

WHOLE FOODS CO-OP

# garbanzo gazette

WINTER 2021



# Thank You

TO OUR STAFF • TO OUR PRODUCERS • TO OUR OWNERS • TO OUR COMMUNITY



**HILLSIDE**

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OPEN DAILY • 7AM-9PM

**GARBANZO GAZETTE**

is published by Whole Foods Co-op

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**SUBMISSIONS**

Submissions must be received one month prior to publication.

The next content deadline is:  
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Refer submissions and questions to:  
marketing@wholefoods.coop

**SHARE THE LOVE**

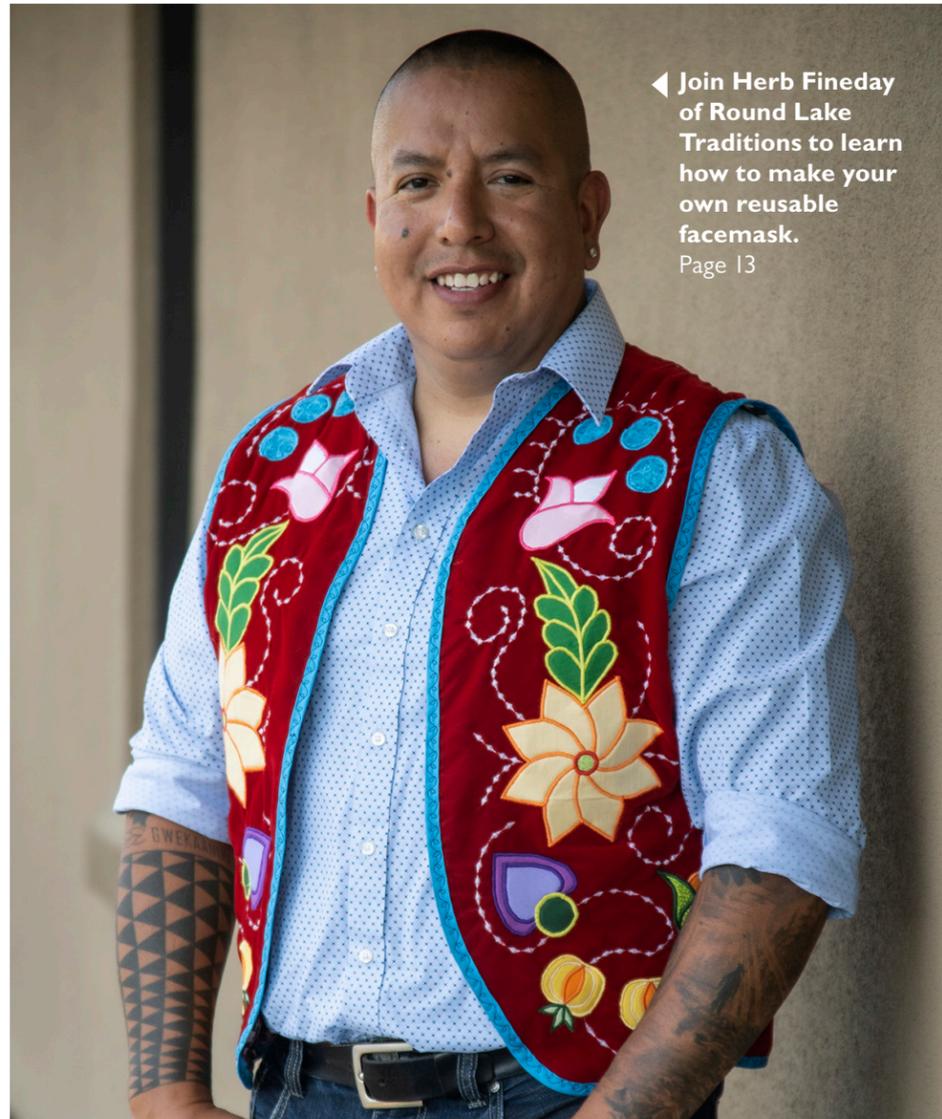
Before recycling this copy of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. It's a great way to introduce your friends, family and co-workers to your Co-op!

**WE'RE SOCIAL!**

@WholeFoodsCoop



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



◀ Join Herb Fineday of Round Lake Traditions to learn how to make your own reusable facemask. Page 13

**Check out our lineup of FREE virtual classes! Learn about Kombucha, Vegan Meats, Citrus and more. Page 13**

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**Sarah Hannigan**  
General Manager

# Rallying Around Gratitude

**G**ratITUDE is a powerful thing and it's a tool we've been using at the Co-op a lot lately. As our staff go above and beyond the call of duty, gratitude fuels us to do even more. It's not an easy time to work at a grocery store. We continue to prioritize staff safety, but that means an entirely different workplace experience than the one many of our employees signed up for.

For instance, following the guidance of Minnesota Department of Health, PPE requirements for staff now include both a face covering and eye protection while working. As you can imagine, this isn't very comfortable — and we're doing our very best to accommodate — but it's what must be done.

