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**GARBANZO GAZETTE**



—  
Watch for our  
**NEW LOOK!**  
—

WINTER  
2014  
ISSUE!



DULUTH, MINNESOTA

FALL 2014





## GARBANZO GAZETTE

Published by:  
Whole Foods Co-op

610 East 4th Street  
Duluth, MN 55805

phone | 218.728.0884  
fax | 218.728.0490

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

### STORE HOURS:

7 AM – 9 PM every day

Ownership Investment:  
\$100 per voting membership

Further ownership  
information is available at the  
Whole Foods Co-op.

The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op 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 Co-op management, Board or Owners. Submissions must be received one month prior to publication. The next deadline is Saturday November 1, 2014. Refer submissions and questions to: [shannon@wholefoods.coop](mailto:shannon@wholefoods.coop)

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The information in the Garbanzo Gazette is also available on our website at:

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

### SHARE THE LOVE

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

## management report

by Sharon Murphy, General Manager & WFC Owner



*"Patience, persistence and perspiration make an unbeatable combination for success."*

– Napoleon Hill



### WFC-HILLSIDE

We anticipate completion of the Hillside "rebrand" process by early September. Interior and exterior lighting and signs are still to come plus exterior painting front and back of the store and all those pesky punch-list

items. Many thanks to Store Manager Sarah Hannigan, Brand Manager Shannon Szymkowiak, Jill Johnson of Isola Designs and Builders Commonwealth for achieving our goals of making the store looking bigger, more open and more accessible without adding an inch of new space!

Meanwhile, our natural-gas powered generator is fully installed, tested and ready to back-up the store's power needs in the event of an electricity failure. There is a new Loll courtesy bench out front along with an ice machine to ensure our customers plenty of potable ice year-round.

As part of our Internal Readiness phase for evolving to a multi-store operation, our Management Team worked with Jeanie Wells, a consultant from Cooperative Development Services, to develop a new Staff Structure for Hillside that will support development of leadership and administrative skills in our current staff to create new systems and HR practices. No current staff will be 'harmed' in the introduction of the new Staff Structure. After creating/updating job descriptions and evaluation criteria, most of the new positions will be filled without the addition of labor hours. Positions that require adding labor hours will be phased in over the next two to six months.

### WFC-DENFELD

For several months, our Denfeld Design Team has been ticking off the requirements to get to closing on the purchase of the land and approval of design and financing for construction of the Denfeld site. We have approval of conventional financing subject to accepting a construction bid that fits the parameters of the project budget. We have all the required environmental reports, sample results, a Response Action Plan and a Construction Contingency Plan required for construction on a brownfield. Closing on the purchase of the land was completed on August 7. Our site and building plans passed a Planning Department review on August 12. Ground-breaking is tentatively scheduled for September...

Getting to know some of the people who will be our new customers at the Denfeld site has been another goal this summer. Their energy and desire for a neighborhood food co-op has been just the push needed to get us through this intensive planning process. I've spoken at meetings of the West Duluth Business Club, the Spirit Valley Kiwanis and the Spirit Valley Rotarians, and participated on the City's Edible Duluth project for the Denfeld area. We tabled at the Lincoln Park Fair Food Access event in June and our WFC Grocery Cart Drill Team performed in the Spirit Valley Days Parade on July 31.

If you are interested in investing in the Denfeld project, a member of our Owner Financing Team is available at the Hillside store (728-0884, ext 1; [finance@wholefoods.coop](mailto:finance@wholefoods.coop)) to answer questions and process your Loan and/or Class C Stock purchase. You can track our Owner Financing progress on the chart in the entry vestibule at the Hillside store.

Thank you all for your support of WFC. GG

## WHOLE FOODS CO-OP—Community Owned—That's the Difference

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## PROGRESS ON ENDS

In the Policy Governance model, an ENDS Statement answers the question "What will be/is different because this co-op exists?" The ENDS Statement approved by the WFC Board of Directors on March 23, 2009, is:

*"In Duluth there is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community including, but not limited to, a healthy regional food system."*

In the April - June 2014 quarter, management reported the following progress on ENDS:

- \$1,000 Duluth Local Initiatives Support Corporation/LISC
- \$1,000 Myers Wilkins Community School Collaborative/Peace Garden
- \$200 CHOICE, unlimited/Hike for Health
- Management participation with and logistical support for the Growing Farms Board of Directors, the Safe and Walkable Hillside Committee and the Myers/Wilkins Community School Collaborative Board
- Support for The Cab Coupon Program
- For each packet of garden seeds sold, 10 cents to support Duluth Community Garden Program
- Match each \$0.05 bag credit donated by our customers; current recipient of donated bag credits is Second Harvest Northern Lakes Food Bank
- Payment of wages, salaries and benefits for 120 employees amounted to \$713,730
- Quarterly discounts to Owners amounted to \$21,094
- Sales of LOCAL (within the 15-county Superior Compact area) products amounted to \$712,565 (4.21% of total sales); sales of REGIONAL (within a 300-mile radius) products amounted to \$397,643 (9.69% of total sales)

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# minding the store everything old is new again

by Sarah Hannigan, Hillside Store Manager & WFC Owner



Green! The new floor! The painted wall at the far end of the store! The wall in the Brewery Creek Overlook! (And by the time this issue goes to print, our front entry!) There is actually much more green to our recent renovation than you can see in the visible color spectrum. Throughout the remodel, WFC embraced sustainable and resilient finishes, local products, and energy efficient fixtures.

The focal point for many is the new rubber floor. Both the production and the maintenance of the floor are sustainable. The manufacturer, nora™ Flooring, uses natural and industrial rubber that does not contain any PVC, plasticizers (phthalate) or halogens (e.g., chlorine). As nora™ rubber floors are guaranteed to not generate any hydrochloric acid, dioxins or furans, the product supports healthy indoor air quality. Additionally, the floor does not require any waxing, stripping or refinishing and can be cleaned with water and a scrubber. I will admit it did take us a little while to get up the how-to-clean-the-new-floor learning curve; but I'm pleased that we now have a long-lasting, sustainable product.

The lighting fixtures above the registers and the Customer Service Counter, in the Brewery Creek Overlook and in the Fog City Deli are either LED fixtures or are fitted with LED lamps. The new lights are better than the CFLs they replaced in a number of ways: the bulbs last up to 5 times longer, use about 1/3 the amount of energy and do not contain mercury. LED lights are also cool—unlike incandescent and CFL bulbs they don't produce heat and therefore don't put any added demand on our cooling system and that saves us energy as well. Long

term, we plan to switch all of the overhead lighting on the sales floor to the more sustainable LED technology.

The new counter and wall surfaces throughout the store are resilient and sustainable. Long-lasting stainless steel and solid surface countertops are made of natural and recycled content. We selected tile with high recycled-content and choose to install it in areas of high use. Outside we stretched the James Hardie fiber cement siding around the back of the building, this siding product is also known for durability. Throughout, no-VOC paints were used on all surfaces, which means that air-quality was not compromised by volatile organic compounds.

The tables in the Brewery Creek Overlook and benches at the entry are made from 100% recycled high-density polyethylene (HDPE) by Loll Designs. These new pieces – three tables and two benches – were 2,464 plastic milk jugs in their past life. This furniture is also extremely durable. A bench in our outdoor area proved to be stronger than our retaining wall when it survived the 2012 flood. Loll Designs is also a neighbor—our new furniture was manufactured at the Hawksboots sustainable facility in West Duluth. (The Epicurean cutting boards that we sell are also manufactured at this facility).

I'm pleased that the renovation achieved our objectives, and truly appreciate your patience throughout the process. We successfully upheld our commitment to green building and a healthy environment while bringing a fresh and expansive feel to our store. And our dedicated contractors were able to make almost all of it happen in the wee hours of the night so as to not disrupt your shopping experience. It has been delightful to hear your response, especially the inquiries about how we were able to widen the aisles! Thank you, thank you! GG

## WFC-HILLSIDE: BEFORE & AFTER



Deli before



Deli after



Vestibule before



Vestibule (watch for final touches!)



