

Even on the not-so-beautiful mornings, they are at work early, very early, unloading deliveries in all kinds of weather from all kinds of trucks. They are stocking produce and canned goods and frozen entrees all day and into the evening. They are baking and chopping and mixing ingredients for the deli case, the grab and go, and the baked goods case.

memberships, collate, staple, file, and communicate by e-mail. They design signs and banners, promote our store, donate goods, services, and gift certificates, and organize events. And they clean and clean and then clean some more.

They interview, hire, orient, train, schedule, delegate, support, monitor, and evaluate. And they participate in meetings — department meetings, all-

Oh, what a beautiful mornin'. Oh, what beautiful co-op grocers.



They answer the phones, call suppliers and scan products to place orders, assist you in the aisles, verify prices and availability of products, and help you get your groceries through the checkout and out the door. They re-add the invoices, pay the bills, prepare deposits, reconcile statements, balance ledgers, problem solve computer snafus, and create new electronic systems and tools. They process payroll and

staff meetings, safety committee meetings, staff committee meetings, management team meetings, co-op meetings, grower meetings. Then they go to trade shows and conferences and to classes and workshops on customer service, products, safety, co-op history, computer skills, and honing job skills.

And that's what co-op grocers do. In case you were wondering... **CG**

Sharon Murphy, General Manager

No Need to Refrigerate

by Carol George Turner, Member

No need to refrigerate it partially hydrogenated, highly processed, tortured wheat stripped, enriched & cleaned and bleached...

Likely it's irradiated

Could this be a homicide?

Pyrophosphate, mononitrate mono and diglycerides.

Now we must resuscitate it

sodium bicarbonate it.

Mix it, bake it

fractionate it.

Watch out 'cause it almost died.

Polysorbate 60, salt,

artificial this and that,

lots of different forms of sugar,

caramel color and beef fat.

Spongy, golden lady fingers,

delicate and so urbane.

Filling sweet as ecstasy

wrapped in sterile cellophane.

Is it really edible?

Well, I'm inclined to thinkie

that our immortal nemesis

might be the Hostess Twinkie

the back 40 Starting the New Year with a Long Memory

In this cold time of year the focus is on heartier, richer, soups which often feature root vegetables.

Crisp light around the edge of the lake is what I see at 5:45 AM these days, tight against the horizon like the edges of a curtain which might open onto a balmier world. But then illusion gives way to northern Minnesota, where the year is new again like the light, and just as cold. The inimitable croaking of ravens is the only sound lifting out of the tangle of trees down Chester Creek. Snow is not far away, almost like small mirrors on the wind that don't quite settle.

All melts away in a warm bowl of soup, even seemingly the thin veil of ice which clings to the corners of older windows like those in my house. Soup is simple and hearty, and one of the thriftiest ways to eat. Is it that week or weeks of -20° F, and you need something substantive? Try a mix of root crops such as rutabaga, turnip, parsnip and carrot, peeled and roasted along with a head of garlic and a sliced onion. Puree and blend with a can of condensed milk and some salt, followed by the garlic squeezed from the cloves. A few curls of cheddar on the top really complete the soup.

We are heading toward more daylight hours, toward greener days. However, winter is a great time for fresh greens. Grab the flavor and nutrition of new growth in a bundle of kale or chard. These greens can dress up any soup, but are flavorful as a steamed side dish as well. For a more elaborate dish, sauté about 2 cups of cooked beans such as a pintos with some onion and garlic and a touch of broth. Once heated through, push them to the side of the pan and pour in some stemmed and chopped greens. Cover, and allow them to briefly steam. Mix the two, add some roasted garlic if you have it, and some Parmesan over the top.

Winter is the long memory of roots, and a preparation time in hard frames of rock and clay. Even the hardy kale succumbs to loss of light where frost and snow didn't harm it. With dark and ice, the season can become just another avenue between warm places; But choose the hearty and vibrant warmth of the season's vegetables, and



you'll find yourself out and listening to the wind's fierce contemplation with pleasure — sharing a memory of the same underlying stillness.

As the chill sets in, it's time to fill your home with the wafting smell of a pot of tasty, simmering soup. Soup is a nutritious, comforting, and easy to make dish that can provide days of enjoyable meals. In this cold time of year the focus is on heartier, richer, soups which often feature root vegetables. The following is a recipe for an easy and wonderful CARROT GINGER SOUP. This is one of my Mom's favorites and was popular at a restaurant I cooked at. Makes 8–10 bowls of soup.

Carrot Ginger Soup

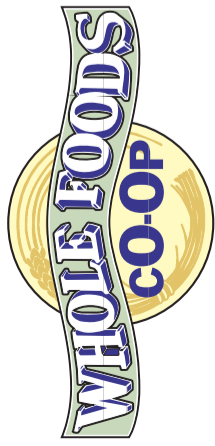
4 Tbsp. Butter or Olive Oil
2 medium-sized Yellow Onions, diced
2 Tbsp. Fresh Ginger, peeled and minced (about 1½" long)

3 cloves garlic, minced
10 each Carrots, peeled and sliced about 1/4" thick
1 Sweet Potato, peeled & diced
6 Cups Chicken or Vegetable Stock
1/4 Tsp. Ground Nutmeg
1/2 Tsp. Black Pepper, freshly ground
1 Tsp. Salt (add to taste as the saltiness of your stock will vary)
Juice of one orange
Zest of half the orange

Optional: (In any combination)
1 Tbsp. Fresh Parsley, chopped (nice color contrast)
2 Tsp. Curry powder
1 apple, peeled, cored, and diced (like Granny Smith)
1/2 Cup Coconut milk (vegan) or Whipping Cream
1/4 Cup Smooth Peanut Butter
1/4 Cup Sherry Wine (works with all above but peanut butter)

Melt the butter over medium-heat in a pot. Add the onions and ginger and cook a few minutes, stirring occasionally. Add the garlic and cook another minute. Add the remaining ingredients, except 2 cups of the stock, and cook, covered for approximately 15 minutes until the carrots are tender. Any of the optional ingredients except the whipping cream can be added now too. In batches, process the hot soup in a food-processor or blender until only bits of carrot remain. Add 2 cups of remaining stock while pureeing soup. Return to pan to heat up again and "marry" the flavors for another 5 to 10 minutes. Serve hot and swirl in whipping cream if you choose to use it. **CG**

Michael Karsh is the Produce Manager at Whole Foods Coop, where he has worked for the past 14 years in various positions. A transplant from the Twin Cities, he is an avid parent, cook, and organic gardener. Through his work at the Co-op he develops markets for local growers, with an emphasis on Organics.