Same goes with enforcing our shopper safety policies. Reminding shoppers to cover both mouth and nose, or breaking up a friendly (though not socially distanced) conversation in the aisles takes a toll on our teams who are often short-staffed because of last-minute absences related to the pandemic.

If this is stressing you out, I've made my point. Our staff are doing an incredible job navigating this global crisis and they need your support now more than ever. Let's be loud with our praise:

Co-op Staff ... we are grateful for you and all you're doing through these crazy times. We know it is challenging on many fronts. Thank you taking such care to uphold our safety protocols. Thank you for having patience with our shoppers and suppliers. Thank you for demonstrating grace, and serving our community, through these unprecedented times.

It means a lot for our teams to see the gratitude of our greater community and it's being noticed and shared. Every thoughtful Facebook comment, email and out-of-the-blue checkout "thank you" is being passed along and in team huddles, on bulletin boards, in employee newsletters, at board meetings, and more.

This spirit of gratitude is being nurtured and encouraged amongst our staff as well. "Caught in the Act" shout-out boards adorned with kudos shared by staff for fellow co-workers, remind us that acts of kindness — even the seemingly small things — can brighten one's day.

Our local business community is joining the kudos

train as well. In the Fall, we hosted a socially-distanced staff appreciation event and, despite the challenging circumstances facing them, so many local businesses joined in to share their appreciation with prizes and donations for our staff giveaway. Thank you 7 West Taphouse. Thank you Damage Boardshop. Thank you Lake Ave Restaurant and many, many more. More recently, there was buzz amongst staff when Hoops Brewing announced "Free Beer Mondays" for local grocery store employees in December. Thank you!

**Co-op Staff ... we are grateful for you and all you're doing through these crazy times. We know it is challenging on many fronts. Thank you taking such care to uphold our safety protocols. Thank you for having patience with our shoppers and suppliers. Thank you for demonstrating grace, and serving our community, through these unprecedented times.**

The new year is certain to bring more challenge and change to the grocery sector and our Co-op as we continue to pivot to respond to the impact of the pandemic, taxed supply chains, an unstable economy, and climate change. It is your kindness, your encouragement, and your care for the Co-op that reminds us that we are here for community, we are here for connection, we are here for each other.

On pages 8-9, we highlight some of these well-deserved Co-op Staff shout-outs and we ask you, our community, to join in and submit your own at wholefoods.coop/comments or on our Facebook page. We will share them with the team!

From all of us at the Co-op...thank you.

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



**Jamie Harvie**  
Board of Directors President

# Coming Together in New Ways

Over the last year COVID has awakened us to our interrelationship with all life and made us aware of that every day we step into the unknown. Across the globe the need for connection has been made painfully apparent. And, so many have turned to nature where intuitively we feel restored and more at peace; connected to something bigger. It is not surprising that studies demonstrate that awe and views of nature engender a sense of cooperation, “small-self” and foster healing. I am heartened to be part of an organization that upholds the importance of relationship and human connection within the context of a healthy community. It is part of our Co-op DNA,

**What we do know is that we humans and all life are wired for connection**

and in 2020 we have learned to adapt and seek new ways to keep these bonds strong and resilient.

Last fall was our first virtual annual meeting with over 125 participants signing in for a few hours of, yes, business and community building with other Co-op owners. As we do every year we invited owners to share remarks. Kristen Peterson said “big thank you to the Co-op for making her feel really safe”. Wayne Pulford shared how “he feels the Co-op is a safer place to shop and has

concentrated his shopping there”. And, Lisa Hoch offered a thank you to the Co-op board and employees. “So many things went off the rails during COVID and the Co-op was always a place she felt good to go into.” While there were the inevitable technology glitches, my sense is that despite the digital format and our individual challenges through our shared journey and a sharing of gratitude we were able to come away rejuvenated. Thanks so much for being a part of that.

Subsequently, we have been able to use the virtual format for our board retreat welcoming our newest board members Emily Anderson and Holly Wolfe. Though we used a shortened format I believe we were able to effectively start the culture making essential for a healthy, functioning board.

And, perhaps with the same intuitive knowing that we have sought nature, so too have community members sought the values and approach our Co-op offers. In 2020, the Co-op welcomed over 500 new owners who said yes to an investment in our community, despite so much uncertainty. 500+ new people said yes to the Co-op. That’s incredible.

As we step into the mystery of the new year it will be interesting to see what tools we will use to maintain and build relationships. What we do know is that we humans and all life are wired for connection. Thanks to all our owners, new and old, for bringing your whole selves to the Co-op. It is wonderful to be working with you, together in community, towards a resilient, healthy Northland!

## 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  
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**HOLLY WOLFE**  
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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.

