

WHOLE FOODS CO-OP

# garbanzo gazette

WINTER 2022

**“When you eat better,  
you feel better.”**

—Ruth’s Vegetarian Gourmet

PAGE 10

Engaging and finding  
inspiration in the  
New Year to support  
**LOCAL** makers and  
food producers.

PAGE 10–12

Join our community in  
recognizing Veganuary,  
the world’s largest  
vegan movement in the  
month of January.

PAGE 14–15

# COMMUNITY

CO-OP ROOTS & HEALTH IN THE NEW YEAR



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Duluth, MN 55805

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**GARBANZO GAZETTE**

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Refer submissions and questions to:  
mstrack@wholefoods.coop

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**WE'RE SOCIAL!**

@WholeFoodsCoop



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



CHUM Food Shelf is one of the 2022 GIVE Non-Profit Support Program recipients. PAGE 7

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**ATTENTION OWNERS:**

**Check out the back cover for upcoming Owner Deals!**

**No need to clip coupons anymore; mention your deals during checkout to redeem them!**



**Sarah Hannigan**  
General Manager

# Gifts of Connection

**H**appy New Year! I love these deep winter days. The sun sparkle on snow. Hearty soup on the stovetop. Following the hustle and bustle of the holidays, I relish this time to slow down, to finally ease into a pace that better matches the season, to settle in with a good read.

Last winter I read *Wintering* by Katherine May. It's a deeply honest memoir of difficult times and the transformation that comes with allowing for reflection, rest and retreat. As we enter the third winter of a global pandemic, one could say that the whole experience has been a wintering. May reflects, "*In our winter, a transformation happened. We read and worked and problem-solved and found new solutions. We changed our focus away from pushing through with normal life and towards making a new one. When everything is broken, everything is also up for grabs. That's the gift of winter: it's irresistible. Change will happen in its wake, whether we like it or not.*"

Through this wintering, our work together at the Co-op has pushed away from what we once held as normal. We've found new ways, made new connections, learned to use new tools. It's been hard work, in this business of groceries, there's been little time for rest and retreat; but there are many gifts to behold. As we bring together the pages of this issue, we aim to share the gifts of connection that are flourishing in our community – some growing from deep roots, some budding from new growth and connections.

Ahead you'll read about a new family carrying forward the Wild Fern Herbal Soaps tradition on their homestead in Carlton; a growing vegetarian enterprise in Two Harbors that is expanding the reach of Doris Ruth's recipes far beyond her family's table; and the life and work of Fran Skinner, and how her namesake matching fund has provided hundreds of families access to Co-op ownership.

You'll find the non-profit partner line-up, beneficiaries of shopper round-up donations in 2022, and learn about the most recent Grow Local Food Fund grantees. The collective power of the GIVE round-up program is staggering. In the coming weeks we anticipate that

we'll cross the threshold of \$500,000 raised since the program's inception in 2016. We're immensely grateful for the donations and are proud of the shared impact.

This issue also offers an invitation for you to participate in the Co-op community. This is our third year of hosting the local Veganuary social media group where you can join others in exploring and sharing vegan recipes. It's our third "semester" of free virtual classes on dozens of topics – join others in movement, cooking and general wellness classes.

**"It's been hard work, in this business of groceries, there's been little time for rest and retreat; but there are many gifts to behold. As we bring together the pages of this issue, we aim to share the gifts of connection that are flourishing in our community – some growing from deep roots, some budding from new growth and connections."**

Community building is happening amongst our newly seated Board of Directors – the Board returns to in-person meetings in 2022, and Owners are invited to attend. And, if you simply want to participate by shopping at the stores, you'll find a line-up of Owner deals through March to bring added value to your investment in the Co-op.

I hope you'll find this issue of the Garbanzo Gazette to be a comforting and inspiring read, and I hope you'll find connection in our shared roots, and in our collective budding future.

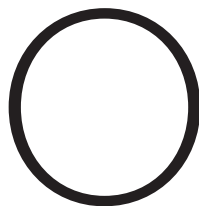
May the new year bring you happiness, health and connection.

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



**Emily Kuenstler**  
Vice President

# Fostering Connection



One of the main reasons I joined the Co-op Board was because my personal values align with many of the Co-op's ENDS. The ENDS policies articulate

the highest-level purpose for the organization and recognizes that a healthy community is one which nurtures emotional, mental, spiritual and physical needs.

During the pandemic I think we have all realized how important relationships and human connection are for our health. In the middle of the pandemic, we conducted almost all meetings and board business virtually. While prioritizing safety measures was the goal, it was difficult to foster relationships and connection in an entirely virtual format.

