

WHOLE FOODS CO-OP

# garbanzo gazette

FALL 2024

ALSO INSIDE:

- ▶ Annual Owner Meeting
- ▶ Fall Co-op Classes
- ▶ Thanksgiving Planning
- ▶ Brainstorm Bakery
- ▶ Winter Squash
- ▶ Community Perks for Holiday Shopping

Cast your vote  
in the Whole  
Foods Co-op  
2024 Election!

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A woman with curly hair, wearing sunglasses, a red sleeveless top, a green and blue patterned scarf, and an orange sash that says "VOTE! VOTE!", is smiling and holding a green sign. The sign has a row of 15 female icons at the top, the text "co-ops uplift democracy" in the center, and another row of 15 female icons at the bottom. She is also holding a large orange banner that reads "WHOLE FOODS CO-OP HILLSIDE + DENFELD". The background shows a street with trees and other people in the distance.

WHOLE FOODS  
CO-OP  
HILLSIDE + DENFELD

Hillside Store Manager Jen Krussow promotes democracy in the 2024 Spirit Valley Days Parade.



**Sarah Hannigan**  
General Manager

# Building on the Bygones

I love the Duluth News Tribune’s Bygones section and the spotlight it offers into our community’s history. Last month, a snippet from our Co-op’s past was shared:

*Sept. 3, 2004 - Whole Foods Co-op's \$5 million expansion plans will lead it to a new location at 610 E. Fourth St., which is now home to CW Chips. The relocation will allow the co-op to quadruple its sales floor.*

This expansion, announced twenty years ago, allowed us to move from the tiny storefront – now Burrito Union – that was our Co-op’s home from 1993 to 2005. Here, deliveries were dropped on the sidewalk and hand-carted into the store. The local harvest, otherwise found only at roadside stands and farmers' markets, greeted shoppers as they walked through our doors. Shelves were stocked with the only organic and gluten-free offerings available in the region. Kids played in a nook near the registers while their parents shopped (many current Co-op employees, and a Co-op Board member, fondly remember playing there with siblings and friends).



Whole Foods Co-op's 1332 East 4th Street location, 1993–2005

Looking back, it’s easy to see all the things that have changed, both with our Co-op and within the business of groceries. The bigger store in the Hillside neighborhood in 2005 and a second store in the Denfeld neighborhood in 2016 brought our Co-op increased sales, additional employees, more Owners, and a greater ability to have a lasting positive impact in our community. All this took place against a backdrop of the explosion of natural and organic foods in the market, and with it, mounting competition at every level.

But with all the changes, our foundation has remained steady. We are fiercely dedicated to our community. We work to elevate the local economy, especially where it intersects with food. We uplift the cooperative principles of democracy and education. The pages ahead highlight some of the ways we embody these tenets, and ways you can deepen your engagement with your Co-op.

Join us at the Annual Owner Meeting or at one of many classes offered by the Co-op this season. Enjoy discounts at our Community Perks partner businesses, each offering unique discounts to Co-op Owners.

Learn the story behind Ely-based Brainstorm Bakery and their delicious (and sassy!) granolas. Plan your holiday feasts with a myriad of local squash varieties, or the ease of local and Co-op-made delights for your celebrations.

Finally, find the link to vote for the Co-op Owners who will represent you and your interests through

**As a cooperative, we are here for you, and we are here because of you. Thank you for journeying with us.**

their service on our Board of Directors (page 4). Also, help select the non-profit organizations that will be featured in the 2025 GIVE! shopper round-up program.

As a cooperative, we are here for you, and we are here because of you. Thank you for journeying with us. I look forward to the history we’ll continue to make together! 🥕

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



**Maria Isley**  
President, Board of Directors

# Democracy in Action at Your Co-op

**T**his fall, we've all been reminded of the importance of democracy during election season. But here at Whole Foods Co-op, democracy isn't just a once-in-a-while thing—it's woven into the fabric of our daily operations. As a consumer-owned cooperative,

our Co-op is guided by a Board of Directors that you, our Owners, elect. Every Owner has an equal vote in the annual Board Elections so that governance is truly democratic and reflective of our community.

Our Board doesn't just set the course and call it a day; we work hard to keep the

Co-op aligned with the vision laid out in our ENDS Statement. This vision guides our General Manager, Sarah Hannigan, who oversees the day-to-day operations, ensuring everything runs smoothly while staying true to the cooperative spirit.