# Welcome

## NEW BOARD MEMBERS!



### Holly Wolfe

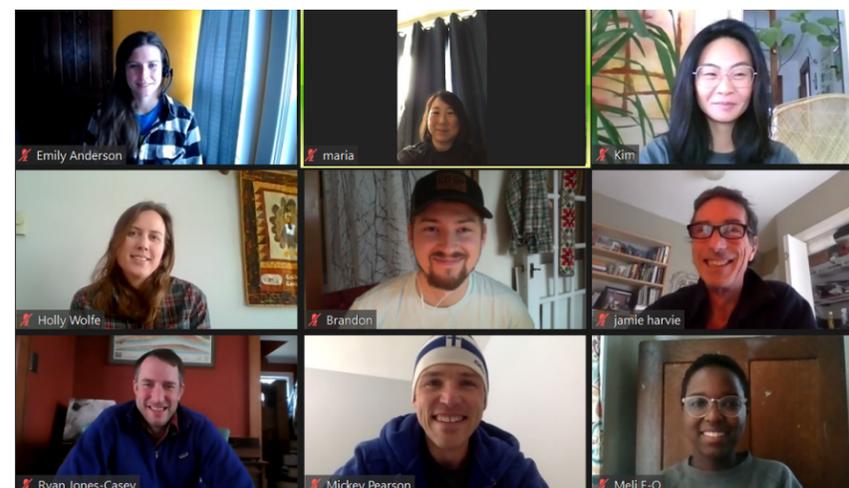
Holly’s passions include self-sufficiency, food preservation, and growing her own food year-round. She started her own business four years ago making crocks, weights, and other items that help with fermentation.

**“I want to help bring awareness to how complicated it is for those who live in rural areas of Duluth to access the many benefits that the Co-op provides.”**

### Emily Anderson

Emily works as the Director of Community Health at Essentia Health, leading community health improvement programs by developing strategic activities and partnerships with communities.

**“I am interested in bringing energy, creative ideas and practical leadership to the board to support the long-term sustainability of the Whole Foods Co-op.”**



Our Board members at their virtual Board retreat in November 2020, welcoming new members and building relationships and culture.

Top Row: Emily Anderson, Maria Isley, Kim Nordin

Middle Row: Holly Wolfe, Brandon Smith, Jamie Harvie

Bottom Row: Ryan Jones-Casey, Mickey Pearson, Meli Ellsworth-Osanya

# GIVE!

Every year, our powerful 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.

## NON-PROFIT SUPPORT PROGRAM

### JANUARY

#### Duluth Branch NAACP, Health & Environmental Equity Committee

Fulfilling the NAACP's commitment to eliminating the racial and ethnic disparities in our healthcare system that plague people of color in the United States.

### FEBRUARY

#### Safe Haven Shelter and Resource Center

Providing safety, space to heal, advocacy, and empowerment for women, children and all survivors of domestic violence.

### MARCH

#### CHUM + Minnesota FoodShare

Providing emergency shelter, food, and street outreach throughout Duluth. *In March, 100% of Round Up donations will go to CHUM to support the Minnesota FoodShare initiative, when Whole Foods Co-op bands together with 15+ Co-ops to raise money for Minnesota food shelves.*

### 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 shoppers enrolled in Minnesota food assistance programs a 10% discount on purchases. In 2020, the Co-op provided over \$60,000 to 373 individual and families with limited means.

### JULY

#### Duluth Community Garden Program

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

### AUGUST

#### WE Health Clinic

Helping every individual control their own sexual and reproductive health.

### 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.

### OCTOBER

#### Family Freedom Center

Engaging, empowering, and educating the Black community by connecting entrepreneurs with business leaders and more.

### NOVEMBER

#### Ecolibrium3

Building community sustainability and resiliency through projects like the Lincoln Park Solar Garden

### DECEMBER

#### The American Indian Community Housing Organization (AICHO)

Centering Indigenous values in all aspects of our work like reclaiming healthy and Indigenous foods.

## 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. A grant, funded by shopper round up donations, will be awarded to farmers and food producers located within the Lake Superior Bioregion in the spring and fall. Similar programs at our Co-op partners have helped food producers with the purchase of equipment and tools, improvements to packing sheds and other facilities and purchases that increase productivity or efficiency.

Learn more: [wholefoods.coop/give](http://wholefoods.coop/give)