Produce before



Produce after

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**Mary Ann Bernard**  
Board Recruitment Committee  
Term expires 2014  
mbernard@wholefoods.coop

**Chris Edwardson**  
Board President  
GM Evaluation Committee Chair  
Finance Committee  
Board Recruitment Committee  
Term expires 2015  
chrise@wholefoods.coop

**David Helf**  
Co-Vice President  
Finance Committee  
GM Evaluation Committee  
Term expires 2014  
davidh@wholefoods.coop

**Heather Murphy**  
Secretary  
Board Recruitment Committee  
Chair  
Term expires 2014  
heather@wholefoods.coop

**Mickey Pearson**  
Board Recruitment Committee  
Term expires 2015  
mpearson@wholefoods.coop

**Jean Sramek**  
Co-Vice President  
GM Evaluation Committee  
Term expires 2015  
jsramek@wholefoods.coop

**John Westlund**  
Treasurer  
Finance Committee Chair  
GM Evaluation Committee  
Term expires 2014  
johnw@wholefoods.coop

e-group address to communicate  
with entire Board and the General  
Manager:  
wfcbod@wholefoods.coop

To leave a call-back request for  
a Board member call:  
(218) 728-0884

Letters addressed to the following address  
will be forwarded unopened to the Board/  
Board member:

Board members  
c/o Whole Foods Co-op  
610 East 4th Street  
Duluth, MN 55805

**Sharon Murphy**  
General Manager  
Whole Foods Co-op  
610 E 4th Street  
Duluth, MN 55805  
**phone** | (218)728-0884 | ext. 101  
**fax** | (218)728-0490  
smurphy@wholefoods.coop  
**www.wholefoods.coop**

## INTERESTED IN HOW THE BOARD WORKS?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you have an item for discussion at the Board meeting, please submit your item in writing by the first Friday of the month in which you request the Board's consideration. Such agenda items will be subject to time constraints at the Board meeting. Board meetings are on the 4th Monday of every month beginning at 5:30 PM subject to change due to holidays and Co-op events.

## board report

by Chris Edwardson, WFC Board President



I don't often get feedback on this Board Report that you are now reading. Probably not many of our nearly 8,000 Owners read what I write and that is life. Everyone is busy and we pick and chose what we read and how we communicate. Just recently, I was annoyed with a contractor I was working with because he had ignored my phone calls—it turns out he had sent me a text response and I don't receive texts. When we finally did talk,

I learned that he doesn't e-mail (at least not much). Our communication mismatch nearly resulted in hard feelings. Some of you would prefer it if I were to text, e-mail, or tweet board news and that would likely lead many of you to respond. My bet is that I would be inundated with comments because you could respond immediately if you liked or disliked what I had to say and I would be unable to respond reasonably.

By writing an article that is edited, I run less of a risk of being misunderstood and that is a good thing. There is a lot going on at your Co-op and the Board and Management are committed to keeping you well (and accurately) informed about our growth and expansion and other matters of concern. We need to be careful to manage expectations of employees and Owners regarding what our business will look like when we open a store in Denfeld. For those of you who have pur-

chased Class C stock or loaned money to the Co-op, you are aware, after reading the prospectus, that this is not a risk free commitment. However, Board and Management are diligently working to minimize that risk.

We have engaged consultants who have expertise in food co-op expansion to analyze the market and project our sales for our specific site. Architects, engineers, and a contractor are working with us to ensure that the project comes in on time and on budget. Our General Manager reports to the Board regularly and at each milestone or for any major decision the Board approves management's recommendations before money is spent or a contract is signed. Checks and balances are important to being successful.

So I thank those of you who take the time to read this article and perhaps provide some feedback. Owners place great trust in their elected representatives and the Board takes that seriously. And speaking of elected representatives, you will soon be asked to vote for some new Board members.

Voting this year is especially important because the Board has authorized WFC to donate \$1.00 for each valid (on-line or paper) ballot received to the Just Label It campaign. This is a campaign to get labels on products that contain GMO's.

By the time you get your Gazette, you should have received your voting information postcard. If you have not, please do call or stop by the Co-op so your vote can be counted.

Spread the word, get out the vote! GG



## 2014 BOARD ELECTION

There will be four seats open for the WFC Board election in September 2014.

Notice of the Board election and candidate information will be included in a reminder postcard to all WFC Owners and posted at [www.wholefoods.coop](http://www.wholefoods.coop). Voting access for Owners will be on-line from personal electronic devices or from a dedicated terminal available at the Co-op; Owners will be mailed login and password information the first week in September. Owners will also have the option of submitting a paper ballot available at the Customer Service Counter. Results will be announced at the Annual Owners Meeting on October 17 at the DECC.

## 2014 ballot issue

### AND ELECTION OF OWNERS TO THE BOARD OF DIRECTORS

Voting is a connection between our Owners and the strategic direction of our Co-op. By participating, you are helping to ensure our Board is made up of people who share your perspective and that resources are allocated and policies developed that meet your approval. And by voting this year, you will also provide support to an organization trying to influence Washington, D.C., on an issue critical to our food system. For each verifiable vote received (electronic or paper ballot), WFC will donate \$1.00 to Just Label It (<http://justlabelit.org>) in support of GMO (genetically modified organism) labeling regulations.

Candidate profiles and ballot issue information are posted at WFC and at [www.wholefoods.coop](http://www.wholefoods.coop). On-line voting and paper ballots will be available by September 1, 2014; votes must be submitted by 9 PM on Wednesday, September 17, 2014. Owners will receive a postcard by September 2nd with login and password information for on-line voting. A designated computer will be available at WFC to cast your on-line ballot.

Candidate profiles and packets for paper ballots will be available at the Customer Service Counter or can be mailed to you with advance notice (218-728-0884, ext. 1).

### • ATTENTION CO-OP OWNER •

It's time to exercise your right to...







# ownership matters perpetuation

by David Helf, WFC Board Co-Vice-President



This is goodbye after eight years of Board service. I'd like to quote numbers to illustrate our success, (and by inference, how successful I've been!) but I'll skip that, because you know it already. Instead, I'll write about the future. WFC hasn't always been this successful, and nothing guarantees our future success, so I've already started to fret a bit. What will they do without me?" (whine!)

**I have some ideas:** Success will start with you, nearly 8,000 of you. Without you, we are nothing. Our business model depends on your participation. This is your business, the one you own by holding equity, lending it money or buying "class C" shares, and by shopping, voting, and promoting. Second, our sterling staff. They have managed our growth and success and will continue to do amazing work. Finally (this is the part that I think about most!) we need a dynamic and intelligent, well-trained Board, one able to take on tough challenges and be willing to think strategically.

During my tenure, we have worked hard at recruiting Board candidates. At first, our goal was to fill the boardroom with qualified people. Board service was simpler, terms were for only two years rather than three, and training was minimal. That worked, but times changed. We now have 3-year terms and much training.

During our election cycles, we've required prospective Board candidates to do some simple things: Be an Owner in good standing, attend at least two Board meetings prior to running for election, and to answer a few written questions. This has also worked- we've attracted good candidates. I think the Board has been quite dynamic, and maintained its excellence as directors come to and go from the Board.

However, over those years, the grocery business has gotten more competitive, not less. The degree of complexity and change in the world of food production and sales has been astonishing, from the effects of climate change, to the specter of genetically modified foods, to economic instability, and to the increasing demands put upon us by our Owners. The bar for our performance has been raised. Oh my!

How will the Board maintain momentum? Here's our mantra: "We must perpetuate Board excellence."

Because of those challenges I mentioned, and an ever-increasing workload, we are discussing modifications to the application and selection process for prospective board candidates. We have not changed anything yet, but I want to briefly mention some of our ideas. Representing 8,000 Owners and making decisions that involve millions of dollars means that, purely stated, Board membership is an crucial job, and one with significant consequences. You trust us to make timely, informed decisions, and we understand your low tolerance for failure.

It's likely we will start a new process after this election, which might involve interviewing candidates and/or asking them for personal references (gone are the days when we knew the majority of other Owners!) We generally think the process should be more rigorous, and reflect the increasing difficulty and complexity of Board service. We may call upon Owners to help the Board with candidate selection, as we realize how much expertise exists outside the Board.

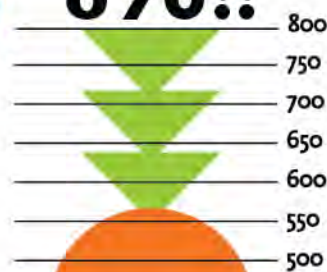
In coming months, we should finalize this new process, and we would love to hear from any and all Owners who have in interest in "perpetuating Board excellence." Tell us your ideas. We're open to stealing the best practices out there, so if you have one, let us know.

It's been great serving you! See you at the new store in 2015.  
GG



OVER THE CARROT TOP!

896!!



## NEW OWNERS!

From May 1 through the end of the fiscal year on June 30, your Co-op gained 152 new Owners for a total of 896 new Owners in Fiscal year 2014. That's 96 over our goal. Thank you!

To kick us off for this new fiscal year, your co-op added 70 new Owners in the month of July. With a new location coming, we have a big goal for the upcoming year. We are counting on you, Owners, to talk to your friends about Co-op Ownership. For an equity investment of \$100, the return to the shopper by way of discounts, coupons, monthly specials and more is pretty amazing. We thank you all for supporting your co-op each and every day. After all, without you, we wouldn't be us!

