

WHOLE FOODS CO-OP

# garbanzo gazette

WINTER 2025

**It's the International Year of Cooperatives! Help us celebrate co-ops all year, starting with Equal Exchange.**

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## ALSO INSIDE:

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- ▶ Winter Co-op Classes
- ▶ 2025 GIVE! Round-Up
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- ▶ 55 Years of the Co-op
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- ▶ Community Perks for the New Year



**Sarah Hannigan**  
General Manager

# Celebrating Cooperation in 2025

**H**appiest new year wishes to you! Here at Whole Foods Co-op, we're especially excited to ring in 2025. It's going to be a year of celebration, connection, and cooperation and we're so glad you're here to share it with us.

As a Co-op Owner, you've made the choice to be an active participant in this business of groceries and the impact we are making beyond the grocery aisles. You're not just a passive shopper, but an actual stakeholder in our collective work and shared success. Whether your tenure as a Co-op Owner can be measured in decades or days, we're grateful for you and your investment in our community.

Throughout 2025, we'll celebrate our 55th anniversary. We're excited to launch a year-long collection of stories from members of our Co-op community, starting with a conversation with Mary B and Jay Newcomb featured on page 8. We hope you'll enjoy these memories and perspectives, and consider sharing some of your own.

In May, we'll host the national Consumer Cooperative Management Association's conference. The annual event, convened by the University of Wisconsin's Center for Cooperatives, is expected to draw 350+ co-op leaders from around the country who will gather to learn together and from each other. The multi-day conference will include tours that highlight our local food economy and examples of local cooperation. It's an honor to serve as the host for this event.

Worldwide, much revelry for co-ops is underway. The United Nations General Assembly has declared 2025 as the International Year of Cooperatives with the theme *Cooperatives Build a Better World*. The year-long celebration emphasizes the lasting global impact of

cooperatives and the cooperative model as a crucial solution for addressing local and worldwide challenges. We look forward to highlighting how our local work fits into the global movement.

All year we'll offer ways for you to help make positive change at the local level. By rounding up at the registers you support community organizations and help build capacity in the local food system. We're pleased to introduce the 2025 GIVE! Community Support recipients on page 6, and to kick off this year's application cycle for the Grow Local Food Fund, in which we'll distribute over \$55k in grants to local food growers and producers. Help us spread the word to applicants and consider joining our volunteer committee to help review applications and select grantees.

In this issue, we also invite you to get to know Spirit Creek Farm (pg. 12) and Equal Exchange (pg. 10). Spirit Creek Farm exemplifies collaboration in Wrenshall, Minnesota where farms have expanded into value-added production of kraut and other ferments right where the cabbage is grown. We also share the tremendous impact story of Equal Exchange, which continues its decades-long pursuit of uplifting farmer co-ops by bringing a variety of organic produce and products to market under fair trade principles.

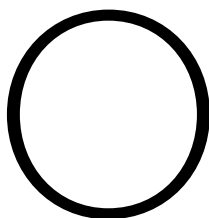
There are so many ways to engage at the Co-op, where the grocery cart is a vehicle for social change. Thank you for being a partner in all these efforts! 🌱

*In cooperation and with gratitude,*  
Sarah Hannigan, General Manager  
[gm@wholefoods.coop](mailto:gm@wholefoods.coop)



**Amber Schlater**  
President, Board of Directors

# An Exciting Year Ahead



Officially deemed by the United Nations as “The International Year of Cooperatives,” 2025 is undoubtedly poised to be an exciting year for co-ops across the globe, and our cooperative stronghold right here in

Duluth is no exception to the anticipated bustle. From celebrating our 55th anniversary to hosting the nationally attended Consumer Cooperative Management Association (CCMA) conference, Whole Foods Co-op is gearing up for some big milestones. While this excitement is palpable, serious celebration requires preparation. Accordingly, the board of directors has been working hard to best serve not only our General Manager (GM) in this big year ahead, but the Co-op staff and Owners alike.

Every November, as the seasons change, so does our Co-op’s board. The approaching end of the calendar year marks the beginning of a new board cycle, and this year we welcomed one new director onto our board, and welcomed back two returning directors. In order to best prepare ourselves for a year of meaningful and cohesive work, the board communed at our annual fall retreat, where we both reflected on work accomplished over the past year and looked ahead to map out the year in front of us.