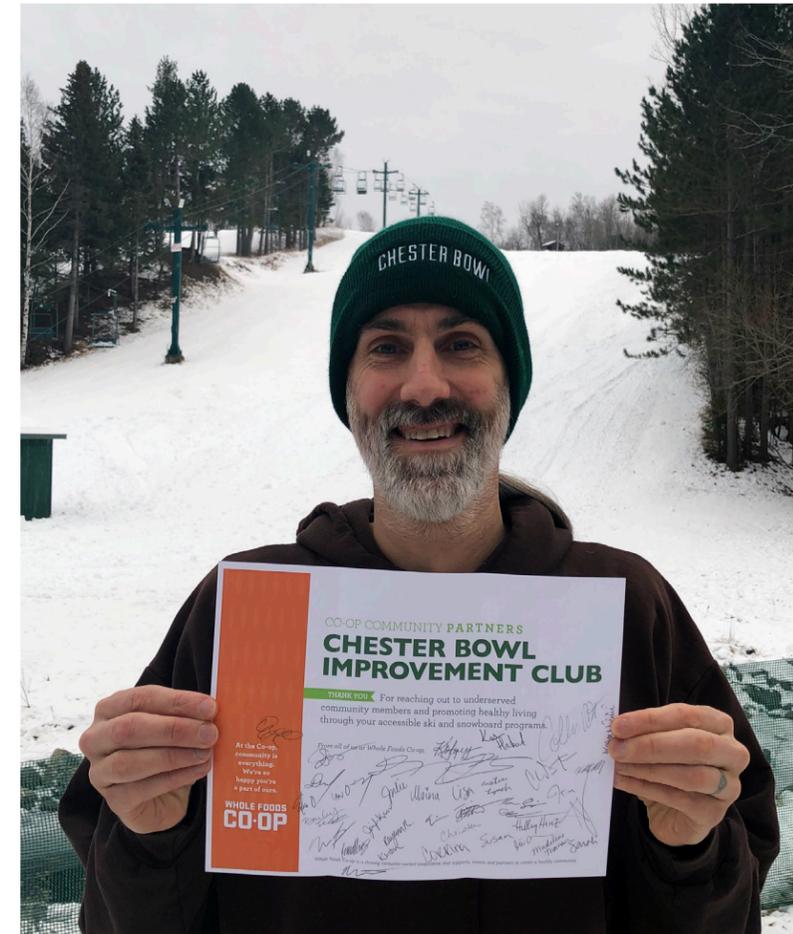
## CO-OP COMMUNITY PARTNERS

At the Co-op, community is everything! In addition to our \$100,000+ annual shopper GIVE Round Up donations, a portion of the Co-op annual budget is set aside to support organizations committed to creating a healthy and vibrant community. This is a way that the Co-op demonstrates concern for our community — a core cooperative principle — and every month we're helping through monetary donations, event-based partnerships and more.

Learn more about the organizations we're supporting, like Chester Bowl Improvement Club, Zeitgeist, Black Liberation Lab and more at [Wholefoods.coop/communitypartners](http://Wholefoods.coop/communitypartners)

 **ZEITGEIST**  **BLACK LIBERATION LAB**

Dave Schaeffer, Executive Director at Chester Bowl Improvement Club is excited to use the Co-op donation to provide even more winter scholarships for their ski and snowboard programs.



## Support Small Businesses, Get Perks!

As a Whole Foods Co-op Owner, you receive discounts at 50+ local businesses. Simply present your Co-op swipe card or note your Co-op ownership at participating businesses.

[WHOLEFOODS.COOP/COMMUNITYPERKS](http://WHOLEFOODS.COOP/COMMUNITYPERKS)

### NEW! Inner Bliss Spiritual Health Center

[Innerblissduluth.com](http://Innerblissduluth.com)

Complimentary 30-minute Infrared Sauna Session with purchase of a 60 minute or longer massage or float session, unlimited uses.



### NEW! Salt and Light Heritage Farm

[Organic-mn.com](http://Organic-mn.com)

\$10 credit on a future purchase with your first farm order of \$100



The Community Perks program is free for local businesses to join! Email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop) for details.

# Gratitude

FOR  
CO-OP  
STAFF

Co-op staff are doing an incredible job serving our community, during the pandemic, with healthy, delicious food. Check out these well-deserved Co-op Staff shout-outs and submit your own praise at [wholefoods.coop/comments](https://www.wholefoods.coop/comments) or on our Facebook page.

*We'll share it with the team!*



“  
DANIELA OF DENFELD  
FRONT END IS ALWAYS  
UPBEAT AND KIND DURING  
CHECK OUT! KUDOS!”

THANK YOU



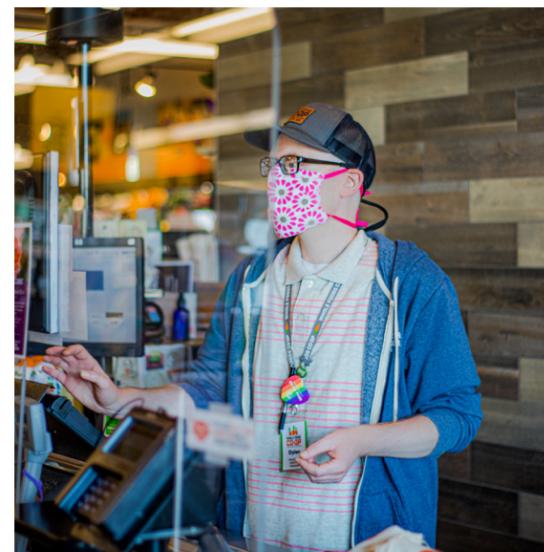
“  
BIG THANK YOU  
FOR MAKING ME  
FEEL REALLY SAFE,  
EXCELLENT JOB OF  
ACCOMMODATING.”

“  
I LEFT THE  
STORE IN A  
HAPPY MOOD.  
POSITIVITY IS  
CONTAGIOUS, AND  
I'M SO THANKFUL  
FOR THE CO-OP!”