*You may have noticed that we do not have a New Owners list this month. Due to the growing number of Owners and increasing requests to not publish names, we will no longer be listing our new Owners in the Gazette.*

# abandoned equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that WFC exceeded its annual goals for number of new Owners, amount of new equity and net profitability, the Board unanimously approved returning approximately \$3,000, net after any indebtedness owed to WFC, of the oldest abandoned equity (no current address on file and/or Owner is more than one year behind in purchase of required equity and/or Owner has failed to comply with Owner credit policies). The process to return abandoned equity is to publish the names of these Owners in the Garbanzo Gazette and allow at least sixty (60) days (by November 16, 2014) for them to provide a current address and/or purchase required equity and/or comply with Owner credit policies.

**The balance of unclaimed abandoned equity will be donated to a local, ENDS-related non-profit chosen by Owners voting in the 2014 Board election (on-line or paper ballot):**

- CHUM/Churches United in Ministry Food Shelf
- Duluth Community Garden Program/Plant A Lot
- Lake Superior Sustainable Farming Association
- Local Initiatives Support Corporation/LISC/Lincoln Park Fair Food Access
- Myers/Wilkins Community School Collaborative/Peace Garden
- One Roof Community Housing
- Second Harvest Northern Lakes Food Bank
- Seeds of Success/Community Action Duluth
- Other: \_\_\_\_\_

**Previous recipients of unclaimed abandoned equity:**

- Second Harvest Northern Lakes Food Bank, 2008 and 2010
- Lakes Superior Farming Association, 2009
- Duluth Community Garden Program, 2011
- Growing Farms, 2012
- Kids Garden/Damiano Center, 2013

# HELP US LOCATE THESE FOLKS!

- Abalan, Mark
- Ackerman, Terry
- Almer, Kathryn
- Anders, Jacob
- Arfstrom, Arthur
- Aspling, Patti
- Bagley, Heidi
- Baribeau, Melinda
- Bents, Lisa
- Blanchard, Edna
- Boerner, Michael
- Butler, Carol
- Campanini, Courtney
- Caraway-Carlson, Jill
- Carlsness, Susan
- Colten, Michael
- Cooke, Elna
- Cooper, Michael
- Daugherty, Melody
- Dettmann, Faye
- Drengler, Kurt
- Effinger, Sienna
- Ellis, Angela
- Faber, Karolina
- Fisk, Eric
- Fitzpatrick, Amy
- Foltz, Angela
- Forbes, Michael
- Galatowitsch, Tim
- Grover, Kyle
- Hammen, Amanda
- Hanson, Emmy
- Hanson, Ryan
- Hasskamp, Annemarie
- Helke, Rebecca
- Hemberger, Katy
- Herberg, Michael
- Hessen, Neal

- Hinojosa, Delisha
- Holck, Leslie
- Hynum, Nicole
- Isakson, Patricia
- Jader, Michael
- Kapanke, Mai Anh
- Keliin, Dana
- Keller, Brian
- Latterell, Angel
- Lee, John
- Lee, Michelle
- Lessard, Julie
- Levitan, Kathryn
- Louisot, Jennifer
- Mackellar, Nancy
- Maclean, Mark
- Matero, Regent
- Mennes, David
- Monk, Greg
- Nordlund, Chris
- Odea, Raymond
- Paquette, Angela
- Perry, Sara
- Peterson, Douglas
- Peterson, Leslie Rae
- Picconatto, Pat
- Pollan, Henry
- Powell, Vonda
- Rennquist, Jp
- Rhame, Eric
- Rocheford, Kat
- Saarela, Betty
- Sande-Harju, Andrea
- Schleisman, Kessia
- Schwegman, Connie
- Seguin, Patricia
- Sinkkonen, Leslie
- Smith, Arlene
- Smith, David

- Smith, Linda
- Sorem, Linda
- Spolar, Shirone
- Swader, Amber
- Teslow, Hollie
- Thiede, Anna
- Timo, Patrice
- Tupper, Jonathon
- Utech, Nancy
- Vecchione, Leanne
- Wahlman, Andrea
- Walrath, Jennifer
- Walsh, Julie
- Walter, Jen
- Washington, Robin
- Weber, Natalie
- Wedel, Mary
- Welch, Sherry
- Wells, Caroline
- White, Natalie
- Whitmore, Courtney
- Wiese, Joshua
- Wilhoite Bell, Ann
- Zimmerman, Audrey

GG







## notes from the front

follow the recycled bag path!

by Michael Olker, Front End Manager & WFC Owner



In June of 2006, your Co-op implemented an incentive program encouraging shoppers to bring in their own shopping bags to be used for bagging their groceries at the checkout. Originally, this program allowed shoppers to choose between collecting punches on a punch card and redeeming it for \$1 when full, or, donating their punch to a master punch card that would get donated to Second Harvest Northern Lakes Food Bank. Each punch was worth \$0.05. Due to the popularity of the program, we quickly realized that we needed a better way of keeping track of the donated punches and we developed a way to track these punches electronically through our point of sale system. I'm positive that you've heard your cashier ask if you would like to donate for bringing in your own shopping bag, because most of our generous shoppers do donate those punches. In January of 2013, WFC upped the ante even more and committed to matching your donated \$0.05 making each donated bag punch worth \$0.10. Your participation in this program, as little as it might seem with each transaction, is nothing short of remarkable! After your mental drum roll, take note: to date, the Reduce, Reuse, Redeem stats are as follows:

\$3,904.00 Redeemed by our shoppers towards their grocery purchases.

\$19,120.00 Donated to Second Harvest Northern Lakes Food Bank!

That is a minimum of 380,259 bags saved! (Our donation amount and tracking is per transaction, not per bag so the actual number of bags saved is even greater).

Now, unless you stock bags, stack bags or bag groceries all day long, this number is kind of hard to comprehend. For those of you familiar- or next time you stop in to shop you can take a look- this number represents 1,268 bales of bags which is approximately a 1 1/2 year supply at our current rate of use! Because I'm on a roll and I wanted to make this number even more noteworthy, I calculated, that, if laid end to end, the number of bags saved would be enough to make a recycled content, soy based ink paper bag path to our friends at the Chequamegon Food Co-op in Ashland, Wisconsin, who, by the way, are undergoing a move to a larger location! Much like your very own Co-op, the cooperative family is growing, and it is wonderful to participate in the success of your business and that success brings more positive impact on our communities.

The success of our Reduce, Reuse, Redeem program has got us thinking that it might be time to revisit the program again and see if we can make it count even more. Stay tuned! **GG**

## access discount a path to better eating



Although your co-op tries to stay as competitive as possible and offers as many ways to save money as we can, sometimes life throws a curve ball and too often, good food takes a back seat. In response to surveys and comments from customers and community members and as a way to encourage people with economic challenges to shop at the Co-op, WFC introduces the Access Discount.

The Access Discount is a once-monthly 10% discount off a purchase for WFC Owners who qualify (see below). This discount can be taken any day of the month and on any size purchase. This discount can be used in conjunction with paper coupons, Owner Appreciation events/coupons, special order discounts, Extreme Produce Specials and/or sale pricing, so stocking up becomes that much easier to do. The only purchase limitation is that it cannot be used to purchase equity or gift cards.

In order to qualify for the Access Discount, a customer must first be an Owner of Whole Foods Co-op. Once they are an Owner, they will need to fill out a short application and supply proof of participation in one of the following programs:

- 1 **Emergency Assistance Program** (e.g., through St. Louis County or the Salvation Army)
- 2 **Energy Assistance Program** (e.g., AEOA)
- 3 **Medicaid**
- 4 **Section 8 or HRA Housing Program**
- 5 **School Meal Program**
- 6 **SNAP** (formerly Food Stamps)
- 7 **Social Security Disability Insurance** (SSI or RSDI)
- 8 **WIC** (Women, Infants, Children Food Supplement Program)

Once completed, the Access Discount should be available to that Owner in two business days (pending Application review and an update of that Owner's account). The Owner will need to provide proof once yearly in order to continue using the Access Discount.

What if a shopper is not a Whole Foods Co-op Owner? Ownership benefits begin with the first \$20 of equity paid. After that, a person has up to one year to pay the remaining \$80, in any increment, at any time at the registers. If, after one year, the new Owner is participating in one of the above-listed programs, they are then eligible to apply for funds from the Fran Skinner Memorial Fund.

One never knows when they might need a little help. It is our hope that the Access Discount encourage folks to give WFC a try, eat a little better and hopefully, will see the value that can be found at your Co-op. **GG**

### SAVE THE DATE!

WFC's 2014 Annual Owners Meeting & Dinner will be held on:

**FRIDAY**  
**October 17, 2014**  
at the DECC!

Details on the location, menu and agenda will be included in the invitation mailed to Owners in the 2014 Annual Report.