Regarding this past year, our board marked several notable accomplishments. Improvements were made across a range of our procedures, including updates to the Owner listening session at the beginning of board meetings, as well as the finessing of our GM evaluation

process. The board also continues to institutionalize key board practices, including communication protocols, and has made a firm commitment to Owner engagement through increased board presence in Co-op community events.

Within all of that marked progress, perhaps the most celebrated accomplishment is the continued strength in our board-GM relationship. Given that this relationship is the bedrock of all the work that we do within the Co-op, we are grateful for the effort and intentionality that has gone into crafting this bond, and recognize the same level of effort and intentionality required to sustain it.

For the year ahead, the board has identified a preliminary set of goals to shape the months to come. Some of the goals we’ve set for ourselves

include a more board-specific operational focus, such as establishing consistent exit interview practices and leveling up our board orientation process, while other goals are higher level, like onboarding a new Columinate Cooperative Board Leadership Development consultant and hosting a successful CCMA conference.

Collectively, it may be appropriate to suggest that, once again, we’ve got our board work cut out for us. That said, this work is meaningful, and as a board, we collectively feel energized and enthusiastic about engaging with the tasks ahead, both within and beyond our Whole Foods Co-op community. I mean, what better way to commemorate the International Year of Cooperatives?! 🍌

**This work is meaningful, and as a board, we collectively feel energized and enthusiastic about engaging with the tasks ahead, both within and beyond our Whole Foods Co-op community.**

# Meet Your Board

## WHOLE FOODS CO-OP BOARD OF DIRECTORS



From left to right: Chris Lee, Susan Darley-Hill, Diane Desotelle, Maria Isley, Amber Schlater, and Elyse LaCrosse  
Not pictured: Tristen Eberling, Robin Pestalozzi, and Scott Van Daele

**Amber Schlater**  
PRESIDENT  
Term Expires 2027

**Tristen Eberling**  
VICE PRESIDENT  
Term Expires 2026

**Susan Darley-Hill**  
SECRETARY  
Term Expires 2026

**Diane Desotelle**  
TREASURER  
Term Expires 2025

**Maria Isley**  
Term Expires 2025

**Elyse LaCrosse**  
Term Expires 2027

## NEWLY ELECTED BOARD MEMBERS

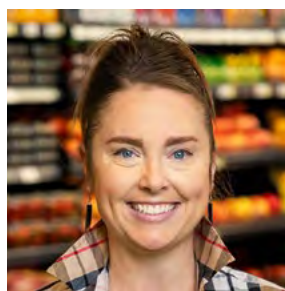
**Chris Lee**  
Term Expires 2026

**Robin Pestalozzi**  
Term Expires 2025

**Scott Van Daele**  
Term Expires 2027



**Elyse LaCrosse**



**Amber Schlater**



**Scott Van Daele**

## JOIN US FOR WINTER CO-OP CLASSES

### JANUARY

#### **Kids in the Kitchen: On a Roll with Minnesota Sushi and Kimbap**

André LeTendre-Wilcox of Whole Foods Co-op  
Saturday, January 18 • 10 – 11:30 am  
📍 Denfeld Classroom • \$7

Recommended for ages 9 and up. Kids must be accompanied by a paid adult.

#### **Winter Skin Care with evanhealy**

Kirsten Hayman of evanhealy  
Wednesday, February 5 • 6 – 7:30 pm  
📍 Hillside Classroom • \$10

Participants will receive a \$10 Co-op gift card and skincare kit at the class. Must attend class to receive.

### FEBRUARY



#### **An Evening with Equal Exchange**

Laura Bechard & River Cook  
of Equal Exchange  
Tuesday, February 4 • 5:30 – 7:30 pm  
📍 Denfeld Classroom • FREE

We are excited to welcome the cooperative Equal Exchange for an evening of learning, tasting, and fun! We will learn about Equal Exchange's co-op and their processes while enjoying a chocolate tasting and coffee cupping.



#### **Kids in the Kitchen: Pizza Casserole & Valentine's Day Crafts with DAI & NEAC**

André LeTendre-Wilcox of Whole Foods Co-op with the Duluth Art Institute (DAI) & Northern Expressions Arts Collective (NEAC)  
Saturday, February 8 • 10 am – Noon  
📍 Denfeld Classroom • \$7

Recommended for ages 9 and up. Kids must be accompanied by a paid adult.

Learn to make a delicious pizza casserole. This recipe is easy to make but can be filled with complex flavors. While our casserole bakes in the oven, our friends from Duluth Art Institute (DAI) and Northern Expressions Arts Collective (NEAC) will stop by to make Valentine's with us!



