to the highest standards available – as your Co-op and community grocery store. 🥕



MOSA Inspector, Jeremy Dobson and Hillside Store Manager, Jen Krussow

## *new!* Support Inclusive Trade

Whole Foods Co-op is committed to fostering diverse and inclusive communities. Beginning July 1st, look for these new shelf tags to find brands and products in our stores that are women-, BIPOC-, LGBTQIA+- and veteran-owned. Find great deals on Inclusive Trade products in our Co+op Deals flyers beginning in September!

**inclusive trade**

**inclusive trade**

## Buy One Get One

*coming soon!*

Beginning in August, find BOGO items among our Co+op Deals! Items will be marked with this tag in-store and in our Co+op Deals flyer.

**BOGO**



# NON-PROFIT SUPPORT PROGRAM

## JULY

### Planned Parenthood Twin Ports Youth Council

Supporting community access to reproductive health resources. The funds for this campaign will directly support youth programming activities in the Twin Ports.

## AUGUST

### Family Freedom Center

Empowering the Black community by reconstructing socio-cultural narratives and unapologetically embracing what it means to be Black, both historically and present day.

## SEPTEMBER

### Duluth Farm to School

Supporting accessibility and healthy choices by including local produce in school cafeterias and K-12 lessons, increasing understanding of where food comes from and how it's grown.



Top photo: Planned Parenthood Youth Council at Water is Life Event, Bayfront Festival Park.

Bottom photo: Duluth Farm to School

## NOW ACCEPTING APPLICATIONS FOR 2023!

# GIVE!

To apply, submit an application by completing our online form, including the required uploads. Applications are due September 11, 2022, by 11:59 pm. Complete applications will be reviewed for program eligibility by a team of Whole Foods Co-op employees.

A pool of finalists will be presented to Whole Foods Co-op Owners to vote on as a part of the October 2022 Owner ballot. 2023 GIVE! Non-profit Support Program recipients will be announced at the Annual Owner Meeting on Thursday, October 27th, 2022, and highlighted in the *Winter Garbanzo Gazette*, published in January 2023. **Learn more and apply at [wholefoods.coop/givenonprofits](https://wholefoods.coop/givenonprofits).**

The Whole Foods Co-op GIVE! program supports our community through shopper donations. Shoppers make small donations at the register by rounding up their purchases. Every shopper donation is split 50/50 to benefit our Non-Profit Support Program and Grow Local Food Fund. Each month, half of the GIVE! round up donations support a different local non-profit organization. In 2023, it is anticipated that each selected organization could receive donations of approximately \$4,000 – \$5,000.

### ELIGIBILITY:

Non-partisan and non-sectarian 501(c)(3) designated nonprofit organizations are eligible to apply. Priority will be given to organizations that serve the Twin Ports area of Duluth, MN, and Superior, WI. Applicant organizations must be engaged in activities that address one or more of the following funding priorities: Environmental Stewardship, Equity and Diversity, Food Access, or Local Food Economy. 🥕

September is  
**LIBRARY CARD  
SIGN-UP MONTH!**



Show your library card at the register in September and get a 16 oz. Bulk Beverage for **\$1.00**

*Limit 1 transaction per customer per day.*







The goal of the Grow Local Food Fund is to increase the supply of local, sustainable, and organic food by supporting projects that strengthen the local farming and food producer community. Learn more about the spring 2022 grant recipients!



## RISING PHOENIX COMMUNITY FARM

📍 *Barnum, MN*

“Rising Phoenix Community Farm was born out of a desire to be a connection between people and their food. We want to work outside and be in harmony with the land, the seasons,

and the soil. We want to grow vegetables. We want to grow community. We want to educate others about the importance of seeing the local, community connection to food systems. We want to dispel the myth that local, organically grown food is only for the affluent. This should be something anyone, regardless of race, class, or background can enjoy.”

### The Project

At the heart of their operation is a barn they began renovating last year. This grant will allow them to continue making improvements so they can safely and efficiently wash, weigh, and pack produce. Grant funds will pay to level the ground in the barn, improve lighting, install worktables, and wash stations. The renovation will also create a space for community engagement.

### Environmental Impact

“Regenerative, sustainable agriculture is at the core of this farm’s operation. As such, every decision we make is done with the goal of environmental sustainability. Specifically, a more efficient pack shed will limit our use of water and increase our efficiency while continuing to limit our reliance on gas or electric-powered machines to do the work.”

