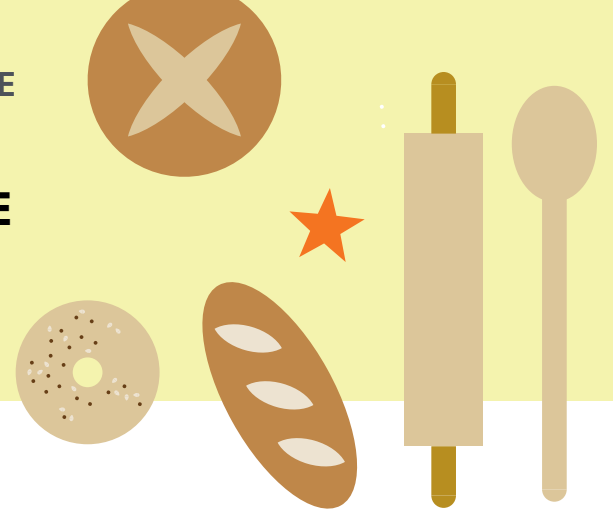


## LOCAL PRODUCER PROFILE

by Jill Homen, *Brand Coordinator & WFC Owner*



### ZENITH BREAD PROJECT | PRODUCER: Amanda Belcher, *Baker, Proprietor & WFC Owner*

My introduction to Duluth's "bakery" scene was a late-night visit to the House of Donuts (RIP), formally located in what is now our Co-op parking lot. Greasy glazed doughnuts, subs and taco-related items were your main menu options, accompanied by no shortage of drunkard theater. My friend traded pants with a stranger there one night, if that's any indication. It was a "bakery" to off-set the effects of the hangover about to hit you, not necessarily one of attention to delicate craftsmanship or flavor profiles (although their Butter Bar aficionados will disagree). Story goes that a person could have a coronary simply by walking into the place. Suffice it to say, it was a rougher sort of epicurean experience and while I've had my share of truly tasty local breads and baked delights since, I've been craving something different. Something you eat with your pinkie finger half-up. Something a little more revolutionary.

After all, Duluth is a city of pioneers and always has been. In 1868 it was a boom town—an epicenter of trade and the fastest-growing city in the nation. The success of it all prompted Thomas Preston Foster, founder of Duluth's first newspaper, to coin it "The Zenith City of the Unsalted Seas."

Enter Zenith Bread Project, 2014, owned and crafted by local Amanda Belcher whose pioneering spirit harkens back to those of yesteryear. From her downtown perch overlooking the lift bridge and great "unsalted sea," this bakery of unsalted butter is making its way into the hearts of Duluthians one delectable at a time. It's just the kind of bakery I've been waiting for.

"If you visit my home, you'll most likely be leaving with a bag of treats whether you like it or not," says Amanda, ever-curious and ever in recipe development mode. That fragrant bag might contain any number of delicacies: Lavender Almond Biscotti, Sourdough Doughnuts, Mushroom Meringues. Maybe it's a Minnescotti (biscotti shaped like our fair state). Maybe it's a perfectly golden Sourdough English Muffin or sample of Peanut Butter Sriracha Granola. Any way you shake it, breakfast is gonna be good. Damn good. You'll search for an idyllic setting to enjoy your treat and will figure out the perfect beverage pairing to go with it, pinkie...slowly...rising. Yet, let's be clear: Zenith Bread Project is no pretentious endeavor. It's as real and humble as it gets, with roots right here, and with mad respect for its home-town.

Amanda, so it happens, is a former Co-op employee—hired as a Produce Clerk then eventually splitting her time with the Deli where baking lured her to the sweet side. She grew up in Proctor and learned to bake from her mom, where time in the kitchen usually yielded cookies and bars—you know, "mom stuff," says Amanda. But the hook was set and with each step forward in the culinary world, she became more entranced, developing her skills as an adult at home as well as in professional kitchens. A short stint as a cake decorator honed those artsy aesthetic skills and now as an employee of Duluth Coffee Company, she has the opportunity to pair her creations with deliciously crafted brews (Zenith City Espresso seems like a no-brainer). Lucky be the folks at Duluth Coffee, recipients of the majority of Zenith's goodies for now, though you can also find them here at the Co-op, at The Snooty Fox Tea Shop, and at Amity Coffee. All this keeps the small bakery plenty busy. Add the occasional catering job and wedding cake request plus a handful of weekly bread subscriptions and the days pass rather quickly. Bread subscription? Yes please! We may have to take a number for now, dear readers, but the bakery's hope is to eventually expand to accommodate

larger community-supported bakery shares. Imagine getting your fresh brioche-style buns just in time for pulled-pork sandwiches from your Yker Acres CSA pork share. Food match-making Win.



My first taste of ZBP's handiwork was their Sourdough English Muffin, which requires a lot of TLC at the bakery. They are hand-mixed, fermented, shaped, griddled, and eventually oven-finished where they acquire that flawless fluff and cornmeal speckle. So, what is baker's choice for a topping on these? "I would have to say just butter," Amanda reports. "Nothing wrong with a poached egg and hollandaise either." When asked if truly "butta is betta" for baking purposes, she replies, "I do go through a ton of butter, but I like to use lard in some doughs as well. Fat just makes everything taste so yummy." She is currently on the lookout for a local European-style butter producer and is teaming up with a Wisconsin miller for a few of her flours. "I use the best ingredients I can find and buy local. If you are a local forager, holler—I would love to use your seasonal finds!" Many of her ingredients are sourced from the Co-op, and as an Owner Amanda takes full advantage of those 15% off special order deals, especially when ordering from the bulk aisle.



From top left to bottom right: ZBP's Sourdough doughnuts, Sourdough English Muffins, Minnescotti, and Bicycle Cookies.

Along with English Muffins, the Co-op carries ZBP's Sourdough Leavened Bagels, both plain and with za'atar, a Middle Eastern spice of blended herbs with toasted sesame seeds and sumac. That's right, sumac (the Smooth and Staghorn varieties make great lemonade-style drinks, by the way). These are unlike any bagel you've had with a slight crispness to their exterior and no TMJ jaw adjustment needed afterwards. They have just enough chew but with a really elegant finish, the za'atar being a subtly charming addition. Sweeteners like honey and barley malt syrup make appearances in many of the products, and only simple sugars are used—nothing artificial. For the gluten-intolerant, the bakery already offers some gluten-free items, with bread in the works.

Zenith Bread Project's goal is to eventually have a brick-and-mortar location, but until then, the rented downtown kitchen with killer panoramic view is no great hardship. The space must smell amazing and will surely be a haven of warmth in the impending cold. Whether the sun is rising over the lake or setting over the hill, music mixes with the rhythm of the waves and the mixing of dough. Neil Young is a predictable default, but on those late night bakes, something with a little more energy like Tickle Torture or beats from Karol Conka keep the bread a'risin' and the ovens hot. The thirty-year-old is loving it. "Baking is my passion," she says. "I've been baking now for about six years and I feel like there is a niche in Duluth I can fill." A force of one with a support crew of many, Amanda feels lucky to have the inside expertise from Dad and brother who are both small business owners as well as the loyal assistance from boyfriend Dave, who helps with dividing dough as well as packaging and delivery. Topping it off is the acquisition of her first giant poofy bakers' hat—a bona fide kitchen accessory. A name-sake for our city, "zenith" also means the highest point reached by a celestial body in its rotation. "I chose the name because of the connection to the area but also wanted my name to give me freedom to have a journey with bread, always learning and improving," explains Amanda.

Zenith Bread Project bagels "have just enough chew with a really elegant finish, the za'atar being a subtly charming addition."



"Butta is betta"

House of Donuts—you've been seriously schooled. I was never duped into thinking you were an actual bakery anyway, and as one online comment reminds us, "a 'donut' is a low-rent concept of the doughnut, arriving around 1950 or so, typically accompanied by a handful of paper napkins." Nothing against a good old-fashioned apple fritter or custard filled Bismark, but what a treat to bring out the cloth napkins and not worry about them being silhouetted with grease when you're finished. These baked wonders will jazz up and satisfy any range of food experiences, from posh Sunday brunches to dinners in rustic north-woods cabins after a good long ski. I'll take my ZBP English Muffin with a dollop of butter and thermos of Sumatra Mandheling please. I'll enjoy it sitting on a rock by Lake Superior with sand in my hair and a silly grin on my face—and I won't be wearing anyone else's pants. **WFC**

To keep up with ZBP's latest creations, follow on Twitter (@ZenithBread) and Instagram (zenithbreadproject), or at [zenithbreadproject.com](http://zenithbreadproject.com).



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AT YOUR CO-OP:**

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Wednesday, December 24  
**OPEN 7 AM – 4 PM**

**CHRISTMAS DAY**  
Thursday, December 25  
**CLOSED**

**NEW YEAR'S EVE**  
Wednesday, December 31  
**OPEN 7 AM – 4 PM**

**NEW YEAR'S DAY**  
Thursday, January 1, 2015  
**OPEN 9 AM – 3 PM**

**ANNUAL RECIPE ISSUE!**

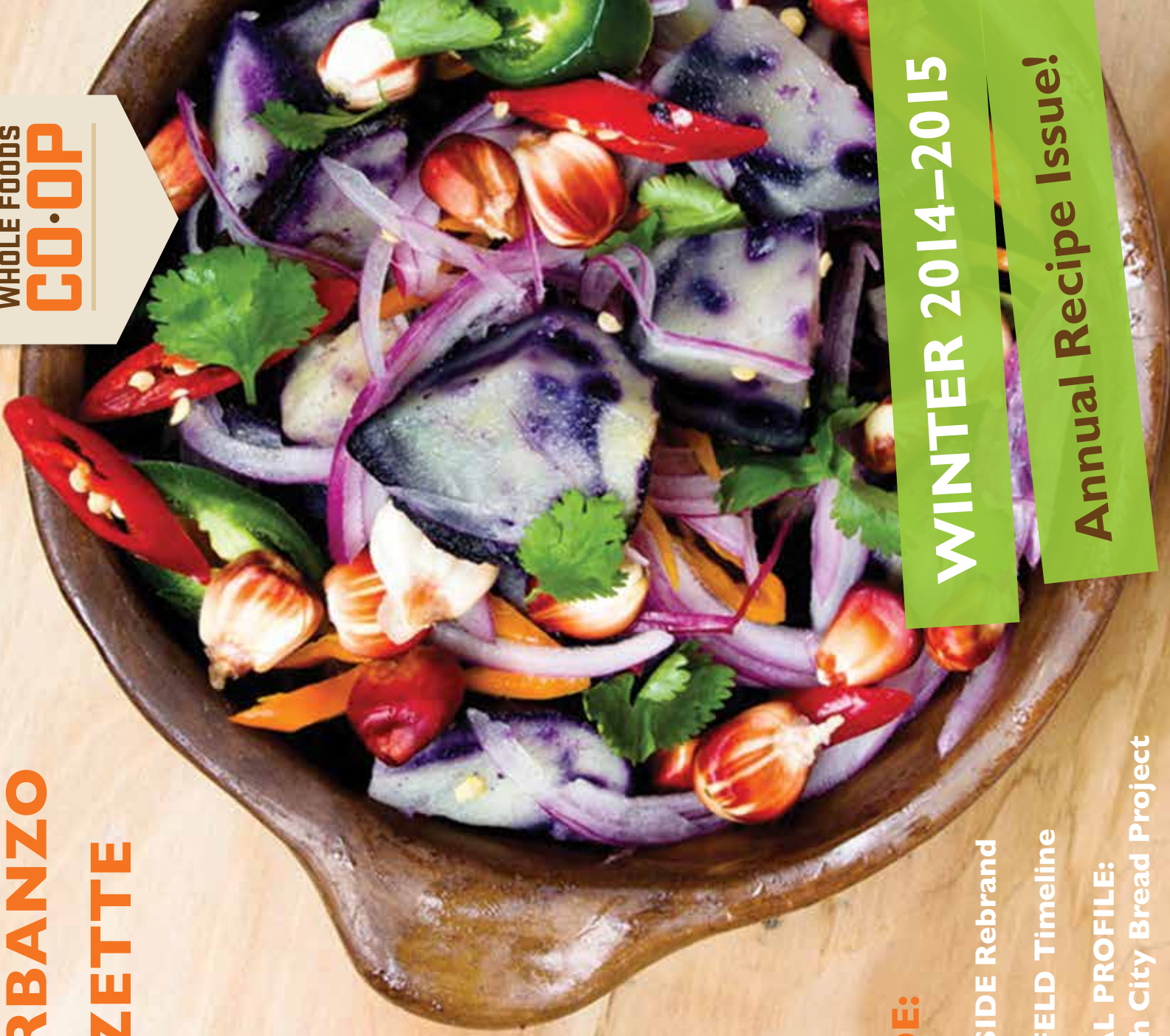
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**INSIDE:**