#### **Table for Two**

Kyle Taylor of North Shore Private Dining

Tuesday, February 11 • 6 – 8 pm  
📍 Denfeld Classroom • \$50 per couple  
Co-op Owners will receive a \$5 Co-op gift card at the class, one per Owner account.

Table for Two offers a fun way to build your cooking confidence while preparing a special meal for your next date night. Together, you and your partner will make grass-fed beef tri-tip, tallow-confit carrots, rosemary mashed potatoes, and a sherry-Dijon jus. Throughout the experience, you'll learn valuable culinary skills from private chef Kyle Taylor of North Shore Private Dining, all while creating lasting memories.



### MARCH

#### **Kids in the Kitchen: St. Patrick's Day with NEAC**

André LeTendre-Wilcox of Whole Foods Co-op with Patrick Weber of Northern Expressions Arts Collective (NEAC)  
Saturday, March 1 • 10:30 am – Noon  
📍 Denfeld Classroom • \$7

Recommended for ages 9 and up. Kids must be accompanied by a paid adult.

#### **Traveling with a Food Allergy: It Can Be Done, and Fun, with the Right Planning!**

Rose Ann Sterling of the ALEIA Project  
Monday, March 31 • 6 – 7 pm  
📍 Denfeld Classroom • FREE

### More Information and Registration

Registration is required for all classes. Visit our online calendar for detailed descriptions and to register: [wholefoods.coop/classes](http://wholefoods.coop/classes)

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)

# GIVE!

Whole Foods Co-op is pleased to announce another exciting year of our GIVE! round up at the register program. Because of you, our shoppers, we have raised over \$850,000 for local nonprofits, programs for Co-op Owners of limited means, and local farmers and producers in our area. Every penny adds up to a tremendous impact on our surrounding communities!

Thank you for supporting this incredible community program by rounding up!

## **COMMUNITY SUPPORT PROGRAM**

Every month a different nonprofit or cause is the focus of our round up program. Nine of the nonprofits were chosen by our Owners during our annual election. Funds raised during these months will be split 50/50 between the nonprofit and the Grow Local Food Fund.

Chum, a legacy partner, as well as the Whole Foods Co-op Fran Skinner Memorial Matching Fund and Whole Foods Co-op Access Discount Program, both assisting Whole Foods Co-op Owners of limited means, will receive 100% of donations during their designated months.

### **JANUARY**

#### **Whole Foods Co-op Fran Skinner Memorial Matching Fund**

Created in 1991, the fund assists people in purchasing equity stock for Co-op Ownership. Funds will help fellow community members of limited means become Co-op Owners.

### **FEBRUARY\***

#### **Duluth Farm to School**

Engages children around growing food to encourage them to eat more fresh fruits and vegetables. Funding will be used for the repair of school garden beds and other gardening lessons and activities.

### **MARCH**

#### **Chum + Minnesota FoodShare**

Provides emergency shelter, food, and street outreach throughout Duluth. Donations will support Chum through the Minnesota FoodShare initiative, an annual giving campaign that addresses food insecurity education and awareness.

### **APRIL\***

#### **First Witness Child Advocacy Center**

Child abuse is one of the nation's most urgent social concerns. Through their mission and vision, First Witness is dedicated to rebuilding hope by prioritizing the wellbeing of children and families impacted by child abuse. Funds will support general operating expenses.

### **MAY\***

#### **Community Action Duluth Seeds of Success Program**

Empowers and engages our community to eliminate poverty. The funding will support the Power of Produce (POP) program for kids and people over 60 at both the Mobile and Farmers Markets.

### **JUNE**

#### **Whole Foods Co-op Access Discount Program**

Helps reduce cost barriers by giving Co-op Owners enrolled in food assistance programs a 10% discount on purchases. In FY 2024, the Co-op Access Discount provided \$113,722 in savings to 679 individuals and families with limited means.

### **JULY\***

#### **Boys & Girls Clubs of the Northland**

Empowers and inspires all young people, especially those who need us the most, to reach their full potential as caring, productive, responsible citizens. Funds will support their growing Healthy Meals Program, teaching youth how to prepare nutritious meals.

### **AUGUST\***

#### **Damiano Center**

With respect and compassion, the Damiano Center honors the dignity of all people and strengthens the community by providing essential services to individuals and families who are in need. Funding will be used to support its food access programs: Damiano Kids Kitchen and the Damiano Community Kitchen.