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JAN/FEB 2005

Garbanzo

Gazette



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Ask any Co-op Staff member for **Information today.**

Citrus fruits are some of my favorite fruits. Well, that's a lie. I actually love just about any kind of fruit, as long as it's in season. And right now it's all about tangy, juicy, fragrant citrus. The nutritional benefits of citrus go beyond vitamin C. They are also good sources of potassium and there is evidence that the high pectin in citrus fruits helps to lower blood cholesterol and reduce arterial plaque. There have also been studies done indicating that these fruits help in the treatment of cancer and retard the formation of cataracts. While we are most familiar with the values of the edible portions of oranges, most folks don't know that there is a huge industry in orange residues. Elements from the discarded pulp, seeds and peel go into cake mixes, candy, soft drinks, paint and perfume. More than 100 million pounds of peel oil is sold annually for cooking and it is also the base for a synthetic spearmint oil that Coca-Cola buys in quantity for flavoring. Even the dried orange-sac residue, mixed with water into a thick coating, is used by fire fighters to aid in dousing forest fires. How's that for recycling?

Citrus fruit used to be a Christmas delicacy. If you received an orange in your stocking with nothing else, you were considered fortunate indeed. Now we are lucky enough to have a huge variety (hurricanes not withstanding) ready to eat at this time of year. Oranges, grapefruit, lemons and limes have made it to "staple produce" status in most American grocery stores year round.

In addition to the staples, give a taste to some of the more unique members of the citrus group: Blood oranges with their deep red juice makes beautiful salad dressing, supremed grapefruit (which is actually a cross between a pummelo and a sweet orange) makes another flavorful addition to

your daily greens, pairing nicely with spinach and spring mix.

Try a kumquat – those miniature orange-looking fruit which get their sweetness from the skin thinly sliced as a garnish in your favorite cocktail. Or try a Minneola (a cross between a mandarin and a grapefruit) for a little variety from your usual navel orange.

You can also conduct your own side-by-side taste tests between a Clementine and a Satsuma mandarin (also known as a tangerine) to see which side you fall on. Weighing the pros and cons of each is a discussion we have each year at the Co-op and each year it's about 50:50. You'd think



it would get old, but it doesn't. We love talking food, especially when it's right here ready to taste.

When discussing desserts, a few of us have a saying "if it can't have chocolate, it better at least have lemons". The tart flavors of citrus fruit pair nicely with sweetness in desserts. The especially fragrant Meyer lemon and the tiny but mighty Key lime can make an ordinary citrus dessert extra special.

Try the flavors of the season. It's good

for your health and good for your taste buds, too.

Lemon Braised Kale

—from the *Vegetarian Times Vegetarian Entertaining*

2 bunches kale or 2 10-oz bags fresh spinach
2 T olive oil
1 large red onion, chopped
2 or 3 cloves garlic, minced
Juice of 2 large lemons
1/2 t salt
1/2 t freshly ground black pepper

Rinse the kale or spinach in a colander under cold running water. Cut off the stems and coarsely chop the leaves. Set aside.

In a large saucepan, heat the oil over medium high heat. Add the onion and garlic and cook, stirring, for 3 or 4 minutes. Add the kale or spinach, lemon juice, salt and pepper and cook over medium-low heat until the greens are wilted, about 4 to 6 minutes. Transfer to a serving platter and keep warm until ready to serve.

Honeyed Date Nut Muffins

1 stick unsalted butter or margarine
2 1/2 c Gold-n-White flour
1 1/2 t baking powder
1 t baking soda
1/2 t salt
1 c orange blossom honey
2 large eggs, at room temperature

1/2 c buttermilk, at room temperature
1/2 t grated orange peel
1/2 c pitted, chopped dates
1/2 c chopped toasted walnuts
Orange Honey Spread (recipe follows)

Place a rack in the middle of the oven and preheat to 375 degrees F.

Grease a standard 12-cup muffin pan. Set aside.

In a medium bowl, whisk together the flour, baking powder, baking soda, and salt. In a large bowl, using a hand-held electric mixer, cream together the 1 stick of butter or margarine and honey until fluffy. Add the eggs, 1 at a time,

beating after the inclusion of each. Add the buttermilk and orange peel, and beat to combine.

Stir in the dry ingredients until just combined, being careful not to over mix the batter. Fold in the dates and nuts. Divide the batter among the prepared cups of the muffin tin.

Bake until golden brown and a tester inserted into the middle of a muffin comes out clean, about 25 minutes. Remove from the oven and turn out onto wire racks to cool. Serve with Orange Honey Spread.

Orange-Honey Spread

1 stick unsalted butter or margarine, at room temperature
3 tablespoons honey
2 teaspoons fresh orange juice
1/2 teaspoon finely grated orange peel
Pinch salt

In a bowl, combine butter or margarine, honey, orange juice, peel, and salt and, using a hand-held electric mixer, mix until fully incorporated. Transfer to a decorative crock or small bowl. Cover with plastic wrap and refrigerate until slightly firm.

Yield: about 3/4 cup

savor the season

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management report

“Ownership does matter. Co-ops recycle a high percentage of their income in the local community. Local farmers and food producers will benefit from the fair trade practices of co-ops. Cooperatives are based in values including self-help, self-responsibility, honesty and democracy.

We can always use more of that in the world!”

Marilyn Scholl, Cooperative Development Services, Fall 2004

By the time you read this report, we will have secured financing for our \$5,500,000 project to acquire and develop the 610 East 4th Street as a new location for WFC. Though my fingers are a bit shaky as I type this “fact,” I strongly believe that our members will make this happen.

Our member loan program has been extraordinarily successful. We raised over \$500,000 in eight weeks and commitments are still coming in. The program has been extended so that all our members, including the members who join before we move, can participate in this unique opportunity to support a community-owned business that re-invests its profits locally.

Your purchases, your equity payments, your member loans, and your support of this co-op have produced a financially strong business that is ready to offer more goods and services and more jobs in a larger location developed with a commitment to the environment. THANK YOU!

So, we raised the money. Now what?

The real estate closing is scheduled for March 1, 2005. Then we take pos-

session and the contractors go to work on the site to implement the plans hammered out by the Building Committee, the Expansion Committee, the Staff Design Team, and our architects and consultants.

Although I agree with Kermit that it is not always easy being “green,” we’ve received enormous support from our consultants and architects to attain the environmental goals of this project and stay within our budget. The construction phase will last about five months. Then there will be about a month for equipment installation and testing. Our current site will remain open until about a week before the new site opens.

Our countdown clock is set for September 1, 2005, and the clock is ticking!

Sharon Murphy, General Manager

CO-OP TOURS & PRESENTATIONS: WFC staff are available to provide store tours or out-of-store presentations on co-ops, natural foods, herbs, organic gardening, etc., to your group, club or class. Please give us at least a week’s notice for tours; two weeks for presentations. For more info contact Shannon at 728-0884.

NOTICE OF POLICY CHANGE: As of November 15, 2004, a \$20.00 service charge will be added on each check returned for insufficient funds.

ORANGE YOU GLAD?

An Ugli fruit is a cross between a mandarin and a grapefruit, originally from Jamaica. It looks like a coarse-skinned, discolored large grapefruit but the flesh is soft, tangy and incredibly juicy.

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Membership Costs:
\$100 per voting membership
Further membership information is available at the Co-op

The Garbanzo Gazette is published six times a year (January, March, May, July, September, November) for the member-owners and patrons of the Co-op. The Garbanzo Gazette is published by Whole Foods Community Co-op, Inc. to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board or member-owners. Submissions must be received one month prior to publication. The next deadline is Tuesday, February 1. Refer submissions and questions to shannon@wholefoods.coop

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BEFORE RECYCLING THIS COPY of the Garbanzo Gazette, please pass it along or share it with a friend or neighbor. This can help save a bit on paper costs and reduce waste. Also, it's a good way to introduce folks to WFC who aren't current customers or members.