- ▶ **HILLSIDE** Rebrand
- ▶ **DENFELD** Timeline
- ▶ **LOCAL PROFILE:**  
Zenith City Bread Project

**WINTER 2014-2015**

**Annual Recipe Issue!**

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## MANAGEMENT REPORT

by Sharon Murphy, General Manager &amp; WFC Owner



GARBANZO GAZETTE

PUBLISHED BY  
WHOLE FOODS CO-OP610 East 4th Street  
Duluth, MN 55805P 218.728.0884  
F 218.728.0490[www.wholefoods.coop](http://www.wholefoods.coop)

## STORE HOURS

7:00 AM – 9:00 PM DAILY

Ownership Investment:  
\$100 per voting membershipFurther 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:  
**Sunday February 1, 2014.**Refer submissions and questions to:  
[shannon@wholefoods.coop](mailto:shannon@wholefoods.coop)Editor: Shannon Szymkowiak  
Contributions: Owners & Staff  
Design: Emily Darnell  
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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!

## WFC·HILLSIDE

We anticipate an early January Grand Re-opening of the Hillside store with all the new rebrand signs, lights, bells and whistles completed. Many thanks to Store Manager Sarah Hannigan and Brand Manager Shannon Szymkowiak for shouldering this complex and lengthy project.

The 2014 Owners Annual Meeting was a lovely evening in a great setting. It is not too early to note on your calendar that the 2015 Owners Annual Meeting will be on Friday, October 23, 2015, in the Harbor Side Room at the DECC.

The second of a series of leadership skills classes for interested employees was offered in November. Thirty-five employees attended the first class (three sessions) earlier this fall. The later than expected construction start on the Denfeld Project (see below) means we have more time to help our employees develop the skills and systems needed in a multi-store operation.

Although the organizational structure will not be exactly duplicated at Denfeld, pay ranges will be the same, and we are delighted to announce that entry-level pay at WFC moved up from \$9.25/hour to \$10.00/hour effective August 16, 2014.

## WFC·DENFELD

Even though the site still looks vacant, a lot of work has been done on the Denfeld Project in the last few months:

- We broke the ice with our new neighbors in the Denfeld area by participating in a number of community events throughout the summer not the least of which was the stunning debut of the WFC Grocery Cart Drill Team in the Spirit Valley Days Parade.
- Since opening the Owner Finance Program in March, 149 Owners have invested in either Owner Loans (\$936,000) and/or Class C equity (\$80,500); both investment opportunities are still open and we encourage you (Owners who are Minnesota residents) to contact [finance@wholefoods.coop](mailto:finance@wholefoods.coop) or call 728-0884, ext. 1, to speak to someone in the Finance Department for more information.
- Interior design elements at Denfeld will align with the new colors, materials and signage elements at the Hillside store while the brick exterior will reflect the style of neighboring buildings and the solar panels will be visible on the west side.

- The site survey was completed; the appraisal of the land exceeded our offer; the appraisal on the Hillside store reflected a significant increase in collateral from the 2010 appraisal.
- The environmental reports on the Denfeld property, a registered brown field, were not inspiring but they did put some limits on the problems we would need to budget for to properly reclaim and develop this site
- Our staff Denfeld Design Team/DDT (Shannon Szymkowiak, Michael Olker, Sarah Hannigan, Andy Theuninck, Sharon Murphy and Jesse Hoheisel) worked diligently with the architects and store planners on design and layout issues.
- We closed on the purchase of 4426 Grand Avenue on August 7.
- The Planning Commission approved the site design and foundation plan on August 12.
- The architects issued Bid Package #1 (site design and foundation plan) on August 29.
- A ceremonial ground-breaking occurred on September 24.
- Competitive bidding on site design and foundation work was conducted and a construction contract was signed on September 29.
- A building permit was issued for site design and foundation work on October 3.

And, just as the window for good weather for outside construction began to close, the “as will be appraisal”—the last piece needed to close on our financing with MCCU—came in \$1.3 million short of the construction budget. We have a Plan B to make the project work for everyone, however, the Co-op will not be closing on outside financing until December or January. That means construction work will start on the Denfeld site in April or May with an opening date in late 2015. The delayed start date means there will be savings on weather-related expenses, especially if this winter is anything like last year!

Thank you all for your support! **WFC**

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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 July-September 2014 quarter, management reported the following progress on ENDS:

- \$1,000 UM-D Sustainable Ag Project
- \$1,000 Institute for a Sustainable Future/Common Health event
- \$250 North American Student Cooperative/NASCO
- \$230 Myers-Wilkins Community School Collaborative/East Hillside Youth Theater
- 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 \$873,413
- Quarterly discounts to Owners amounted to \$35,474
- Sales of LOCAL (within the 15-county Superior Compact area) products amounted to \$205,933 (5.0% of total sales); sales of REGIONAL (within a 300-mile radius) products amounted to \$389,897 (9.48% of total sales).

## MINDING THE STORE

by Sarah Hannigan, Hillside Store Manager & WFC Owner



### Our Collective Impact



Photo by Scott Herrington

The National Cooperative Grocers Association phrases the same sentiment in their slogan: Stronger Together. Here at Whole Foods Co-op, our collective impact lies in the commitment of our Owners, our staff, our neighbors, our community and our cooperative grocer peers. We truly are stronger together. At the Hillside store, we've recently applied this idea to two very different, yet critically important, things: safety and sustainability.

#### Safety

This summer a few unfortunate events took place in the Hillside neighborhood that landed our Co-op in the evening news. None of the incidents actually had to do with WFC or our shoppers, but our store is known by many as a landmark and was highlighted by the media as a relatable location. Following these events, Michael Olker, our Front End Manager, and I met with the Duluth Police Community Officer Matt Nevanen to discuss ways WFC could become a more proactive partner in maintaining a safe environment at and around our store.

Our meeting with Officer Nevanen prompted us to adopt a no-tolerance approach to unlawful or disruptive activity in and around the Co-op. We now call 911 to report panhandlers, loiterers and intoxicated individuals. In the past we addressed much of this activity by asking individuals to leave the premises. But the job of WFC's staff isn't to enforce the law. Our job is to provide excellent customer service for our shoppers; and we do this by keeping a watchful eye on the store and the property and by relying on the Police to do their job if we experience suspicious activity. I'd like to ask that you help us in this effort—if you see disruptive activity around the Co-op, please let a WFC employee know as soon as possible. We'll assess the situation and call for Police assistance.

"Alone we can do so little; together we can do so much." —Helen Keller

WFC's no-tolerance approach has become better known to our customers and to those who pass through with less than cooperative intentions. So far we've seen positive results. The Duluth Police have issued trespass notices to ensure that those who engaged in illegal activity on our property will not be welcomed back. Together, we're demonstrating WFC's dedication to providing a safe environment for shoppers, owners and staff. Please join us.

#### Sustainability

I am excited to share that WFC has become one of the first food cooperatives in the nation to participate in a sustainability program developed by the National Cooperative Grocers Association. SIMS, Sustainability Impact Measurement Software, allows us to collect data about the store, evaluate our triple bottom line (people, planet and profit), share and compare this information with other co-ops, and use the data to assess and enhance our sustainable business model. As part of this program, WFC collects data on local sales, energy usage, recycling and composting, buying policies, labor practices, community involvement and social impact. Energy usage and on-going metrics will be tracked on a monthly basis. Other values like employment metrics and local/regional sales will be tracked annually. As data is collected and recorded, we will be able to see trends and track any changes over time. Once we have a year's worth of data, the information will be presented to our Board as part of management's compliance reports on Board policies.

Through SIMS, we will also be able to assess areas for growth and take part in opportunities to create more sustainable business practices. We might achieve this through the reduction of landfill waste, more efficient use of energy, and providing meaningful community impact. As our operation grows, SIMS will become a useful tool for comparing our Hillside and Denfeld stores as well as for aggregating our collective impact.

SIMS is a powerful system that WFC would not have been able to develop on our own. It's one of many examples of the strength that comes through our participation in the NCGA. Not only does SIMS allow for us to track a myriad of sustainability data points for our operation, it also allows us to compare ourselves to our co-op peers. We can learn from and be inspired by each one another.

Together we can do so much. **WFC**

#### ANNUAL OWNER'S MEETING

260 Owners and guests attended the 2014 Owners Annual Meeting on Friday, October 17, at the DECC. Owners voting at the Annual Meeting chose CHUM as the recipient of calendar 2015 proceeds from the Co-op's RRR Program (reuse/reduce/redeem) that donates a dime per transaction when customers bring in their own shopping bags. The 2015 Owner's Meeting will be on October 23rd. Save the Date!

#### OWNER E-DISCOUNT EMAIL COUPONS

Beginning in 2015, Owner Only coupons will be sent directly to your email address twice a month so it is important that Owners keep the Co-op informed of their current email address. Please email [info@wholefoods.coop](mailto:info@wholefoods.coop) with your current email address—thank you!

#### 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.

#### ENROLL YOUR KIDS!

The Co-op Explorer Club is a benefit for the children of all of our shoppers. From July 1 through September 30, 2014, 348 children were enrolled in the Co-op Explorers Club and 2,047 fruits and vegetables have been distributed to them at no cost. Check it out!

#### INTERESTED IN LOCAL & REGIONAL 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.sfa-mn.org/lake-superior](http://www.sfa-mn.org/lake-superior)  
(Lake Superior Sustainable Farming Association)

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

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# BOARD REPORT

by Chris Edwardson, WFC Board President

## BOARD OF DIRECTORS



**CAROL ANDREWS**  
GM Evaluation Committee  
Term expires 2015  
[candrews@wholefoods.coop](mailto:candrews@wholefoods.coop)



**MARYANN BERNARD**  
Board Recruitment Committee  
Co-Vice President  
Term expires 2017  
[mbernard@wholefoods.coop](mailto:mbernard@wholefoods.coop)



**CHRIS EDWARDSON**  
Secretary Treasurer  
GM Evaluation Committee  
Finance Committee Chair  
Term expires 2015  
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**JAMIE HARVIE**  
Board Recruitment Committee  
Term expires 2017  
[jharvie@wholefoods.coop](mailto:jharvie@wholefoods.coop)



**MICKEY PEARSON**  
Co-Vice President  
Board Recruitment Committee  
Chair  
Term expires 2015  
[mpearson@wholefoods.coop](mailto:mpearson@wholefoods.coop)



**WAYNE PULFORD**  
Board Recruitment Committee  
Term expires 2017  
[wpulford@wholefoods.coop](mailto:wpulford@wholefoods.coop)



**JEAN SRAMEK**  
Board President  
GM Evaluation Committee Chair  
Term expires 2015  
[jsramek@wholefoods.coop](mailto:jsramek@wholefoods.coop)

e-group address to communicate with entire Board and the General Manager:  
[wfcbod@wholefoods.coop](mailto: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  
P 218.728.0884 | ext. 101  
F 218.728.0490  
[smurphy@wholefoods.coop](mailto:smurphy@wholefoods.coop)  
[www.wholefoods.coop](http://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.