In November 2021, as a Board we were able to conduct our Annual Board Retreat in-person (masked and socially distant), to welcome four fantastic new Directors, become acquainted and build working relationships. In addition to relationship building we also discussed board structure, functions, committees and officer roles. We solidified our understanding of the WFC ENDS and discussed goals for the coming year. This work together demonstrates our ENDS in-action – by fostering connection amongst each other.

The Board of Directors is genuinely interested in listening to you and we welcome your engagement at our upcoming meetings this year. We appreciate and recognize that over 300 owners used their voice to vote in the election held in October 2021. As Owners, Whole Foods Co-op is your store. The success of the Co-op is your success. You have a voice in our future. In 2022, we will return to in-person meetings at the Denfeld store. Board meetings are open to WFC Owners. We meet at 5:30pm on the 4th Monday of every month. Find the latest information on our website. [wholefoods.coop/wfc-board](http://wholefoods.coop/wfc-board)

**“During the pandemic, I think we have all realized how important relationships and human connection are for our health.”**

Food is a powerful tool for building community. Preparing and sharing a meal with others builds connection and brings us together. It's a good reminder during busy times, that we are doing more than just selling groceries; we are inspiring connection and community building. I am proud and grateful to be part of the Whole Foods Co-op community! Much gratitude and thanks for all staff, Owners and shoppers.

## WFC Board of Directors



**JAMIE HARVIE**  
President  
Term expires 2023  
[jharvie@wholefoods.coop](mailto:jharvie@wholefoods.coop)



**EMILY KUENSTLER**  
Vice President  
Term expires 2022  
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**VIDAR SANCHEZ**  
Secretary  
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**SARAH ERICKSON**  
Term expires 2024  
[serickson@wholefoods.coop](mailto:serickson@wholefoods.coop)

## Board Meetings

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

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



## Our ENDS Statement

**Whole Foods Co-op is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community.**

*A healthy community is one which nurtures emotional, mental, spiritual and physical health. WFC creates a healthy community by:*

- ▶ Requiring a robust local, sustainable food system
- ▶ Prioritizing equity and diversity
- ▶ Nourishing and replenishing water, air and soil
- ▶ Fostering relationships and human connection
- ▶ Resting on local and shared ownership

# Welcome

## NEW BOARD MEMBERS!



Vidar Sanchez

Father, avid cook, a would-be gardener, civil engineer and part-time thrill seeker. A food uberfan and a firm believer in the cooperative business model.

**“I felt the need to become personally engaged with my community and to give back by promoting ideas and causes that help grow access to healthy foods.”**



Robin Pestalozzi

Development Director with the Essencia Health Foundation. When I'm not working, you can find me in our garden or on the trails with my partner Stephen and our toddler, Lev.

**“I appreciate the opportunity to represent community members, shoppers and owners by seeking-out and listening to owner, employee & community feedback.”**



LeAnn Littlewolf

I have worked for 30 years in nonprofit, community organizing, and advocacy roles working for social change. I love being in Duluth with my son, Wakik, partner Vinson and dog Fenris.

**“I have watched WFC go through incredible growth and offer new direction and vision to our community. I'm excited to be part of this kind of energy.”**



Sarah Erickson

Educator, exhibit developer, grant writer and non-profit administrator. I live in Duluth with my husband and two children. I enjoy lap swimming, painting and outdoor recreation.

**“The Co-op is an incredible hub for more than just delicious food. It's a gathering place, an educational resource and an employer of local talent.”**



WFC Board members at the Board retreat in November 2021, welcoming new members, building relationships and community.

Front: LeAnn Littlewolf, Vidar Sanchez, Sarah Erickson

Back: Ryan Jones-Casey, Jamie Harvie, Maria Isley, Holly Wolfe, Emily Kuentler, Robin Pestalozzi

# Fran Skinner Memorial Matching Fund

## EXPANDING ACCESS TO CO-OP OWNERSHIP

Co-op Ownership is open to anyone but isn't financially possible for everyone. In 1991 a fund was created to help make the initial equity investment required of new Owners more accessible. In 1994, the fund was named the "Fran Skinner Memorial Matching Fund" in honor of one of the Co-op's founding members. The fund provides up to \$80 in equity for people of limited means, bringing down the investment in Co-op Ownership to \$20.

Donations to the Fran Skinner Memorial Matching Fund can be made at the check-outs at any time. Additionally, new Owners may donate to the fund when they join the Co-op and Owners seeking to terminate their membership may donate all or part of their equity to the fund.