MOVING? Pursuant to WFC Bylaws, Article I, Membership, Section 7: "Each member agrees to provide the association his, her or its current address and to keep the association informed of any changes in address." In an effort to remind our members to keep WFC advised of address changes, the Board, on 8/26/96, approved a policy making a member temporarily inactive when there is no current address on file. Inactive members are not eligible for membership benefits and will not receive the newsletter.

ORANGE YOU GLAD?

"There is a lot more juice in a grapefruit than meets the eye." – Anonymous

new products

HABA:

- Lily of the Dessert Aloe Juice* (16 & 32 oz.)
- Lily of the Dessert Aloe Gel* (32 oz.)
- Zand Lemon Honey Soother Lozenge*
- Zand Blue Berries Blend Lozenge*
- Whole Foods Co-op Show Me the Whey — Strawberry 1 lb.
- Whole Foods Co-op Show Me the Whey — Chocolate 1 lb.

Body Care:

- EO Chamomile & Honey Shampoo and Conditioner
- EO Rosemary Mint Shampoo and Conditioner
- Bach Rescue Cream
- Burt's Bees Facial Care
 - Marshmallow Vanishing Creme
 - Evening Primrose Overnight Creme
 - Royal Jelly Eye Creme
 - Garden Tomato Complexion Soap
 - Wild Lettuce Complexion Soap
 - Garden Tomato Toner
 - Herbal Blemish Stick

Coffee:

- Equal Exchange Columbian Coffee*

Cool:

- Cascade Fresh fat free yogurt (6oz.) — blueberry, strawberry, vanilla, and raspberry.
- Tofu Town grilled tamari tofu tenders
- Stonyfield Moo-la-la yogurt — lemon chiffon and strawberry cheesecake*
- Silk enhanced soymilk
- Silk unsweetened soymilk*

Frozen:

- Farm Called Earth 85% lean beef*



- Ian's chicken nuggets kid's meal
- Cedarlane three cheese quesadillas
- Alexia yukon gold creamy mashed potatoes

Grocery:

- Drew's Salad Dressing
 - Rosemary Balsamic
 - Lemon Tahini Goddess
- Natural Sea
 - Cocktail Sauce*
 - Tartar Sauce*
- Arrowhead Mills Sesame Tahini*
- East Wind Cashew Butter
- Bob's Red Mill Soy Flour
- Nature's Path Granola Bars*
 - Hemp Plus
 - Apricot'n Nut
 - Pumpkin Flax Plus
- Genisoy Soy Crisps
 - Ranch
 - Rich Cheddar
- Envirokidz Animal Cookies*
 - Vanilla
 - Chocolate
 - Honey Graham
- Envirokidz Cheetah Berry Crispy Rice Bars*
- Westsoy Unsweetened Vanilla Soymilk*
- Desert Pepper Trading Co.
 - Fire Roasted XXX Habanero Salsa
 - 2 Olive Roasted Garlic Salsa
 - Peach Mango Salsa
 - Black Bean Dip
 - XXX Habanero Pepper Sauce

Back in stock:

- Honeycomb
- Farmers Market Canned Pumpkin*

*denotes organic

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better in bulk

Bulk Buyer's Co-op Recipes

What have I been eating lately? Recently my favorite tofu for sandwiches is the Soy Deli Hickory Smoked Tofu, with their Honey Sesame Tofu clocking in a close second. This brand of tofu is very firm and slices easily for sandwiches. I put a couple thick slices — essentially half the package — on my favorite bread, French Meadow Healthy Hemp bread. Lightly toast this delicious bread and add a drizzle of organic olive oil. Then slather with Vegemise, the world's best sandwich spread. Put the tofu slices on, then top with a generous organic tomato slice and your lettuce of choice. Cracked pepper provides the proverbial cherry on top, and you have lunch at your disposal. A variant of this sandwich includes melting gorgonzola cheese on the bread first. I would typically put a side on this meal that consists of Bearitos Organic Blue Corn Chips and Green Mountain Gringo Roasted Garlic Salsa. This is the one salsa in the co-op that, for me, doubles as a beverage.

For breakfast recently I had a bowl of the new bulk granola flavor, Organic Pistachio-Mulberry. I topped it with defrosted frozen strawberries and Edenblend soy/rice beverage, and let me tell you, the availability of such quality breakfasts is what makes the

bulk buyer job so exciting and satisfying. This amazing granola is sweetened with organic tapioca syrup and is chock-full of other goodies besides, like organic golden raisins, organic Thompson raisins, and organic coconut. I won't lie to you, the price is a little steeper than our other granolas. But I ain't exactly getting rich working at the co-op and I can afford it. So I advise everyone within the sound of my voice to commit to quality over quantity for a day and give this granola a trial run. And remember it's 100% organic so you have to add your

more pedestrian flavor profile of tamari. But either one will certainly do in a pinch. One of my favorite things to do with shoyu or tamari is to mix a little in with some organic peanut butter, sesame oil, spring onion, and cayenne pepper to make a crude but effective peanut sauce. It is sometimes hard to get the consistency right, but following my usual method (winging it), I add water if it's too thick or more peanut butter if it's too thin. This is a great sauce to use over rice noodles, soba noodles, or stir fried vegetables and rice.



I will close with an economical pasta sauce I whipped up one night after I'd spent all my money on Pistachio-Mulberry granola. It was a can of organic Bionaturae brand diced tomatoes, sprinkled with Renaissance brand rosemary infused medium grind sea salt. That really did the trick. The pasta on the receiving end was Rising Moon Organics brand Feta-Hazelnut Ravioli with Butternut Squash. Now that I'm thinking of it, a squirt of some kind of goat cheese would have made a nice creamy addition to the sauce, perhaps stirred in on the stovetop. If I'd had some cracked pepper I would have used that too. Somebody try it and get back to me. ☪

Jim Richardson, Bulk Buyer, is an eight year veteran of the natural foods industry, including six years at Whole Foods Co-op.

own chemicals if you want 'em.

I've eaten a lot of those Ling Ling brand frozen vegetarian spring rolls the past couple of months as a fun side dish with dinners. The sauce is a little sweet for me so I just splash a little shoyu in a bowl and dip them like that.

I prefer the rich, deep taste of shoyu over the (to me) somewhat

MEMBER FEATURE

the seasonal table

By Bonnie Williams Ambrosi, member

How many of you have a New Year's intention regarding coffee? Want to reduce your caffeine consumption? Quit coffee altogether? Drink better coffee? The Co-op's selection of Fair Trade and locally roasted coffee beans is the way to go.

The coffee habit began in ancient Abyssinia, traveled to Arabia around the year 1000, and then to Europe in the 16th Century. The taste of coffee is pungent and bitter; it's energy warm, its effect on the mind rajasic, or stimulating. Ayurveda classifies coffee as a mild narcotic and recognizes it as occasionally useful for low energy, but deranging in the long run.