♥ **GROW LOCAL FOOD FUND** grant: **\$7,000**



## NATIVE WISE 📍 *Sawyer, MN*

“We are a Native-owned and operated family farm that has recently added to our farm by purchasing a historic ranch located on the Fond du Lac Reservation. Our goal has always been to create a profitable business while at the same time honoring our cultural heritage in all aspects of our business. We strive to utilize historical planting practices, heirloom seeds, and native varieties of everything we plant.”

Native Wise produces hemp, heirloom vegetables, honey, wild rice, maple syrup, handmade soaps, beeswax candles, and handmade sage-bundles. They also have pastured beef cows, heritage turkeys, and laying hens.

### The Project

Native Wise will be adding bison meat to their list of products. They plan to purchase a refrigerated vehicle to aid in the transport of processed and frozen meats to outlet locations for sales. They will also install a set of freezers with enough capacity to contain all their processed meat.

### Environmental Impact

“By re-establishing a functioning ranch to this property, we are removing noxious weeds that have taken over several acres. Noxious weeds are a huge problem throughout the state of Minnesota and we will be doing our part to rid our 350 acre ranch of many of the Minnesota state listed noxious weed species.”

♥ **GROW LOCAL FOOD FUND** grant: **\$7,000**







### The Project

Grant funds will help purchase dry bean cleaning equipment, specifically a thresher and winnower, to increase efficiency and yields for this emerging farm business.

### Environmental Impact

“Producing food more sustainably and locally are key elements to help mitigate climate change and strengthen food systems. Dry beans play a significant role in this, not only as a nutrient-dense and high-protein food, but as a sustainable crop. Being a legume, they have the ability to fix their own nitrogen, which creates soil-building bacteria and increases organic matter. Beans also improve the physical properties of the soil through the protein, glomalin. Glomalin serves as a “glue” that binds soil together into stable aggregates. These aggregates increase the porosity of the soil which helps reduce erosion and crusting.”

 **GROW LOCAL FOOD FUND** grant: **\$7,000**

## POLISH FARMER Moose Lake, MN

“My mission is to grow affordable and nutritious heirloom beans in an environmentally responsible way for our region. Short-term goals center around increasing bean processing efficiency and developing regenerative/sustainable farming practices. I am working towards a no-till system with increased use of cover crops and creating more farm-made compost. Long-term, I am working towards increasing the amount of land farmed, improving the bean yield per acre, and adding additional products (e.g. popcorn and grains) to my operation.



## FARM LANDE Duluth, MN

“Our mission is to produce nutritious food and native perennials that increase the community and ecological resilience of the Northland in the face of climate change. Our short-term goal is to more closely match customer demand at farmer’s markets. Long-term, we plan to offer a small number of CSA shares, work with wholesalers to get our produce into local restaurants and grocery stores, and stock a farm stand for neighbors and dedicated customers.”

 **GROW LOCAL FOOD FUND** grant: **\$4,600**

### The Project

This grant will provide materials to build a walk-in cooler on the farm, tripling cold-storage capacity and allowing for crops that require refrigeration, including new varieties and greater quantities of crops. They plan to have the cooler complete early in the 2022 growing season.

### Environmental Impact

“We practice no-till, chemical-free, regenerative farming, a style of agriculture that improves soil health by continuously having plants in the ground. This promotes mycorrhizal relationships and increases microbial activity and organic matter, which sequesters carbon and supports a food web of insects, small mammals, and birds. Increasing our cold storage and food production capacity will increase availability of sustainably grown, low-carbon footprint produce in our region, reducing reliance on food shipped from areas faraway.”





# What's the Buzz?

## LOCALLY PRODUCED HONEY AND THE IMPORTANCE OF POLLINATORS

By Jennifer Gilbertson, *Education & Outreach Coordinator*

**H**oney comes in many forms and flavors. Raw or processed. In the comb, crystallized, liquid, or whipped. Ranging from a light, golden yellow to a deep, rich brown, with flavors from subtle to bold. Did you know that honey is one of the only foods that, when stored properly, cannot spoil? Archaeologists working in Egypt uncovered pots of honey thousands of years old, yet still preserved (due to a slew of factors—its acidity, its lack of water, and the presence of hydrogen peroxide—working in perfect harmony, allowing the sticky treat to last seemingly forever). Humans have used honey as food, medicine, and more for centuries!