Democracy at our Co-op also shines through in our commitment to open dialogue and transparency. Whether you're an Owner, shopper, or staff member, your opinions, suggestions, and concerns matter. As an Owner, there are plenty of ways to share your thoughts—whether it's at a Board meeting, through the annual meeting, or just by reaching out. The Cooperative Principles and our ENDS are accessible on the website so everyone can see how decisions are guided and that the Co-op remains focused on serving our community.

Inclusivity is a cornerstone of our Co-op's democracy. We've put policies in place to prevent discrimination of any kind, be it race, gender, sexual orientation, religion, disability, or other protected characteristics.

We intend to ensure that both our Board of Directors and staff represent the rich diversity of our community, making sure every voice is heard and respected.

Our commitment to democracy doesn't stop at the Co-op's doors; it extends into the broader community. We're passionate about advocacy, education, and supporting local causes. Every year, staff and Owners get to vote for the GIVE!

**Every Owner has equal vote in the annual Board Elections so that governance is truly democratic and reflective of our community.**

non-profit recipients, who benefit from our round-up at the registers program. This initiative raises over \$50,000 each year for local non-profits.

Democracy in action is shown by listening to

Owners and consumers, and sourcing our inventory locally. This also enables our Co-op to do its part to nurture the community. By supporting 170 independent vendors from Minnesota and Wisconsin and through the Grow Local Food Fund, also a beneficiary of our register round-up program, we're helping to keep local agriculture strong and vibrant.

Whole Foods Co-op is more than just a place to pick up groceries. It's a community hub where democratic values are lived out every day. Everyone who walks into our Denfeld or Hillside stores contributes to the success of a cooperative built on shared values and the power of working together.

As we move forward, we encourage you to stay engaged with our Co-op's democratic processes and vote by Sunday, October 20 for the new Whole Foods Co-op Board of Directors and, of course, don't forget to vote in local, state, and federal elections this November! Thanks for being a vital part of Whole Foods Co-op! 🥕

# One Vote. Big Impact.

## WHOLE FOODS CO-OP 2024 ELECTION SEPTEMBER 23 – OCTOBER 20

At Whole Foods Co-op, we believe in the importance of the democratic process. As we head into this election season, we hope that you'll use your vote to express your voice about the future of our region, our nation – and our Co-op.

### Annual Co-op Board Member Election

One of the Cooperative Principles is Democratic Member Control. Input from our Owners is core to who we are, and this is an opportunity to make your voice heard.

It's time to elect new members of the Whole Foods Co-op Board of Directors. The Board drives the direction of the organization. As our Co-op navigates an increasingly competitive landscape, the direction the Board sets has long-lasting impacts on the future of our stores and the impact we have on our community.

We ask that you take a moment to review the statements prepared by this year's candidates at [wholefoods.coop/vote](https://wholefoods.coop/vote). We're thrilled to have a strong group of individuals interested in serving and we're excited for you to learn more about them.

Then, please vote. Find your Owner login and password on the back of this Gazette. One vote per Owner number. Paper copies of ballots, including the candidates' statements, are available at both Co-op stores for those without internet access.

### BOARD OF DIRECTORS CANDIDATES



**Aubrey  
DeBettignies**



**Annie Gettle**



**Elyse LaCosse**



**Brittany  
Lind-Libby**



**Amber Schlater**  
*(incumbent)*



**Scott Van Daele**  
*(incumbent)*

# VOTE!



Vote by Sunday, Oct. 20 at:  
[wholefoods.coop/vote](https://wholefoods.coop/vote)





Whole Foods Co-op staff, Board members, friends, and family promote voting and the Co-op Election at the 2024 Spirit Valley Days Parade.

# VOTE GIVE!

## HELP CHOOSE THE 2025 NON-PROFIT RECIPIENTS

### GIVE! Non-Profit Support Program Election

While you're voting for Board members, you'll also have the opportunity to weigh in on the non-profits who will benefit from our monthly register round-up program in 2025. Beneficiaries are projected to receive between \$5,000 – \$7,000, so take a moment to show support for the local non-profits nearest and dearest to you.