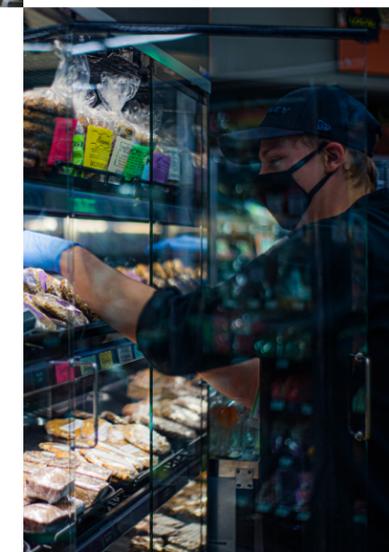
“  
DANIEL OF HILLSIDE  
FRONT END SHOWS  
INTEREST IN SAYING  
HELLO, ASKING HOW I AM  
DOING, AND ENGAGING  
IN MEANINGFUL  
CONVERSATION.”



“  
FROM THE MOMENT  
WE ASKED HER TO  
LOOK INTO SELLING  
OUR HOT COCOA,  
SHE WAS INCREDIBLY  
SUPPORTIVE. THANK  
YOU ERIKA FOR  
BELIEVING IN US!”



“  
THANK YOU AGAIN  
FOR THE MAGNIFICENT  
JOB YOU ARE DOING  
AS A STAFF DURING  
THIS INTERNATIONAL  
HEALTH CRISIS.”



“  
ELSA OF HILLSIDE  
GROCERY IS FANTASTIC  
AT REMINDING CUSTOMERS  
TO PROPERLY WEAR  
THEIR MASKS OVER  
THEIR NOSES!”



“  
JANELLE OF DENFELD DELI  
IS ALWAYS EXUBERANT,  
FOCUSED AND WILLING.  
HER JOY LENDS TO  
BUOYANT CO-OPING.”



“  
I FEEL AT HOME  
HERE. THEY ARE  
ALWAYS TRYING  
TO MAKE ANY  
IMPROVEMENTS  
THEY CAN.”

# Superior Small Batch

ENTREPRENURIAL DUO BRINGS COMMUNITY TOGETHER THROUGH DELICIOUS VEGAN FOOD

January marks the second year of the Co-op's participation in "Veganuary", a month where we are encouraged to follow a vegan lifestyle and forgo all animal products including meat, fish, poultry, dairy, eggs, and honey and instead load up on veggies, fruits, whole grains, beans, nuts and seeds. What better time to feature one of our favorite locally-produced vegan food companies, Superior Small Batch!

Owner/Operators Shane Dickey and Gail Francis are the culinary wizards behind the product, which is literally hand-crafted in small batches in Superior, WI, hence their name! With a shared joy in working together, a love of experimenting and developing delicious recipes, and over 20 years of food industry experience between them, this two-person crew pumps out the Heartyburgers, spicy Curryburgers and the product that started it all, the Original Bangers — all available in the Co-op's freezer section! The duo is always experimenting with new recipes and you can find their other vegan specialties on their website like Chipotle Hummus, Grassy Point Vegan Spread and Common Ground, their gluten-free, all-purpose substitute for ground beef. All of their products are made with the highest quality ingredients, are 100% vegan and absolutely delicious.

Continued on Next Page



## Want more?

- ▶ Watch them in action: [wholefoods.coop/local](http://wholefoods.coop/local)
- ▶ Join Shane for a class on "Wheat-Meat" 101.

Thursday, January 21st • 6 - 8pm

Ever wondered where vital wheat gluten comes from? Or what seitan is? Or what makes it different from mock duck? Been enjoying plant-based meats from makers such as Filed Roast and Superior Small Batch? Enroll in this course to learn about the basics of wheat-gluten based high protein "meat" and try your hand at making vegan sausage at home



One thing setting Superior Small Batch apart from the competition is their commitment to working with minimally-processed, whole food ingredients.

## Continued From Previous Page

Nowadays, there are many options available for plant-based "meat" foods but one thing setting Superior Small Batch apart from the competition is their commitment to working with minimally-processed, whole food ingredients. This ensures the preservation of vitamins and nutrients, making their products healthier than other plant-based meat foods on the market. Another vast difference is the taste! They've developed and refined their recipes over the years and place an enormous emphasis on their products being incredibly flavorful, with a balance unlike other products offered.

Shane and Gail are very conscious of the impact food production has on the Earth, particularly when it comes to raising livestock for consumption. Their belief that eating a meatless meal periodically can make a big difference to both the health of our environment as well as our own personal health is certainly one shared by many here at the Co-op. Another aspect of food production they know to be detrimental to our environment is plastic packaging waste. It is the goal of Superior Small Batch for all of their product packaging to be 100% plastic free — speaking of which, look for their new cartons in the Co-op's freezer section soon!