At Whole Foods Co-op, we are lucky to have several local honey producers: Bar Bell Bee Ranch, located in Squaw Lake, MN; Native Wise LLC, located in Sawyer, MN within the Fond du Lac Reservation; Observation Hill Farm, located in the heart of Duluth, MN; Marquette Honey, in Little Falls, MN; and Honey Hill Farms, in nearby Hinckley, MN. Each producer has very similar practices and goals when it comes to their honey, with each regarding the health of the bees and the sustainability of their product with the utmost importance. Let's learn about a few of them.

Beginning with the local supplier with the longest Co-op tenure, Bar Bell Bee Ranch's beekeepers, Ed and Eileen Menefee sell over 600 lbs. of honey per month to the Co-op! Ed has over 40 years of experience in the industry and their program is robust enough that they take part annually in bringing their hives to California to aid in almond pollination. In the summer, their hives are placed within crops to produce specific varieties of honey, in a field of buckwheat, sunflowers, dandelion, or wildflowers. They offer several different honey varieties, in multiple forms, including the bulk honey we sell at both Co-op stores.

Left: Nicole, Product & Honey House Manager at Bar Bell Bee Ranch

Right: Native Wise hand-poured 100% Beeswax Candle available for purchase at Whole Foods Co-op



Native Wise, LLC is owned and operated by David and Patra Wise and their family. David was born and raised on the Fond du Lac Reservation and was taught from a very early age how to harvest food and medicine from his Grandmother. Their business name, Mino Mashkiki (which means Good Medicine in Ojibway) comes from David's Grandmother who used to say that "good food is good medicine for your mind and your body." David has worked very hard to continue these teachings and incorporate a deep respect for Mother Earth into all aspects of their family business. Other Native Wise products available at the Co-op are their wild rice, maple syrup, and several products you can find in our Wellness aisles.







Ben Cogger, the apiarist behind Observation Hill Farm, was raised farming in Northern Wisconsin, with beekeeping as a chore he enjoyed. After moving to Duluth in 2012 he and his wife began keeping bees in their backyard. As his bees began producing more honey than they could use, he began to sell the excess honey at local farmer's markets and started making soaps, balms, and creams using the leftover beeswax from the honey extracting process (also available at the Co-op).

Each of these producers harvests their honey in similar ways; first removing the honeycomb frame and scraping off the wax cap, which seals in the honey. Then they use a centrifuge that spins the frames at a high rate of speed, forcing the honey from the comb. Next, the honey is strained and ready for bottling or for additional, but minimal

processing, such as whipping. All of our local honey producers offer raw, unprocessed honey which, due to the pollen it contains, has been shown to help alleviate seasonal allergies, not to mention its ability to soothe a cough or sore throat.



Find Bar Bell Bee honey at Whole Foods Co-op!

Photos courtesy Bar Bell Bee, Observation Hill, and Native Wise

But truthfully, honey isn't about humans. It's the natural product made by bees—one of our planet's most important insects. Honey bees visit millions of blossoms in their lifetimes, collecting nectar to bring back to the hive, and making pollination of plants possible. All pollinators play an indispensable role in food production. Three-fourths of the world's flowering plants and about 35 percent of the world's food crops depend on animal pollinators to reproduce. According to Elaine Evans, extension educator at the University of Minnesota, "Pollinators directly impact our food supply, with about one out of every three bites of food you eat dependent on pollinators," Evans says. "Not only that, but pollinator-dependent foods tend to be our most nutrient-dense foods, like fruits and nuts. Looking beyond our own food supply, about 80 percent of plants depend on pollinators for their survival and these plants feed countless creatures, filter water, and build soils. Pollinators are an essential part of our ecosystem." Many, like the Minnesota state bee, the Rusty Patched Bumble Bee, are endangered.



Beekeeper-in-training at Observation Hill Farm

So what can we do to help protect our pollinators? Ms. Evans recommends four actions that anyone can take to help pollinators:

► **Plant flowers:** Whether it is a pot, a patch, or a prairie, every bit helps. Keep those flowers free of pesticides and neonicotinoids, and look for plants that are native to your area.

► **Create homes:** You can create safe spaces for pollinators by leaving some messy corners in your yard with leaves, logs, and standing stems. A diversity of native plants can be homes for caterpillars.

► **Take climate action:** Plant trees and native grasses with deep roots. Switch to clean energy sources. Support sustainable farming. Our future food supply depends on pollinators and they depend on a stable climate.

**“Pollinators directly impact our food supply, with about one out of every three bites of food you eat dependent on pollinators.”**

► **Collect data:** By taking photos of pollinators and sharing them on the app iNaturalist, you can help scientists track and protect them.