The energy boost provided by regular java is followed by a crash, and, as all coffee drinkers know, it is addictive. Caffeine withdrawal headaches can be debilitating. It may not be common knowledge that in order to balance the acidity of coffee, the body will leech calcium from the bones, thus maintaining the required ph level in the blood but making coffee — regular or decaf — bad news for bone health. So if you do drink coffee, use moderation.



Coffee alternatives are also an old tradition. Settlers far from supplies of coffee beans tried all sorts of strange brews. The Co-op carries several coffee alternatives (not counting tea, which is its own wonderful world). The simplest is Barley Coffee from Oskri Organics, a small Wisconsin company. The only ingredient is roasted organic barley. Barley is a gentle grain, basically neutral in energy, soothing and nourishing particularly for the skin, lungs and kidneys.

Cafix is also made of roasted barley, plus chicory, figs and beets. Chicory adds a hint of bitterness and has blood-cleansing properties. Figs are astringent and beneficial to the liver and kidneys. Both chicory and figs have cooling energy.

Teccino is a mixture of carob, barley, chicory, almonds, figs and dates. Carob has a sweet and astringent taste, slightly warm energy and is a very rich source of potassium. It is good for the lungs. It brews like coffee and has a deliciously rich, dark flavor — the most coffee-like of the three. It's spendy, so if you're a member, consider special ordering a case.

I will leave you with a sweet, simple and nutritious hot drink to try in lieu of coffee:

Molasses Coffee

Add 1 Tbsp. dark or blackstrap molasses to half a mug of hot water. Stir, and then add milk or more hot water.

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staff news

The department formerly known as Operations (Ops) will now be called Front End in keeping with the employment structure changes in our Co-op.

ANNIVERSARIES:

WFC is proud to recognize the following employment anniversaries:

January

- Kathy Covill 1 year
- Rob Litsenberger 4 years
- Debbie Manhart 5 years

February

- Justin Hemming 5 years
- Sharon Murphy 25 years
- Caroline Shallman 1 year
- Shannon Szymkowiak 2 years

Congratulations to Grocery Buyer Lisa Anderson on her promotion to Merchandising Manager — Lisa rocks!

Rain Elfvin has been promoted to Coordinator — yea Rain! Caroline Shallman is out of the basement & on the sales floor as HABA Buyer & Brad Rozman has been promoted from Buyer's Assistant to Cool Buyer — congratulations!

WELCOME TO OUR NEWEST STAFF MEMBERS:

Karen Johnson, Financial Coordinator
Jason Kokal, & Chad Terch, Deli Assistants
Candace LaCosse, Front End Assistant
Tricia Elfvin & Karl Becker, Buyer's Assistants

Welcome back to Charlotte Van Vactor, our newest Front End Assistant.

Produce Assistant Ian Alexy will be performing with Sara Thompsen at Beaner's Central in West Duluth on Saturday, Jan. 29 at 8pm.

Many, many thanks to the staff for the extra hours, determination, patience and creativity required to complete the fall 2004 equipment reset, point of sale implementation and layout changes. You are the best!

ORANGE YOU GLAD?

Cooking equivalents for citrus:
1 medium sized orange =
10 – 12 sections
1/3 – 1/2 c juice
4 t grated peel

1 medium sized grapefruit =
10 – 12 sections
2/3 c juice
3 – 4 T grated peel

1 large lemon =
3 – 4 T juice
2 – 3 t grated peel

1 large lime =
2 – 3 T juice
1 – 3 t grated peel

NOTE: you will yield more juice if you let the fruit come to room temperature and roll it around on the counter before juicing

ORANGE YOU GLAD (that you know)?

People who are taking certain medications, particularly those for high blood pressure, should be aware that drinking grapefruit juice seems to have the effect of producing much greater absorption of the drug than is customary, so please check with your physician.

survey results

by Shannon Szymkowiak, M&MS Manager & Editor

Well the numbers have been crunched and a crack squad of one has analyzed the data. The Gazette Survey results are in.

Thank you one and all for taking the time to fill out the surveys included in the Sept/Oct Garbanzo Gazette. Everyone who gave an answer to the question "Are you a member?" responded "yes". Of the 2400 surveys sent to homes, a full 5% sent in responses. This may not seem large to many of you, but 2% is considered good, and 1% average. Once again, our members have demonstrated how above average they are!

First, the numbers. The survey questions are shown below with an average number behind it based on your responses. The scale used was from 1 to 10, 10 being the best on the response scale.

The Garbanzo Gazette presents a positive image of Whole Foods Co-op. 8.903

The layout is inviting and makes the text easy to read. 8.168

In general, the writing is informative and engaging. 8.187

I use the Sales Flyer and New Items listings to help me choose what I will buy. 6.38

The Garbanzo Gazette keeps me well informed about decisions the Board and Management is making for the organization. 8.3

The Gazette provides useful information on consumer issues that are important to me. 8.01

I have purchased products in the store after reading about them in the Garbanzo Gazette. 6.54

The amount of advertising carried is not too much, not too little. 7.82

I read and/or use the recipes. 6.284

I read the News Bites 7.82

I read the Co-op Notes & Policies column. 7.138

While we are always striving to do the best job possible, a score of 7 is considered good. With almost half of the statements having a score of over 8 and all but 3 having a score over 7, we were pleased that we're keeping most of you happy most of the time.

As usual, our members had thoughtful and constructive comments to share. For example, although question #2 had a score over 8, there were many comments regarding the new size, so I thought I should address it here.

There were several reasons we changed to the tabloid size. While investigating a variety of possibilities for a new size and look for our Gazette with Member Rick Kollath, our current designer, we discovered that by going to the tabloid style, the newsletter did not need to be trimmed, thereby giving us more printable real estate with less waste. In addition, we were able to reduce the cost of assembling the paper slightly because it did not need to be stapled. I spoke with our printer and he was able to locate a high quality 100% post consumer recycled paper for less than we were paying before. And, because this paper was 60 lb. rather than 70 lb., our mailing costs were reduced as well. This gave us the ability to go from 2-color to 4-color on 4 pages, still using the soy ink, with very little additional cost. This has been made up with additional ad revenues. All of these reasons, along with the fact that the folded paper is pretty much the same size as the old style Gazette secured the decision. I am hoping that those of you who are having trouble with the adjustment in size will feel better now that you understand that the reasons behind the change had to do with being more ecologically and economically sound.

Changes have already taken place regarding the News Bites and the Co-op Notes & Policies columns. Much of the old content from News Bites has been moved to the new Staff News column. News Bites will continue to exist with more news from the food world — news on GMOs, organics, food safety and food news from around the world. I am hoping to make this a place to get a taste of news that is covered in depth elsewhere and will try to give links to where you can get more information (with an investigative news team of 1, you need all the help you can get).

Co-op Notes & Policies has become News from the Front. Rather than repeating the same policies every month, this article will now take one or two individual policies and give in depth information about it — how the

policy came about, how it is enforced, etc. to give our members a better feel for why things are done the way they are done.