### **SEPTEMBER\***

#### **St. Louis River Alliance**

Committed to connecting the community to the St. Louis River. Funds will help promote events and the St. Louis River Estuary National Water Trail, allowing more people to learn about and experience the St. Louis River.

### **OCTOBER\***

#### **Superior Hiking Trail Association (SHTA)**

Dedicated to the construction, maintenance, management, and promotion of the Superior Hiking Trail. Funds will support maintenance and management; renewal and protection of the trail; volunteer recruitment and coordination; Leave No Trace education; and trail user support and safety information.

### **NOVEMBER\***

#### **Sustainable Farming Association of Minnesota (SFA)**

Transforms agriculture, one farm at a time. Funds will be used to support programming, such as the individualized On-Farm Consulting program and other educational opportunities that enable farmers to achieve their social, environmental stewardship, and financial goals.

### **DECEMBER\***

#### **Human Development Center**

Fosters hope, resilience, and recovery by providing integrated, culturally respectful mental health and addiction services. Funds raised will go to 28+ Northland programs for people of all ages and will assist in never having to turn a person away who is seeking help.

\* During the months noted, GIVE! donations will be split 50/50 between the nonprofit and the Grow Local Food Fund.

# Grants for Farmers & Food Producers

## APPLICATION OPEN THROUGH JANUARY 31, 2025

The Grow Local Food Fund (GLFF) is funded by Whole Foods Co-op shoppers through our round up at the register program, GIVE!. Grants are distributed once a year to projects that build the resiliency of our local food system.

Last year, over \$52,000 was distributed across eight organizations that grow or produce food in the Lake Superior Bioregion. The funds supported investments that have helped farmers and producers grow and distribute their foods more economically and sustainably.

This year, Whole Foods Co-op is seeking to support our local food system through providing GLFF grants to new and established growers and producers. Applicants need not be Whole Foods Co-op vendors, but they do need to create products for humans that are edible and nutritious.

Learn more and apply:

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

In 2025, eight grants of up to \$7,000 will be available for:

- ▶ New projects that help a farm or food producer scale its offerings
- ▶ Improvements to facilities or purchases that increase productivity or efficiency
- ▶ New equipment, materials, and other purchases
- ▶ Long-term investments

### Attention Owners!

We're seeking volunteers for the GLFF Selection Committee. Learn more and apply by Wednesday, January 22.

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



Bread in the Meadow, 2024 GLFF Recipient



Agate Acres, 2021 GLFF Recipient



Rising Phoenix Community Farm, 2022 GLFF Recipient



Midway Meadows, 2023 GLFF Recipient



Baby Cakes Wild Rice Bakery/Savage Girl Salads, 2021 GLFF Recipient



Observation Hill Farm, 2023 GLFF Recipient



## Whole Foods Co-op Celebrates 55 Years

This year Whole Foods Co-op marks 55 years of being community owned and led, making positive impacts on local farmers, shoppers and the communities we serve.

In celebration, we'll be releasing a series of profiles of just a few of the many people across our history who've helped shape Whole Foods Co-op into what it is today.

# Growing Together

## THE STORY OF WHOLE FOODS CO-OP'S EVOLUTION

By Jenna Kowaleski, *Marketing Manager*

**M**ary B and Jay Newcomb met in Duluth in 1974 and were both active members of the growing Whole Foods Co-op. More than just a grocery store, "It was a real community," Jay said. As Owners, Mary B and Jay volunteered three hours a month, a requirement for all Owners at the time.

"I remember the honey," Jay recalled of his volunteer tasks. "When we moved to the 8th Street store, the honey came in 50-gallon drums. We'd place them over the heater to warm the honey up so it would pour out."

Founded in 1970, Whole Foods Co-op began as the Whole Foods Buying Club in Duluth's Chester Creek neighborhood. It was a group of people who were passionate about locally grown and nutritious food, and alternative diets, like vegetarianism, who came together to make these whole foods accessible for the community.



Mary B and Jay Newcomb.

### Favorite food to get at Whole Foods Co-op

**Mary B:** I love that I can buy nutritious, beautiful food that I can use to cook nutritious, beautiful meals for all my loved ones.

**Jay:** Freshly ground peanut butter

"We wanted to make healthy food affordable and available to a lot of people," Mary B shared. "[At that time] whole grains weren't easy to find, and there was no big food distribution network for them."

The Buying Club soon transformed into the Whole Foods Co-op, focusing on supplying nutritious and locally grown food to the community while enshrining into the burgeoning business the hallmark principles of a cooperative, including democratic principles, voluntary and open membership, and concern for community.