All four are relatively easy steps to ensure a diverse and sustainable food system (and plenty of honey) for generations to come! 🍌





**Stacey is a talented herbalist with an extensive knowledge base, which she generously shares, much to the benefit of our Co-op class participants and other members of our community!**

# Holistic Healing: Energy for Life Connection

By Jennifer Gilbertson, *Education & Outreach Coordinator*

If you have taken one of our Co-op classes over recent years you may be familiar with the name Stacey Quade, or that of her partner Joseph. Both have taught numerous classes for Whole Foods Co-op, but this work is a small drop in the bucket to their many other offerings. Stacey runs Energy for Life Connection (in operation since 2002) in partnership with Joseph's business, Great Lake Therapies (founded in 2010).

Stacey began her career in healing as an occupational therapist, working at the Miller Dwan Medical Center in Duluth, MN for thirteen years. Then one day she chanced upon a brochure for continuing education classes. That life-changing day led her down a path to becoming a certified healing touch practitioner.

Healing touch is a form of complementary and alternative medicine based on the belief that vital energy flows through the human body. This energy is said to be balanced or made stronger by practitioners who pass their hands over or gently touch a patient's body. Many believe that these practices encourage the body to heal itself without other medical intervention. Eventually, Stacey's newfound knowledge led to another avenue for further education, specifically in herbalism.

Herbal medicine has its origins in ancient cultures and it involves the medicinal use of plants to treat disease and enhance general health and well-being.

Many of the benefits of herbal remedies are well known, such as the use of echinacea for immune system support, turmeric to relieve inflammation, and ginger for tummy trouble.

Stacey, being an avid gardener since childhood, had learned to grow food in a conventional family garden, but as she states, "I knew there was another layer that was missing from there. Hand in hand with my development of energy-based therapy education, came the structured learning of herbalism from a myriad of amazing and exceptional teachers. Indeed, Stacey is a talented herbalist with an extensive knowledge base, which she generously shares, much to the benefit of our Co-op class participants and other members of our community!"

Stacey combined her knowledge from her occupational therapy background, with her healing touch experience and added to it the herbalism aspects for a new career in developing integrative therapies and modalities at Essentia Health until her retirement in October of 2021. Stacey's current home-based practice integrates all these life skills for a very holistic and comprehensive experience. Stacey adds, "This is enhanced by the skills that my husband/partner Joseph Quade brings to the private practice. Joseph has a masters in physical therapy and has over 25 years of practice in orthopedic and manual therapy. He also practices healing touch and herbalism. Together we are able to provide very comprehensive and holistic wellness options for people."





Another aspect of Energy for Life Connection is Stacey's line of herbal remedies, which are offered through their website and at Whole Foods Co-op. Her hand-crafted, small-batch line of topical products at the Co-op include Stacey's Arna-balm; containing arnica (pain reliever); Stacey's Skin'salve"ation, with Calendula (promotes wound healing) and Comfrey (promotes skin cell growth); and Stacey's Fantastic Four, a lotion with Solomon's Seal (for inflammation), Mullein, Comfrey, and St. John's Wort. Everything she makes is hand-processed from the start, seed to the finished product, and much of the herbs used are locally sourced, grown, and foraged, with sustainability always in mind.



Joseph Quade

The dynamic duo that is Stacey and Joseph Quade truly enjoy the direct connections with the people they help. It's their mission to provide integrative and holistic options paired with conventional therapy modalities to assist people in regaining their wellness and to help them become empowered in their health care. They count it as their biggest triumph when people regain their wellness.

Look for Stacey's line of wellness products at the Co-op, or reach out to the Quade's for a consultation at [energyforlifeconnection.com](http://energyforlifeconnection.com). Look for future Co-op Classes from both Stacey and Joseph! 🌱



Find Stacey's products at Whole Foods Co-op in our Wellness aisles.

Photos courtesy Energy for Life Connection

## WELLNESS AISLE: What are Parabens?

By Peter Karsh, Hillside Wellness Coordinator

This is the initial feature "Wellness Aisle" article in the *Garbanzo Gazette*. The aim of these articles is to help inform customers and staff about various topics related to the products that we carry at Whole Foods Co-op.

This issue, we are spotlighting parabens. What are they and why may they be excluded from certain products? The term "paraben" refers to a family of chemicals used as preservatives since the 1920s and are often found in cosmetics and supplements; commonly methylparaben, propylparaben, butylparaben, and ethylparaben.<sup>1</sup> These chemicals make their way into our bodies topically or via ingestion and may be found in makeup, facial care, hair care, lotion, sunscreen, and other products.