Writing articles for the Garbanzo Gazette is one of the many ways the Board communicates with our Owners. Usually the Board Report is written by the President, and so over the past four years I have provided many of the articles you read. I believe some were inspiring and a few, I am sure, were very dry.

This is my last contribution as the Board President. After four years of leading the Board, I nominated Jean Sramek to fill that role in the future, and the Board did elect her as President. I look forward to Jean's leadership and her writings (after all she is a playwright) in future editions of the GG. Some of you may recall that Jean was President on a previous Board, so I have reason to be confident that she will do a great job.

Looking back on the last four years, I realize I was leading the Board at an ideal time. The Co-op was growing in sales and ownership and we didn't face too many obstacles. Even the flood and loss of our parking lot for a period of several months was handled incredibly well by all involved. That includes Owners who continued to shop and support the business.

It is because we have such great employees and dedicated Owners that the WFC can survive setbacks and continue to be a thriving business. We have grown to the point that the decision was made to open a second store and we decided to build it in the Denfeld neighborhood. Our hope was to start construction in October 2014, but as you may have learned at the Annual Meeting or will learn in this issue, we had to delay our start until May 2015. This is a setback that, once again, WFC management is handling with great acumen.

For those of you who attended this year's Annual Meeting, you heard first that the Board had again approved a patronage rebate to Owners. I won't use this article to explain how patronage rebates work and why they are good (that has been done previously and the information is available on the WFC web site), but I would like to remind you to be sure you cash your check.

It has been a pleasure serving as Board President. Thank you for your support! **WFC**

**YOUR VOTES HAVE BEEN TALLIED...**

**THANK YOU OWNERS!**

## 2014 BOARD ELECTION RESULTS

There were four openings and three candidates on the 2014 ballot. Owners MaryAnn Bernard, Jamie Harvie and Wayne Pulford were elected to the Board for three-year terms.

The choice of the 259 Owners participating in the Board election for the recipient of the 2014 unclaimed abandoned equity was Second Harvest Northern Lakes Food Bank.

**PLEASED TO MEET YOU!**



HELLO!

HI!



## OWNERSHIP MATTERS

by Mickey Pearson, WFC Board Co-Vice President

2014 was a busy year for the Recruitment Committee. As Whole Foods Co-op grows in size and in ownership, we on the Board recognize our policies and governance practices must evolve to best serve our organization's needs now and in the future. As we have found through trainings and workshops, the Board election process is one area many co-ops are changing and developing.

At the behest of the whole Board, the Recruitment Committee, which includes our former chair Heather Murphy, MaryAnn Bernard and me, developed a new approach to the candidate application and screening process which will help ensure the positive and professional Board culture we enjoy today. These changes are, on the whole, simple additions to the existing election policy and are modeled after similar election policies and procedures at co-ops like The Wedge in Minneapolis and Wheatsville Co-op in Austin, Texas.

Along with the typical application packet and Board meeting attendance, candidates in 2015 and beyond are also asked to submit a resume and references, as well as participate in an interview with two current Board members. In a contested election, the Board will use this process to denote the most highly qualified candidates in all election materials. The end result will ideally provide clarity for voters, an election process in keeping with best practices of our fellow grocery co-ops, and a healthy, vibrant and professional Board of Directors.

These efforts, of course, are not the extent of our work in the last year. All of us on the Board spend time talking to people about joining us. We are always on the lookout for enthusiastic and engaged Owners who are willing to share their talents and time with their family of 8,000 Owners. If you are reading this sentence, here at the end of this article, you just may be the kind of Owner we are looking for. **WFC**

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Feel free to email - [kapsos.kinnunen@gmail.com](mailto:kapsos.kinnunen@gmail.com)

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Onsite visits  
in Duluth area.

**Michael Kapsos**  
CMT, ABMP

**Linda Kinnunen** CMT  
Shiatsu Practitioner

**218-848-2696**

# GOURMET TO GO

by Faith Koenig, Deli Manager



## Slow Food in no Time!

This is the time of year when everyone craves the recipes from their childhood and the comfort of hearty dishes that cook all day long. For years, friends, family and customers have asked me for ideas and recipes that can be prepared either in advance or easily put together in a slow cooker and left to work their magic while we are off doing other things.

The cool weather veggies usually inspire my menus with an emphasis on root vegetables and cabbage, dried mushrooms and legumes. My go-to comfort dishes are Boiled Dinner, Chicken and Dumplings, and hearty baked pasta. I keep chicken and vegetable stock on hand this time of year whether it's homemade or organic from the grocery aisle. I keep a variety of lentils, quinoa, beans, pasta, rice, polenta, wild rice and grains in jars so that I always have backup of nutritious options. There are always parsnips, carrots, turnips, potatoes, beets, rutabaga, onions and leeks in the veggie basket in my kitchen. The squash and potatoes rotate based on quality, seasonality and availability of specific varieties.

When putting together a slow cooker or slow stovetop dish, I think first of the main ingredient. How long does it need to cook to be tender but not dry? Does it impart its own flavor because of curing or smoking? If I am making my family's recipe for Boiled Dinner, I am very conservative with the salt because the ham or corned beef and the stock are going to bring salt to the party.

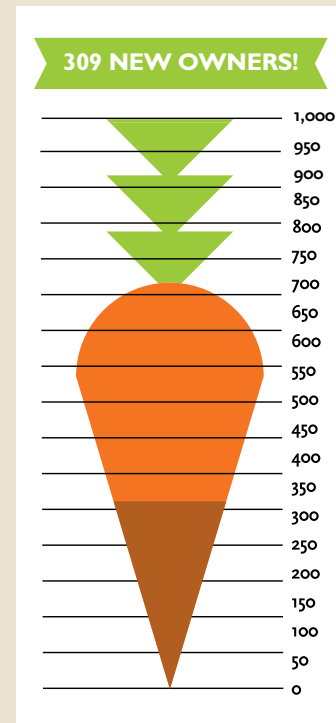
If using ham I like to cook it gently so it does not become rubbery. For example, I will simmer two quarts of stock in a large stock pot, adding black pepper and bay leaves.

I then prep my vegetables. Carrots, rutabaga, onions and parsnips go in to the pot first, cut into large, rustic chunks. I use my discretion when peeling certain veggies. If the carrots and potatoes are relatively clean, I leave the skin on and just scrub them well. I always peel turnips, rutabaga and parsnips. Even if they aren't waxed, the skin can be rather tough. I then add the ham in large chunks. If it's got a bone, I also add that at this point. It continues to cook on medium for a few minutes, and then I add the potatoes. I cook until they are just tender, adding green cabbage that has been cut into wedges and cored, gently nestling the cabbage on top, and putting a lid on the whole thing.

When the cabbage is tender and still a bit green, I add a bit of fresh parsley and taste for salt. If I need to add it, this is the time to salt. I get a big, shallow bowl and start dishing up the ham and veggies, ladling the broth over and usually adding a large dollop of butter. I like to serve with a chunk of crusty bread.

If making this in the slow cooker, I add items in the same order, but layer them in the crock pot first, adding the broth when everything is loaded. I then cook it on low or medium for six-eight hours, keeping in mind that everyone's slow cooker or stove cooks at a different rate.

It all comes down to knowing your ingredients and making the most of them. Using prepared stocks and dried items means having options when seasonal items are sparse. Even with my years of experience and wealth of cooking knowledge, my family's favorites are usually the simplest. There's nothing like split pea soup or five cheese mac and cheese on a cold, snowy day to warm everyone's hearts and bellies. **WFC**



### NEW OWNERS!

Fiscal year 2015 (July 1, 2014-June 30, 2015) for your Co-op has a big Ownership goal: 1,000 new Owners. We're off to a rousing start with 309 (just a hair behind our goal) new Owners since July 1. With a new location coming, it is more important than ever to show support for your Co-op. Invest in an Owner loan, purchase Class C stock, pay off any remaining equity, letting your friends know what a great investment the Co-op is, and of course, shopping at your Co-op are all ways we can make sure both Hillside and Denfeld are here to serve our community for years to come. Thank you, new Owners!



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**ZENITH BREAD PROJECT** | LOCAL

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Sourdough Bagels  
Za'atar Bagels

**STARLIT KITCHEN** | LOCAL

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Gaia 25-Grain Batard

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**EMMI**

Raclette

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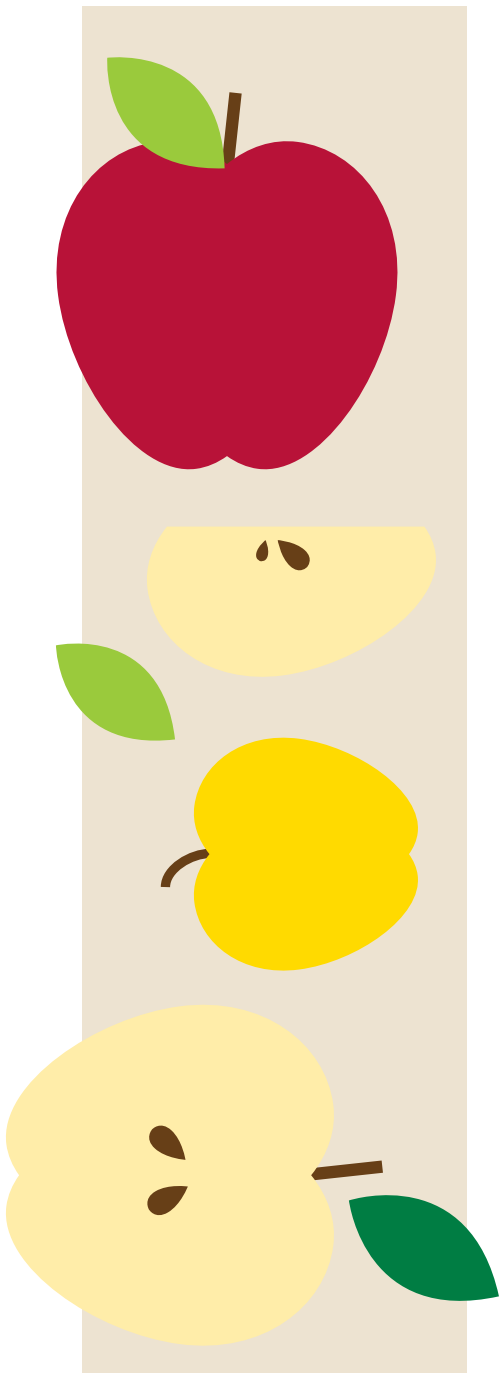
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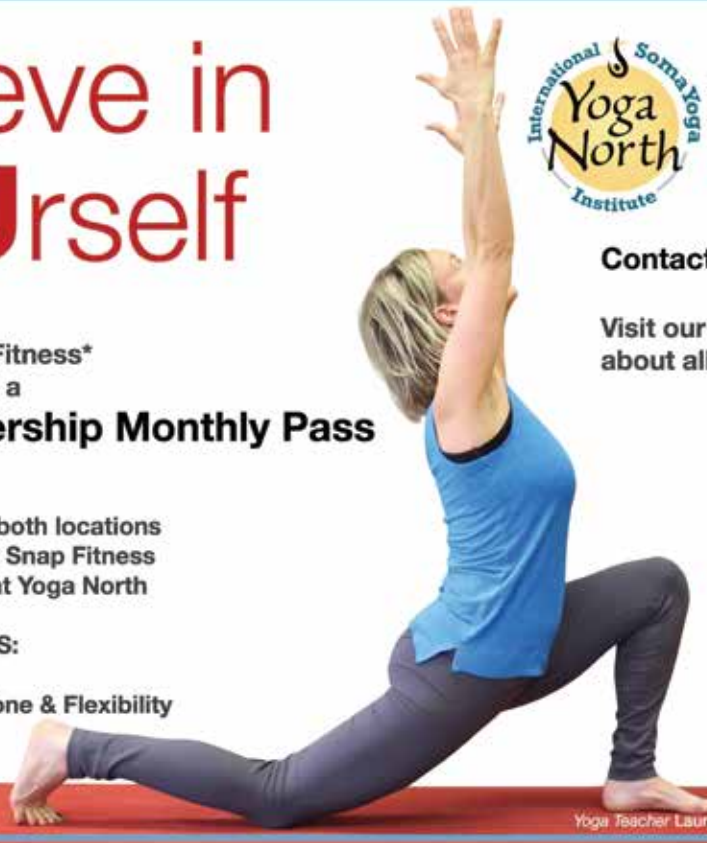
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# THE BUZZ