By the time the Newcombs joined, the Co-op had outgrown its original space in the basement of the Chester Creek House and moved to a location on 5th Street. It was gaining momentum and more Owners.

While the Co-op was built on strong community values, it was also becoming a business. People like Muriel Engstrom stepped up to help guide its financial success.



Muriel Engstrom, 1977

“Muriel Engstrom was our rock,” Jay said. “We were all wild young people, and she kept us organized. She made sure the bills were paid.”

“She was an excellent role model,” Mary B added. “She did the bookkeeping and kept everything running smoothly.”

As the Co-op expanded, it needed to adapt. “We were growing, and we needed to be open more,” Mary B said. “We had to figure out how to serve more people.” Part of this was hiring consistent staff and expanding into a larger space.

Shifting away from the Owner/volunteer model, the Co-op grew into a more typical store model.

“It was a small step,” Jay said. “We didn’t want to go too far too fast.”

Soon, Fran Skinner, one of the founding Owners and long-time social justice advocate, helped launch the Creative Energies Collective. Comprised of paid staff and engaged Owners, the collective handled day-to-day operations and helped guide the Co-op through this period of growth.

“Creative Energies was organized by the Co-op workers,” Mary B explained. “It was the next step. When we knew the Co-op was surviving, then thriving, and we needed a way to manage daily decisions.”

Throughout all its growth, the Co-op’s success has always been rooted in the engaged Owners who shop, vote, and participate in events. “You have to build community to make this work,” Mary B said. “We’re participants, not spectators.”

Bulk bins at 631 E 8th Street location



Thanks to the dedication of Mary B, Jay, and countless other engaged Owners, Whole Foods Co-op has grown into a thriving two-store cooperative. Over the past five decades, it has supported food distribution networks that continue to bring nutritious food to Duluth while also supporting local farmers, and sparking positive change throughout the region.

“People want to be part of the real movement of cooperating with other people. So, it’s a successful place,” said Jay.

“We wanted to be a force for change, to make Duluth better for everyone,” Mary B said. Looking around the Co-op, Mary B added, “And we were right. It is possible to do this well.” 🌱

## My favorite memory of Whole Foods Co-op is...

“Walking with my sons to the house on 8th St. and 7th Ave. and working 2 hours a month.”  
– Diane B.

“The cold stone basement walls of the Co-op’s Chester Creek House in the early '70s. Leave your money in the jar!”  
– John G.

“When I moved to Duluth I moved into a house on E 8th St. I joined the Whole Foods Co-op. Complete stranger – learned how to “cut the cheese” and that raisins were spelled with “sin” – no sin to eat raisins. People were very nice to me and welcoming. About 50 years ago!”  
– Billie L.

“Making product labels with calligraphy when the Co-op was on 7th and 7th.”  
– Terese T.

**What's your favorite memory of Whole Foods Co-op? Share it with us!**

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

# Equal Exchange

## PIONEERING FAIR TRADE AND COOPERATIVE VALUES

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

Photos courtesy of Equal Exchange.

**A**t Whole Foods Co-op, we attempt to work with as many local producers as possible. However, our climate sometimes prevents us from growing certain crops locally. For example, growing chocolate, coffee, or olives here is just bananas. When reviewing vendors to supply these items, we endeavor to adhere to our Cooperative Principles, especially Principle Six, Cooperation Among Cooperatives, which guides us to work with fellow cooperatives, or co-ops, such as Equal Exchange.

### About the Equal Exchange Cooperative

**Equal Exchange** was founded in 1986 by a group of three New England co-op workers who had become social activists. They aimed to promote fair trade and empower small-scale farmers worldwide. The founders were motivated by the realization that many farmers, especially in developing countries, faced exploitation and unfair pricing in traditional trade systems.

After three years of hard work and complex problem solving to build a business that supports their values, Equal Exchange began to break even and then started to show growth.

The positive impact that their business plan was having on all aspects of the supply chain inspired them to expand their product line as well as to include more producers. The founders of Equal Exchange worked directly with various cooperatives and organizations, including those in countries like Honduras, Peru, and the Dominican Republic, establishing relationships that prioritized equity and respect.

By sourcing coffee, tea, chocolate, bananas, and other products directly from farmer cooperatives, Equal Exchange is able to ensure these producers receive fair prices, stable income, and support for their communities.



Wupperthal Original Rooibos Co-operative in South Africa.