The Co-op supports local organizations dedicated to growing a healthy community. Monthly round-up donations are typically split between the featured non-profit and the Co-op's Grow Local Food Fund.

Select the non-profits you would like to see in next year's GIVE! round up as well as Board candidates at [wholefoods.coop/vote](https://www.wholefoods.coop/vote).

## GET OUT THE VOTE! 1 VOTE = \$1 DONATED

We hope you'll lend your voice to this year's election. To thank you for your time, **for every Owner who votes in our election, Whole Foods Co-op will donate \$1 to the League of Women Voters**, a nonpartisan, grassroots organization working to protect and expand voting rights and ensure everyone is represented in our democracy. Their work on the local, state and federal level aligns with the Cooperative Principle of Democracy.

Help us reach our goal of donating \$1,000 to the League of Women Voters and, more importantly, use your voice to guide the direction of the Co-op for years to come.

# 2024 ANNUAL OWNER MEETING

TUESDAY, OCTOBER 22 • 5–8 PM

📍 Clyde Iron Works Event Center, 2920 W Michigan St, Duluth, MN



- ▶ Great food and great people
- ▶ GIVE! Non-Profit Support Program Recipient Panel
- ▶ Election results: new Board members and GIVE! 2025 recipients
- ▶ Kids' Activity Corner, by Duluth Children's Museum during Panel and Business Meeting (ages 4 and up)

All Whole Foods Co-op Owners are invited to join us at the 2024 Annual Owner Meeting! Owners may bring additional guests and/or children.

**\$25 Per Adult; \$5 Per Child (age 12 and under)**

Owners will receive their ticket cost back as a \$25 Co-op gift card upon arrival at the meeting. One \$25 gift card will be available per Owner number. If you plan to attend only the meeting portion, registration is not required.



**Registration is required by Tuesday, October 15.**

Register at [wholefoods.coop/2024AnnualMeeting](https://wholefoods.coop/2024AnnualMeeting), at customer service, or call 218.728.0884.

## AGENDA

**5:00 – 5:20pm** Registration + Social Time

**5:20 – 6:15pm** Buffet Dinner

**6:15 – 6:45pm** Business Meeting

- ▶ State of the Co-op Reports from Management and Board
- ▶ Remarks for the Good and Welfare of the Co-op
- ▶ Election Results

**6:45 – 7:30pm** GIVE! Non-Profit Support Program Recipient Panel

**7:30 – 8pm** Door Prizes (*must be present to win*)

## MENU

### Traditional Style Mexican Taco and Enchilada Bar

Beef, shredded chicken, and black bean tacos seasoned with a blend of spices, and chicken enchiladas. Served with crisp corn and soft flour tortillas, and a variety of toppings. Vegan, vegetarian, and gluten-free options available.

### Desserts

Our Co-op-made carrot cake, wheat-free chocolate cake, and vegan chocolate cake.

# JOIN US FOR FALL CO-OP CLASSES

## OCTOBER

### Sun Butter & Vegetable Soup

Jessica Karpinske of Rooted in Wellness  
Tuesday, October 8 • 5:30 – 7pm  
📍 Hillside Classroom • \$15



### Chocolate: A Flavor Journey to the Source

Laura Bechard of Equal Exchange  
Thursday, October 24 • 5:30 – 7pm  
📍 Hillside Classroom • FREE

Attendees will learn the magic behind how chocolate is made and taste some chocolate along the way. Learn about the chocolate industry and alternatives to the chocolate industry by discussing the Equal Exchange trade model. The class will be guided through a chocolate tasting, led by Laura Bechard, an Equal Exchange worker owner and chocolate expert.



### Co-op Basics & Field Day Chili

André LeTendre-Wilcox of Whole Foods Co-op  
Tuesday, October 29 • 5:30 – 7:30pm  
📍 Hillside Classroom • \$15

If you are interested in being a Co-op instructor or have class ideas, we'd love to hear from you. Email us at:  
[marketing@wholefoods.coop](mailto:marketing@wholefoods.coop)

## NOVEMBER

### Cold Process Soap Making

Lanae Rhoads of Mix Cosmetiques  
Thursday, November 7 • 5:30 – 7:30pm  
📍 Hillside Classroom • \$20



### Kids in the Kitchen: Mac & Cheese Bites

Patrick Weber of Northern Expressions Art Collective (NEAC)  
Saturday, November 9 • 11am – Noon  
📍 Hillside Classroom • \$7  
*Recommended for ages 9 and up. Kids must be accompanied by a paid adult.*

We will focus on the beloved family favorite, macaroni and cheese. We will demonstrate how simple it is to create a homemade cheese sauce and transform it into delicious bite-sized creations that everyone in the family will enjoy.