To date the Fran Skinner Memorial Matching Fund has made Co-op Ownership possible for hundreds of families.



### About Fran Skinner

Frances "Fran" Skinner was a strong advocate of social justice in the Duluth community and beyond. Her commitment to the welfare of her community was her life-long passion.

Fran began her career in social work in the Twin Cities in 1941, then moved to Duluth in 1951 to take on the role of Executive Director of the International Institute. She taught Sociology at the University of Minnesota Duluth, where she helped develop the School of Social Development. Fran retired from the University of Minnesota Duluth in 1979, and then served as the president of the Duluth Community Action Board. She belonged to the Low Income Housing Consortium, Northern Community Land Trust, the Minnesota Housing Trust Fund Advisory Board, and served as president of the North East Minnesota Housing Partnership and the Duluth Housing Trust Fund.

### More of Fran's History

- ▶ Fran was recognized in 1990 for her life in social work. Governor Rudy Perpich presented her with an economic and social justice award.
- ▶ Duluth's Toverilla Hotel (c. 1917) was converted into low-income apartments and the building at 102 East First Street was re-named Frances Skinner Apartments in her honor.
- ▶ Fran helped establish the Whole Foods Community Co-op in 1970, served on the Board of Directors, and managed the business between 1974 – 1988. Fran volunteered for the Co-op until her death in 1994.
- ▶ In a Duluth News Tribune article about Skinner's passing in 1994, Duluth Community Action Program Director Catherine Peterson credited Skinner for teaching her "everything she knows" about social work and added that "[Frances] was an incredible woman. She was beloved in our community and dedicated her life to making it better."

Text adapted from article by Tony Dierckins. Originally published on Zenith City Online (2012-2017).  
<http://zenithcity.com/archive/people-biography/frances-skinner/>

**"A tribute to Fran Skinner who was one of the founders of the earliest days of our Whole Foods Co-op, she was on the faculty in the School of Social Development at UMD, but her gift — that has helped so many people to become members of the coop is a living tribute."**

Geiger Yount, Member 142  
Shared at the Annual Owners Meeting  
on Tuesday, October 26, 2021

▼ Fran Skinner, pictured below.



# GIVE!



Shoppers and Owners contribute daily to community funds by rounding up at the registers. The 2022 GIVE Non-Profit Support Program recipients were chosen through a staff poll and Owner election. Monthly round-up donations are divided between the Non-Profit Support Program recipients and the Grow Local Food Fund. **Thank you for your generosity!**



## NON-PROFIT SUPPORT PROGRAM

### JANUARY Life House

Providing homeless and at-risk youth with a safe alternative to the streets through emergency shelter, transitional and supportive housing, and comprehensive supportive services.

### FEBRUARY Loaves & Fishes Housing Inc.

Creating a refuge for those in need for more than 30 years. Donations support the installation of a solar array on one of their homes.

### MARCH CHUM + Minnesota FoodShare

Providing emergency shelter, food, and street outreach throughout Duluth. *In March, 100% of Round Up donations will support CHUM and the Minnesota FoodShare initiative, an annual giving campaign that addresses food insecurity education and awareness.*

### APRIL St. Louis River Alliance

Envisioning a clean and healthy river with a thriving ecology, economy and community. As river stewards St. Louis River Alliance is the voice of the river, working to protect, restore and enhance the St. Louis River.

### MAY Duluth Community Garden Program

Cultivating healthy neighborhoods by providing access to land, resources, and community for all through 21 community gardens with 200 plots throughout Duluth.

### JUNE Whole Foods Co-op Access Discount

Helping reduce cost barriers by giving Co-op Owners enrolled in Minnesota food assistance programs a 10% discount on purchases. In 2021, the Co-op Access Discount provided over \$66,000 to 392 individuals and families with limited means.

### JULY Planned Parenthood

Supporting community access to reproductive health resources. The funds for this campaign will directly support the Twin Ports Youth Council.

### AUGUST Family Freedom Center

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

### SEPTEMBER Duluth Farm to School

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

### OCTOBER Center Against Sexual & Domestic Abuse, Inc. (CASDA)

Providing comprehensive help to victims and survivors of domestic violence, sexual assault and child abuse. Based in Superior, Wisconsin.

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

Changing the narrative in our community by asserting our political and cultural ties to the land and forging a commitment to build sustainable, community-owned practices.

### DECEMBER Animal Allies Humane Society

Improving the well-being of animals in the Duluth and surrounding communities through education, adoption and spay/neuter programs. Funds to stock local food shelves with pet food and supplies.