When an Equal Exchange product is purchased, no less than three separate cooperatives are being supported. Whole Foods Co-op purchases from Equal Exchange Cooperative, who purchases from farmer cooperatives. In the case of bananas and avocados, there is a fourth co-op in this co-op-to-co-op supply chain: Co-op Partner's Warehouse.

Notably, most food trade in the United States involves zero co-ops. By working cooperatively, this model can provide a thoughtful alternative supply chain that strives to empower communities.

## Current Products

Equal Exchange has expanded its product line to include over 100 items, focusing on organic and fairly traded goods. Their offerings include a diverse selection of coffee featuring various blends and origins—from smooth and mellow breakfast blends to rich, bold, dark roasts. Also noteworthy are their organic teas, encompassing green, black, and herbal varieties, all sourced from small scale producers committed to sustainable practices.

Chocolate lovers will discover various indulgent and ethically produced chocolate bars, including dark, milk, and specialty options made from cacao sourced from small farmers in Central America, South America, and Africa.

Equal Exchange also offers a range of ethically produced products, including nuts, dried fruit, and olive oil, further enhancing its diverse selection for customers.

At the heart of Equal Exchange's mission is a commitment to education and awareness. Equal Exchange provides resources and information to consumers about the importance of ethical consumption and highlights the stories of the farmers behind the products. By fostering a deeper connection between consumers and producers, Equal Exchange not only elevates quality but also transforms the buying experience into one of shared values.

## Future Plans

As Equal Exchange looks to the future, its primary goal is to emphasize impact. The foundation of their effect has consistently come from trading food in an alternative manner. However, they aim to generate even more impact by exploring complementary strategies beyond the typical food company model. This includes engaging consumers through events and activism, developing alternative methods for raising capital, and leading grant initiatives supporting farming communities.

Equal Exchange embodies a transformative approach to commerce, demonstrating that trade can serve as a powerful tool for social change. With its rich history rooted in cooperative values, a diverse selection of products, and a forward-thinking vision, Equal Exchange continues to lead the charge in redefining how to approach global trade. By choosing Equal Exchange, consumers play a critical role in shaping a more just and equitable world. 🥕

**Spend an evening with Equal Exchange tasting chocolate and coffee at the Co-op! [Learn more and register here.](#)**



Antonio Betanco, coffee picker, PRODECOOP La Union cooperative in Nicaragua.



## International Year of Cooperatives

Cooperatives Build a Better World

The United Nations has designated 2025 as the International Year of Cooperatives. In recognition, Whole Food Co-op will be celebrating throughout the year! We'll be highlighting cooperatives we're in cooperation with in-store and here in the *Garbanzo Gazette*. We're excited to share the stories of co-ops that are creating quality products while having a positive impact on communities across the globe.



# Spirit Creek Farm

## LOCAL FARMS COME TOGETHER TO CONTINUE SUCCESSFUL FERMENTING BUSINESS

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

Inside each jar of Spirit Creek's ferments are the combined efforts of three farms, four hardworking families, and years of experience. Fermented foods have a long history across many cultures, and Spirit Creek Farm has created a delicious line of ferments that highlight the flavor profiles of culinary traditions from across the globe, all while sourcing their raw ingredients from local farms.

**Spirit Creek Farm** was started in Cornucopia, WI, nearly two decades ago by Andrew and Jennifer Sauter-Sargent, who were searching for a way to live intentionally on the banks of Lake

Superior while homeschooling their three children. Spirit Creek Farm emerged as the answer. According to Andrew, over the years, they have jarred about half a million "cornucopias of live cultured vegetables, bubbling with probiotics and lactobacilli to

support digestion, health, and flavor."

Since its founding, Spirit Creek Farm has partnered with farmers in Wrenshall for their cabbage, including Northern Harvest Farm, Uff-Da Organics, and Food Farm. A strong relationship formed, and when the Sauter-Sargents decided to sell, Rick Dalen of Northern Harvest Farm and Adam Kemp of Uff-Da Organics did not ferment too long when considering the acquisition.



Adam Kemp and Rick Dalen, owners of Spirit Creek Farm.  
Photos courtesy of Spirit Creek Farm.



Spirit Creek Farm crew. Photo courtesy of Spirit Creek Farm.

"We are not only the kraut makers, we are also the farmers who grow the raw ingredients. We get to be part of each aspect of the process, which is pretty unique!"