by Jill Holmen, Promotions & Education Coordinator & WFC Owner

## STAFF ANNIVERSARIES

### December

BROOKE CARLSON, Finance **3 YEARS**  
 RYAN NELSON, Grocery **2 YEARS**

### January

SARAH HEGLAND, Grocery **1 YEAR**  
 DANI HEYTENS, Deli **1 YEAR**  
 ALDEN KASCAK-HARTH, Grocery **1 YEAR**  
 ERIQ REED, Grocery **10 YEARS**  
 DEAN WALCZYNSKI, Grocery **1 YEAR**

### February

AMANDA BORGREN, Finance **7 YEARS**  
 IFTU GELMO, Deli **1 YEAR**  
 JUSTIN HEMMING, Deli **15 YEARS**  
 LISA MORAN, Front End **4 YEARS**  
 SHARON MURPHY, Administration **35 YEARS**  
 RIANNA REITER, Deli **9 YEARS**  
 NICK SARRIS, Produce **1 YEAR**  
 SHANNON SZYMKOWIAK, Brand **12 YEARS**

## STAFF NEWS

Co-op book club! Front End Assistant Manager Dylan Savall, Merchandising Clerk Annette Hofslund, Brand Coordinator Sarah Sather, & Finance Coordinator Amanda Borgren are all having fun reading the Wool book series by Hugh Howey. Have fun, gang!

The shed is finished! After seeing how expensive the shed kits were at the local home improvement store, Brand Manager Shannon and her fella (proudly showing the handiwork) built one with a combination of reclaimed lumber from a demolition site, shakes pulled off the soon-to-be-torn-down garage, a window destined for the dumpster and some new materials, too. The end cost was less than half kit cost and it is exactly the right size with a potting counter inside under the window. Reduce, reuse, recycle, baby!

Grocery Lead Clerk Brian Barber's daughter Noelle is growing cuter and cuter all the time (OMG, the EYES!). For Halloween she was a Viking Shield-Maiden, complete with Norse helmet and braids. Dad and Mom are happy to finally be getting a little more sleep...

Long-time co-op employee and Grocery Manager Lisa Anderson tied the knot in September with her life-long friend Rory. You may now address them as "Mr. and Mrs. Roarsome"! Congratulations and many years of high fives, you two!

Front End Clerk Tina Glasser is excited to be in the midst of doula training, which started in early November. She is passionate about making a difference in the lives of women, providing them with the tools they need to live powerful lives. Tina's love of learning and sharing her insights with other women in need of encouragement to thrive has lead her to pursue the supportive role of doula, and she hopes to continue her education towards midwifery. **WFC**



Shannon's fella shows off the shed!



Brian's darling Viking Sheild-Maiden



"Mr. and Mrs. Roarsome!"

REUSE!

REDUCE!

REDEEM!

## NOTES FROM THE FRONT

By Michael Olker, Front End Manager & WFC Owner

**Follow the Recycled Bag Path!** You will recall, my avid Gazette readers and fine Front End Fans, that we were considering a revisit to our beloved RRR bag program in an effort to make it count even more. We made an announcement in the Annual Report that we were moving ahead with changes that included Owner participation through casting their vote for the next annual recipient, as well as going to an electronic only donation format. Gone will be the individual punchcards (you have until December 31st to redeem your cards), and instead WFC will match funds for all bag punches destined for donation. As a reminder, each time you bring in your own shopping bag used for bagging groceries at the checkout, \$0.10 will be donated to... D-r-u-m-r-o-l-l... CHUM! Your votes were cast at the Annual Owners meeting, and CHUM was favored to receive the donation amount of the RRR program during calendar year 2015. Should you come across a partially punched RRR card after December 31st, go ahead and bring it in. We will ensure that the punches that you had collected in the past get donated.

CHUM provides core social safety net programs which include emergency food, shelter, advocacy and outreach to over 7,000 hungry, homeless and low-income people each year. Housing advocates and street case managers provide

stabilization services through case management programs for homeless or imminently homeless families and single adults. CHUM's congregational outreach and community organizing efforts center on social justice issues relating to homelessness, poverty and employment.

The money collected through RRR program will surely be a valued addition to the financial needs of CHUM and, as we look ahead, to other area non-profits who work to ensure that food is made available to those in need. Thank you for participating and supporting this program! You make it count every time you bring your bag! **WFC**



## WFC-U WINTER CLASSES

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



### REGISTRATION

#### In person:

Go to the Customer Service Counter and let them know which class you'd like to sign up for. Cash, check, credit card and WFC gift cards are accepted.

#### By phone:

Please call **218.728.0884**. We do need payment at the time of sign-up, so have your credit card ready.

#### Online:

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

### FEES & CANCELLATIONS

Class prices vary. Please visit [www.wholefoods.coop](http://www.wholefoods.coop) for more information. You must register 48 hours in advance in order for us to shop accurately for the class. Classes and lectures must have a minimum of six students signed up in order to take place. Refunds or class credits (to be used within the next three months) will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

### QUESTIONS?

#### Contact:

Sarah Sather

#### By phone:

**218.728.0884** | ext. 202

#### By email:

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

WHOLE FOODS  
CO-OP U

### DECEMBER 2014-MARCH 2015

#### CONQUER CANDIDA

Dr. Brad Montagne

Wednesday, January 7  
6:00 PM-7:30 PM

\$10 for Owners  
\$12 for non-owners

Candida is a complex problem. It can invade your body and change your life. Candida can be the root of hormonal problems, can cause adrenal and thyroid glands to shut down, create food intolerances, brain fog and more. It takes some very specific steps to overcome Candida. Come learn how to take your life back again.

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.

#### IT'S GREEK TO ME: Learning to Cook Mediterranean Cuisine

Rheanna Letsos

Thursday, January 8  
6:00 PM-8:00 PM

\$20 for Owners  
\$25 for non-owners

Learn how to incorporate some of the most basic and traditional Greek cooking techniques and recipes into your diet. This class will take you on a journey to Greece and back with music, dance, and cooking that will invigorate your zest for life and cooking. Dishes prepared will include traditional souvlaki, spinach rice, tsatsiki, mezes, and baklava.

Rheanna Letsos is a Duluth native whose father's family emigrated from Greece making her a first generation Greek-American. She grew up immersed in her cultural heritage and enjoys speaking her native language as well as cooking traditional Greek from recipes passed down by her grandmother. She currently lives in Duluth with her two sons and is the Education and Outreach Coordinator at the Duluth Community Garden Program.

#### CRAZY FOR COCONUTS!

Dr. Anthony Macioce

Thursday, January 15  
6:00 PM-7:30 PM

\$10 for Owners  
\$12 for non-owners

Learn how you and your family can experience the numerous health benefits of this adorable, brown, furry, tropical staple in your everyday lives! Coconut milk, coconut water, coconut flour, coconut sugar...even coconut oil! We'll cover it all, along with recipes and samples, in this very informational and highly interactive class.

Dr. Anthony Macioce has been a practicing Chiropractor for the last 13 years. Since then, he has educated thousands of Northland residents through over 200 community and corporate based health and nutrition presentations.

#### RUSTIC INN PIES WITH BETH

Beth Sullivan

Tuesday, January 27  
6:00 PM-8:00 PM

\$20 for Owners  
\$25 for non-owners

Learn to make high-class pies like the world famous Rustic Inn! Join Beth for a demonstration-based class where she will teach how to make her Lemon Angel and French Apple pies.

Beth is an owner of the Rustic Inn Café & Gifts, a family-owned business located on Highway 61 between Two Harbors and Silver Bay. The Rustic Inn is known for their fantastic food & pies. Have you ever purchased a pie from the Whole Foods Co-op Deli? Chances are high the pie came from the Rustic Inn Café.

#### GLUTEN-FREE Tour de Taste

Tour hosts: WFC Brand Staff

Thursday, January 29  
6:00 PM-7:30 PM

\$10 for all attendees

Does Celiac Sprue or a Gluten Intolerance leave you stumped for dinner or snack ideas? Would you like to taste some of the gluten-free

products the Co-op offers? If so, please join us as we navigate the gluten-free products in the store, taste some along the way, and help you find delicious alternatives that won't leave you twisted up in knots. This event is catered specifically for those with wheat and gluten intolerances and those who cook for them.

#### TOFU, TEMPEH & SEITAN

Sarah Sather

Thursday, February 12  
6:00 PM-8:00 PM

\$20 for Owners  
\$25 for non-owners

Tofu, tempeh, and seitan can be intimidating ingredients to work with. What are they? How do you cook with them? What do they taste like? Students will learn different cooking techniques for these mysterious ingredients as a variety of recipes are prepared, such as Homemade Seitan, Baked Marinated Tofu, Tempeh "Bacon", Tempeh Taco Filling and Maple Chocolate Tofu Pudding.

Sarah loves food, and is lucky enough to have a job that is all about food! As a WFC Brand Coordinator, Sarah gets to talk about food, read about food, prepare food, eat food, and best of all, share food with coworkers and patrons! Sarah has been following a plant-based diet for nine years and is excited to share some super-fun, super-healthy, super-tasty recipes with YOU!

#### MIDDLE EASTERN CUISINE:

##### Stuffed Cabbage & Fattoush Salad

Noaf Wazwaz

Tuesday, February 17  
6:00 PM-8:00 PM

\$20 for Owners  
\$25 for non-owners

Join Noaf while she demonstrates two of her favorite recipes to share with others: cabbage leaf stuffed with seasoned ground beef and rice, and Fattoush Salad, a Levantine bread salad made with fresh vegetables and toasted pita bread, richly dressed in olive oil.

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DECEMBER 2014–MARCH 2015

Noaf loves to cook, especially for other people. Born and raised in Jerusalem, she brings years of experience cooking traditional Middle Eastern dishes to the table. She is eager to share her delectable and popular dishes with the Twin Ports community!