## GROW LOCAL FOOD FUND

The Grow Local Food Fund (GLFF) provides funding for projects that strengthen the local farming and food producer community. Fifty percent of customer contributions to the GIVE round ups at the register contribute to this fund. Together we are working to increase the local supply of sustainable and organic food.

Local food producers and farmers within the Lake Superior Bioregion are encouraged to apply.

To learn more about the application process or how you can participate in the 2022 GLFF Selection Committee visit:  
[wholefoods.coop/growlocalfoodfund](https://wholefoods.coop/growlocalfoodfund)

SHOPPER DONATION TOTAL SINCE 2016: **OVER \$475,000!!!**



Image Credit: CC Boyle Photography



## AGATE ACRES

“We strive to build a deep community and cultivate and strengthen the connection between land, people and food.”

Agate Acres is a new farm enterprise, located 5 miles west of Two Harbors on a 100-year-old dairy farm. Winding through the mixed forest and rolling fields is ¾ of a mile of the Knife River, past the farm house and red dairy barn. This beautiful place is an agricultural space, but designed for cows and milk production, not vegetable production.

### The Project

Agate Acres requested Grow Local Food Funds to support building a DNR rated deer fence around 2.5 acres of field. This fence will be 10 feet high and enclose a 310 foot by 310 foot plot, significantly increasing Agate Acres’ ability to grow vegetables.

♥ **GROW LOCAL FOOD FUND** grant: **\$6,217**



Image Credit: Ivy Vainio

## FIRST FOODS FARM & SEEDS

“I provide local farmer’s markets with fresh, quality produce. Seasonally, you can find my products at Hillside and Lincoln Park Farmer’s Markets. In 2022 plans are underway to expand sales to grocery stores and restaurants.”

### The Project

Promotions, online advertising, printed marketing literature, professional farm drip irrigation, professional packaging and bookkeeping software. Grow Local Food Funds are an important step for scaling up and improving efficiency. First Foods Farm & Seeds plans to continue with direct sales, while selling to North Shore Farmer’s Collective and expanding into small grocery and restaurant markets.

♥ **GROW LOCAL FOOD FUND** grant: **\$4,779**



new Grow Local Food  
 use the supply of local  
 by supporting projects  
 local farming and food  
 ty. We're excited to  
 2021 grant recipients!

**GROW  
 LOCAL  
 FOOD  
 FUND**



## SUPERIOR SMALL BATCH

“Our mission is to feed our community and build up our regional food system with plant-based whole foods. We envision a region where the creation of food is valued and the work of many hands; where this work is done with respect for the earth and Indigenous knowledge; where people are well-fed, and our diet contributes to the health of our cultural and natural environment.”

### The Project

Scaling our production through a long-term investment in equipment. “Specifically, we want to purchase an automatic pattying machine. Currently, the pattying process for our LocalBurgers, Heartyburgers and Curryburgers is a process that is both time consuming and unergonomic in the extreme. We have already invested in kitchen space, freezer space, larger mixers and other components that will foster our expansion.”

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

## UFF-DA ORGANICS

“Uff-da Organics is a small family farm in Wrenshall, MN. We specialize in pick-your-own berries, wholesale vegetables and herbs. We’ve been using organic practices since our first seed was planted in 2013 and we have been fully certified organic since the start of the 2017 season.