Superior Small Batch is proud of their mission to provide healthy, handmade food in a way that benefits our community. Their goal is to lift up the local food system and make a positive impact through their products and the duo looks to local business partnerships as a means to achieving this goal. For instance, they teamed up with Bayfield Foods Cooperative CSA to showcase their products in a Vegan Variety Box, and recently worked with local favorite Love Creamery to create a Vegan Holiday Box featuring Superior Small Batch lasagna, soup, bread, cranberries, and pumpkin bread with Love Creamery chai ice cream — yum!

Shane and Gail are truly entrepreneurs and are excited to use

these partnership learnings to launch their very own food box subscriptions, but won't halt their community-building efforts in doing so. For instance, in celebration of Veganuary they have partnered with our Community Perks Program partner Zenith Bookstore to give their new box subscribers an option of adding on a vegan cookbook through Zenith Bookstore — Vegan for Everybody, authored by America's Test Kitchen. Learn more about their new box subscription offering at [superiorsmallbatch.com](http://superiorsmallbatch.com).

Shane and Gail prize their connection with Whole Foods Co-op community of shoppers and in honor of Veganuary, Shane will be joining the Co-op as a guest instructor for two free Co-op virtual classes. Wheat Meat 101, where participants will learn about different types of wheat-meat and how to make their own at home, and Wheat Meat 201, where participants will learn how to take their homemade wheat-meats to the next level. Visit [wholefoods.coop/classes](http://wholefoods.coop/classes) to learn more and register for these free Co-op classes.

Lastly, if you'd like a taste of their product, visit the WFC Deli for the Co-op's Veganuary-inspired sandwich special featuring the Superior Small Batch LocalBurger! With an emphasis on regional foods, the LocalBurger is a 100% plant-based burger that maximizes the seasonal produce of our area's farms. Inspired by, and with gratitude to, the indigenous philosophy of the harmony of The Three Sisters, the LocalBurger is made up principally of locally-grown squash, sweet corn and black beans. Our WFC Deli special will come loaded with tomatoes, red onion, spring mix, and vegan chipotle spread on an Angelic Bakehouse bun! Order one at the deli counters, now through January 15th!

Thanks to Shane and Gail for being active community connectors and offering products that reflect the Co-op's goals for the health and wellness of our community as well as our environment. Happy Veganuary and kudos to Superior Small Batch!

# Mike & Jen's Hot Cocoa

## BUSINESS COMMUNITY ADDS WARMTH, SUPPORT FOR LOCAL HOT COCOA

Is there anything more nostalgic than a steaming mug of hot cocoa? Just one whiff and you are immediately transported back to childhood and wintry days filled with sledding, snow forts, rosy cheeks and chilly toes. Warming up with hot cocoa was a necessity after spending the day playing outside.

This was the case, and the moment of inspiration for Dean Packingham, creator of Mike and Jen's Cocoa Mix. His daughter Jen had been playing outside their Duluth home. Upon entering the house, she asked her dad for some cocoa. Dean obliged, but while reading the ingredients on the label was dismayed to realize many of the ingredients were unpronounceable chemicals. Thinking back to his own childhood, Dean remembered his mom making a cocoa mix kept in a Tupperware container and knew he could do the same for his own kids using all-natural, quality ingredients. This revelation soon became a quest to make the most awesome hot cocoa mix ever, one that was water based yet still rich and creamy. After eight months of obsessive trial and error, 70 different cocoa powders and numerous milk powders, Dean finally found success. An all-natural, water based hot cocoa blend that contained only five ingredients which his children loved!

The first year they gave their cocoa mix to friends and family as gifts and were often surprised when asked if it could be purchased, thinking everyone was just being nice. That changed after a chance meeting with the owner of the Duluth Kitchen Company, Denise Kaitala. Dean mentioned his cocoa mix and Denise asked to try a sample, which she too loved. She helped Dean navigate the process of getting his product shelf ready and was the first to buy Mike and Jen's Cocoa Mix for retail.

Soon, orders for his simple and delicious cocoa mix outpaced his one-man show production capability. Enter close friend and fellow trained scientist Amanda Cunningham. With her help they were able to increase production to meet the ever-increasing demand.

Another member of the Duluth business community was instrumental in keeping Dean's fledgling company going when he lost his first commercial kitchen space. Eric Faust, founder of the Duluth Coffee Company, gave Dean a key to his store so he could continue making his cocoa. Of this gesture Dean said, "Only in Duluth I believe that would happen. He told me I could come in any time after hours and make as much as I wanted. He even set me up with an area where I could store my inventory. I am forever indebted to him for believing in me."

Much of the expansion of Mike and Jen's Cocoa Mix has been through word of mouth, and by attending events and trade shows. Though in school, both Mike (college senior) and Jen



**"To this date, I've never encountered someone in the business community that didn't honestly want to help me."**

(high school senior) continue to work with their dad, helping out at shows and in the Cocoa Mobile — an old Star Tribune delivery van they repurposed to bring cocoa to the masses. According to Dean, "It's so fun for people to meet the names behind the company. The kids could not be prouder. They've learned so much about business from doing this, and I've tried to involve them as much as I could throughout the process. While they aren't always involved in the day-to-day operation, they go to as many shows as they can."