### Intro to Ayurveda: The Practice of Living in Harmony

Jessica Karpinske of Rooted in Wellness  
Tuesday, November 12 • 5:30 – 7pm  
📍 Hillside Classroom • \$15

### The Secret to Soup Stock

André LeTendre-Wilcox of Whole Foods Co-op  
Thursday, November 14 • 5:30 – 7:30pm  
📍 Hillside Classroom • \$15

## DECEMBER

### Let's Make Tempeh!

Jonathan Wolfe  
Tuesday, December 3 • 6 – 7:30pm  
📍 Hillside Classroom • \$15

### No-Bake Vegan Holiday Treats

André LeTendre-Wilcox of Whole Foods Co-op  
Wednesday, December 4 • 5:30 – 7:30pm  
📍 Hillside Classroom • \$15



### Spaghetti Squash with Lentil-Walnut Plant Balls

Jessica Karpinske of Rooted in Wellness  
Tuesday, December 10 • 5:30 – 7pm  
📍 Hillside Classroom • \$15 • Limit 14

Are spaghetti and meatballs one of your favorite dishes? Now, you can enjoy this classic gluten-free and vegan version, made with homemade lentil walnut plant balls, spaghetti squash, and tomato sauce. This recipe features rich flavors that meld together to create a delicious meal. This class will provide a hands-on experience, with the opportunity for everyone to participate in creating a wonderful dish that we will enjoy together.



### More Information and Registration

Visit our online class calendar for detailed descriptions and to register for classes: [wholefoods.coop/classes](https://www.wholefoods.coop/classes). Registration is required. Co-op Owners will receive a \$5 Co-op gift card at paid classes.

# Thanksgiving Planning

## PREPARE FOR YOUR FALL FEAST WITH WHOLE FOODS CO-OP



Holiday gatherings are special occasions. Whether you're reuniting with family or creating festive memories with friends, every detail has an impact on the overall experience. Whole Foods Co-op is here to bring you ease! We use local, organic ingredients, and provide wheat-free, vegetarian, and vegan options.

Pre-order Co-op-made side dishes and plates, and locally baked breads and pies to complement your Thanksgiving meal. You can also pick up a local fresh or frozen turkey and save on hundreds of Field Day brand products in November.

## Thanksgiving Pre-Order NOV 4 – 25



Holiday weeks can be hectic; let the Co-op save you time! Pre-Order plates, sides, and pies to complement your Thanksgiving meal. Submit your pre-order at: [wholefoods.coop/thanksgiving-pre-order](https://www.wholefoods.coop/thanksgiving-pre-order)

**Co-op-Made Plated Meals** Order complete plated meals with a protein and sides. Choose from a Traditional Turkey Plate or a Vegan Wheat-Free Plate. Plates come cold with reheat instructions.

**Co-op-Made Sides** Order a pint or a quart of a variety of sides, including stuffing, gravy, yams, and more! Find vegetarian, vegan, and wheat-free options. Sides come cold with reheat instructions.

**Local Pies** Order pies from Rustic Inn, including seasonal pumpkin pies! Some flavors can be ordered by the slice. Gluten-free apple, pumpkin, and pecan pies are also available from Valley's Own Bakery.

**Local Breads** Order specialty breads from local bakeries, including dinner rolls and seasonal options.



Not sure how much to order?  
Use our Thanksgiving Planner as a guide!



# Local Turkeys

## AVAILABLE NOV 1

Fresh and frozen local turkeys will be available in November first come, first served.

**Frozen turkeys from Ferndale Market and Larry Schultz Organic Farm** available Nov. 1

**Fresh turkeys from Ferndale Market and Kadejan** available Nov. 22



Check out our Turkey Roasting Tips!



# Field Day <sup>Coop</sup> deals

## OCT 30 – DEC 3

All Field Day products will be on sale October 30 – December 3! The Field Day brand covers over 270 products, including canned goods, cooking oils, spices, and more!