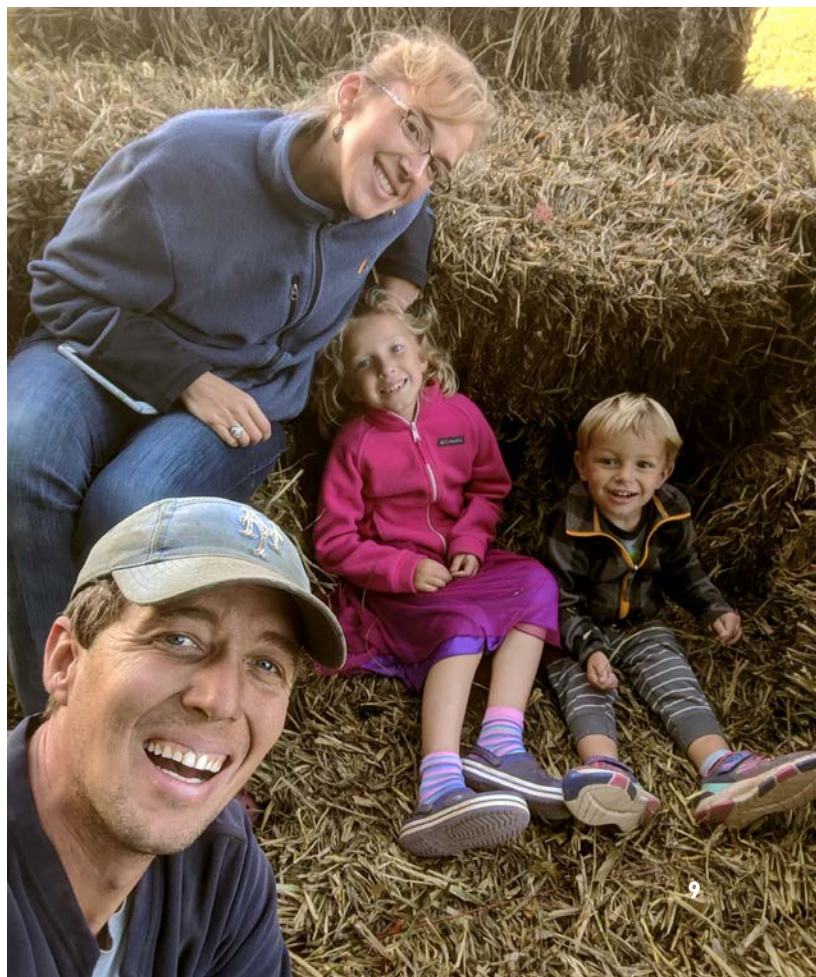
We take an ecological approach to agriculture, working with the mechanisms in nature to produce healthy soil and plants. We believe the best possible food comes from a healthy environment.

We’ve made a point to focus on growing foods that the Co-op hasn’t historically been able to source locally.”

### The Project

An investment in equipment to foster growth for crops that sustain whole grain flour, rolled oats and dried beans. A faning mill, debearder, screens and restoration materials will be at the heart of where these funds are going.

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





# Ruth's Vegetarian Gourmet

IT'S PEOPLE THAT MAKE THE DIFFERENCE AND WE HAVE A WONDERFUL TEAM WHO CARE AND ARE COMMITTED

By Jennifer Glibertson

**W**ho here has decided to make a dietary change as part of their New Year's Resolution? We often hear about Veganuary in January, but if a Vegan diet is too drastic a change, switching to a vegetarian diet or even just trying Meatless Mondays can make a big impact on your health and on the environment. Luckily, there are many incredible alternatives to meat to be found on our shelves, such as **Ruth's Vegetarian Gourmet**.



Located just up the shore in Two Harbors, Minnesota, Ruth's Vegetarian Gourmet is a small, locally-owned company making delicious vegetarian food, including their Sweet and Tangy Meatless Meatballs and Homestyle Vegetarian Balls. According to Bruce Bacon, Founder/CEO of Ruth's Vegetarian Gourmet and namesake Doris Ruth's son, "Ruth's was founded from a growing concern for the sustainability of our planet and the health and welfare of the people and animals who live on it. We are proud to be part of the growing movement to reduce our carbon footprint by consuming less meat."

Decades before plant-based meals were trendy, Doris Ruth was experimenting with simple, wholesome vegetarian recipes. As a wife and mother of five, she had a desire to feed her family a nutritious, meat-free diet. Mrs. Ruth tried every meat-free recipe she could get her hands on, clipping out new meal ideas from magazines and trading recipe cards with the ladies at church. It's been more than 50 years since Doris Ruth set out to raise her family on hearty vegetarian meals, and today her legacy lives on through Ruth's Vegetarian Gourmet!

**Continued on Next Page**



**“Ruth’s was founded from a growing concern for the sustainability of our planet and the health and welfare of the people and animals who live on it. We are proud to be part of the growing movement to reduce our carbon footprint by consuming less meat.”**

Bruce Bacon, Founder/CEO of Ruth's Vegetarian Gourmet

As a company, Ruth's Vegetarian Gourmet started gradually in June of 2016, completing research on the food industry, attaining necessary certifications, attending food shows and securing a production facility. Soon they were ready to begin, and by 2018 they had entered a few locations for retail, including Whole Foods Co-op. Fast forward to today, and their products are available in over 1,000 retail locations! Owing to this huge growth, by the end of winter 2022 they hope to open a new 19,000 square foot production facility in Two Harbors, which will employ roughly 100 people.