**DYSFUNCTIONAL THYROID**  
Dr. James Hoeffling

Tuesday, February 24  
6:00 PM–7:30 PM

\$10 for Owners  
\$12 for non-owners

Why do I still have thyroid symptoms when my lab tests are normal? Sound familiar? If this is you or someone you know suffering from thyroid symptoms then this class is for you! Dr. Hoeffling will be discussing why you need to look at everything—not just the thyroid gland—to find out why you are having the symptoms you do. We will go over different causes of disruption of the thyroid that have little to do with the gland itself, what causes these disruptions and what can be done to minimize these dysfunctions to get you back on the road to feeling good again!

Dr. James Hoeffling has been freeing people from pain since 2004 in his clinic in Superior, WI. As a Chiropractor with experience, he is committed to promoting the health and well being of his patients. Dr. Hoeffling uses a "whole person approach" when taking care of his patients. By combining the very best hands-on-technique, state of the art physiotherapy procedures, and providing the newest and best natural vitamins and mineral supplements on the market today, Dr. Hoeffling is able to help you to accelerate and/or maintain your journey to good health.

**FROM START TO FINISH:**  
**A Three Course Meal**  
Faith Koenig

Thursday, February 26  
6:00 PM–8:00 PM

\$20 for Owners  
\$25 for non-owners

In this class, you will learn how to make a delicious meal from simple

ingredients that will impress your family and friends alike. Faith will start with a warm spinach salad with maple figs and crisped proscuitto. The main course features a beautiful Apricot Stuffed Pork Tenderloin, Root Vegetable Gratin and Herbed Popovers. To finish, Faith will assemble a lovely cheese plate, using regional cheeses and seasonal fruit, with savory olives and suggested pairings.

A native of the North Shore, Faith grew up surrounded by cooks and gardeners. This cultivated a love and appreciation for simple, honest dishes. She has worked in restaurants and catering for 25 years in Two Harbors and Duluth, with some time spent in floral design and greenhouses. Her love of gardening is reflected in her cuisine, using seasonal items whenever possible. She currently calls Duluth home, and is the Deli Manager at Whole Foods Co-op.

**UN REPAS DU DIMACHE:**  
**A French-Style Sunday Lunch**

François Medion

Tuesday, March 10  
6:00 PM–8:00 PM

\$20 for Owners  
\$25 for non-owners

Join François, a native of France, for a class where he will demonstrate the creation of a French-style Sunday lunch. He will prepare roasted beets with boiled eggs and mustard vinaigrette, a mixed green salad, stuffed tomatoes rice pilaf, artisan no-knead bread and tarte Tatin for dessert.

Born and raised on a small family farm in the south west of France, François Medion has been living in the United States since 1983. He has been working in the restaurant industry for most of the last thirty years rubbing shoulders with chefs of great talent in New York and Minneapolis, developing a deep appreciation for fresh, unique, organic produce as well as becoming an accomplished artisan bread baker along the way. Twenty years ago he progressively transitioned towards an outdoor occupation, as landscaper and gardener, bringing him back closer to

his roots. Today François works at the Duluth Grill designing and developing the Grill's first urban farm.

**HEALTHY KIDS COOKING**  
**CLASS: Snacks & Main Dishes**  
Faith King

Saturday, March 14  
10:00 AM–12:30 PM

\$20 for Owners  
\$25 for non-owners

Hey kids, come on down to the Co-op for a fun filled kitchen experience! This class will give kids great new ideas on how to make healthy snacks and even a meal. Whether it's for after school, spring break or for the whole family...these recipes will be useful for the future and fun to make during class. There will be many chances for everyone to help and we will take time to taste test along the way. We will use lots of fruits and veggies and do our best to take all diets into consideration, but please let us know if you have any specific needs or requests. Parents, this class is for kids, but if you would like to watch, we'll find you a chair! Class size limited to 10 children. Ages 6-12.

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!

**FUNDAMENTAL HERBALISM**  
**FOR WOMEN'S HEALTH**

Tina Fox

Thursday, March 19  
6:00 PM–8:00 PM

\$20 for Owners  
\$25 for non-owners

Discover the practice of the medicinal and therapeutic use of plants with Tina Fox. Fundamental Herbalism for Women's Health is a comprehensive class designed for creating health and vitality for today's women. For

centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Learn simple, safe and effective remedies for the common disorders that arise in the different cycles of a woman's life including balancing stress, menstrual cycles, menopause, immunity, hormones, pain management, health and beauty. She will discuss common disorders and the herbs that are effective for treating them by explaining the properties of specific herbs and the art of preparation in your own kitchen. Learn basic methods for preparing easy to use remedies such as herbal salves, tinctures, tea blends, facial toners, and elixirs. Join us and explore the natural affinity between the empowered women and the plant world.

Tina Fox is a forager and wildcrafter. While studying herbolgy, Tina found a passion in helping others, and is currently training to become a certified Doula. Tina is working to provide women with experience-based tools that inspire life-changing awakening in the feminine, promote emotional awareness, spiritual fulfillment, wild self-expression and a connection to their bodies and natural cycles.

**MIDDLE EASTERN CUISINE:**  
**Chicken and Beef Kebabs**

Noaf Wazwaz

Tuesday, March 24  
6:00 PM–8:00 PM

\$20 for Owners  
\$25 for non-owners

A kebab is a Middle Eastern dish of seasoned meats and vegetables roasted or grilled on skewers. Noaf will demonstrate how to season and cook these delightful kebabs at home, as well as how to create a meal out of them with rice and vegetables.

Noaf loves to cook, especially for other people. Born and raised in Jerusalem, she brings years of experience cooking traditional Middle Eastern dishes to the table. She is eager to share her delectable and popular dishes with the Twin Ports community! **WFC**



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## RECIPES

Submitted by Community Members, WFC Owners &amp; Staff

**Editor's Note:** Each year, the Co-op collects recipes to share with our shoppers from our staff and Owners. Thank you to all of our recipe contributors for making our world a little more delicious!

**IN A PICKLE Chickpea Salad**

Adapted from *Peta's Vegan College Cookbook*,  
Submitted by Terri Ferron, Deli Counter Clerk

- 1 (15- ounce) can Chickpeas, drained and rinsed
- 1 C Celery, finely chopped
- 2 t Onion powder
- 1-2 T Nutritional Yeast Flakes
- Dill Pickle Relish to taste
- Salt, to taste
- Vegan Mayonnaise, to taste

Mix all the ingredients except the mayo together, mashing the chickpeas slightly as you mix. Once it's mixed to a soft, spreadable consistency add the mayo until the salad is as moist as you like. Eat as is, or use on top of crackers or in a sandwich.

*I got this recipe from somewhere, but I don't remember where or who to give credit to, but it's delicious! Give it a try for lunch sometime.*

**PEANUT BUTTER APPLE WRAPS**

Submitted by Terri Ferron, Deli Counter Clerk

- ¾ C Peanut Butter
- 4 Whole Wheat, Spinach, or Teff Wraps, 7"
- ¾ C Apple, finely chopped
- ½ C Carrot, shredded
- ½ C Granola
- 1 T Wheat Germ, toasted

Spread peanut butter on one side of each tortilla. Sprinkle each tortilla with one-quarter of the apple, carrot, granola and wheat evenly over each tortilla. Roll up tightly. Serve immediately or refrigerate until ready to serve.

**STRAWBERRY-RHUBARB Upside-Down Banana Cake**

Submitted by Terri Ferron, Deli Counter Clerk

- Topping:**
- ½ C Earth Balance Buttery Sticks, melted
  - 1 C Light Brown Sugar, packed
  - ¾ C Rhubarb, chopped to ½" dice
  - ¾ C Strawberries, hulled and coarsely chopped

- Cake:**
- ½ C canned Coconut Milk
  - 6 T Earth Balance Buttery Sticks
  - 1 ¼ C All-Purpose Flour
  - 1 ½ t Baking Powder
  - ¼ t Salt
  - 2 large, very ripe Bananas, mashed
  - 1 C Sugar
  - ½ t Vanilla Extract

Heat oven to 350 °F. Spray 9-inch square baking pan with cooking spray. Pour the ½ cup melted butter over bottom of pan; sprinkle with brown sugar. Scatter rhubarb and strawberries over brown sugar.

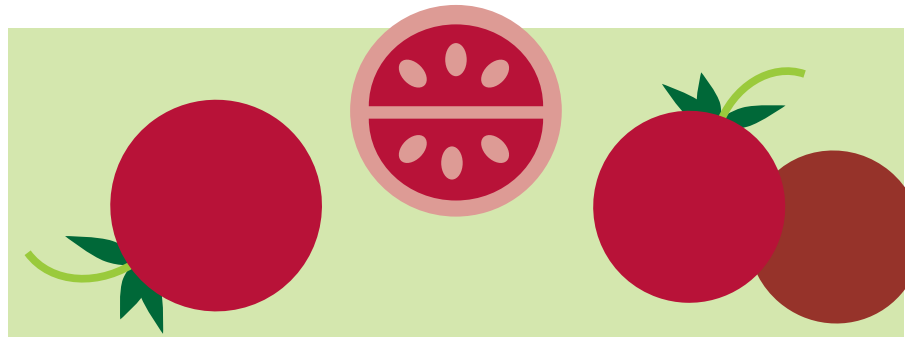
Heat the coconut milk and 6 tablespoons Earth Balance Buttery Sticks in a small saucepan over medium heat 3 to 4 minutes or until buttery sticks melt. Pour into medium bowl; cool.

Whisk flour, baking powder and salt in small bowl. Cream bananas, sugar and vanilla in large bowl until smooth. Mix dry ingredients, and cooled milk with creamed mixture until smooth.

Bake 40 to 45 minutes or until toothpick inserted in center comes out clean.

Cool in pan on wire rack 10 minutes, then invert cake onto serving platter, replacing any topping that remains in pan.

Cool completely before serving.

**SPICY TOMATO BISQUE With Bacon**

Submitted by Dylan Savall,  
Front End Assistant Manager

- 1-2 lbs Tomatoes (Bay Produce work well), quartered
- 3 Carrots, chopped into roughly 1 inch pieces
- 1 Red Onion (yellow for a more mild flavor), quartered
- 3-5 Jalapeno Peppers (adjust for personal preference), diced
- 3-5 Garlic Cloves, finely chopped
- 1 T Olive Oil
- 1-2 C Chicken or Veggie broth
- ¼ C Heavy Cream
- Salt and Pepper to taste
- 1 lb Bacon, separated

Preheat oven to 400 °F. Place tomatoes, carrots, onion, jalapenos, and garlic in roasting pan. Add olive oil, salt and pepper, mix well. Roast pan in oven for 30-40 minutes.

While veggies roast, fry the bacon.

Once the veggies are done, place in food processor/blender. Add broth, cream and all but three strips of bacon. Blend until smooth with a uniform texture (it may take 3-4 batches depending on the size of processor/blender). Pour mixture into a soup pot. Heat and simmer for 10-15 minutes. Crumble remaining bacon and garnish bowls of soup with this. Sour cream and cilantro also make a great garnish for this soup.

**GARLIC & ROSEMARY PASTA SAUCE**

Submitted by Dylan Savall,  
Front End Assistant Manager

- 4 Large Tomatoes (Bay Produce work well)
- 1 pint Sungold Tomatoes
- 8-10 Roma Tomatoes
- 2 Jalapenos (I leave the seeds in)
- 1 Pepperoncini
- 1 Yellow Bell Pepper, ¼"-½" dice
- 1 Red Bell Pepper, ¼"-½" dice
- 4 Carrots, ¼"-½" dice
- 1 Large yellow onion, ¼"-½" dice
- 3 Celery stalks
- 5 sprigs of Rosemary
- As much garlic as you want (I use about ½ cup finely chopped)
- 1-2 T Olive Oil

Chop the carrots, peppers and onion. Finely chop the garlic and hot peppers. Sauté this mixture in a large stock pot in olive oil for 10-15 minutes, stirring occasionally. While this is sautéing, dice the tomatoes. Add the tomatoes to the stockpot. Bring mixture to a boil then reduce heat to a simmer. Add the celery stalks and rosemary (bundling the rosemary and celery make for easy removal later). Simmer mixture for 2-4 hours. When ready to serve, remove rosemary and celery. Serve over noodles, polenta or whatever is handy! Add meat if desired.