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# the buzz

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

## STAFF NEWS



When not tending your groceries, Front End Clerks Brandon Smith and Derick Cich are enjoying playing Dungeons and Dragons together along with a few non-Co-op employees. Derick is a gnome bard in the role-playing game and Brandon the DM (Dungeon Master). It's all part of finding ways to stay out of trouble in the Front End Department, says Brandon. Happy adventures, fellas!



Customer Service Clerk Mayson Longley shows off our new bumper stickers!

## STAFF AWARD WINNERS

The **Customer Service Award** recognizes employees who consistently go out of their way to provide the best possible service. Our staff members are truly a wealth of knowledge, and we are fortunate that they are willing to share insights with our Owners and patrons. Many thanks, Customer Service Award winners, for making the co-op a true leader in customer service!

### July



**Gummy Award**  
**Dani Heytens**  
Deli Counter Clerk

The **GUMBY** is awarded to employees who 'bend over backwards' in their daily duties. They are flexible with their schedules as well as their job requirements. We heartily congratulate our GUMBY Award winners!

### August



**Gummy Award**  
**Adam Metzger**  
Produce Clerk



**Gummy Award**  
**Kirk Wyman**  
Deli Kitchen Clerk & Deli Counter Clerk



**Customer Service**  
**Heather Collander**  
Front End Clerk



**Customer Service**  
**Jen Krussow**  
Front End Clerk

## STAFF ANNIVERSARIES

### September

- Matt Biggs**, Deli 1 year
- Colleen Kelly**, Human Resources 9 years
- Dolores Meidl**, Deli 9 years
- Weezy Nohre**, Merchandising 1 year
- Krismarie Rudh**, Produce 1 year
- Darcy Sathers**, Merchandising 19 years
- Micah Tigner**, Front End 2 years

### October

- Lisa Anderson**, Merchandising 17 years
- Derick Cich**, Front End 1 year
- Jill Hall**, Merchandising 9 years
- Jesse Hoheisel**, Merchandising 9 years
- Julie Kohls**, Merchandising 12 years
- Josephine Lepak**, Finance 4 years
- Corey Sather**, Front End 2 years

### November

- Emily Darnell**, Promotions and Education 5 years
- John Freedline Sr.**, Deli 9 years
- Tyler Friesen**, Deli 1 year
- Jake McMiller**, Deli 8 years
- Tony Nephew**, Deli 1 year
- Wendy Sjoblom**, Deli 9 years
- Jared Strom**, Merchandising 1 year

## CO-OP OWNERS!



WFC will host an

### Owner Art Exhibit

this upcoming October in the Brewery Creek Overlook seating area.

Space is limited and some restrictions apply.

Inquires please contact Jill at:

[jillh@wholefoods.coop](mailto:jillh@wholefoods.coop)

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## gourmet to go

by Faith Koenig, Deli Manager



Hello, my name is Faith Koenig and I am the new Deli Manager at Hillside. I'd like to tell you all a little bit about myself and some of the new and exciting things happening in our fabulous Fog City Deli!

I was born and raised on the North Shore in Two Harbors, and have spent the majority of my life and career in Duluth. My love of cooking and all things food developed in my mother's and grandmother's kitchens. My most prized possessions are the worn wooden spoons, frayed aprons and recipes in their handwriting. The smell and feel of them brings me back to childhood in a flash. My grandmother followed every recipe to the T, and made detailed notes for everything. My mom gave me recipes the

following way: "I use a couple handfuls of this, and a small jar of that, then I make it until it looks right." I fall somewhere in the middle. There are German, Swedish, and Irish influences, but the most common denominator is butter.

I began working in restaurant kitchens when I was 14, washing dishes and bussing tables, but it took me until my mid-twenties to realize that it would be my career. Once I started cooking full time, I was hooked. It just felt right. My style is what family and friends refer to as "Gourmet Comfort Food". I like to make the hearty fare of my childhood, but with the freshest, most diverse basic ingredients. Our backyard always had a garden, and I've never met a vegetable that I didn't like. I get very excited about seasonal items and anticipate very eagerly the narrow window of time that I can find fresh morel mushrooms, the first local heirloom tomatoes, and squash blossoms.

I accepted the Deli Manager position here in May with complete joy. It is an inspiration to work with others who share the same passion in regard to quality, community and education. The new look of the store is inviting, fresh and open. It's a wonderful showcase for the delicious variety of breads, cheese and prepared food that Fog City is known for. I am very excited to introduce new additions to our Deli menu, as well as more local bakery items and choices.

As much as I am saddened by the end of summer, it means that autumn is almost here, and my favorite time of year for food. The bounty from local farms, comfort food, and the holidays bring with them so much opportunity to showcase fabulous produce and preserved items. It's a time to make soup, roasted squash, braises, gratins, bread. Time to can peaches, pears, applesauce, jams and chutney. Pickling beets, beans, cucumbers, and peppers. Time to start planning get-togethers with friends and family and the menus that go along with them.

I look forward to sharing my recipes and experience with Owners, customers, and staff, and to all of the exciting new things happening with Whole Foods Co-op. This is going to be fun! **GG**



### PEAR BRAISED PORK ROAST WITH ROOT VEGETABLES

#### Ingredients:

3-4 lb pork shoulder  
2 lb parsnips, peeled  
2 lb rutabaga, peeled, cut into 1/2" thick wedges  
1 lb carrots, scrubbed, tops removed  
1 lb turnips, peeled and quartered  
2 large leeks, cut lengthwise, sand removed  
4 C pear nectar  
4 C water  
2 ripe pears, quartered  
Salt to taste  
Black pepper, freshly ground to taste  
3 sprigs fresh thyme  
1 bunch flat leaf parsley, divided  
3 fresh bay leaves  
Olive oil

Pre-heat oven to 325° F. Prepare a large roasting pan by coating with olive oil. Make a bouquet garni by tying the parsley, bay and thyme with kitchen twine or in cheesecloth. Layer the root vegetables largest on the bottom, smaller on the top. Place pork roast on top, fat cap up. Season liberally with salt and pepper and drizzle olive oil to taste. Pour the pear nectar and water over the vegetables, add the herbs and pears, and cover the roasting pan tightly with a layer of parchment and a layer of aluminum foil. Roast at 325F for 3 hours. Check for doneness by pulling with two forks. Remove pears and herbs. Remove roast, place on a cutting board with drain, and cover with the foil. The pork should rest for at least 30 minutes. Pour the cooking liquid into a large pan and reduce by 3/4 over medium high heat. Arrange roast and vegetables on a large platter, with the sauce on the side. Garnish with some fresh thyme and pears.



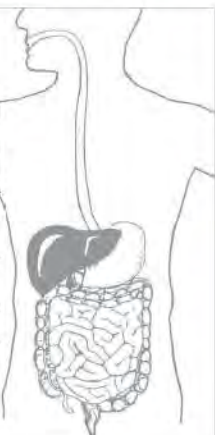
## THIS THANKSGIVING

Let us do the work for you!  
We will be offering full traditional  
Thanksgiving dinners in our  
Deli this year. Watch for  
information at the Deli soon!  
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Estroton

## BREAD

**3 Baker's**  
Gluten-Free Rye Style Bread  
Gluten-Free 7 Ancient Grains Bread  
Gluten-Free Whole Grain White

**Starlit Kitchen (LOCAL)**  
Pumpernickel Bread  
Angelic Bakehouse  
Sprouted Wheat Baguettes



## BULK

**Starlit Kitchen (LOCAL)**  
Bayfield Applefest Granola  
Maple Nut-Free Granola

Organic Wheat Germ

Organic Agave Syrup

Organic Poppy Seeds

## CHEESE

**Natural Valley**  
Mild Goat Cheddar

**Pasture Pride**  
Jalapeno Juusto

**Bellavitano**  
Balsamic Parmesan

**Castle Rock\***  
Cranberry Orange Cheddar

**Happy Hollow Creamery (LOCAL)**  
Settlement Stash Semi-Soft  
Sheep Cheese

**Marieke**  
Smoked Gouda

**Eichten's**  
Tomato Basil Gouda Wedges

**Daiya**  
Strawberry Style Cream Cheese

**Cedar Grove\***  
Farmer's Cheese

**Olli Salumaria**  
Chorizo  
Toscana Salami  
Molisana Salami  
Napoli Salami

## COOL

**Hampton Foods**  
Just Mayo

**Dreaming Cow Yogurt**  
Blueberry Cardamom  
Maple Ginger  
Strawberry Pomegranate

**Califia Almond Milk**  
Vanilla (w/whey protein)  
Chocolate (w/whey protein)  
Coco Coffee Noir  
XX Espresso

**Sixth Street Eats (LOCAL)**  
Garbanzo Hummus\*

**Nessalla Kombucha**  
Blueberry  
Peach Blush  
Seasonal Variety

## FROZEN

**Steve's Ice Cream**  
Brooklyn Blackout  
Bourbon Vanilla  
Chili Chocolate  
Salty Caramel  
Non-Dairy Cinnamon Coffee