## STRENGTHEN NATIVE FOODWAYS

For each Field Day product sold during the sale, 5¢ will be donated to North American Traditional Indigenous Food Systems (NĀTIFS).



# Holiday Treats



Pre-order  
pies, sweets, & breads  
DEC 3 – 20



[wholefoods.coop/holiday-pre-order](https://wholefoods.coop/holiday-pre-order)



DULUTH COFFEE COMPANY

Find great gifts at the Co-op!



# Brainstorm Bakery

## BAKING UP BRILLIANCE

By André LeTendre-Wilcox, *Education & Outreach Coordinator*

**I**t all started with a giggle. While at a party with friends, Brian Strom asked, "What if we made a cranberry apple granola and called it Crapola?" His wife Andrea laughed along, but a seed was planted. Not having any experience in business at the time, the couple nearly flushed the idea. However, they persevered, and in 2007, the couple founded Brainstorm Bakery.

In a cozy, rustic, off-the-grid cabin, Brian and Andrea tested different granola recipes made with their wood-fired stove. They held granola-tasting parties, and after dozens of iterations, the original Crapola recipe was born. Their product from beautiful Ely, MN, was about to capture people's taste buds and funny bones nationwide. Brainstorm Bakery made its first sale in June 2007 at the Ely farmer's market.



Within a year, Crapola was on the shelves of local grocery stores, including Whole Foods Co-op. People loved the granola, and a local following was building. But their brand was about to have a significant growth moment: four months after launching, a sign created by one of the local grocery stores was featured on the Tonight Show with Jay Leno.

As sales increased, Brainstorm Bakery's rental kitchen's size hindered production. In 2009, they purchased a larger production facility. A few short years later, due to popular demand, they had again outgrown their space. Lacking



Brian Strom, owner of Brainstorm Bakery sampling at Whole Foods Co-op in 2015

the capital to support their expansion, Brian and Andrea turned to Kickstarter and crowdsourcing to secure the funds. In true Minnesota fashion, the community came through to raise \$40K to fuel the local business.

Although the team enjoyed running the business, they missed interaction with customers. While planning building renovations, they incorporated a public retail space. This aspect of the business immediately began to thrive!

Increased success led to increased customers, and Brainstorm was moving again from The Crapola! World Headquarters to the Brainstorm Bakery that features a cafe/coffee shop.

Their current location has become a tourist hotspot and a meeting place for the local Ely community. Brian shared that the bakery is a happiness factory where they can "make the world a better place, starting with a fun little breakfast."



Andrea Strom, owner of Brainstorm Bakery at Crapola World Headquarters in 2018

Brainstorm Bakery, an anagram of Brian Strom, has proven that creativity and courage can lead to immense success, now offering four unique, gluten-free, and delicious granola flavors that showcase their trademark humor and small batch quality for its "regular" customers.



**Crapola (The Original)**

A delicious combination of toasted grains, seeds, and nuts provide an earthy flavor, followed by a light touch of honey. The granola is moderately sweet. The dried apple comes through, accented by crunchy and tangy dried cranberries. When served with ice-cold Johnston's Riverview Farm whole milk, it is a match made in heaven.



**Colon-ial Times**

Featuring a blend of oats, grains, and nuts sweetened with honey and a whisper of maple syrup, the enthusiastic flavors of strawberry and blueberry come through bright as fireworks on the Fourth of July. Combine it with your favorite yogurt to create a delicious parfait.



**Number Two**

Harkening to the granola profiles of the late 60s and early 70s, it features an intense cranberry flavor combined with hemp hearts, ground flax seeds, chia seeds, puffed brown rice, and baked oats. The essence of orange and cardamom adds to the experience. Number Two pairs well with the scent of patchouli and a cup of Rishi lavender tea. This variety is nut-free.



**Kissy-Poo**

Reminiscent of a sweet Valentine's Day, this granola combines classic flavors of chocolate and raspberry with oats, almonds, buckwheat, and puffed rice. Vanilla rounds out the flavors. It goes well with a cup of dark roast coffee. Kissy-Poo granola is vegan.