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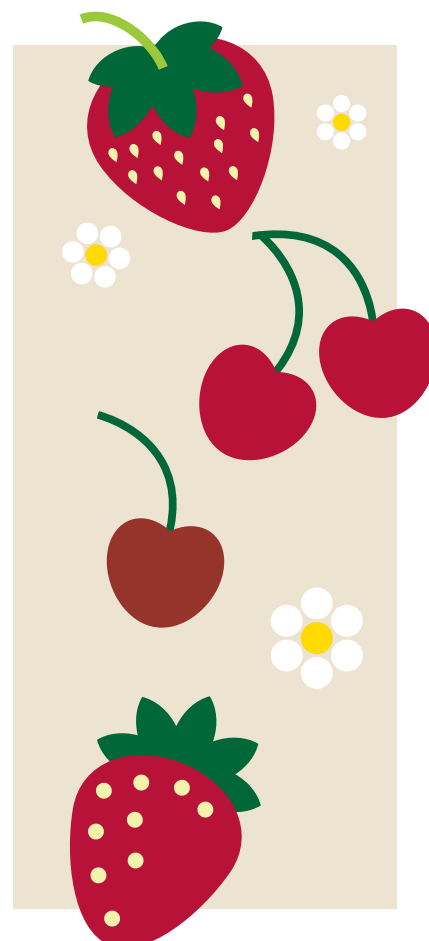
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**SIMPLE KALE & GARLIC SOUP**

- 2 heads Garlic, finely diced
- 3 Yellow Onions diced
- 1 14.5 oz can Muir Glen Diced Tomatoes
- 1 10 oz bag Cascadian Farms Frozen Corn
- 5 Rapunzel Bouillon Cubes (with herbs)
- 2 bunches Kale
- 2 T Olive Oil
- 1 T Smoked Paprika
- 10 C Water

Start by sautéing the garlic in olive oil over low heat for 10 minutes, stirring often. Add onion and sauté 5 additional minutes. Add water and canned tomatoes. Bring to a boil, stirring occasionally. Add bouillon, frozen corn and smoked paprika. Simmer on medium for 15 minutes. Remove kale leaves from stalk and rip into smallish pieces. Add kale to soup and cook for additional 5 minutes (you don't want to overcook the kale, so pay close attention). Serve immediately. Makes a lot, adjust recipe accordingly.

*I found this recipe online somewhere and adapted it slightly. I love its simplicity and thriftiness. These are best served warm with butter.*

**BANANA OAT MUFFINS**

*Submitted by Laura Wolden, HR Coordinator*

**Dry Ingredients:**

- 1 1/2 C Flour
- 1 C Rolled Oats
- 2 t Baking Powder
- 1 t Baking Soda
- 1/2 t Salt

**Wet Ingredients:**

- 1 Egg
- 1/3 C Oil
- 1/4 C Honey
- 1/2 C Milk
- 1/2 t Vanilla
- 3 Bananas, mashed

Preheat oven to 400 °F. Combine dry ingredients. Beat egg and add wet ingredients. Mix bananas into wet ingredients. Pour dry into wet. Fill muffin cups. Bake 15 minutes at 400 °F. Yields 12 muffins.

*This is my own meat-free variation on chicken salad that can also be made vegan if you use dairy-free mayo. The chickpeas' texture and flavor make a simple meat-less fill-in for chicken. I don't usually measure any of the ingredients when I prepare it, but did for the sake of recording the recipe. Summer savory and asafetida help with digesting the beans. If you don't have asafetida, it can be left out. Its flavor is similar to garlic and black pepper (suitable substitutes) with a little hint of sulfur.*



**CHICK'N SALAD**

*Submitted by Laura Wolden, HR Coordinator*

- 8 oz can Chickpeas, drained and rinsed well
- 1/2 lb Noodles (I like Bionaturae brand), cooked
- 2 stalks Celery
- Small bunch Red Grapes, halved
- 3/4 c Mayonnaise
- 1 T Mustard
- 2 T Pickle Juice
- 1 T Dill
- 1/2 T Summer Savory
- Salt to taste
- Dash Asafetida (optional)

Mix all items together. Enjoy!

*I've adapted this favorite recipe from my mom's kitchen to my own with a few changes to better suit my pantry. These brownies turn out dense and fudgy and are best when mixed by hand.*

**DISAPPEARING CHOCOLATE BARS**

*Submitted by Laura Wolden, HR Coordinator*

- 1 C Butter
- 3/4 sugar
- 1/2 C Honey
- 2/3 C Cocoa Powder
- 3 Eggs
- 2 1/2 t Vanilla
- 1 1/4 C Bob's Red Mill Whole Wheat Pastry or Regular White Flour
- 2/3 C Yogurt

Preheat oven to 375 °F. Grease and

"flour" (I use cocoa powder instead of flour) a 9 x 13 pan. Cream the butter and sugar. Add the honey, cocoa, and vanilla. Beat in the eggs. Stir in the flour and the yogurt together. Bake at 375 for 18-25 minutes.

*This sauce is perfect for stirring into soups, rice dishes, curries or anything needing an up-tick in heat level. I have made this sauce with Scorpion Peppers, and just mark the jar accordingly in the fridge for the safety of my family!*

**Z'HUG (Yemenite Hot Sauce)**

*Adapted from a recipe by Joan Nathan, Submitted by Michael Karsh, Produce Manager*

- 4 Fresh Jalapenos, stemmed but otherwise intact (For those favoring a hotter sauce, use Ghost, Scorpion or other extreme hot pepper)
- 1 head Garlic, peeled
- 1 bunch fresh Cilantro, well rinsed and dried
- 1 bunch fresh Italian Parsley, well rinsed and dried
- 1 t Cumin
- 1/4 t Cardamom, ground
- 1-1/2 t Salt, or to taste
- 1/2-3/4 c Olive Oil, plus additional to cover

Put the peppers with the garlic, cilantro, parsley, cumin, cardamom, and salt to taste in the bowl of a food processor. Begin processing and gradually add olive oil and puree. Remove the contents to a glass jar and cover with additional olive oil. The z'hug will keep for several months, covered in an airtight jar, in the refrigerator.

**BEST FALAFEL**

*Submitted by Michael Karsh, Produce Manager*

- 1 lb Garbanzo Beans, soaked 24-hours & drained
- 1 large Yellow Onion
- 5 cloves Garlic
- 1/2 bunch Cilantro, 1/2 stem length chopped off
- 1/2 bunch Italian Parsley, 1/2 stem length chopped off
- 2 t Salt
- 1 T Cumin
- 1-1/2 T Coriander, ground
- 1 t Sumac
- 2 t Baharat (I prefer a Gulf Baharat, recipe to the right)
- Oil for frying

With a meat grinder, run the soaked garbanzos through on the coarse setting. Put on the fine filter and run them through again, alternating with the cilantro, parsley, garlic and onions. Add spices to the mixture and combine well. At this point the falafel mix can be refrigerated overnight, or used immediately.

When ready to cook, fill a pan or electric skillet with oil to a depth of 2-inches, and warm to about 375 °F. Using a small portion scoop that makes balls about the size of 2-teapoons to a tablespoon, form up patties. Pack well in your hands and flatten slightly. Fry, flipping once, until golden brown and drain on paper toweling before serving. Offer a wide variety of condiments, including Z'hug, thinned Hummus or a ripe avocado blended with yoghurt.

**GULF BAHARAT**

*Submitted by Michael Karsh, Produce Manager*

- 1 T Hot Paprika
- 1 1/2 t Cumin
- 1 1/2 t Cinnamon, ground
- 1 t cloves, ground
- 1 t black pepper, ground
- 1 t cardamom, ground
- 1 t nutmeg, ground
- 1 t coriander, ground
- 1 t calendula petals

Mix and store in an airtight jar, away from sunlight.

*Here is one of my favorite back woods dishes*

**BACKWOODS DINNER**

*Submitted by Ian Drouillard, Deli Kitchen Clerk*

Freshly butchered goat meat, fried in bear fat or deer tallow, with a bunch of garlic scapes, a dash of curry powder, and salt. Best cooked in a cast iron skillet over a fire.



RECIPES (Continued)

Submitted by Community Members, WFC Owners & Staff

**INDIAN RATATOUILLE**

Submitted by Ian Drouillard, Deli Kitchen Clerk

First, make a cup of your favorite basmati rice. While that's cooking, in a pan fry up some garlic and onion in olive or canola oil. Add pepper and an all-purpose mixed seasoning (garlic, herb, etc.). Once the onions are caramelized, add a can of diced tomatoes, and a can of garbanzo beans, then add salt to neutralize the sugar in the tomatoes. Add curry powder and a couple dashes of Mexican hot sauce. (I like cooking with Mexican hot sauces because the vinegar really brings out the flavors of what you're cooking). Once everything is starting to taste how you want it to, add sliced zucchini, eggplant, or summer squash. Add a little bit more water, then cook until veggies are tender. Serve on top of basmati rice!!!

**BEST SANDWICH EVER**

Submitted by Ian Drouillard, Deli Kitchen Clerk

- Baguette
- Chicken Breast, cooked
- Chutney to taste
- Brie
- Asparagus

*These muffins are packed full of energy, however, the lard in the refried beans will become rancid, so ya gotta eat the within 4 to 5 days. Another option would be to use vegetarian refried beans.*

**SUPER AWESOME MUFFINS  
Ideal For Camping/Surviving**

Submitted by Ian Drouillard, Deli Kitchen Clerk

- 1 box very simple Corn Bread Mix
- 1 can Pumpkin
- 1 can Refried Beans

Mix together and bake at 400 °F or so in muffin pans.

*For my love cranberries!*

**CRANBERRY PUDDING**

*Adapted from Great Old-Fashioned American Desserts by Beatrice Ojakangas, Submitted by Eriq Reed, Grocery Receiver*

- ½ C Butter
- 1 ½ C Cranberries
- ¼ C Walnuts, coarsely chopped
- ¾ C Sugar
- 1 Egg
- ½ C All-Purpose Flour
- ½ C Whipped Cream, or Brandy Butter Sauce (see recipe to the right)

Preheat oven to 325 °F. Spread 2 tbsp. of the butter over the bottom and sides of an 8 or 9-inch pie pan.

Wash the cranberries and pat dry. Spread the cranberries in an even layer in the bottom of the buttered pie pan. Top with the walnuts and half the sugar. In a mixing bowl, beat the egg with the remaining sugar until thick and creamy. Add the flour, a little at a time. Melt the remaining butter and add to the batter. Pour batter over the cranberries and nuts. Bake for 45 minutes, or until the top is golden and a cake tester comes out clean. Cool to room temperature. Cut into wedges and lift with a pie server onto serving plates, inverting each piece so the cranberries are on top. Serve with whipped cream, or Brandy Butter Sauce (below).