We asked Bruce about the staff at Ruth's, "I'm glad you asked about people! It has long been one of my tenets—it's people that make the difference and we have a wonderful team who care and are committed at Ruth's. As they say...it takes a village! Justin Bacon handles all of our logistics, training, technical support and many other things—whatever is required. Tim Eld has 30 years in the food industry and is our National Sales Manager, Brendan Sundstrom leads us in the Food Services arena, and Patti Hinze leads our production in Two Harbors, to name a few. Many others fill vital roles in making Ruth's a great place to be. We all believe in our work to provide healthy vegetarian products to make the planet a little better place." Ruth's commitment to make the planet a better place is evident in their philanthropy, 20% of their company profits are donated to charity!

All of Ruth's Vegetarian Gourmet products are made in small batches with real ingredients you can find in your very own kitchen. As Bruce said, "Ruth's is unique because we do not try to emulate meat and our products contain no man-made ingredients." Ruth's products are high in protein and without additives, soy, fillers, dyes, nitrates, MSG or corn syrup. Their ideology is simple and very familiar, that when we eat better, we feel better and the little choices we make every day can add up to big change.



▶ You can find Ruth's Vegetarian Gourmet products in the freezer section at both Whole Foods Co-op locations.

## SUPPORT LOCAL!

Visit businesses that participate in our Community Perks Program and get special Owner discounts!

[wholefoods.coop/communityperks](http://wholefoods.coop/communityperks)



# Wild Fern Herbal Soaps

## LOCAL SKIN CARE PRODUCTS

By Jennifer Glibertson

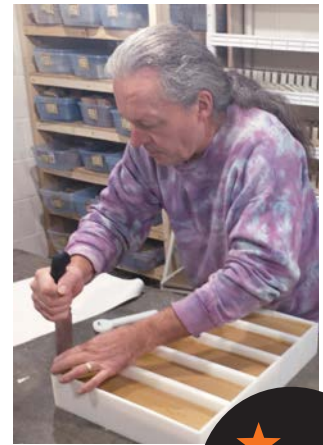
January is the time of year when people turn their focus to taking better care of themselves: eating healthy, getting more rest and taking stock of their general overall wellness. Often this means a trip to our Wellness aisle for products like vitamins, supplements, herbal remedies, probiotics and protein powders. What many people forget in their quest for better health is that the products we use on our skin also play a role in whole-body wellness. That's why at the Co-op, you'll find many products that are beneficial to our bodies holistically.

Wild Fern Herbal Soaps is currently owned and operated by Rita Vavrosky, along with her husband Steve Schulstrom and their son Edward. They have been making Wild Fern Herbal products out of their home workshop (also known as the SoapLab) located in Carlton, Minnesota since 2016, but the brand Wild Fern has been around for over two decades.

Originally started by Nikki Young, then Brenda Maasch, Wild Fern has changed hands a few times. In December, 2015, Rita, whose family had enjoyed Wild Fern products for years, happened to see Brenda's for sale sign. She, Steve and their three children, Maggie, Samuel and Edward jumped at the chance to learn to make and sell products they believed in. Business ownership helped foster a unique educational opportunity for their homeschooling lessons and additionally could provide their children with income during their high school and college years. Over time, Maggie and Samuel have moved on to other adventures while Edward still participates actively in the business while attending the University of Minnesota, Duluth. Rita and Steve note, "running this business from home with our children has been a wonderful and rewarding experience for our entire family."

Wild Fern Herbal Soaps nourish your body and are made with carefully sourced ingredients. All of their soaps begin with a base of eleven plant-based oils, in a combination that maximizes a long-lasting and moisturizing bar of soap, carefully made in small batches. Wild Fern does not remove the glycerin (that many large soap manufacturers do), so the soap moisturizes your skin rather than drying it out. The recipe for these hand-made batches also includes essential oils, botanicals, fragrance oils, clays and colorants to create each specific soap - along with sodium hydroxide (lye) to create the "soapiness." According to Rita, "It's really just a matter of following a recipe, like baking or making a casserole!" After the recipes are complete, the liquid soap mixture is poured into molds and left to harden before cutting each loaf into bars. The bars stand on the curing shelves for six to eight weeks. During this time the soap finishes saponifying, a process that allows safe use on skin. During the soap curing period the bars dry and develop a crystalline structure that greatly increases latherability. Finally, soaps are labeled, packaged and stored until shipping and delivery.

Wild Fern is creating their joy through connection with their customers and community. Rita stated, "One thing that Steve and I really enjoy is working at craft shows and visiting with our customers and other vendors. In all aspects of our lives, we try to live as directly as possible... those connections help us to feel like we're accomplishing that goal."