**"What if we made a cranberry apple granola and called it Crapola?"**

Reflecting on the journey of Crapola and Brainstorm Bakery, Brian warns "to be careful what we say in front of our wives. It could change your life forever." And change their lives it did. From a joke at a party, it has become a destination brick-and-mortar that employs 15 community members and is on track to distribute 80,000 lbs. of granola this year. Brian and Andrea Strom have been doing their part to add to customers' lives by lifting spirits and uplifting the community.

Find all four flavors of granola at both Co-ops stores. 🍌

Brian and Andrea Strom with their children. Photos courtesy Brainstorm Bakery.




 LOCAL

# Winter Squash

**A DELIGHT TO BOTH THE EYE AND THE TASTE BUDS**

It's winter squash season! At the Co-op, find a wide variety of fun and tasty options, including local squash from **Food Farm**, **Northern Harvest Farm**, and **Hermit Creek Farm**.

Use winter squash to create luscious dishes, such as this Winter Squash and Apple Bake. Choose your favorite local apples and winter squash for this recipe, and serve as a side dish with ham, pork, or poultry.



*Recipe and photo from grocery.coop*

**Total Time:** 1 hour 20 minutes; 20 min. active

**Servings:** 8

## Winter Squash & Apple Bake

### Ingredients

- ▶ 2 pounds winter squash, peeled, seeded and cut into ¼-inch thick slices
- ▶ 2 Granny Smith apples, cored and cut into ¼- to ½-inch thick slices
- ▶ 3 Tbsp. maple syrup
- ▶ 3 Tbsp. brown sugar
- ▶ 2 Tbsp. flour
- ▶ ¼ tsp. ground cinnamon
- ▶ ¼ tsp. ground nutmeg
- ▶ ¼ tsp. ground allspice
- ▶ Pinch of salt & black pepper
- ▶ ¼ cup butter, cut into small pieces
- ▶ 1 Tbsp. butter, melted

### Instructions

1. Preheat the oven to 375° F. Grease a 9 x 13 inch casserole dish with melted butter. Evenly layer the squash and apple slices in the casserole dish, alternating and slightly overlapping the squash slices with the apple slices, until all slices are gone. Drizzle the maple syrup over the squash and apples.
2. In a small bowl, mix together the brown sugar, flour, spices, salt, and pepper. Mix the butter into the flour/sugar mix with your fingers to make a crumbly mixture. Sprinkle the mixture evenly over the top of the squash and apples. Cover the dish with foil and bake for about 40 minutes or until the squash and apples start to become tender. Remove the foil, and let casserole brown for another 15 minutes. Serve warm.