Although many of you indicated that the Sales Flyer does not affect the items you choose to purchase, at this time, we will continue to include the sales flyer in the Gazette. We have many members who live several miles from the Co-op who like to plan their shopping trips based on what is on sale. We will continue to review this decision, so keep the comments coming.

You were also asked about your interest in seeing some items added to the Gazette. Based on those who answered, members wanted to see the following:

Staff Picks or Shopper Picks (favorite products of Staff members and/or Shoppers) 73

More recipes 57

New Supplier Information 56

Discontinued product information 46

More pictures 10

In the hope that more of you will try new products when you read about them in the Gazette and to address the desire to see favorite Staff items and New Supplier Information, future issues will have articles from our Buyers describing their favorite items, talking about who supplies them and why they like them. Please let us know how you like this new feature.

As for recipes, I must say that you are a schizophrenic bunch. "I read and/or use the recipes" received a lower score, yet "More recipes" were requested. To be fair, many of the folks who gave a low score on the recipe question did explain that they didn't use the recipes due to special diets. I would encourage all of you to give the recipes another look. Every new issue has had recipes to fit vegetarian, vegan, wheat-free and dairy-free diets with most of the traditional recipes being easily adapted. If we can do better here, or if you have a personal favorite, please do send them over.

Again I thank you all for the time and effort you took to let us know how we can improve and what we're doing well. Please feel free to send additional comments regarding the Gazette to me at shannon@wholefoods.coop. cc

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a no-nonsense approach to childhood nutrition in ontario schools.

By Kendall Jaye, Member

The Canadian province of Ontario's Ministry of Education is banning pop, potato chips and other calorie laden junk foods from all vending machines in elementary schools under their jurisdiction. Ontario Education Minister Gerard Kennedy released guidelines for the province's school boards to restrict the sale of these in-school "treats" to students from kindergarten through grade 8.

Hooray! Junk foods and junk beverages: trans fats, high fructose corn syrup, artificial flavours and colours, the addictive properties of chemical preservatives, etc. are not going to be part of the diet of many of our youngest citizens at least for a part of their day.

Irrefutable evidence has been presented by the scientific community showing these banned substances directly impact the onset of childhood obesity and significantly diminish attentiveness and cognitive ability.

The more effort a small, developing human has to expend to try to extract enough nutrition from highly processed, chemical laden foods, the less energy is left over to supply the young brain with an oxygen and nutri-

tive rich blood supply.

The most vulnerable in our society deserve to be given every opportunity to embrace a healthy lifestyle.

Today's school curricula demand students have as few obstacles to their learning potential as possible. Educators should soon be noticing marked improvements in classroom deportment and even a decrease in aggressive behaviour. Hopefully this new awareness will spill over into life outside the school environment.

This initiative could result in the majority of an entire generation being made aware how proper nutrition can enhance both the educational experience and their everyday lives.

The U.S. Surgeon General has attributed 69% of all disease processes to a lack of nutrition. "Nutrients are required for biological functioning" said Oxford Physiologist Dr. Bernard Gesch. "We've seriously underestimated the importance of health and nutrition in a major area — mental health and behavior".

In a 2002 study, Dr. Gesch and his colleagues supplied vitamins and micronutrients to 82 prison inmates and compared their conduct with 90 other incarcerated individuals who

were given placebos. The well nourished inmates committed 35 percent fewer offences than their placebo-fed peers.

Dr. Gesch maintains that nutritional programs could help reduce prison violence and, more important, could help prevent the development of violent behavior among children.

Omega-3 fatty acids seem to increase cells' ability to take in serotonin. Low levels of this neurotransmitter are associated with depression and aggression. B vitamins and minerals such as chromium and zinc are required to utilize glucose; poor glucose metabolizing also seems predictive of violent behavior.

As a director for a volunteer group that deals with serious food allergies and sensitivities (and my late mother was an elementary teacher) I have witnessed the profound positive effects dietary changes and restrictions can have on our very young.

There is no reason that federal legislative policy that emphasizes the nutritional needs of our children couldn't be passed into law. A direct spin-off would be a lessening of the burden on an already over-stressed health care system. GG

notes from the front

As this article will reach you in January, I thought it wise to make a New Year's resolution: I resolve to use this column to better educate our customers. My hope is that these suggestions and reminders will make your checkout experience go as smoothly as possible.

PLU numbers: Most of our customers are great about this, but sometimes people forget to write down the PLU number when purchasing bulk products. Writing down this number will help us ring you up much faster at the checkout.

Cell phones: If you use a cell phone in our store, please refrain from using it while at the checkout or when ordering food from the Deli. Our staff will appreciate this and we will be able to serve you better.

Container refund: If you bring in your own bag or container for bulk products and produce products, we will issue you a three (3) cent refund for each bag at the checkout. This refund is designed to promote reuse and cut down on waste. The refund does not apply to carryout bags, though reusing your own bags to pack groceries is certainly encouraged. Also, to ensure you are accurately credited, please let the cashier know how many bags or containers you reused.

Coupons: Whole Foods Co-op gladly accepts coupons, provided they meet the following criteria: the coupon must apply to an item that we sell (sometimes you have to read the fine print), the coupon is not expired, and there is manufacturer information on how the Co-op can be reimbursed for the coupon. When you get to the checkout, please let us know that you have a coupon.

Sale apples and bananas: Please let us know if your apples or bananas are from the sale crates, located below the display in the center of the produce section. These items need to be rung up differently, and it is easier for us to charge you the correct amount the first time rather than fixing it after the fact.

Picking up special orders: When picking up a special order, it is very helpful to ask a staff member to retrieve your order before you are ready to check out. This is not always possible during busy times, but when we can get your order in advance, it will reduce your wait time at the checkout. Also, I should point out that everyone on staff can take an order for or retrieve special orders.

Thank you all for your attention to these notes. If you have any questions or suggestions, please contact me in the store or via email nathan@wholefoods.coop, or fill out a customer comment card.

Nathan Coombes has worked at Whole Foods Co-op since September 2000. Nathan's job title recently changed from Operations Manager to Front End Manager. However, he is still the same affable chap. He has also held the titles of Clerk, Coordinator, Assistant Operations Manager, and Board Assistant. Nathan is a lifelong Duluthian and enjoys coffee very much, so he didn't make a resolution to give it up.

welcome, new members!