**Woodstock Farms\***  
Cherries

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**Wyman's**  
Mixed Berries  
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**Stahlbush Farms**  
Beets

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Mushroom Pizza  
GRAB & GO  
Red Cerignola Olives



## GROCERY

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## GROCERY

(Continued)

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Unsalted Peanut Butter  
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Original, Cinnamon, Strawberry  
6-Pack Applesauce Pouches



**Veggie-Go's\***  
Fruit & Veggie Strips  
(4 New Flavors)

**Enjoy Life**  
Gluten Free Nut & Seed Mixes  
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**Guayaki\***  
Passionfruit Terere Yerba Mate  
Drink

## MEAT

**Applegate**  
Savory Turkey Breakfast Sausage  
Maple Chicken Breakfast Sausage  
Apple Chicken Breakfast Sausage

## SPECIALTY

**Mitica**  
Caramelized Pecans

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For the "I don't want more email!" crowd: We are limiting these high-value coupons to once or twice monthly so we promise your email in-box will not be loaded with co-op emails. Give it a shot. You won't be disappointed!

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## from co-ops to co-ops alter eco exclusive 8-pack truffle box available at your Whole Foods Co-op

Deep, dark smooth chocolate sourced from Ecuador and Peru surrounds these sumptuous bite-sized truffle delights. Pure organic coconut oil sourced from India combined with milk and cacao creates the silky-smooth, melty filling. Only available at community-owned food co-ops, this exclusive 8-pack of Swiss-made, organic, fair trade truffles from Alter Eco launches with two new flavors, Salted Caramel and Sea Salt, to accompany their wildly-addictive Black and Velvet Truffles. These co-op-exclusive truffle assortments are available for a limited time at food co-ops around the country, and are making their debut just in time for Co-op Month.

Founded in 2005, Fortaleza del Valle Cooperative is the source for the rich, fruity cacao used in Alter Eco's Black, Sea Salt and Salted Caramel Truffles. Located in Calceta, Ecuador, this cooperative of small-scale cacao farmers has been working to improve their farming techniques in order to enhance quality and expand market opportunities. The fair trade premium has enabled the cooperative to invest in infrastructure, processing equipment and pre-harvest financing for the 630 members. Through crop biodiversity, the farmers are now able to include the plantation of cacao, banana, coconut and timber in their fields, using this diversification to catalyze their business.

Nestled along the river Huayabamba at the edge of the Peruvian Amazon, the farmers of the cacao found in Alter Eco's Velvet Truffle survey a landscape that's entirely different than it was 15 years ago. In 1994, a United Nations program made it possible for these farmers to begin

replacing their illegal coca crops (used to make cocaine) with cocoa, releasing them from an oppressive, volatile and often dangerous relationship with drug traffickers. Located in the San Martín region of Peru, the ACOPAGRO Cacao Cooperative has over 2,100 members of small-scale cacao farmers. The fair trade premium has allowed ACOPAGRO to invest in a new office and warehouse facility, equipment and quality trainings for its members, and social programs such as access to medical services like dental and eye care.

Coconut oil is the perfect complement to antioxidant-rich dark chocolate. Besides the many health benefits, coconut oil is a sustainable alternative to the palm kernel oil often used in traditional truffles. Alter Eco sources its coconut oil from Fair Trade Alliance Kerala, on India's Malabar Coast. Founded in 2005 Kerala has more than 3,500 members. This farmer-owned co-op practices jaiva krishi, a sustainable farming method that mimics virgin rainforest. FTAK farmers grow a host of tropical products such as cashews, coconut palms, coffee, cocoa, pepper, nutmeg, vanilla and other spices on their small plots. The mixed-crop plantations play an important role in preserving local biodiversity and, at the same time, safeguarding the food security of the farming members.

Alter Eco has taken their commitment to sustainability one step further with these truffles by introducing new eco-friendly packaging. Alter Eco has developed a groundbreaking wrapper—printed with non-toxic compostable ink—that will

decompose in yard waste and at-home compost bins. "Alter Eco's goal is to provide consumers with a decadently delicious taste experience, while never compromising our own values," said Edouard Rollet, Co-Founder and President of Alter Eco. "With these truffles, we've taken goodness to a whole new level."

Look for these delicious truffles during October—Co-op Month. You can learn more about cooperatives at [www.strongertogether.coop](http://www.strongertogether.coop), and find out about Alter Eco at [www.alterecofoods.com](http://www.alterecofoods.com).



### news bites

#### FAIR TRADE LOVE



Our bananas never looked so sweet than with young Fletcher. Fair Trade Love photo courtesy of: Andy Hardman

#### CO-OP POWER

Just before Grandma's Marathon, a customer called to order two roast chickens. She said they were for last year's record breaker of the women's Grandma's marathon. Sarah Kiptoo is from Kenya and broke her own record and the course record for the full marathon last year. Her hosts asked her this year what she wanted for dinner and she said she wanted the roasted chicken she had from the Fog City Deli. No wonder she runs so fast...she's Co-op powered!

#### OWNER APPRECIATION COUPON

As of April 1, 2014, our Owner's Quarterly Virtual Discount (5% off on an up to \$50 purchase of the Owner's choice each quarter) evolved to a MONTHLY Owner Bonus Coupon. Same great value of 5% off on an up to \$50 purchase of the Owner's choice. Still "virtual" = paperless, nothing to clip and save. Now available monthly!

#### REDUCING BARRIERS

In response to Owner survey comments and concerns, as of May 1, 2014, Owners who qualify by providing (in advance of purchase) annual proof of participation in a low-income support program will receive a one-time/monthly/10% ACCESS DISCOUNT on a purchase of the Owner's choice. For details, see the ACCESS DISCOUNT brochure available at the Customer Service Counter.

And eligibility criteria for the Fran Skinner Memorial Matching Fund for Owners to purchase the balance of Owner equity due are now the same as for the ACCESS DISCOUNT. For details, see the MEMORIAL MATCHING FUND brochure available at the Customer Service Counter.



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## WFC-U September classes October–December 2014

Taught by Local Experts, Community Members, WFC Owners & Staff

### Cold Composting & Winter Wigglers

Meghan Gil de Lamadrid

Tuesday, September 30  
6:00–7:30 PM

\$10.00 for WFC owners  
\$12.00 for non-owners

The season is nearing a close, but composting can be continued! Table scraps accumulate year-round, taking up valuable garbage space and mummifying in the landfill. In this class you will learn how to winterize your compost pile to keep it working for as long as possible into the winter, how to prevent your compost pile from being a big, soppy heap in the spring, and two different ways to continue composting during the winter (bokashi and vermicompost). Bokashi uses an anaerobic process to break down and ferment your table scraps for storage to add to your pile once it thaws. By using this method, you will be able to speed up the overall composting process (a little over a month) and the method will give you the ability to compost meat and dairy (unlike regular composting). Vermicompost uses red wiggler worms to eat table scraps and create worm casings which are an excellent soil additive. Come join the fun and learn how to make both systems DIY style on the cheap!

### Meghan Gil de Lamadrid

Meghan Gil de Lamadrid is a student at UWS in Sustainable Management. She loves cooking and trying new things, but she has always noticed the waste that comes out of cooking fresh food. Last May, Meghan took a Master Composter course offered through the UW Extension system. She loves sharing her newfound knowledge about composting and helping other people with their different styles of composting.

### Water Bath Canning Applesauce the Easy Way

Katie Hanson

Saturday, October 4  
10:00 AM–12:00 PM

Eat from the garden well after your garden is harvested by learning how to preserve the harvest using water bath canning! The class will consist of a hands-on demonstration using the magical "Victorio Strainer" to process apples into applesauce, and then preserve the sauce using a water-bath canner. Participants will leave the class with an understanding of the safest techniques for water-bath canning, quality reference materials to give them the confidence to incorporate this technique into their food preservation efforts, and a jar of applesauce!

### Katie Hanson

Katie Hanson is a Douglas County Master Food Preserver, and Garden Educator for the Duluth Community Garden Program. She has worked as a cook and farm hand, and tended her own ever-expanding garden for over ten years. She writes about her adventures in gardening, cooking and food preservation for the DCGP Garden Blog and Newsletter.