# Winter Squash Guide

**Acorn**



**Flavor:**  
Sweet, nutty

**Best uses:**  
Baking, stuffing, mashing.

**Acorn  
“Heart of Gold”**



**Flavor:**  
Rich, Sweet

**Best uses:**  
Baking, stuffing, mashing.

**Autumn  
Frost**



**Flavor:**  
Earthy, sweet

**Best uses:**  
Roasting, pies, and breads.

**Black Futsu**



**Flavor:**  
Rich, nutty

**Best uses:**  
Breaded, fried, or roasted in wedges. The skin is edible!

**Blue  
Hubbard**



**Flavor:**  
Mildly sweet, buttery, nutty

**Best uses:**  
Baking or mashed.

**Butternut**



**Flavor:**  
Sweet, slightly nutty

**Best uses:**  
Soups, purees, pies.

**Buttercup**



**Flavor:**  
Mild, sweet

**Best uses:**  
Baking, steaming, or roasting.

**Delicata**



**Flavor:**  
Sweet, nutty

**Best uses:**  
Baking, roasting, steaming, boiling, and sautéing. The skin is edible!

**Kabocha**

*Green and Red*



**Flavor:**  
Similar sweetness, texture to a sweet potato.

**Best uses:**  
Curries, soups, stir-fry, salads.

**Pie  
Pumpkin**



**Flavor:**  
Mildly sweet, rich

**Best uses:**  
Pies, custards, baked goods, curries and stews.

**Red Kuri**



**Flavor:**  
Mildly sweet, chestnut-like flavor

**Best uses:**  
Thai curries, soups, pilafs and gratins, baked goods.

**Spaghetti**



**Flavor:**  
Mildly sweet

**Best uses:**  
Baked and separated, then mixed with pesto, tomato sauce, or your favorite pasta topping.

**Sweet  
Dumpling**



**Flavor:**  
Rich, honey-sweet

**Best uses:**  
Baked or roasted. Halve and stuff cavity with grains, vegetables, meats or cheeses.

**Thelma  
Sanders**



**Flavor:**  
Buttery, sweet

**Best uses:**  
Baking, roasting, steaming, boiling, and sautéing.

**Wintersweet**



**Flavor:**  
Sweet, better flavor with age

**Best uses:**  
Baking, pies, long-term storage.



# COMMUNITY PERKS

## RETAIL PERKS FOR HOLIDAY SHOPPING

Whole Foods Co-op has 45+ Community Perks Cooperators throughout our community, providing Owners with special deals when they present their Owner card at participating businesses.

Ahead of the holidays, we're featuring our Retail Cooperators. For a full list of Community Perks participants and ways Co-op Owners save go to [wholefoods.coop/communityperks](https://www.wholefoods.coop/communityperks).

We'll also feature additional businesses and perks in upcoming *Garbanzo Gazettes!*

**A Place for Fido** | [aplaceforfido.com](https://aplaceforfido.com)

▶ 5% off purchase.

**Amazing Alonzo Bookstore** | [amazingalonzobookstore.com](https://amazingalonzobookstore.com)

▶ 10% off your book purchase price.

**Art in the Alley** | [artinthealley.com](https://artinthealley.com)

▶ Free earrings (\$12.95 value) with any \$25 purchase.

**The Bookstore at Fitger's** | [fitgersbookstore.com](https://fitgersbookstore.com)

▶ 10% off regular-priced items.

**Chequamegon Book & Coffee Company**

[chequamegonbooks.com](https://chequamegonbooks.com)

▶ 20% off any purchase.

**Continental Ski & Bike** | [continentalski.com](https://continentalski.com)

▶ 10% off regular-priced merchandise.

**Daugherty Appliance Sales & Service**

[daughertyappliance.com](https://daughertyappliance.com)

▶ Free local delivery and hook-up of non built-in appliances \$399 or more. \$5 off any appliance service call.

**Fitger's Wine Cellar** | [fitgerswinecellar.com](https://fitgerswinecellar.com)

▶ 10% off organic wine.

**Frost River Trading Co.** | [frostriver.com](https://frostriver.com)

▶ One free pound of Duluth Coffee Company coffee with purchase of \$100 or more.

**Lenora Organics** | [lenoraorganics.com](https://lenoraorganics.com)

▶ 20% off your next online order. Use code WHOLEFOODS at check-out.

**Northwest Outlet** | [northwestoutlet.com](https://northwestoutlet.com)

▶ 10% off regular-priced Carhartt, Columbia, and The North Face clothing, footwear, and accessories. 10% off regular-priced camping equipment.

**Playing with Yarn** | [playingwithyarn.com](https://playingwithyarn.com)

▶ All purchases can be applied to your Playing With Yarn card anytime, all year.

**Rabbit, Bird & Bear: Fine Art & Gifts** | [rbbartgifts.com](https://rbbartgifts.com)

▶ 5% discount on purchases over \$25.

**Ren Market** | [renmarketmn.com](https://renmarketmn.com)

▶ 10% off any refill.

**Rustic Inn Café & Gifts** | [rusticinncafe.com](https://rusticinncafe.com)

▶ 20% off total purchase.

**Salt & Light Heritage Farm** | [pure-fed.com](https://pure-fed.com)

▶ \$10 credit on a future purchase with your first farm order of \$100.00.

**Tortoise & Hare Footwear** | [tortoiseharefootwear.com](https://tortoiseharefootwear.com)

▶ \$10 off any purchase of \$100 or more.

**Trailfitters** | [trailfittersduluth.com](https://trailfittersduluth.com)

▶ 10% off all regular priced, in stock clothing or footwear.

**White Spruce Market** | [whitesprucemarket.com](https://whitesprucemarket.com)

▶ 20% off your next online gift order. Use code WHOLEFOODS.

**Yarn Harbor** | [yarnharborduluth.com](https://yarnharborduluth.com)

▶ Annual one-time 15% discount on yarn purchase.

**Zenith Bookstore** | [zenithbookstore.com](https://zenithbookstore.com)

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Exclusions may apply.