- | | | | | |
|---------------------|------------------|----------------------|---------------------|-------------------|
| Denise Schraufnagel | Meridel Kahl | Katie Cowles | Norris Monson | Matthew Holte |
| Rachel Alexander | Paul Patrz | Maren Imes | Gayle Thornton- | Byran Johnson |
| Karen Stiles | Janet Tomaino | Debra King | Henneck | Leslie Sinkkonen |
| David Barthel | Carolyn King | Jean Krawiecki | Lori Vestestein | Terese Tomanek |
| Connie Chaney | Kathryn Bryhe | George Hanson | Nancy Gallagher | Doris Mehlberg |
| Joseph Juntune | Shelly Boberg | Barbara Blesener | Joseph Durbin | Nancy Utech |
| Antonette Volenec | Susan Meyers | Bradley Nelson | Terry Radzak | Theresa Spinler |
| Monica Scheflo | Cheryl Stephens | Joseph Sulentich | Betty Jo Backovich | Joseph Nelson |
| Amy Westbrook | Lee Korby | Mary Sedin | Subhash Basak | Lee Ann Tomczyk |
| Thomas Falk | James Gaylord | Peter Kinnear | Randy Stahl | Jay Finch-Newkirk |
| Emily Montgomery | Kathleen Abel | Courtney Campanini | Pamela Mittlefehldt | Elizabeth West |
| Diane Bester | Joy Wadas | Linda Sorem | Angela Ellis | Michelle Dittrich |
| Andrea Liahman | Dee Boulger | Christine Stephenson | Karen Gustafson | Marcia Stromgren |
| Deborah Dwyer | Debra Tollgaard | Stephanie Stein | Jennifer Nelson | Barbara Solon |
| Rory Litwin | Lindsey Longaker | Susan Koschak | Geraldine Davidson | Kathryn Martin |
| Kara Nachtsheim | Carl Jarvi | Julie Lessard | Jana Pastika | Ardis Wright |
| Debra Johnson | Ann Mead | Leslie White | Beth Tamminen | Linda Smith |
| Kyle Kelley | Elizabeth Urban | Sara Thomsen | Laura Demko | |

it's happening downtown!

Shop and dine in the best building in town—the Duluth Technology Village. You'll find the unique items you need and the trendy items you crave. Browse the entire day, stop in over lunch or linger after work.

Serrano Leather Jacket from The Sandpiper

Gourmet German Coffee from Torke Weihnachten

Hobo Purse from Catherine Imports

Lunch to go from Nutty Meg's

→ **Catherine Imports** has products from all over the country and all over the world, including women's clothing, jewelry and natural skin care.

→ **Nutty Meg's** offers fine wines, exotic martinis and eclectic hors d'oeuvres.

→ **The Sandpiper** is a fine ladies' and children's clothing that also offers accessories and unique gifts.

→ **Torque Weihnachten** sells traditional European and American Christmas items and chocolates, complemented by a German Café.

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board of directors

Jeri Brysch, Treasurer
Finance Committee
2227 Vermilion Road,
Duluth, MN 55803
(218) 343-2939
jeri@wholefoods.coop
Term expires 2006

Chad Coffey, Secretary
Food Policy Committee
GME Committee
Membership Committee
179 Valley Road
Two Harbors, MN 55616
(218) 834-6035
chad@wholefoods.coop
Term expires 2004

Chris Edwardson, Vice President
Expansion Committee
Finance Committee
Membership Committee
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Duluth, MN 55803
(218) 724-6357
chrise@wholefoods.coop
Term expires 2004

Lynn Fena
Membership Committee
Food Policy Committee
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Duluth, MN 55803
728-1394
lynn@wholefoods.coop
Term expires 2005

Dennis Kaleta
Expansion Committee
GME Committee
Membership Committee
P. O. Box 312
Two Harbors, MN 55616
(218) 348-3658
dennis@wholefoods.coop
Term expires 2005

Katie Neff Dawson
Board Recruitment Committee
Expansion Committee
GME Committee
5993 Arnold Road
Duluth, MN 55803
721-3065
katie@wholefoods.coop
Term expires 2005

Jean Sramek, President
Food Policy Committee
GME Committee
316 Mygatt Avenue
Duluth, MN 55803
724-0237
jean@wholefoods.coop
Term expires 2005

Sharon Murphy, General Manager
Whole Foods Co-op
1332 East 4th Street
Duluth, MN 55805
728-0884/w
728-0490/fax
724-7998/h
smurphy@wholefoods.coop

To communicate with entire Board and General Manager:
wfcbod@wholefoods.coop

mission statement

The Whole Foods Co-op is committed to the Cooperative Principles, to providing its members, patrons and community the highest quality nutritious whole foods, and to the products and practices which make positive changes in the life of its community, employees and environment.

co-operative principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among co-ops.

Happy new year, fellow WFC members! Each year, the WFC board sets goals. During the year, we check in with each other and ask ourselves how we're doing on meeting those goals; at the end of the year, we review and set new goals for the next year. Look at our flip charts and white boards from those meetings, and you'd see things like "Create

and disappointment and plugging away, the Co-op is moving to a bigger store. And—yippee—I'll be the board president who DOESN'T have to answer the question, "Why don't you move to a bigger store?"

When you sent in your ballots for the October board election, you also filled in surveys about the Co-op and board performance. We read them—all of them. One of the question is

board report

Your Board of Directors: Who, What, Where?

and adopt an ends policy" and "increase recruitment efforts to attract a diverse, competent group of board candidates who will more fully represent the WFC membership." For the last couple of years, you'd also have seen "WILLING PRESIDENT!!!" written in magic marker.

In our defense, it's not that being WFC board president is a thankless job, devoid of any kind of fun. But it is an added level of responsibility. When Katie Neff Dawson was elected board president in 2001, she did not enter into the position lightly. In October 2004, Katie began her 6th (and final, according to board term limits set by our by-laws) year on the board. A year previous, she knew that she wanted to spend her last year on the board just being a "regular" board member, without the added duties of the president. As a board, we joked a bit about it—Katie would turn to one of us and say, "When you're board president next year..." and that person would respond, "I'm not gonna do it. Make HIM do it." However, like all the goals we set for ourselves, "WILLING PRESIDENT!!!" was one that we took seriously and which we worked on as a team.

I was (willingly) elected board president in The Year of The New Location. I almost feel guilty, like I'm getting away with something. The WFC board has focused on expansion for the last six years, nearly to the exclusion of other goals. After all the frustration



Board President, Jean Sramek

"How informed do you feel about what the board does?" I'm happy to report that most WFC members feel they are informed about what the board does and that the board is responsive to the needs of the Co-op (which really means the members, since member-owners are what comprise a co-op). Many, however, don't.

This is something we can change. It's not as simple as all that ("Hey, look—everyone's informed now!") but

we can start by reminding you who your board members are and how you can reach us:

The seven WFC directors are listed in every issue of the Garbanzo Gazette, along with our addresses, phone numbers, and email addresses.

The directors are also listed on our website: www.wholefoods.coop where there's a direct link to the board page.

You can email the whole board at: wfcbod@wholefoods.coop.

Our pictures are posted in the store. Stand with the *Positively 3rd Street* cookies on your left and the refrigerated *Blue Sky* soda on your right, and you'll see our glamour shots.

Remember, as a member-owner, you're welcome to attend our monthly board meetings or serve on the membership, food policy, or expansion committees. Notices of those meetings are posted at the store checkouts. If you would like to learn more about what the board does, we want to help you do that. We'll try our best to answer your questions. And I'll leave YOU with a question: in the March-April Garbanzo Gazette, what would you like to read about in the board report?