### Let's Make Kim Chi!

Angela Krick

Tuesday, October 7  
6:00–8:00 PM

Have you ever wanted to whip up your own Kim Chi? Have you ever wondered how vegetable fermentation works? Have you ever questioned how healthy, safe and easy it is? Join Angela in chopping, salting, and packing Kim Chi in this hands-on class with room for sampling and questions. Participants will leave class with a better understanding of vegetable fermentation, and a jar of their very own hand-made Kim Chi. From where the bubbles literally come alive, let us cultivate flavor and well-being! Participants will need to provide their own sharp chef's knife and apron.

### Angela Krick

Angela and her family have been fermenting food and drink for over four years. Over the years, they have made Kim Chi, Curtido, Sauerkraut, Pickles, Dilly Beans, Ginger Carrots, Rhubarb, Italian Zucchini, Garlic, Roots Blend, Cashew Cheese, Dosa, Rejuvelac, Seed Yogurt and Kombucha. Angela wants the Twin Ports Community to know that fermenting food is simple, healthy, and safe!

### Bombay Pav-Bhaji: A Popular Indian Snack

Dr. Aparna Katre

Saturday, October 11  
10:00 AM–12:00 PM

Bombay Pav-Bhaji is an easy-to-cook vegetable-based recipe. It is perfect to eat along with bread or white rice. Made from a variety of vegetables such as cauliflower, bell peppers, and carrots, it is an all-time favorite of kids and adults alike. With a traditional Indian cooking style, Aparna will show how to cook Bombay Pav-Bhaji.

### Dr. Aparna Katre

Born and raised in India, Aparna loves cooking. She is a fan of a healthy vegetarian diet. Aparna was fortunate to live in different parts of India, and learned to cook dishes using local spices and seasonal fruits and vegetables.

### The Gluten Strain

Dr. James Hoeffling

Tuesday, October 14  
6:00–7:00 PM

\$10.00 for WFC owners  
\$12.00 for non-owners

Gluten-Free seems to be the big buzz word right now. You hear the term more frequently and likely know someone is on the "diet". Why does eliminating gluten affect different people in different ways?

Dr. Hoeffling, a certified gluten coach, will breakdown the gluten-free mystery and will answer many of your questions concerning this topic such as:

- What is gluten?
- Why do some people notice big changes going gluten-free and others do not?
- What is causing this sudden "out-break" of gluten sensitivity?
- How does gluten affect health conditions including Autism, ADHD, osteoporosis, and many auto-immune conditions including RA, MS, Psoriasis, and Thyroid.
- What can I eat?

### Dr. James Hoeffling

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### How to Make Sauerkraut

Andrew & Jennifer Sauter Sargent

Saturday, November 8  
10:00AM–12:00 PM

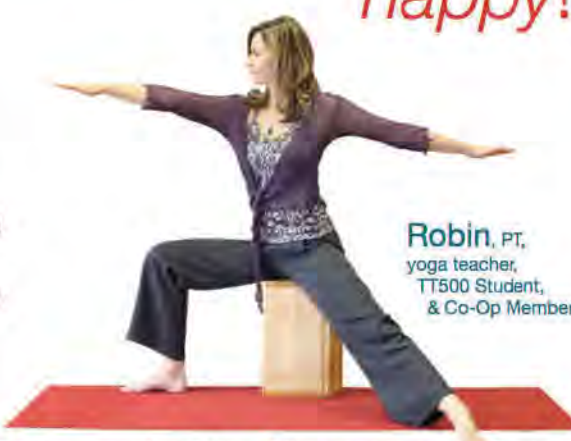
In this hands-on class, participants will learn the basics of vegetable lacto-fermentation and leave with one jar of their own hand-made Sauerkraut. Participants will chop, salt, and pound vegetables into a vessel to be fermented. The history of fermentation, health benefits, and key concepts of successful fermentation will be discussed. Participants will need to provide their own sharp chef's knife and apron.

### Andrew & Jennifer Sauter Sargent

Andrew Sauter Sargent lives in Cornucopia, WI and is married to Jennifer Sauter Sargent. They are raising three children and operating Spirit Creek Farm, which processes fermented vegetables and sells them throughout the Midwest. Andrew became interested in fermented food years ago after reading Salt: A World History by Mark Kurlansky. The book describes many ancient foods including sauerkraut and kim chi. Andrew started making sauerkraut and kim chi and sharing it with his friends. He soon found himself deep in a sauerkraut business. Andrew now concentrates on growing as much cabbage and other vegetables as he can and processing it into sauerkraut. When he is not making kraut he might be skiing or sailing depending on if the water is solid or liquid.




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**Sunrise to Sunset Tamales**

**Valerie Acquard**

**Thursday, November 13  
6:00-8:00 PM**

Class size is limited to 14 people.

The tamale party is back, but with a new twist! In this very hands-on class, Valerie will demonstrate the basic masa dough construction, tamale rolling, filling preparation, and steaming techniques necessary for any tamale recipe; however, this class will focus on breakfast and dessert tamales! Tamales with a steamed whole egg inside make the ultimate grab-and-go breakfast, and indulgent maple and chocolate tamales make a delicious end to a tamale-fueled day. Come join the tamale party!

**Valerie Acquard**

Valerie Acquard was born in Texas, but raised in Las Vegas. Southwest food is one of the things she misses most about her childhood home. Determined to recreate her favorite dish, the home made tamale, she has spent the last 7 years in her kitchen creating all kinds of tamales. She hopes to spread the love of tamales, and the tradition of making them at family gatherings.



**Doggy Home Cooking & Nutritional Guideline Seminar**

**Joanne Elliott**

**Tuesday, November 18  
6:00-8:00 PM**

Join Joanne, owner of Matilda's Dog Bakery & Boutique, for a seminar on the nutritional guidelines for dogs (and cats) and how to make sense of commercial foods. She will discuss what to look for and what to avoid in foods for optimal pet health, as well as the different types of food (dry, wet, raw), and the benefits of an improved diet. Joanne will also do a cooking demonstration of a properly balanced, home cooked meal for your dog, with a special holiday twist so your pooch can enjoy a special Thanksgiving meal as well! Samples will be available. Sorry, pups! This class is for humans only.

**Joanne Elliot**

Joanne Elliott has been the owner of Matilda's Dog Bakery in Lakeside for 3 1/2 years, which specializes in homemade, all-natural treats for dogs. All of the dog and cat food is 5-star rated along with all-natural chews, dental, immune system and digestive support. Joanne provides education on proper nutritional requirements for dogs and cats, and work closely with owners on special diets for pets with food sensitivities and allergies.



**Introduction to Permaculture**

**Chad Johnson**

**Thursday, November 20  
6:00-8:00 PM**

\$10.00 for WFC owners  
\$12.00 for non-owners

This class will give a basic yet thorough introduction to permaculture and how to create an edible ecosystem of any size by understanding natural systems. Special consideration will focus on emerging cutting edge practices designed at directing the forces of nature, stacking functions, and how a food/fiber/fuel system can be created. Students will also walk away with a clear picture of how these systems function, how they differ from conventional agriculture, and tend more toward a harmonious feeling with the natural surroundings requiring less maintenance and labor.

**Chad Johnson**

Permaculturalist, Chad Johnson, is the owner of Spirit Mountain Farm and Holzer AgroEcology. For the past two years he has worked and traveled with master permaculturalist, Sepp Holzer reading nature to implement effective, unorthodox practices, such as: incorporating wolves into his food system to keep deer and other wildlife away from what he's growing, using no tractor, no perimeter fence, and no tree cages, and utilizing invasive plants to his advantage. He is adept at directing the forces of nature to create a resilient garden that mimics the edible, natural biome with specialized micro climates.

**Lyme Disease Reversal**

**Dr. Brad J Montagne**

**Wednesday, December 3  
6:00-7:30 PM**

\$10.00 for WFC owners  
\$12.00 for non-owners

Lyme disease, a mysterious disease that masquerades as Alzheimer's, MS, Malaria, Flu, Arthritis, and many other illnesses has invaded this land with a vengeance. The Lyme disease treatments offered are often contrary to how the body works, and can leave one sicker, crippled, or dead. Come learn the truth about how Lyme disease can be conquered.

**Dr. Brad J Montagne**

An international speaker and lecturer, Dr. Brad J. Montagne brings a wealth of knowledge from 25 years of natural medicine practice to the table. He interweaves a tremendous depth of science, naturopathic understanding, and clinical insights in a simple, understandable language of practical ways to take your life back.

**Healthy Kids Cooking Class**

**Faith King**

**Saturday, December 13  
10:00 AM-12:30 PM**

Ages 6-12.  
Class size is limited to 10 kids.