As much as it is a business venture, Mike and Jen's Cocoa Mix is really about connection to family and community. Dean recognizes and deeply appreciates the tremendous support he's received. "Sometimes I can't even believe how lucky I am to be able to do this. I love the community that I was born in (Duluth), and I am so thankful to everyone for their warm support of what we do. To this date, I've never encountered someone in the business community that didn't honestly want to help me. I try to give that back to others as well, offering advice and support to help them. We're all in this together, and I truly believe Duluth/Superior 'gets it'. We are very lucky to be a Duluth, Minnesota success story!"

You can find Mike and Jen's Cocoa Mix at Whole Foods Co-op, available in both canister and single-serve packets.

## Co-op Free Winter Virtual Classes

Visit [wholefoods.coop/classes](http://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.

### SATURDAY, JANUARY 9TH

#### Veganuary - What's Your Vegan IQ?



Chef Arlene Coco • 9am - 10am

In this signature lecture, participants will learn more about the differences between, vegan, plant-based, plant-forward, and other confusing terms. They will learn the common misconceptions of a plant-based diet and get tips on easy swap-outs and substitutions for their favorite dishes. A bonus takeaway PDF after the class of "35 tips for easy plant-based swap outs" are included.

### JANUARY

#### SOAR Career Solutions: Gratitude Training

Jason Beckman and Kristen Jacobus  
Tuesday, January 12th  
6 - 7:30pm

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

Joella Erin of JEM Duluth  
Thursday, January 14th, February 18th, March 18th  
5:30 - 6:30pm

#### Kids in the Kitchen: Easy, Healthy and Fun Snacks

Jen Gilbertson  
Saturday, January 16th  
10 - 11:30am

#### "Wheat-Meat" 101

Shane Dickey of Superior Small Batch  
Thursday, January 21st  
6 - 8pm

#### The Negative Effects of Stress & Anxiety on Our Health

Michelle Russell  
Saturday, January 23  
10 - 11:30am

#### Make Your Own Kombucha

Lanae Rhoads  
Tuesday, January 26th  
6 - 8pm

#### "Wheat-Meat" 201

Shane Dickey of Superior Small Batch  
Thursday, January 28th  
6 - 7:30pm

#### Qigong with Rebecca

Rebecca Alsum  
Saturday, January 30th  
February 27th, March 27th  
10 - 11am

### FEBRUARY

#### Four Directions of Men's Health

Joseph Quade  
Tuesday, February 2nd  
6 - 7:30pm

#### Kids in the Kitchen - Chocolate!

Jen Gilbertson  
Saturday, February 6th  
10 - 11:30am

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

Joella Erin of JEM Duluth  
Tuesday, February 9th, March 9th  
5:30 - 6:30pm

#### Enhance Your Immune System

Jean Sumner  
Thursday, February 11th  
10 - 11:30am

#### Mardi Gras on the Bayou

Chef Arlene Coco  
Saturday, February 13th  
9 - 11am

#### Winter Detox

Stacey Quade  
Tuesday, February 16th  
6 - 7:30pm

#### Wildwoods Animal Rehabilitation - A Day in the Life of an Animal Rehabilitator

Valerie Slocum  
Saturday, February 20th  
10 - 11:30am

#### Celebrating Citrus

Jen Gilbertson  
Tuesday, February 23rd  
6 - 7:30pm

#### DIY Green Cleaning

Lanae Rhoads  
Thursday, February 25th  
6 - 7:30pm

### MARCH

#### Help Me Sleep

Stacey Quade  
Tuesday, March 2nd  
6 - 7:30pm

#### Kids in the Kitchen - Pizza Party

Jen Gilbertson  
Saturday, March 6th  
10 - 11:30am

#### Allons Manger - Let's Eat!

Chef Arlene Coco  
Saturday, March 13th  
9 - 11am

#### Exploring Thai Flavors

Jen Gilbertson  
Tuesday, March 16th  
6 - 7:30pm

#### Wildwoods Presents - Keeping Wildlife Wild

Valerie Slocum  
Saturday, March 20th  
10 - 11:30am

#### Keys to Longevity

Jean Sumner  
Tuesday, March 23rd  
10 - 11:30am

### TUESDAY, JANUARY 19TH

#### DIY Reusable Facemasks



Herb Fineday • 6pm - 8pm

Masks have become a part of our everyday attire, so why not learn how to make and customize your own?! Herb Fineday of Round Lake Traditions will lead this class on how to construct masks for yourself or to give to friends and family.



# 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.



## Brian Yazzie

Brian Yazzie didn't find himself in any of the texts in culinary school. The Diné chef and food justice activist from the Navajo Nation in Arizona says he found no representation of indigenous foods in the classroom. But when he did a little digging, he discovered that half of the ingredients in recipes all over the world - the world, mind you - are indigenous ingredients from the Americas.

## Lake Superior Sustainable Farming Association

The Lake Superior Harvest Festival was just another in the long line of anticipated - but cancelled - events this year. But the Lake Superior Sustainable Farming Association, which hosts the event, hasn't been moping. Learn about their new recipe-sharing platform aims to connect local foods, farmers, and tummies.