– Rick Dalen, co-owner of Spirit Creek Farm

"The products themselves are of exceptionally high quality," Dalen remarked about Spirit Creek Farm's offerings. "We have worked very closely with the previous owners and successfully learned how to replicate the quality and consistency the Spirit Creek name is known for."

With the fermentation process now relocated to a new facility in Wrenshall, both growing and processing occur in the same location. "We are not only the kraut makers," Dalen explained. "We are also the farmers who grow the raw ingredients. We get to be part of each aspect of the process, which is pretty unique!"

Dalen shared that motivations for taking on Spirit Creek Farm included offering year-round employment to farmers as well as providing a stable and long-term market for the families who own the operation.

Spirit Creek Farm embodies the spirit of collaboration. Food Farm, which continues to partner with Spirit Creek, employed Dalen before he had his own farm. In addition, Kemp has been collaborating with Dalen as his co-manager at Northern Harvest for years. Like the jars of fermented goodness they create, every ingredient can stand alone, but when combined they also create something extraordinary.

Spirit Creek Farm highlights an all-star team of farmers dedicated to sustainable practices. These farms embody a vision for a more interconnected and responsible approach to food production and we are proud to showcase their passion at Whole Foods Co-op. 🌱



**LOCAL**

**New Look!**

Spirit Creek Farm jars will have beautiful new labels beginning in January.

Find these Spirit Creek Farm products in the refrigerated section at Whole Foods Co-op!





# COMMUNITY PERKS

## HEALTH & WELLNESS COOPERATORS



Whole Foods Co-op has 45+ Community Perks Cooperators providing Owners with special deals when they present their Owner card.

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

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

### Body Awareness Therapeutic Massage

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

- ▶ 30% off your first massage and 10% off all services.

### Destination Fitness | [destinationfitnessmn.com](https://destinationfitnessmn.com)

- ▶ 50% off your first month's membership or 10% off your first personal training package purchase.

### Dr. Lara Hill Chiropractic | [drlarahill.com](https://drlarahill.com)

- ▶ \$100 Whole Foods Co-op gift card with any New Patient Exam and doctor's report.

### Duluth Area Family YMCA | [duluthymca.org](https://duluthymca.org)

- ▶ \$0 Joining Fee for new members.

### Energy Works Myofascial Release

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

- ▶ \$25 off an Initial MFR Consultation. \$10 off a 30-minute Amethyst BioMat healing session.

### Grihastashrami Yoga | [grihastashrami.yoga](https://grihastashrami.yoga)

- ▶ One free yoga class.

### Heaven on Earth Wellness Spa

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

- ▶ 15% off any service(s) at Heaven on Earth Wellness Spa plus a complimentary 15-minute Oxygen Bar session during your first visit.

### Holistic Health and Healing | [holistichealthhealing.info](https://holistichealthhealing.info)

- ▶ \$10 off a 90-minute Energy Therapy session with wellness consultation for new clients.

### Infinity Massage and Wellness

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

- ▶ 5% discount on any service including massage, facials, waxing, hydrafacial, infrared sauna, and lamprobe.

### Inner Bliss Spiritual Health Center

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

- ▶ Complimentary 30-minute Infrared Sauna Session with any purchase of a 60-minute or longer massage or float session.

### Lucas Wellness | [lucaswellness.com](https://lucaswellness.com)

- ▶ Free shipping, lifetime preferred membership, and 15% off your first online order of \$150 or more and 15% off all future orders.

### Paula Williams Certified Life Coach

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

- ▶ 4th Coaching Session is free.

### Rooted in Wellness | [rootedinwellnessduluth.com](https://rootedinwellnessduluth.com)

- ▶ Get your first class free. Use code COOP at checkout. Buy a 10-class pass and receive one extra class for free.

### Yoga North ISYI | [yoganorthduluth.com](https://yoganorthduluth.com)

- ▶ 20% off one private session of Ayurvedic or Yoga Therapy of 60 or 90-minutes.

*Exclusions may apply.*

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



# CELEBRATE VEGANUARY!

Whether you're exploring Meatless Mondays, are looking to make some plant-based swaps in your daily diet, or are attempting to go vegan for the entire month of January, Whole Foods Co-op has the products and knowledgeable staff to support you. Stop in to sample vegan products all month long.

To plug into an insightful community, join our Duluth Does Veganuary Facebook group! Community members provide ideas and support for those looking to embrace a plant-based diet.

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

Celebrate Veganuary with this fantastic vegan recipe from our friends at the National Co-op Grocers!