In the National Health and Nutrition Examination Survey (NHANES) conducted in 2005 and 2006, the CDC reported measurable amounts of parabens in the majority of people tested. That same year (2006), the industry-led Cosmetic Ingredient Review (CIR), partnering with the FDA, found no need to alter their initial findings from the 1984 survey, that parabens were safe for use in cosmetics.<sup>2</sup> While in 2010 Denmark announced that it was banning several parabens, targeting products marketed to children out of concern that they may disrupt the endocrine system.<sup>3</sup>



Find these paraben-free products and more at the Co-op!

And in 2014 five parabens were banned in the European Union, isopropylparaben, isobutylparaben, phenylparaben, benzylparaben and pentylparaben; "for which no data was available to carry out a safety assessment."<sup>4</sup>

At least two parabens, butylparaben and propylparaben, are considered "xenoestrogens" and have been shown to have "weak estrogenic activity"<sup>5</sup> albeit at "25,000 times higher than the level typically used to preserve products."<sup>6</sup> The investigation into the safety of parabens is ongoing in the U.S. and abroad and many manufacturers have opted to remove these and other preservatives from their products due to their uncertain effects and tenuous future.

Due to these concerns the Co-op strives to promote products made without parabens. We work daily to seek out products that are created with maximum integrity. You can find our purchasing guidelines at [wholefoods.coop/about-our-co-op](http://wholefoods.coop/about-our-co-op). 🌱

1 "Parabens in Cosmetics," U.S. Food and Drug Administration, Last modified 02/25/2022, <https://www.fda.gov/cosmetics/cosmetic-ingredients/parabens-cosmetics>

2 "Parabens Factsheet," Center for Disease Control and Prevention, Last modified 04/07/2017, [https://www.cdc.gov/biomonitoring/Parabens\\_FactSheet.html](https://www.cdc.gov/biomonitoring/Parabens_FactSheet.html)

3 Samstag, T. (2010, December 20). "Denmark bans parabens in cosmetics for children." ENDS Europe, <https://www.endsurope.com/article/1612352/denmark-bans-parabens-cosmetics-children>

4 Commission Regulation (EU) No 358/2014 of 9 April 2014 amending Annexes II and V to Regulation (EC) No 1223/2009 of the European Parliament and of the Council on cosmetic products.

5 Byford JR, Shaw LE, Drew MG, Pope GS, Sauer MJ, Darbre PD (January 2002). "Oestrogenic activity of parabens in MCF7 human breast cancer cells". *J Steroid Biochem Mol Biol.* 80 (1): 49–60.

6 Edwin J. Routledge; et al. (1998). "Some alkyl hydroxy benzoate preservatives (parabens) are estrogenic". *Toxicology and applied Pharmacology*, 153 (1): 12–19.

## Summer Co-op Classes

Visit [wholefoods.coop/classes](https://www.wholefoods.coop/classes) for detailed class descriptions and registration information.  
Interested in hosting a class? Email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop).



### Mentor North Presents: The Mentor Movement!

*Mentor North Staff* • Thursday, September 8  
6 – 7:30pm • Denfeld Classroom

\$10 for WFC Owners. \$15 for non-Owners.  
Limit 20. Registration required.

In our return to in-person classes, we are pleased to welcome individuals from Mentor North to talk about mentoring! You're invited to join us 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. We'll dive into some mentoring stories and walk you through what a "day in the life" of a mentor can look like! Anyone can be a mentor, and our youth are eagerly waiting to meet YOU! 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 mentoring movement today! The first step is learning more. We look forward to sharing more with you!

Live outside of Duluth? You'll still leave with great information and resources to use within your community.

### FREE VIRTUAL CLASSES

#### Co-op Qigong

*Rebecca James-Alsum*

Tuesday, July 5, August 2, September 6 • 7 – 8pm  
Saturday, July 30, August 27, September 24  
10:30 – 11:30am

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

*Joella Erin*

Tuesday, July 12, August 9, September 13  
5:30 – 6:30pm

#### Let's Do SunDo

*Kim Hedegaard*

*Body Awareness Therapeutic Massage*

Tuesday, July 19, August 16, September 20  
6 – 7:30pm

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

*Joella Erin*

Thursday, July 21, August 18, September 15  
5:30 – 6:30pm

# Call for Owner Art!

## WHOLE FOODS CO-OP OWNER ART EXHIBIT HILLSIDE + DENFELD • OCTOBER 2022

If you are interested in having your art shown in the Owner Art Exhibit please email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop) no later than **September 1, 2022**.