★  
LOCAL

**Wild Fern Herbal Soaps products are available online and at both Whole Foods Co-op locations!**

When asked how they have been weathering the pandemic, Rita said, "The bulk of our sales have historically come from craft shows, so 2020 was difficult in that regard. Fortunately, our products are good quality and everyone needs soap, especially when we're encouraged to wash our hands more. We found ourselves in a good position to enjoy the "shop local" movement. Our phone and internet orders increased and the shops that carry our products found an increase in demand. We were also able to improve our shelving in the SoapLab and expand options for wholesale to new establishments."

Rita went on to say, "At this time, we are content to keep our heads above water as we weather the pandemic storm. I can see us setting up our lives now, as the children are nearly all grown and gone, to continue this business for a decade or so, and then, who knows? Maybe one of the kids will want to come back to it, or maybe not and we'll sell it. As I said, it's stable, so someone is likely to want to keep it going."

## FREE Co-op Winter/Spring Virtual Classes



Visit [wholefoods.coop/classes](https://www.wholefoods.coop/classes) for detailed class descriptions, instructor bios and registration information.

### Herbalism for Beginners

Stacey Quade • Last Tuesday of the month, January 25 through June 28 • 6 – 7:30pm

In the continuation of this nine-week course each class builds on the ones prior. We'll learn the basics of how to work with herbs in relation to our individual constitutions, how to identify common herbs and the most fun part – how to make and apply herbal preparations! Each class will introduce one common herb. Recordings will be available for those who miss a class.

**Class 3** – Constitutions and how we use them to identify herbs to help us

**Class 4** – Doctrine of Signatures and how to identify individual herbs

**Class 5** – Types of herbal applications and how to make them

**Class 6, 7, 8, 9** – Specific plants, making different remedies and organoleptic experiences

### JANUARY

#### Cubano Cuisine

Jen Gilbertson

Thursday, January 6 • 6 – 7:30pm

#### Alzheimer's Association Presents: Healthy Living for Your Brain & Body

To be announced

Thursday, January 13 • 6 – 7:30pm

#### Kids in the Kitchen: Easy, Healthy and Delicious

Jen Gilbertson

Saturday, January 15 • 10 – 11:30am

#### Keeping Your Immune System Strong

Jean Sumner

Thursday, January 20 • 10 – 11:30am

#### Flexitarian Cooking

Chef Arlene Coco

Saturday, January 22 • 10 – 11:30am

#### Alzheimer's Association Presents: Dementia Conversations; Driving, Doctor Visits, Legal & Financial Planning

To be announced

Thursday, January 27 • 6 – 7:30pm

Interested in hosting a class?

Email: [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop)