Hey kids! Let's make a full blown, healthy and delicious meal together! We will make appetizers like you've never had, a creative main course, and dessert, of course! We will do our best to take dietary needs such as gluten-free and vegetarian into consideration, so please let us know if you have anything specific at the time of class sign-up. This class is hands on and will offer everyone plenty of opportunities to help and learn. As always we sample as we go and leave time at the end to enjoy our creations. Come join us for fresh new ideas that you can try in your own kitchen. Health Food: It's the New Junk Food! Parents, this class is for kids, but you are welcome to stay and watch the fun!

**Faith King**

Faith has a degree in Early Childhood Education from UMD, and is always looking for new ways to spend time with kids and be a part of their learning. She has worked with kids in Head Start, after school programs and leading group art projects. In her spare time she loves to cook, bake, and create food that is tasty and pleasing to the eye. She wants to teach this class to encourage kids to eat healthy and enjoy doing it! GG




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## Local producer profile: Yker Acres

Matt, Sara, & Josie Weik of Wrenshall, MN

by Jill Holmen, Promotions & Education Coordinator & WFC Owner



The happy pigs of Yker Acres enjoy exercise, fresh air and "salad" daily.

I have a confession to make. I did bacon. Considering I hadn't touched the stuff for twenty years, this is significant. The point of no return? The great gateway meat? We'll see. What I can tell you is this—there is a pork pusher lurking in our community, and he's pretty darn persuasive. Meet Matt Weik, farmer at Yker Acres, believer in locally-raised food, and super nice guy. Peddler of really exceptional bacon.



Yker Acres delicious and tempting bacon.

"Just give it a little taste," he said. "Oh I don't know Matt, I don't really eat pork. No offense." "Just a nibble," was the response. Assured I wouldn't be even the slightest bit tempted, into the skillet went six beautifully marbled rounds of cottage bacon for our staff to sample. Before long I was surrounded by a substantial crowd of former vegetarians, smacking their lips and declaring it the best bacon they'd ever tasted. I plugged my ears, but as everyone knows, it's the smell that gets you. I imagine if the scent of bacon was bottled and infused along with those of black coffee, maple syrup, campfire smoke and pine sap, we'd have a very marketable Northwoods Cologne. Just as cologne is meant to attract, so was my mouth wildly attracted to that bacon. So I bit. Literally. Our romance was brief, but intoxicating—my tenure of porklessness collapsing in one savory, simple moment. I was remarkably unshaken.

Matt does not act alone in this epicurean enticement. Wife Sara and son Josie share in operations at Yker Acres in Wrenshall, MN. The Weiks moved to their 16-acre plot in the summer of 2007 with a clear vision of wanting to farm, Sara and Matt having met at UMD in 1993.



Matt and Sara Weik of Yker Acres.

As many up-and-coming farmers do, they enrolled in the Farm Beginnings program for the '08-'09 season, making connections and putting a vegetable CSA into action. While the Weik family enjoyed the work, they didn't feel it was the final act. "We are best at animal husbandry," says Sara. They decided that raising pigs and helping to feed their community in that manner would be the premier line of business, selling to local retailers, families, and offering pastured pork shares. Matt was able to step aside from carpentry jobs for the first time this year, and while Sara still works as a doula, both keep plenty busy filling the roles of full-time farmer, parent, home-schooler, and employer to son Josie, now seventeen.

The breeds they raise are unique: Large Blacks, Tamworth, Red Wattle, and a few Berkshire, most of them heritage varieties that were nearly extinct due to the conventional pork industry's quest for the "other white meat." Yker Acres meats are colorful, richly marbled, and unobstructed by growth hormones, filler feed, or nitrates. Quick primer on nitrates: they are preserving agents that can occur naturally via photosynthesis in vegetables, often extracted from celery or beets for use in uncured meats.



Cured meats are typically preserved with a synthetic sodium nitrite which, when bound with amine proteins in the meat and exposed to high heat (cooking), can convert to nitrosamines—known carcinogens and risk factors for heart disease. Arguably, the vegetal nitrates are less harmful, but their usage can also be more difficult to measure because the amount in each plant varies. Yker pork? Entirely nitrate-free and simply seasoned, simply fresh. The pigs eat a non-GMO corn-based feed and are free to forage through a pasture of delectables—barley, peas, and beets, to name a few. Autumn means feasting on pumpkins which is accompanied by a lot of excited squealing. In the winter, feed is supplemented with alfalfa and the Weiks hope to eventually purchase more land in order to grow grain for their healthy eaters.

There are a lot of misconceptions about pigs, conjuring up images of filth and greed, disorganization, disgust. To the contrary, pigs are actually very smart, social, and tidy creatures. A good wallow in the mud serves to keep them cool in hot weather, much like a summer dip in Lake Superior calms the nerves of us cool-climate Scandinavians. They are vocal, love having their backs rubbed, and enjoy snuggling each other. As with any living thing, the more they are loved and cared for, the happier they are. Yker Acres pigs are happy indeed. They are played with, intimately tended, and the breeding girls receive lovely names such as Daisy, Petunia, Tansy, and Sweetpea. Piglets have been plentiful this summer and are ridiculously cute. Sara and Matt enjoy trying to predict due dates and are becoming real pros.

Confined Animal Feeding Operations (CAFOs) tell an entirely different tale. "I can't call that farming," admits Sara. "From spending so much time with pigs you can see it in their face when they are stressed." Their emotions are palpable. When harvest time comes, "pigs can release a tremendous amount of hormones right before they die if stressed," she explains. This contributes to a decline in the quality of the meat, and there is science to explain why. In a living, mobile, healthy animal, energy for all that muscle movement comes from glycogen, a form of sugar in the animal's body. After the animal is harvested, this glycogen converts to lactic acid, fundamental in creating naturally colorful, tender, flavor-rich meat. If the animal is not treated well or has anxiety, the majority of that glycogen is burned up early and little converted to lactic acid, resulting in a tougher, lackluster product. Indeed, the notion that "happy animals taste better" is more than just conjecture. It is imperative to the Weik family that their pigs be treated well and have the most humane, stress-free meat locker experience as possible. Matt interviewed a number of places before he felt comfortable choos-

ing one. Still it's no easy task to part with friends and the weekly trip to Grand Champion Meats in Foley is very difficult. 'Tis the natural progression of all things farm-to-table and while processing day is tough, their mission remains positive and clear—providing "Good Food for your Soul," one of the farm's mottos. Yes, the 365 day-a-year schedule is relentless (who else works this kind of schedule?!), but truly a labor of love.

Yker ("Why-ker") Acres. It's fun to say. The name plays on Matt's life-long nickname "Weiker", and "little Weiker" (son Josie), is involved in all aspects of the farm as well. Raising sled dogs as a youngster, Josie retired from that to pursue his love of cycling, once scooping poop for an entire year to save money for his first road bike. His farm labor now contributes towards his passion of biking, helping to pay for equipment and travel expenses. He had an incredible experience this summer in Spain racing for a Basque Junior Cycling Team (check out his blog at [joseyweik.com](http://joseyweik.com)). Matt and Sara spend whatever free time they have cheering him on at races and Matt, too, enjoys a good day of riding when time allows. No doubt everyone on the farm is happy to have Josie home, 120 pigs included. Mom even saved some weeding for him.

Which brings us back to the reason behind my affair with Yker Acres bacon—the taste. It really is spectacular. Stories of that great Yker flavor are spreading swiftly across our community—small farm sensation quickly turning to local legend. Their meats are available at a number of local restaurants and of course, here at the co-op. We carry most everything they offer: three kinds of brats, bacon, cottage bacon (a leaner cut from the shoulder), pork chops, ground pork, roasts, hams, ribs, tenderloins, and smoked hocks. Half the fun of raising all this delicious meat is being able to eat it, and the Weiks love experimenting in the kitchen.



Cottage bacon is one of the favorites—great for sandwiches and homemade pizza. Pulled pork, brats on the grill, and taco salads with the ground pork are also menu staples. Local restaurants are having fun with it too. Lake Avenue Restaurant & Bar featured Yker Acres in a special pork weekend this past May, and had a breath-taking dessert option—the Brownie Tower with bacon, peanut butter, and a squash anglaise. I'm not sure I'm quite ready to dive in full-boar (sorry, couldn't resist) to all things pork, but rest assured if I do, this is the farm for me. I trust them whole-heartedly to provide the best possible experience for the animal and the highest quality product for the consumer. Yker Acres, I'm defenseless against you and it's a really delicious place to be. Thanks for all you do. GG





# folks in the know meet a WFC-U instructor

by Angela Krick, Class Instructor & WFC Owner

My name is Angela Krick, and I was born and raised in Sauk Centre, Minnesota. When it came time for college visits and tours of potential life after high school, UMD was my first stop. When my Mom and I drove in over the hill, catching sight of the lake, I turned to her and said "This is it. This is where I'm going to live." I was set from that moment and 15 years later, this place still has my heart. After graduating from UMD, I set out with my Lake Superior tattoo to travel the world, teach English and wander. I splashed around in Mexico, Costa Rica, Eastern Europe, Italy and Spain. I took my TEFL (teaching English as a foreign language) course in Barcelona to supplement my globe-trot. I soon found myself in South Korea, where I found Kim Chi, Thailand and Laos.