For details, visit [wholefoods.coop/communityperks](https://www.wholefoods.coop/communityperks)

# GIVE!

## NON-PROFIT SUPPORT PROGRAM

Round up at the registers in October, November, and December to support these Non-Profit Support Program recipients and the Grow Local Food Fund through our GIVE! round up program.

## GROW LOCAL FOOD FUND

The next Grow Local Food Fund application opens in January 2025! Local farmers and food producers are encouraged to apply. Learn more at: [wholefoods.coop/growlocalfoodfund](http://wholefoods.coop/growlocalfoodfund)



### OCTOBER GIVE! FEATURED NON-PROFIT Program for Aid to Victims of Sexual Assault (PAVSA)

PAVSA supports victim-survivors, educates the community, and advocates for change in Southern St. Louis County. PAVSA will use the funding to maintain the 24-hour crisis services for survivors in the community.



### NOVEMBER GIVE! FEATURED NON-PROFIT American Indian Community Housing Organization (AICHO)

AICHO changes the narrative in our community by asserting Native American political and cultural ties to the land and forging a commitment to build sustainable, community-owned practices. Funding will be used to support the completion of AICHO's Domestic Violence Shelter development.



### DECEMBER GIVE! FEATURED NON-PROFIT Planned Parenthood Teen Council

Planned Parenthood supports community access to reproductive health resources. The funds will directly support the Twin Ports Teen Council, a program that teaches students to become experts in promoting reproductive health to their peers.

## Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgment that in Fiscal Year 2024 Whole Foods Co-op achieved growth in new Owners, in new equity, and in earnings, the Board approved returning approximately \$5,000 net after any indebtedness owed to Whole Foods Co-op, of the oldest abandoned equity (no current address on file and/or Owner is more than one year behind in purchase of required equity). The balance of unclaimed abandoned equity will be donated to local non-profits.

The process to return abandoned equity is to publish the names of these Owners in the *Garbanzo Gazette* and allow at least sixty (60) days (by November 30, 2024) for them to provide a current address for an equity refund or to complete their purchase of required equity.

Allmang, Petra  
Andrew, Kymberly  
Bellmore, Sarah  
Bennett, John Barr  
Birkeland, Amanda  
Carter, Lori  
Ciochetto, Emily  
Cohen, Andrew  
Curran, Laurel  
Davis, Ethel

Deschane, Kaia  
Di Angelo, Mary  
Dubbels, Kristofer  
Dwyer, Baetrice  
Evans, Doris  
Feiro, Rebecca  
Flynn, Beth  
Harth, Christopher  
Henderson, William  
Hoeft, David

Holmes, Bruce  
Hughes, Lee  
Jacobs, Joshua  
Johnson, Brad  
Johnson, Deborah  
Kahler, Kara  
Kupper, Michelle  
Lupper, Bruce  
Marlowe, Robert  
Meyers, Susan

Miller, Alexis A.  
Mislivec, Eric  
Olson, Karen  
Peterson, Jeremy  
Rahn, Robert  
Rutherford, Mychelle  
Rutkowski, Lisa  
Samuelson, Lanay  
Scarcella, Abby  
Sellars, Shayna Anita

Sjoberg, Elizabeth  
Solnitzky, Andy  
Stauff, Janelle  
Stieglitz, Bette J  
Thielges, Laura  
Toppings, Dan  
Webber, Dianne  
Weinberg, Howard  
Westrup, Leah  
Young, Ruthanna

# WHOLE FOODS CO-OP

## HILLSIDE

610 East 4th Street  
Duluth, MN 55805

## DENFELD

4426 Grand Avenue  
Duluth, MN 55807

**wholefoods.coop**  
218.728.0884

OPEN DAILY • 7am – 9pm

### Upcoming Holiday Hours

Thanksgiving: 7am – 2pm  
Christmas Eve: 7am – 5pm  
Christmas Day: Closed  
New Year's Eve: 7am – 7pm  
New Year's Day: 9am – 9pm

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# 13,791

of your neighbors!

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INFORMATION:

[wholefoods.coop/vote](https://www.wholefoods.coop/vote)  
Questions? Give us a call!

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# FEATURED OWNER BENEFITS



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CO-OP CASH  
FOR YOUR SHOPPING TRIP DEC. 9 – 29



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or gift card purchases • No cash value