### FEBRUARY

#### How to Improve Your Health and Well-Being Through the Brain-Gut Connection

Michelle Russell

Thursday, February 3 • 5:30 – 7pm

#### Co-op'ers Nation

Andre Letendre-Wilcox

Thursday, February 10 • 6 – 7:30pm

#### Kids in the Kitchen: Chocolate

Jen Gilbertson

Saturday, February 12 • 10 – 11:30am

#### Frequency Healing

Jean Sumner

Thursday, February 17 • 10 – 11:30am

#### Celebrating Citrus

Jen Gilbertson

Thursday, February 24 • 6 – 7:30pm

### MARCH

#### St. Patrick's Day: Traditional Irish Recipes

Jen Gilbertson

Thursday, March 10 • 6 – 7:30pm

#### Kids in the Kitchen: All Things Green

Jen Gilbertson

Saturday, March 12 • 10 – 11:30am

#### Electro Magnetic Frequency Devices

Jean Sumner

Thursday, March 24 • 10 – 11:30am

#### To Be Announced

Chef Rob Giuliani

Thursday, March 31 • 6 – 7:30pm

### APRIL

#### Vegan Victuals

Jen Gilbertson

Thursday, April 7 • 6 – 7:30pm

#### Kids in the Kitchen: Spring Fling

Jen Gilbertson

Saturday, April 9 • 10 – 11:30am

#### Zero Waste Living

April Hepokoski

Thursday, April 14 • 6 – 7:30pm

#### The Power of Decision: 3 Secrets to Get Unstuck & Shift Your Results

Inge Maskun

Saturday, April 16 • 10 – 11:30am

#### Alzheimer's Association Presents: Effective Communication

To be announced

Thursday, April 28 • 6 – 7:30pm

### ONGOING MONTHLY CLASSES

#### Qigong with Rebecca

Rebecca James-Alsum

**1<sup>st</sup> Tuesdays** • 7 – 8pm

January 4      March 1

February 1     April 5

**4<sup>th</sup> Saturdays** • 10:30 – 11:30am

January 29     March 26

February 26    April 30

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

Joella Erin of JEM Duluth

**2<sup>nd</sup> Tuesdays** • 5:30 – 6:30pm

January 11     March 8

February 8     April 12

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

Joella Erin of JEM Duluth

**3<sup>rd</sup> Thursdays** • 5:30 – 6:30pm

January 20     March 17

February 17    April 12

#### Let's Do SunDo

Kim Hedegaard of

Body Awareness Therapeutic Massage

**3<sup>rd</sup> Tuesdays** • 6 – 7:30pm

January 18     March 15

February 15    April 19

# Veganuary is BACK!

Veganuary is the world's largest vegan movement, inspiring people to try vegan in 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 670 local members and 1400+ comments from past 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 in January 2022** for those who post/comment/share with the digital community!



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



## Umami Bomb Tofu

*Recipe from Darngoodveggies.com*

### Ingredients

- ▶ 1 tablespoon avocado oil
- ▶ 1 block extra firm tofu, cut into bite sized cubes
- ▶ 2 tablespoons tamari
- ▶ 2 tablespoons Dijon mustard
- ▶ 1 tablespoon water
- ▶ 4 teaspoons maple syrup
- ▶ 3 cloves garlic, minced

*Photo from Darngoodveggies.com*

### Instructions

- 1.** Place a nonstick skillet over medium-high heat. Once the pan is hot, add in the oil. Add in the tofu and cook until the tofu is golden brown on all sides, about 10-12 minutes.
- 2.** While the tofu is browning, whisk together the remaining ingredients.
- 3.** Turn the heat down to low and add in the sauce. Stir the tofu continually until the sauce thickens and glazes the tofu, about 1-2 minutes. Remove from the heat and serve.

## Easy & Fresh Veggie Wraps

Recipe and photo from Eatplant-based.com

### Ingredients

- ▶ 2 tortilla wraps, lettuce leaves, rice wrap, or pita pockets
- ▶ ½ cup hummus, vegan mayo, or other spread
- ▶ ½ cup shredded spinach or lettuce
- ▶ ¼ sliced or chopped tomato
- ▶ ¼ cup grated carrots
- ▶ 2 slices cucumber
- ▶ onion, sliced
- ▶ other veggies desired



### Instructions

1. Start by smearing a layer of vegan mayo, hummus or other spread on a tortilla wrap, lettuce leaf, rice wrap, or in a pita pocket.
2. Pile the wrap full of veggies.
3. Last, simply fold sides in and roll the bottom up to prevent anything from leaking out of the bottom just like you do a burrito. Enjoy!

## Blueberry Chia Seed Smoothie

Recipe and photo from Theworktop.com

### Ingredients

- ▶ 1 tablespoon chia seeds
- ▶ 2 tablespoons water
- ▶ ¼ cup almond milk
- ▶ ½ cup dairy-free yogurt (such as soy yogurt, almond yogurt and coconut yogurt)
- ▶ ½ cup frozen blueberries
- ▶ 4 small strawberries - washed and hulled

### Instructions

1. In a small bowl, mix the chia seeds and water. Allow to sit for about 10 minutes for the chia seeds to start to soften and gel.
2. Blend everything together in a blender. Serve immediately.



# JANUARY 10-16 IS WELLNESS WEEK!

# 10% OFF

ALL YOUR WELLNESS PURCHASES DURING THE WEEK

All Barlean's products are an additional 20% off in January!



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# WINTER OWNER DEALS

JANUARY

# \$5 OFF

YOUR \$40 SHOP

Valid January 1 – 31, 2022

## WELLNESS WEEK

January 10–16, 2022

# 10% OFF

ALL YOUR WELLNESS PURCHASES  
DURING THE WEEK

FEBRUARY

# \$5 OFF

YOUR \$40 SHOP

Valid February 1 – 28, 2022

## VALENTINE BOGO

February 7–11, 2022

# BOGO

CHOCOLATE BARS\*

\*up to \$3.99, one use

MARCH

# \$5 OFF

YOUR \$40 SHOP

Valid March 1 – 31, 2022

## BULK WEEK

March 1–7, 2022

# 10% OFF

ALL YOUR BULK PURCHASES  
DURING THE WEEK

Deals valid at both Whole Foods Co-op locations; for in-store use only. Deals for Owners only.  
No rainchecks. May not be applied to special orders. No cash value.