*This sauce should be served hot. If you make it ahead, cover and refrigerate until a few minutes before serving. Return to high heat and stir until sauce comes to a boil.*

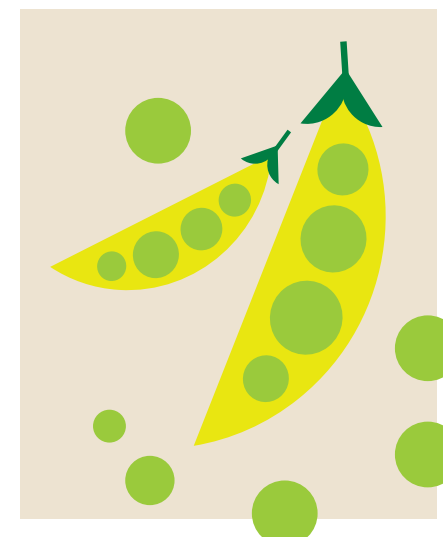
**BRANDY BUTTER SAUCE**

*Adapted from Great Old-Fashioned American Desserts by Beatrice Ojakangas. Submitted by Eriq Reed, Grocery Receiver*

- 1 C Sugar
- ½ C Heavy Cream
- ½ C Butter
- 2 T Brandy
- 2 t Vanilla

Combine sugar, cream, and butter in a heavy saucepan. Over high heat, stirring constantly, bring mixture to a boil. Boil 3 minutes, continuing to stir. Remove from heat, and add the brandy and vanilla.

*This may be served hot in the winter, ice cold in the summer. A sprig of parsley compliments the celadon green color beautifully. You can adjust this recipe to your own taste. I like to add a half-package of frozen peas to ensure the green color.*



**WHOOPI GOLDBERG'S  
Peas Porridge Hot, Peas  
Porridge Cold**

*Adapted from In the Kitchen with Miss Piggy: Fabulous Recipes from my Famous Celebrity Friends, Submitted by Eriq Reed, Grocery Receiver*

- 4 T Butter, or Vegan Buttery Spread
- ½ C cooking Oil (canola, peanut, grapeseed)
- 2 Onions, chopped
- 2 cloves Garlic, chopped
- 5 medium-sized Potatoes, peeled and sliced
- 2-3 qts Chicken Stock
- 7 Carrots, peeled and quartered
- 2 stalks Celery, cut in half
- ¼ lb Green Beans
- 3 Leeks, cleaned well and cut into pieces
- 2 lg or 3 small Zucchini, cut into chunks
- ¼ head Cauliflower, broken apart
- 2 Bay Leaves
- Pinch of Nutmeg
- Salt & Pepper
- Heavy Cream, or Coconut Cream
- Parsley

Melt the butter in a large pot. Stir in the oil. Add the onions and garlic; cook until golden. Add the potatoes, cook until browned. Add the chicken stock, remaining vegetables, bay leaves, and nutmeg, salt, and pepper to taste. Bring to a boil; reduce the heat to very low and simmer 2 hours or until the vegetables are good and soft.

Remove the vegetables from the pot with a ladle, discarding the bay leaves. Put the vegetables through a food mill or puree in batches in a food processor or blender at low speed. Return them to the pot. If using an immersion blender, just take out the bay leaves first and blend right in the pot. Adjust the salt and pepper and reheat. Dish out into bowls, topping each with a generous tablespoon of cream.

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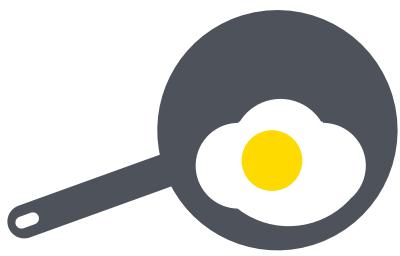
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Licensure in Oriental Medicine



The M. F. K. Fisher recipe is from 1942, from her book about war-time recipes. I love it.

### EGGS IN HELL

Adapted from *How to Cook a Wolf*, by M. F. K. Fisher, Submitted by Eriq Reed, Grocery Receiver

4 T Olive Oil

1 clove Garlic

1 Onion, minced

2 c Tomato Sauce

1 t Mixed Herbs (basil and thyme are classic), minced

1 t Parsley, minced

Salt & Pepper

8 Eggs

French Bread, sliced thin and toasted

Heat oil in a saucepan with a tight cover. Split garlic lengthwise, run a toothpick through each half, and brown slowly in oil. Add the onion and cook until golden. Then add the tomato sauce, seasonings, and herbs. Cook about 15 minutes, stirring often, and then take out the garlic.

Into this sauce, break the eggs. Spoon the sauce over them, cover closely, and cook very slowly until eggs are done, or about 15 minutes. (If the skillet is a heavy one, you can turn off the heat and cook in 15 minutes with the heat stored in the metal.)

When done, put the eggs carefully on the slices of dry toast, and cover with sauce. Grated parmesan is good on top.

From *Crescent Dragonwagon*, who may be my favorite vegetarian ever!

### POLENTA, PARMESAN, AND ROASTED GARLIC PUDDING

Adapted from *Passionate Vegetarian*, by Crescent Dragonwagon, submitted by Eriq Reed, Grocery Receiver.

2 ½ C Water

¾ t Salt

1 c coarse, Stone-Ground Yellow Cornmeal

1 t Butter (optional)

2 c Low-Fat Milk

3 large Eggs, beaten

¾ c Parmesan Cheese, freshly grated

½ c Roasted Garlic, pureed

1 or 2 gratings of Nutmeg

Ground Black Pepper to taste

Bring the water and salt to a boil in a nonstick medium saucepan. Gradually stir in the cornmeal in a steady stream, pouring with one hand while whisking like mad with the other. Boil, stirring constantly, for 1 minute. Suspend the pot on the top of another pot of simmering water, making an impromptu double boiler. Cover and cook for 30 minutes, stirring occasionally. Add the butter, if using.

Preheat the oven to 375 °F. Combine the milk and eggs, whisking well, in a large bowl. When the cornmeal comes off the heat, beat 1 ladleful of the hot mixture into the egg-milk mixture, whisking well. Gradually add the remaining hot cornmeal, half of the Parmesan, the roasted garlic, nutmeg, and black pepper, whisking well.

Spray a shallow 1 ½ quart or 10 x 6-inch baking dish with cooking spray. Turn the pudding into it, and sprinkle with the remaining Parmesan. Place the baking dish into a larger baking dish and pour in boiling water to surround the smaller dish. Carefully place in the oven, and bake for 50–60 minutes, or until the top is slightly brown, and the custard is set around the edges but is still just a bit soft at the center. Let cool slightly and serve warm with any tomato-based sauce, salsa, or sautéed vegetables..

### TOMATILLO SALSA

Adapted from *Tamales* by Mark Miller, Stephan Pyles & John Sedlar, Submitted by Sarah Hannigan, Hillside Store Manager.

30 Tomatillos, husked, washed, blackened (stick them under the broiler until the skins start to blister and pop), and chopped

3 cloves Garlic, roasted (stick them on the broiler pan with the tomatillos for a few minutes)

1 bunch Cilantro, chopped

3 Chiles in Adobo Sauce, plus 1 ½ T Adobo Sauce (use more or less to control the heat)

¾ t Salt

¾ t Sugar

Whirl all of the ingredients in the food processor until it's not too chunky, but not too smooth—about 10 long pulses do the trick.

Yield: about 3 cups.

This versatile grain salad makes for a lovely lunch, or light main course.

### WILD RICE & CHERRY SALAD

Adapted from *Super Natural Every Day*. Submitted by Sarah Hannigan, Hillside Store Manager.

1 uncooked Wild Rice

4 handfuls Arugula or Baby Spinach

⅔ C Pecans or Walnuts, toasted

1 ½ C Sweet Cherries, pitted

½ C toasted Walnut Oil or Extra Virgin Olive Oil

¼ C Raspberry Vinegar, or White Wine Vinegar

Sea Salt, to taste

¼ c crumbled Feta Cheese, or Goat Cheese

Rinse wild rice. Bring 4 cups of lightly salted water to a boil. Add wild rice, reduce heat, cover and simmer over low heat until rice is tender, about 40–45 minutes. Drain rice and set aside.

While rice is cooking, mash ⅓ of the cherries in a jar with a muddler or the handle of a wooden spoon. Add walnut oil and vinegar, close lid tightly and shake until combined. Add a pinch of salt and pepper to season and taste.

Tear remaining cherries in half. Toss wild rice with the arugula, most of the pecans, and most of the remaining cherries until evenly combined. Add a generous splash of the dressing and toss again. Taste for seasoning and add more salt or dressing if necessary.

Top salad with remaining cherry halves and pecans, and crumbled cheese. Serve warm or at room temperature.

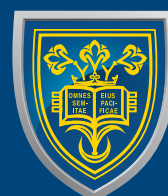
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**ZUCCHINI & ALMOND PASTA SALAD**

*Adapted from smittenkitchen.com. Submitted by Sarah Hannigan, Hillside Store Manager*

1 ½ lb Zucchini (2 to 3, depending on size), halved lengthwise and very thinly sliced

1 t Salt

1 ½ oz Parmesan or Pecorino Romano cheese, thinly sliced on a mandolin or with a peeler

½ c Slivered Almonds, well-toasted and cooled (300 degree oven for 7 to 10 minutes, tossing occasionally, usually works)

½ lb Pasta of your choice (whole wheat fusilli is a favorite), cooked, drained and cooled

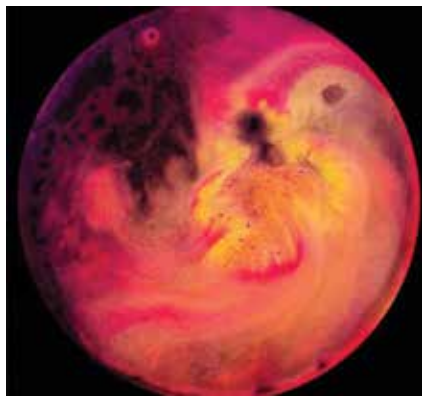
5 T Olive Oil

Juice of one Lemon

Freshly ground black pepper

Toss zucchini slices with one teaspoon salt in a large colander set over a bowl or in sink. Let drain 20 minutes. If the zucchini tastes too salty, rinse and drain them again.

Stir zucchini, parmesan, almonds and pasta together. Whisk together olive oil and lemon juice, seasoning generously with black pepper and salt to taste. Toss with salad and adjust seasonings to taste.



**HOT LOVE**

*An original juice recipe created by Hally Sharrow, Produce Clerk*

2 C Pomegranate Seeds

2 C Cranberries

2.5 lbs Carrots

1 small Red Beet

Knob fresh Ginger

1 small sliver of a seeded Jalapeño (optional)

Push ingredients through your juicer, strain, and enjoy! Makes 32 oz

*A raw vegan & gluten-free recipe*

**RAW CARROT CAKE With Orange Vanilla Frosting**

*Adapted from Kristina Carrillo-Bucaram.*

*Submitted by Hally Sharrow, Produce Clerk*

Ingredients for the Carrot Base:

Approximately 2-3 C Carrots, shredded (Food Processed)

1.5 C (according to you) fresh Dates

Half C Walnuts (less for lower fat)

Cinnamon

Slice Fresh Ginger

Dash Turmeric

Ingredients for the Frosting:

Approximately 2 C soaked Cashews

1 C pitted Dates

Small Stem or Scrape of Fresh Vanilla

Fresh Squeezed Orange Juice from 2-4 Oranges

Directions for Carrot Base:

Combine all ingredients in a food processor until the mixture reaches the consistency that you want. I like mine gooey, so I let the machine run for longer. Most will want more of a "bread" type consistency, so don't let it go for too long as to get the proper texture.

Press this mixture into the cupcake liners and refrigerate.

Get ready to make your frosting!

Directions for Frosting:

Blend in a Vitamix or powerful blender. This is VERY thick and creamy and may take a while to get perfect!