Until then, think snow. **GG**
Jean Sramek, Board President

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we respond

Dear Co-op,
Let's sell organic beer and organic wine at the new site! Maybe a local brewery could develop an organic beer just for our Co-op to sell. They could then guarantee a market for an organic, local brew!
Signed, Local Imbiber

Dear Imbiber,
 It is not currently legal to sell beer (real beer) or wine in grocery stores in MN, although the law may change. Talk to your legislator if you support this bill.
 —Sharon, General Manager

Dear Co-op,
Please expand — I would get my groceries here instead of the Wedge (I live 50 miles south of Duluth).
Signed, Bleary Traveller

Dear Bleary,
 Read on – we have had a signed Purchase Agreement since September. We expect to be moving into our new, spacious store by September 2005. In the meantime, we have been remodeling to improve your shopping

experience. Give your wheels a break & give us another look. We'd love to have you for a regular customer!
 —Shannon, Marketing & Member Services Manager

Dear Co-op,
Will you be getting more Ezekiel hamburger buns?
Signed, Nice Buns

Dear Nice Buns,
 These are back! Thanks!
 —Brad, Cool Buyer

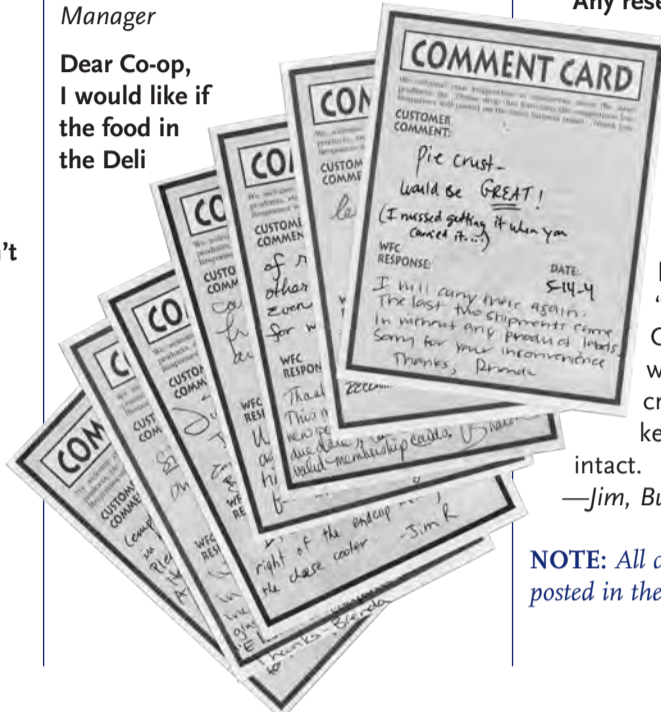
Dear Co-op,
Can you get razors of any kind? I don't want to support Gillette or other companies that test on animals!
Signed, Hairy but kind

Dear Hairy,
 Yes I can! HOKE2 makes 3 different razors: 1 box with a razor & 5 extra blades retails at \$12.45. You can special order these any time. When I have some extra space, I will bring them in.
 —Caroline, HABA Buyer

Dear Co-op,
Please restock Guyaki Yerba Mate Rooibos Tea in bags.
Signed, Lost in the Tea

Dear Lost,
 We carry a Rooibos & Yerba Mate in bags. Please ask for assistance if you can't find them.
 —Lisa, Merchandising Manager

Dear Co-op,
I would like if the food in the Deli



could be heated by some other means than a microwave.
Signed, Don't Zap Me

Dear Don't,
 I will definitely look for other options for the new store.
 —Debbie, Deli Manager

Dear Co-op,
Any research into how warm honey can be before destroying the enzymes and vitamins?
Signed, Buzz

Dear Buzz,
 Beehive temperatures range from 90 – 100F and honey is still considered “raw” up to about 112F. Our honey warmer, which we use to retard crystallization, is set at 100F, keeping enzymes & vitamins intact.
 —Jim, Bulk Buyer

NOTE: All customer comments are now posted in the hall near the bathroom.

ORANGE YOU GLAD?

Citrus fruits are low in calories and very high in vitamin C. The high vitamin C content of citrus fruits means that they are regarded as helpful in fighting certain viruses. Vitamin C improves cellular immunity, bolstering the cells that repel invading organisms; it also enhances the absorption of iron.

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Member Appreciation Coupon

While we continue to upgrade and improve our POS system, we would like to appreciate our members by giving you a

FREE
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Cut out this coupon, bring it in the next time you shop and present it with the bag of Spring Mix at the till. Voila! Free salad!

Coupon is valid until February 28, 2005.
 One coupon per member.
 Coupon must be presented at the time of purchase.

PLU #1999

news bites

On November 15, 2004, DotCoop launched a new directory of all active .coop sites on the Internet. The directory (<http://www.directory.coop>) will allow users to search for co-ops by name, location and domain name. The site also includes links to many other co-op directories from around the world.

WFC Membership Committee meeting
Monday, February 7, 2005,
5:30–6:30 PM,
at WFC's Annex,
1522 East Superior Street
(front entrance/upstairs).

NOSB, USDA Agree to Form Task Forces for Additional Standards

Hilary Oliver

Taking steps in a new direction, the National Organic Standards Board had its most amicable meeting yet with the National Organic Program staff, according to those who attended the meeting Oct. 12-14 in Washington, D.C.

Joe Smillie, senior vice president of QAI, said the cooperative nature of the meeting was unusual. "The atmosphere at NOSB meetings has been very contentious, ugly actually," he said. Despite one early disruption, Jim Riddle, who was elected chairman of the NOSB at the meeting, agreed that the most important thing that came out of the meeting was the new level of communication between the NOSB and the U.S. Department of Agriculture's NOP staff.

The board listened to six hours of public comment, much of it related to regulation of aquaculture and pet food.

The board will develop task forces to determine whether organic standards should be written for aquaculture, wild-caught seafood or pet food, and will write drafts of regulations if necessary.

Retailers who wonder what kind of aquaculture to support should search out their own positions, Smillie said, because they cannot expect any clear position from the USDA in the near future.

Brise Tencer, of the Organic Farming Research Foundation, said meetings of the NOSB are important because the rules they establish can help retailers respond to questions about what organic means.
www.usda.gov

Rival sweetener maker sues over Splenda marketing

Source: *Just-Food.com*

Merisant Co, which makes artificial sweetener Equal, has reportedly sued the marketer of rival product Splenda over its slogan, which claims Splenda is made from sugar.

In a complaint filed in a Philadelphia court, Merisant claims Splenda is actually made from "dextrose, maltodextrin and 4-chloro-4-deoxy-alpha, D-Galactopyranosyl-1,6-dichloro-1,6-dideoxy-beta, D-fructofuranoside", reported The Associated Press.

Merisant says the marketing slogan is misleading to consumers as it implies Splenda, the brand name for sucralose, is natural.

McNeil Nutritionals, which markets

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Remember the parable of the butterfly's wings? Is the world so interconnected that when a butterfly beats its wings in the Amazon River basin, eventually the ripple from that simple motion has an impact that reaches around the world? That may be something to ponder when creating your annual food budget.

With phenomenal growth in the organic food industry over the last two decades, the organic industry is starting to be questioned even more: Is it really safer than conventional farming? Is it more nutritious? Is biotechnology as safe as organic? When reading articles on these topics, consider where the writers are coming from, the source of the information, the expert quoted, and who they work for.