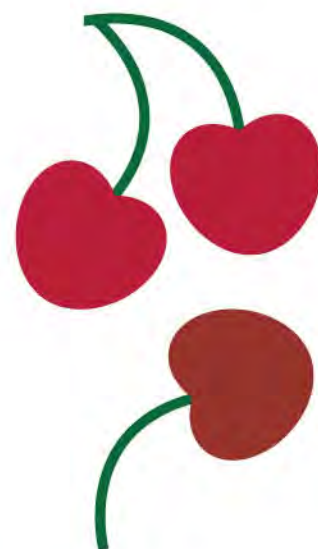
Food has always been a "thing" for me. When I look back over the last five years and then further into the last twenty years, I can see the changes and patterns in my diet and knowledge about nutrition. When I found my life partner, Theo, we really dove into food together. Our relationship was based on food. It was rich, vegan and plenty. Our diet has remained quite varied, organic, colorful, expensive and delicious. It is our "thing." It wasn't until I met him that I broke out my Kim Chi notes from South Korea. Now, five years later, we have Kim Chi and many other ferments in our home on a daily basis. Our ideal diet is of whole, plant-based foods and ferments.

I love food! I enjoy teaching about food. I specifically like vegetable fermentation because it is hitting the health wave and people are curious about it. I say 'stay curious'. We can't

lose this age-old art, and we won't! I find people love Kim Chi, know what it is, can name some store they once bought it in or some odd recollection marked by it, etc; yet, they have never made it themselves. I am here to put the process of Kim Chi goodness into the homes of people who eat it. It is so easy. It is so healthy. It is so safe. On top of that, the flavors and smells of vegetable fermentation alone are like traveling into an endless, wild journey of the senses. Did I mention the valuable gut flora and probiotics found in these living foods? I love sharing my experiences with fermentation.

As far as classes go, on Tuesday, October 7th, at the Whole Foods Co-op, I will be leading a hands-on demonstration to emphasize the easy, healthy and safe aspects of vegetable fermentation. We will be making Kim Chi and taking some home. There will be room for sampling, questions and my food-passionate snippets. I have also taught through a group called Project Co-op Duluth, which is a skills-sharing community open to all ideas and all people! Check us out at <http://projectcoopduluth.blogspot.com/>.

I have become a resource in the community for those who have questions about vegetable ferments and kombucha, as a SCOBY supplier, and for those who have wanted me to come talk or do a demo for their community/neighborhood gatherings. I am so willing to do this, feel free to contact me about anything Kim Chi!! [angelakrick@gmail.com](mailto:angelakrick@gmail.com) GG



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## STATE FARE A SUCCESS!

Many of you remember our Midsummer Food Fest in the WFC parking lot. With so many local producers, the event became too large to handle outside. After giving it a go as an indoor, week-long event last year, the feedback from customers, producers and staff indicated that we were on to something. Lucky for us, we still had so many local producers that even a week wasn't long enough.

This year, we're trying something new: State Fare. Four times this year, we will have a two-to three-day event highlighting our local producers during a season that best highlights their products. In August, we were treated to visits by 3rd Street Bakery, Ashland Baking Company, Bay Produce, Spirit Creek Farm, Bountiful Harvest, Duluth Coffee Company, La Finca, Max Organics, Pocket Farm, Food Farm, Meadowslands Chocolate, Northern Harvest Farm, Zenith City Kitchen Garden and Yker Acres plus samples from a few others who were unable to attend (Zenith Bread Project, Sassy Nanny Cheese). We have our next State Fare scheduled for November 6th, 7th and 8th. We expect there will be lots of ideas for holiday meals and gifts, so watch in the store and on our Facebook page for information as it becomes available.

## INTERESTED IN LOCAL FOOD ISSUES?

Check out the information and opportunities at:

[www.duluthcommunityfarm.org](http://www.duluthcommunityfarm.org)  
(Growing Farms)

[www.duluthcommunitygarden.org](http://www.duluthcommunitygarden.org)  
(Duluth Community Garden Program)

[www.lssf.org](http://www.lssf.org)  
(Lake Superior Sustainable Farming Association)

[www.mnfoodcharter.com](http://www.mnfoodcharter.com)  
(Minnesota Food Charter)

For those of you interested in the MN Food Charter, a webinar about the combined comments about barriers and resolutions to barriers to accessing healthy foods from about 2,000 Minnesota participants is available at: <http://mnfoodcharter.com/news/food-charter-input-you-talked-we-listened/>

They are also working on a draft of a MN Food Charter scheduled to be released in October 2014.

## local farm tour

by Faith King, Produce Clerk & WFC Owner



Whole Foods Co-op "tourists" inhale the sweet scents of fresh herbs in Northern Harvest Farm's greenhouse.

*The Whole Foods Co-op sent its employees on a local farm field trip at the beginning of summer. We were itching for a closer look at three local farms that regularly supply us with meat, eggs, and organic produce. Northern Harvest Farm, Food Farm and Stone's Throw Farm are all located within a few miles of each other near Wrenshall, Minnesota, about 25 miles south of Duluth.*

At each stop, farmers clad from head to toe in waterproof gear met us. I hope that by the time you are reading this our unseasonably cold and rainy weather in June is but a memory. While it offered significantly less beach days than most of us would have preferred, to the local farmer, it was a deeper-rooted problem. Seeds need the soil to dry out before they can take root. If it's too soggy they can end up rotting while still underground. Lack of sunshine and low temperatures put growth on pause. We know that our growing season is short enough on a good year, so cross your fingers for a late Fall.



Rick lends us a taste of his extensive knowledge on cover crops.

The first stop was Northern Harvest Farm, owned by Rick and Karola Dalen. Their crops looked quite good despite the many setbacks of this particular year. Rick led us through his fields lovingly, taking no shortcuts, though the cold rain was in no way letting up. He is clearly committed to maintaining quality soil and learning the ins and outs of crop rotation, cover plants and erosion control. Hearing him talk brought to light all the thought, study and work that must go into the soil alone on a Certified Organic farm.



Food Farm's Janaki Fisher-Merritt talks about the work put into this year's fields while sifting through the soil.

We went to Food Farm next, originally started by John and Jane Fisher-Merritt, it is now transitioning into the hands of their son Janaki and his wife Annie Dugan. Food Farm is one of the first Certified Organic farms in the area and a pioneer of the local CSA movement. CSA stands for Community Supported Agriculture and is a locally based economic model of farming and food distribution.

One of the first things I noticed was their set of four, large solar panels lining their driveway. At further inquiry, we found that they provide 80% of their needed energy and have a back up system capable of keeping them up and running if, say, all else was to fail. KUDOS!

Janaki lead us on a tour of their fields, free range and ever moving chicken pens, greenhouses, storage areas and their latest project: baby ducks! Around the corner of one greenhouse we ran into his father, John, constructing a new greenhouse. He cheerfully talked about all their "scores" they get from salvage yards and even serenaded us with a line from his original tune "Conveyor Belt Hero." An associate a few years back offered them miles of sturdy, old



conveyor belts which they found to be perfect lining to keep weeds from growing up under the edges of their greenhouses.

Last Stop: Stone's Throw Farm. This farm is fairly new and is a family run operation as well. Catherine Conover is the owner and her mother and father help her during the growing season.

Although we were all bit worn out by spending hours in the wind and rain, when she asked us if we wanted to take a walk and see the pigs, we couldn't refuse. As we came around a wooded lot and saw them our fatigue disappeared and we started giggling like kids. Berkshire Pigs are not like other pigs I've seen. They are lively and rambunctious!



Catherine Conover of Stone's Throw Farm offers a hand in greeting to one of her delightful Berkshire pigs.

It appeared as if they were in the middle of a game of touch football as we approached. They came running and grunting enthusiastically over to greet us. I hear they are excellent for eating as well, so stay tuned.

Two things struck me about each farm we stopped at. It takes a lot of intelligence integrity to be an organic farmer. And the second thing is farming in this area is not for the weak of spirit! These people are constantly educating themselves and sharing that knowledge freely with each other. They are out in the fields early in the spring and there they stay till late fall, regardless of what weather may come. We are blessed to have such people among us. Many thanks to these three farms for letting us see first hand all that you do! GG