### Russian Cabbage Borscht Recipe from Clover Valley Farms Available at [Rootsandrecipes.org](http://Rootsandrecipes.org)

#### Ingredients

- ▶ 1 ½ cups thinly sliced potato
- ▶ 1 cup thinly sliced beets
- ▶ 3-4 cups shredded cabbage
- ▶ 1 ½ cups chopped onion
- ▶ 1 stalk celery
- ▶ 1 medium sized carrot sliced
- ▶ 4 cups water or stock
- ▶ 1-2 Tbsp. butter
- ▶ 1 tsp. caraway seeds
- ▶ 1 ½ tsp. salt or more to taste
- ▶ Freshly-ground black pepper
- ▶ 1 tsp. dill
- ▶ 1-2 Tbsp. Clover Valley Farms Dill Infused Rhubarb Wine Vinegar or try CVF Honey Sweetened Vinegar, adjust the sugar
- ▶ 1-2 Tbsp. brown sugar or honey
- ▶ 1 cup tomato puree

#### Instructions

1. Place potatoes, beets, and water in a medium-sized saucepan.
2. Cover and cook over medium heat until tender (20-30 minutes).
3. Meanwhile, melt the butter in a kettle or Dutch oven.
4. Add onion, caraway seeds, and salt.
5. Cook over medium heat, stirring occasionally, until the onions are translucent (8-10 minutes).
6. Add celery, carrots, cabbage, and 2 cups of the cooking water from the potatoes and beets.
7. Cover and cook over medium heat until the vegetables are tender (another 8-10 minutes).
8. Add the remaining ingredients (including all the potato and beet water), cover, and simmer for at least 15 more minutes.
9. Taste to correct seasonings, and serve hot, topped with sour cream or yogurt and a light dusting of dill.



Photo by [coffeandquinoa.com](http://coffeandquinoa.com)

# Veganuary is BACK!

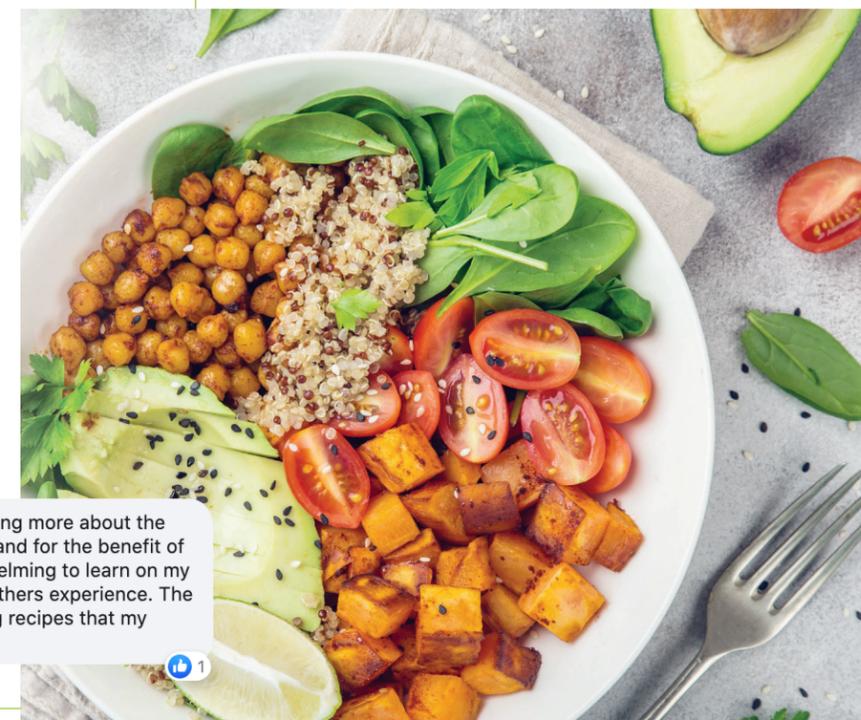
Veganuary is the world's largest vegan movement, inspiring people to try vegan for January and throughout the rest of the year.

## Join the Co-op Community's Facebook Group and let's learn and inspire together!

This active group has over 500 local members and 1300+ comments from members sharing photos of their vegan meals, recipes and personal experiences transitioning to a more plant-based diet.

**Weekly \$50 Co-op Gift Card Drawing** to those who post/comment/share with the digital community!

**Marcy Easty** I have just recently been hearing more about the benefits of adapting a vegan diet in health and for the benefit of our environment. It is new and a bit overwhelming to learn on my own. I am excited to learn and glean from others experience. The biggest challenge that I anticipate is finding recipes that my whole family will enjoy.



[Facebook.com/groups/DuluthDoesVeganuary](https://www.facebook.com/groups/DuluthDoesVeganuary)



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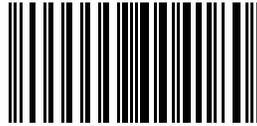
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