In a recent Los Angeles Times article on this subject, for example, the author talks to several people who question the organic industry. Who were some of these experts? Alex Avery from the Hudson Institute's Center for Global Food Issues was one. This institute is funded by the same chemical

companies that produce pesticides and therefore have the most to lose if organic farming becomes more widespread. Another person cited was Christine Bruhn, director of the Center for Consumer Research at the Univ. of Calif., Davis. It just so happens that their purpose entails touting the benefits of biotechnology. You wouldn't necessarily know this by a job title or an affiliation. The chemical industry has many years of research to back up its safety claims, however, in many cases, those claims are being challenged and disproved. Unfortunately, these safety claims may come into question after a very high cost has been paid.

Dibromochloropropane (DBCP) is a soil fumigant used in banana growing, and is suspected of causing sterility, testicular atrophy, miscarriages, birth defects, liver damage and cancer when inhaled or absorbed by the skin. Dow and Shell stopped making it after it

was banned in the U.S. in 1979 but they continued to sell and use it in Costa Rica. There is now a lawsuit filed by banana workers against Dole Food Co., Chiquita Brands International Inc., Fresh Del Monte Produce Inc., Dow Chemical Co. and Shell Chemical Co., stating the companies had conscious disregard of the health and safety of workers.

A study released in June 2003 by the University of Missouri-Columbia confirmed that men in rural areas with lower sperm counts and sperm quality had higher concentrations of alachlor, diazinon and atrazine metabolites in their urine. Men from urban areas with higher quality sperm did not. These three chemicals are commonly used throughout the Midwest in conventional farming. The list goes on and on. None of these chemicals are allowed in organic food production.

Perhaps the chemical industry feels threatened by the organic industry and looks for ways to discredit it because it

fresh perspectives

can't use its own record as an example. While organic farming isn't perfect, new research is beginning to show the benefits associated with this form of agriculture. Two new studies show organic farming increases biodiversity at every level of the food chain—from lowly bacteria to mammals.

Growing food organically emits less carbon dioxide than most commonly used methods to grow food today. Conventional agriculture uses large amounts of synthetic, fossil fuel-based nitrogen fertilizer, whose production and use account for as much as a third of agriculture's carbon dioxide emissions. Organic farms don't use synthetic nitrogen, and instead rely on crop residues and manure for fertility.

While the scientific jury is still out, it will be up to you to decide what is best for your family, farmers, workers, and the world around you. Let your food choices be another flap of the wing.

BUTTER LETTUCE AND SPINACH WITH CITRUS AND AVOCADO

Makes four to six small salads

1 head butter lettuce
1 small bunch spinach
2 ruby grapefruits
2 avocados
4 t. sherry vinegar
2 t. raspberry or other fruit vinegar
1 shallot, finely diced
1/4 t. salt
6-7 T. virgin olive oil
1 t. mint, finely chopped
2 t. chives, finely sliced
black pepper

Separate leaves of the lettuce, and remove spinach stems. Discard any yellow or bruised leaves. Rinse greens thoroughly and dry in salad spinner. If the spinach leaves are small, leave them whole. If they are large, layer several leaves together, roll them up and slice into wide or narrow ribbons. Place them loosely in a kitchen towel and refrigerate until needed. Use a

very sharp knife and slice the top and bottom of the grapefruits, then work down the sides, removing the white pith as well as the peel. Holding the grapefruit over a bowl to catch the juice, cut each section loose from its membrane and turn it into the bowl. (Later you can drink the juice.)

Peel the avocados, slice them in half, and remove the seeds. Lay the halves cut side down and slice them crosswise at an angle. Combine the vinegars, shallot, and salt in a bowl. Whisk in the oil or mixture of oils. Taste, and adjust the balance of vinegar and oil if necessary. Stir in the mint and chives.

Pour the juice off the grapefruit sections, combine them with the avocado slices, and dress them carefully with some of the vinaigrette. Toss the greens with the rest of the vinaigrette and lay them on salad plates. Set the grapefruit and avocado slices in and among the leaves. Add a grinding of black pepper and serve.

Thanks to *The Greens Cook Book* by Deborah Madison

References: "Behind The Organic Label; As The Industry Grows, Skeptics Are Challenging The Health Claims," by Melissa Healy, Los Angeles Times, Sept. 6, 2004; "The World is What We Eat: Food Choices and Climate Change," by Wylie Harris, member the Land Institute's Prairie Writers Circle, Salina, Kan, Sept. 30, 2004; "Low Sperm Count, Quality in Rural Areas Tied to Herbicides, Pesticides," EHP, journal of the National Institute of Environmental Health Sciences, <http://ehp.niehs.nih.gov/press/swan2003.html>; "Chiquita, Dole & Del Monte Sued for Poisoning Banana Workers in Costa Rica," The Agribusiness Examiner, Oct. 8, 2004

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Halloween Fun



Costumes aren't just for kids.



The von Rabenau clan steps out.



Working Member Evalee Miller stocks the duck pond.

ORANGE YOU GLAD?

Oranges don't ripen after they are picked, but lemons do.

2004 Annual Meeting



Left: Members enjoy a delicious buffet dinner catered by Coco's to Geaux.



Below: Working Members register voting members.



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Splenda in the US, said sucralose starts out as pure cane sugar before being chemically altered to make a new compound with fewer calories.

"We have never claimed that it is natural, nor would we. It is a sugar substitute," company spokeswoman Monica Neufang was quoted by AP as saying. "Consumers are not misled." www.splenda.com
www.holisticmend.com/splenda/

Organic Trade Association addresses perchlorate report

The US Organic Trade Association (OTA) has stressed that the recent discovery of the chemical perchlorate in samples of milk and lettuce spanned conventional samples as well as organic samples.

In late November, the FDA published initial exploratory data looking at the presence of the chemical perchlorate in the US food and water supply. The FDA reported finding perchlorate in 217 of 232 samples of milk and lettuce in 15 states.

"Perchlorate contamination appears to be a problem across all agriculture, whether conventional or organic methods are employed," said Katherine DiMatteo, executive director of the OTA. "While perchlorate was detected in organic lettuce and milk, there is no reason to believe that this is exclusively an organic concern."

The FDA is currently evaluating the contamination levels and potential health risks associated with consuming foods contaminated with perchlorate, but does not recommend that consumers alter their eating habits at the moment. Currently investigating whether perchlorate is a public health concern, the National Academy of Sciences (NAS), is expected to release a report of its findings in January 2005. www.ota.com

Editor's Note: Whole Foods Co-op is concerned about perchlorate levels in our fresh produce. Since the FDA has no regulatory program for this chemical, we have contacted our major greens and lettuce suppliers, including Earthbound, Cal-Organic, and Missionero to determine what they are doing about the problem. All reported that they have testing systems in place. Levels reported to us were well below the safety threshold supported by the medical community. As with the rest of the country, over 90% of our lettuces and baby greens will be coming from regions irrigated with Colorado River water. However, we will continue to make choices based on the best information we can get.

ORANGE YOU GLAD?

It is said that the acid in lemon juice will even dissolve a pearl.

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