Spread this frosting onto your cupcakes with a spatula. You can also use a piping bag to apply the frosting on top. If you don't have a piping bag, you can always cut off the tip of a plastic zip-top bag and apply your beautiful design from there! Enjoy!

**LUMINESCENCE**

*An original juice recipe created by Hally Sharrow, Produce Clerk*

1 bunch Lacinato Kale

½ bunch Cilantro

½ bunch Italian Parsley

½ bunch Dandelion Greens

½ bunch Watercress

6 stalks Celery

1 Cucumber

1 Granny Smith Apple

1 Lime

Knob fresh Ginger

1 small sliver of seeded Jalapeño (optional)

Push all ingredients through your juicer, strain, and enjoy! Makes 32 oz

**FESTIVE PICKLED GRAPES**

*Submitted by Jill Holmen, Brand Coordinator*

1 lb Red or Black Seedless Grapes

1 c White Wine Vinegar

1 c Cane Sugar

3 cloves Garlic, cut in half

1 ½ t Brown Mustard seeds

1 t Whole Black Peppercorns

1 (2 ½") Cinnamon Stick

¼ t Sea Salt

Thoroughly rinse and dry the grapes, removing them from the stems. Using a paring knife, trim away the very end of the grape that was attached to the stem, exposing a bit of flesh inside. Fill a quart jar with the grapes and raw garlic halves.

In a medium saucepan, combine the remaining ingredients. Bring to a boil over medium heat. Cool the brine then pour over grapes (you can pour while still warm, but it will wilt the grapes a little). Chill the brined grapes in their jar in the refrigerator for at least 8 hours or overnight. Serve cold. Divine with a cheese course, sliced atop salads, or diced into chutneys. Makes about 3 cups.

*Use with your favorite enchiladas, or as a topping for tofu, chicken, or pork! Enjoy!*

**ROASTED TOMATO MOLE SAUCE**

*Submitted by Jill Holmen, Brand Coordinator*

8 C fresh Tomatoes (both green & red—use up all those unripe ones from the garden!)

3 Carrots, sliced into ¼" coins

½ White Onion, cut in wedges

Olive Oil

6 cloves fresh Garlic, rough chopped

1 6 oz can Tomato Paste

1 t Liquid Smoke

½ C Raisins

½ C Dried Cranberries

4 T Balsamic Syrup

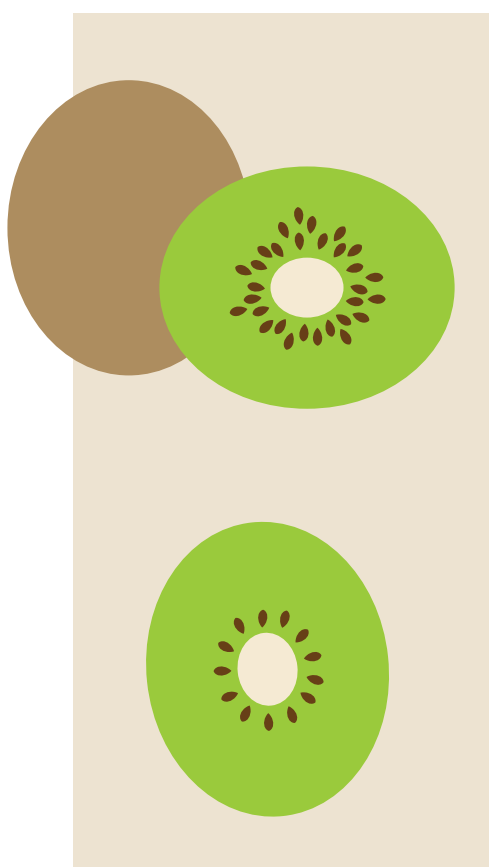
3 T Hatch Chili Powder

2 Chiles in Adobo Sauce + 1 T of Adobo Sauce Salt & Pepper to taste

Quarter tomatoes (cut even smaller if they are large tomatoes), toss in olive oil, and roast at 450 °F on a parchment-lined baking sheet. You will need to drain off liquid from time to time. Roast until brown on the edges and aromatic, approx. 1 hour. Toss both the carrots and onions in olive oil, roast on a separate baking sheet at 400 °F until slightly browned, approx. 30 minutes (onions may get done sooner). Pull everything from the oven and allow to cool. In the meantime, re-hydrated raisins and cranberries in a bowl of hot water for 15 minutes. Drain and set aside. Chop garlic and set aside.

In a food processor (likely in 2 batches), blend all ingredients together. I prefer to process one batch until fairly smooth and leave the other batch a bit on the chunky side, but 'tis up to you!

You can adjust the heat as you go and always add more at the end if you'd like. If you don't have access to Hatch chili powder, regular 'chili powder' or chipotle powder would suffice. Note that the chipotle will produce a smokier flavor.



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Your friends will be shocked to have beans in their cake! So awesome!

### CANNELLINI CITRUS CAKE

Submitted by Jill Holmen, Brand Coordinator

2 C All-Purpose Flour (I used gold-n-white)  
2 t Baking Powder  
½ t Sea Salt  
1 T each Orange and Lemon zest (save the lemon & orange for the glaze...you'll need an additional 1 T Lemon Juice & 1 t zest from the Lemon plus 1 t zest from the Orange!)  
2 C Cannellini Beans, cooked, drained, & rinsed  
½ C Orange Juice Concentrate, thawed  
½ C Lemon-Lime soda (Blue Sky works great, but Zevia would work too!)  
⅓ C + 3 T Maple Syrup  
1 T Vegan Margarine  
(I like the coconut spread)

Preheat oven to 350 °F and liberally oil an 8" cake pan. Combine flour, baking powder, salt, orange & lemon zests in a bowl. In a blender or food processor, puree beans, OJ concentrate, soda and ⅓ C maple syrup until smooth. Pour bean mixture over dry ingredients and stir until very well blended. Add more soda/juice or water to mixture if necessary. Pour batter into prepared pan and bake on middle rack for about 45 minutes at 350 °F.

In a separate bowl, blend together the 3 Tbsp. maple syrup, vegan margarine, 1 Tbsp. lemon juice, 1 tsp. lemon zest, 2 Tbsp. OJ concentrate (you'll have some leftover from the cake) and 1 tsp. orange zest.

When cake is done, pull it from the oven and let sit for 5-7 minutes. Poke small holes in the top with a toothpick and pour the glaze over the top while still warm. Let cool and try to wait patiently before indulging.

### ICKLE ME, PICKLE ME Pickled Beans

Submitted by Jill Holmen, Brand Coordinator

1 pkg (approx. 1 lb) Green Beans, washed & trimmed  
1 C Apple Cider Vinegar  
1 C Water  
2 T Cane Sugar  
1 T Salt, non-iodized  
4 cloves Garlic, halved  
1 t Mustard Seeds  
1 t Red Pepper Flakes  
2 t Black Peppercorns  
Fresh Dill Sprigs

Wash and trim the ends off the beans, then place upright in a clean wide-mouth quart canning jar along with the garlic halves, mustard seeds, red pepper flakes, peppercorns, and dill sprigs. Heat the vinegar, water, sugar and salt together, stirring until the sugar is dissolved and it reaches a low boil. Pour the heated vinegar mix into the jar and fill almost to the top. Let sit and cool. When room temp, place the lid on the jar and refrigerated 1-2 days minimum. Your pickled beans are then ready to eat and will last 1-2 weeks in the fridge! Yum!

*This is a wonderful classic recipe that compliments almost any meal. Lately I've been pairing it with fish, salad, and good warm bread. Wow.*

### WILD RICE CASSEROLE

Adapted from Fannie Farmer Cookbook.  
Submitted by Lisa Anderson, Grocery Manager

¼ C Butter  
½ C Onion, diced  
3 C Mushrooms, sliced  
1 C Wild Rice  
3 C Broth (or water with bouillon cubes)  
1 t Salt  
1 t Pepper

Melt butter in pan. Sauté onion, then add mushrooms, and sauté until soft. Combine with other ingredients in 2 qt buttered casserole dish. Cover and bake at 325 °F for 1 hour or until done. Bam!

*This is one of my favorite recipes to make with a couple pals that share of the love of good food. Two of us work together on the crust, tofu, and gravy, and the other one prepares the vegetables. Everyone seems to gather in the kitchen so we may as well make a great meal!*

### TOFU POT PIE

Adapted from The New Farm Vegetarian Cookbook. Submitted by Lisa Anderson, Grocery Manager

#### Crust:

2 C Flour  
1 t Salt  
½ C Butter, cold, cut into 1 T pieces  
½ C Water, cold

Mix flour and salt, then work in the butter with your fingers. Add water slowly, adding more or less water to get all the flour to stick together and the dough ball smooth. Do not knead or work the dough more than necessary. Refrigerate for at least 15 minutes before using. Separate the dough into two halves, with one half slightly larger than the other. Roll the larger half out for the bottom crust (and put the smaller portion back in the fridge). Place into pie pan, with enough dough to fold over the edge. Use a fork to poke small holes all over the bottom and side of crust. Bake 10-15 min at 350 F until mostly done, checking half way through for bubbles. Poke any bubbles down with the fork.

#### Tofu:

Breading for Tofu  
¼ C Flour, all purpose  
2 T Nutritional Yeast Fakes  
1 t Salt  
2 t Garlic Granules  
1 lb Tofu, firm or extra firm (not silken)

Cut one pound tofu into dice size cubes. Coat ⅓ of tofu in breading and fry in oil until brown and crispy. Remove from pan and put on paper towel to soak up excess oil. Repeat with rest of the tofu.

*(You can substitute seitan or meat of your choice here, with breading or no breading. It's still really good.)*

#### Gravy:

⅓ C Flour  
⅓ C Nutritional Yeast Flakes

¼ C Oil  
2 C Water  
1-2 t Garlic Granules  
½-1 t Onion Powder  
2-3 T Tamari or Braags Aminos  
Salt & Pepper to taste

Toast flour over medium low heat in deep pan until you can start to smell it, whisking occasionally as you toast. Whisk in the yeast, then add oil. When oil is absorbed, slowly whisk in water, until it thickens and bubbles. Add more or less water for desired thickness of gravy (I like a thicker gravy, so often add less water than needed). Whisk in tamari, garlic and onion powder, and salt and pepper. Taste and adjust spices; I tend to add extra onion powder and garlic. And pepper. Whisk as necessary to desired consistency.

#### Vegetables\*:

½ C Onions, diced  
6-8 cloves Garlic, minced  
½ Bell Pepper, chopped  
⅓ C Mushrooms, sliced or chopped  
⅓ Zucchini, sliced in quarter rounds  
½ C Broccoli, cut into small pieces  
1 C Potatoes, diced, boiled for 5 minutes until softened but not mushy  
½ C Corn, unfrozen

Sauté onions until almost translucent, add garlic and peppers, then add other vegetables that need to be cooked (like mushrooms and broccoli). Sauté all ingredients until cooked (but not mushy).

*\* Add or substitute vegetables you enjoy, like green beans, peas (I hate peas), jalapenos, green or black olives, cauliflower...the list goes on. The veggie filling should total around 3-4 cups.*

**The Magic:** Mix vegetables with tofu and ¾ of gravy in a bowl, and pour into baked pie shell. Top this tofu/vegetable mix with remaining ¼ gravy. Place pie shell on top. Pinch top crust to bottom crust, and cut 6-8 slits in top crust. You can also make fun faces if you'd like. Bake at 375 °F for 40-50 minutes until top crust is golden brown. Remove and let cool for 10 minutes. Nummy in your tummy.

WFC

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