### UPCOMING 2022 ART EXHIBITS

**July:** *Staff Art Exhibit* • Hillside + Denfeld

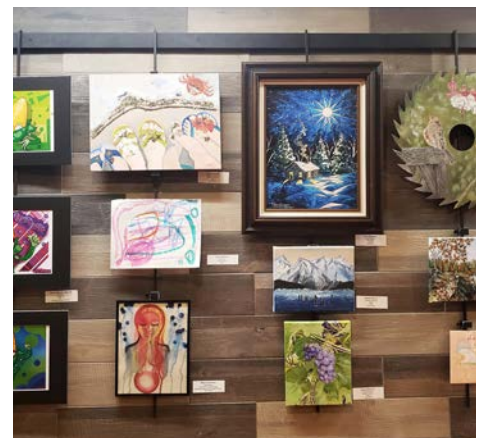
**October:** *Owner Art Exhibit* • Hillside + Denfeld

**August:** *Noelle Krumbhaar* • Hillside  
*Sue Raschenfels* • Denfeld

**November:** *Duluth-Superior Camera Club*  
Hillside + Denfeld

**September:** *Lyric Art Colony* • Hillside  
*Adam Swanson* • Denfeld

**December:** *Michelle Wegler* • Hillside  
*Margie Helstrom* • Denfeld



Artwork displayed at the 2019 Owner Art Exhibit



# Ways to **SAVE** at the Co-op



## coop basics®

The Co+op Basics program highlights items that are an everyday low price. Look for the purple Co+op Basics signs throughout the store to find a variety of popular, affordable household staples!



## ACCESS DISCOUNT

Do you participate in a limited income support program like SNAP, WIC, or Section 8? If so, the Access Discount Program can help you save 10% on all eligible purchases every day!

Access Discount does not apply to: special orders, purchases made with WIC vouchers, or Co+op Basics purchases. Program eligibility is verified on an annual basis by presenting proof of participation in one of the eight eligibility programs at Customer Service. Visit [wholefoods.coop/access](http://wholefoods.coop/access) for the full list of eligibility programs.

- ▶ If you meet requirements for the Access Discount, our Fran Skinner Memorial Matching Fund is another way to gain ownership assistance. The matching fund can help new Owners pay for up to \$80 of their Owner equity investment. Visit our customer service desk to learn more.



## GOOD DEAL MEALS

Looking for new ways to save at the Co-op? We've been busy developing four meal solutions that are value priced (under about \$15) that will feed a family of 4 – 6 (with some extra ingredients to complement other meals) and can be prepped and plated in under 30 minutes.

If the program is well received by our Owners and shoppers, we'll continue to develop more Good Deal Meals beyond the initial four that will roll out in the month of August. Stay tuned for more details to come!



## Yker Acres Meet the New Owners!

The Stamper family – Joshua, Alison, Jasper (11) and Griffin (9) – are the new owners of Yker Acres, a heritage breed, farrow to finish pork and beef farm that is committed to humanely raising animals outside. As Joshua puts it, “Animals need to be able to express their natural interests and behaviors, and they are not able to do that when they are in confinement barns with concrete floors. That’s what make Yker Acres different from other brands in the meat case. There is a difference and you can taste it. Happy pigs taste better!” The Stampers are excited to bring the very best pork and beef to folks in their community and the Lake Superior Watershed.



Photos and article courtesy of Yker Acres.

Find Yker Acres beef and pork products at Whole Foods Co-op!

# 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)  
218.728.0884

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

*plan your  
shopping trip!*

# SUMMER OWNER DEALS

JULY

**\$5 OFF**

YOUR \$40 SHOP

Valid July 1 – 31, 2022

**One Time Use**

**WELLNESS DEAL**

July 11–17, 2022

**10% OFF**

ALL WELLNESS PRODUCTS

**One Time Use**

AUGUST

**\$5 OFF**

YOUR \$40 SHOP

Valid August 1 – 31, 2022

**One Time Use**

**PRODUCE DEAL**

August 8–14, 2022

**10% OFF**

ALL PRODUCE

**One Time Use**

SEPTEMBER

**\$5 OFF**

YOUR \$40 SHOP

Valid September 1 – 30, 2022

**One Time Use**

**BOGO CHIPS**

September 5–11, 2022

**BOGO**

CHIPS, POPCORN, PRETZELS\*

\*Excludes Individual Serving Bags. Up to 2 free items.

**One Time Use**

All Owner Deals 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. No purchasing gift cards.**