## Jerk Tofu with Pineapple

**Prep Time:** 1 hour | **Servings:** 4

Recipe and photo from [grocery.coop](https://www.grocery.coop)

### Ingredients

- ▶ 1 pound extra firm tofu, pressed to remove water and cut into 1- to 2-inch cubes
- ▶ 1 pound fresh pineapple, cut into 1- to 2-inch cubes
- ▶ ½ cup diced red pepper

**Marinated tofu soaks in the full-flavored sauce and pairs wonderfully with the sweet, baked pineapple.**

### Jerk Sauce

- ▶ ¼ cup fresh lime juice
- ▶ 2 tablespoons red wine vinegar
- ▶ 2 tablespoons tamari
- ▶ 1 tablespoon brown sugar
- ▶ 1 tablespoon hot sauce or habañoero sauce
- ▶ 2 tablespoon fresh chives, minced (reserve 1 tablespoon for garnish)
- ▶ 1 tablespoon dried thyme
- ▶ 1 tablespoon Dijon mustard
- ▶ 1 teaspoon ground allspice
- ▶ Pinch of salt and pepper

### Instructions

1. To press tofu: Wrap it in a clean, lint-free towel or place it between two plates, then add a 2 to 3 pound weight on top (a cookbook works well) and let it sit for 15 minutes or more to remove excess water.
2. In a medium-sized mixing bowl, combine the jerk sauce ingredients. Reserve 4 tablespoons of the sauce for dressing the tofu when cooked.
3. Marinate the pressed, cubed tofu in the jerk sauce for 30 to 60 minutes or overnight.
4. Preheat the oven to 350°F.
5. Place the tofu and marinade onto an oiled sheet pan and bake for 20 minutes; then gently stir or flip the tofu and bake for another 15 to 20 minutes until the tofu is firm and the sauce is absorbed. On a separate oiled sheet pan, bake the pineapple cubes for 20 to 25 minutes until they just start to brown.
6. Toss the pineapple and tofu together. Drizzle with the remaining 4 tablespoons of jerk sauce and garnish with chives and diced red pepper. Serve over a bed of greens, crisp lettuce or rice noodles.



Buying locally grown produce from the Co-op is a great way to support our local growers. Another great way to participate in our local food economy is to join a CSA (Community Supported Agriculture). By purchasing a CSA, a share of the season's harvest, directly through farmers, you'll receive a regular supply of fresh, local food and the farmer will receive an early investment in the growing season.

Local CSA signups will be opening in the next few months! For those interested in finding a CSA, the Lake Superior CSA Guild is a valuable resource. Find a list of Duluth/Superior CSAs and tips for choosing one at [csaguild.com](https://www.csaguild.com).

# WHOLE FOODS CO-OP

## HILLSIDE

610 East 4th Street  
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## DENFELD

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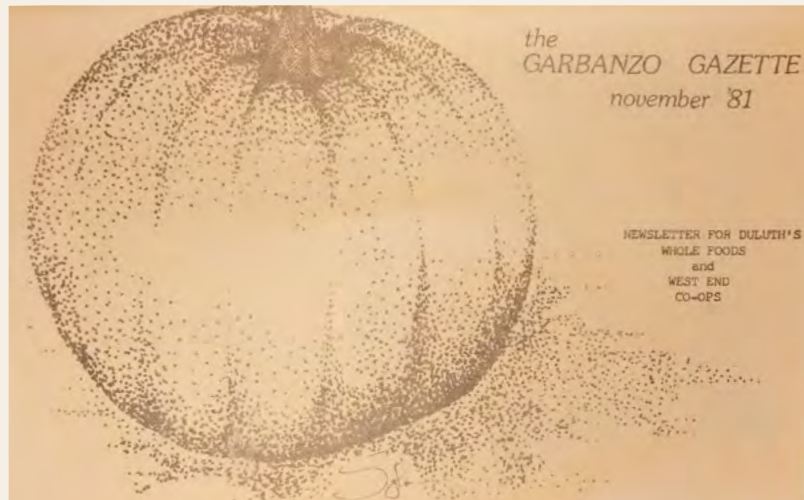
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## Did You Know?

Whole Foods Co-op held a contest in 1981 to name its newsletter. Julie Ball, who was a board member at the time, submitted "Garbanzo Gazette" – and won! Her prize was 2 lbs. of wild rice. The first issue of the *Garbanzo Gazette* was published that November.



The first issue of the *Garbanzo Gazette*, November 1981. Whole Foods Co-op merged with West End Co-op in 1981 and West End Co-op closed in 1983.