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GARBANZO GAZETTE



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GARBANZO GAZETTE

— PUBLISHED BY —

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.

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www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:
Tuesday November 1, 2016.

Refer submissions and questions to:
awade@wholefoods.coop

ADVERTISING

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www.wholefoods.coop/advertise

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The next ad reservation deadline is:
Saturday, October 15, 2016.

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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

Cooperative Principle #6 Cooperation among cooperatives.

“Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.”

When I put on steel-toed work boots and denim coveralls to work my first Coordinator shift at Whole Foods Co-op/WFC in 1980, I had memories of shopping in other food co-ops in distant communities, but knew no one I could call for advice or support — no internet or email in those days! I read newsletters from Common Health Warehouse, our primary grocery supplier, about other food co-ops they served in the upper Midwest. I represented WFC at meetings of a regional Co-op Store Managers Association. By 1985, the first issues of Cooperative Grocer magazine became available and the seeds of a national food cooperative movement began to flourish.

By 1990, WFC Board and management were traveling annually to Consumer Cooperative Management Association/CCMA meetings to hear speakers from all kinds of co-ops, domestic and international. We participated in workshops, toured co-ops and their competitors, met industry consultants and got a better perspective on our own strengths and weaknesses. Most of all, we got to know each other and recognized that, despite differences in size, sales and communities, we all had a strong commitment to the cooperative business model and could be stronger and smarter working together.

The wholesale natural foods cooperative movement peaked at 28 co-op warehouses nationally in 1982 and disappeared altogether after 2003. But the retail natural foods cooperative

movement has worked hard regionally and, since 2004, nationally to combine our strengths to bring our customers lower prices (Co+op Deals, Co+op Basics) and more unique services (Co+op Explorers) while also training and developing staff in all departments and contracting for operating services (inventory service, credit card processing) so that we are the best grocers we can be and so that each co-op can best serve its own community.

We represent 150 food co-ops operating over 200 stores in 38 states with combined annual sales of nearly \$2 billion and over 1.3 million consumer-owners. NCG helps unify natural food co-ops in order to optimize operational and marketing resources, strengthen purchasing power, and ultimately offer more value to natural food co-op owners and shoppers everywhere.

— NCG (National Co+op Grocers) | www.ncg.coop

Since the 1990's, it has been a big part of my job as General Manager to represent WFC at meetings of the Midwest Cooperative Grocers Association and now with the National Co+op Grocers. We learn so much from each other and from the consultants and NCG staff that present at these meetings. We challenge, critique and hold each other accountable. And then we bring strategies, resources and inspiration back to our co-ops because we can always do better and we are truly stronger together.

Thank you, WFC Owners, Board and Staff for helping to build and grow our cooperative and know that WFC will continue to support “cooperation among cooperatives.” And to my friends at NCG and co-ops across the country, so long and thanks for all the fish! **WFC**

WHOLE FOODS CO-OP. COMMUNITY OWNED. THAT'S THE DIFFERENCE.



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 2016 quarter, management reported the following progress on ENDS:

- \$2,000 Junior League of Duluth Let It Grow Project
- \$1,100 Myers Wilkins Community School Collaborative Hillside Youth Theater Event
- \$1,000 2016 Hill Fest Event
- \$1,000 March Against Monsanto/Duluth
- \$1,000 First Witness Child Advocacy Center Spring Splash Event
- \$500 UMD Sustainable Agriculture Project 2016 Food & Farm Festival

- \$300 CHOICE Unlimited Hike for Health Event
- \$64 Marshall School Brewery Creek Watershed Summit
- Management participation with and logistical support for the Growing Farms Board of Directors, the Myers/Wilkins Community School Collaborative Board of Directors and CHOICE, Unlimited's Employer Advisory Committee
- Support for The Cab Coupon Program
- Support for The Co-op Explorers Program
- Donation of \$0.10 bag credit (RRR Program) for customers who bring in their own bag to bag their purchases; recipient of donated bag credits in this period was Growing Farms
- Donation of \$0.10/packet for each packet of garden seeds sold donated to Duluth Community Garden Program
- Payment of wages, salaries and benefits for 148 employees amounted to \$985,225
- Discounts to Owners amounted to \$52,656



Board Report

by Mickey Pearson, WFC Board Secretary

2016, now at the midpoint, continues to be an eventful year for Whole Foods Co-op and the Board of Directors. Much of our work was laid out for us from the start. In addition to the general fiduciary duties of representing owners, both the successful expansion to Denfeld and the national search for our new General Manager have been top of mind for us long before 2016. In the last few months, we've also done our part to both grow our knowledge and share what we've learned with the larger cooperative community.

The Denfeld expansion was just on the cusp of completion at the time of our last Garbanzo Gazette. The table was set for WFC to double our size and face a host of new successes and challenges. I'm happy to say the hard work of the management team in planning the expansion has been — from the Board perspective and otherwise — a successful endeavor. The response from the community has been overwhelmingly positive and the store is a welcome addition to a quickly growing neighborhood.

Individual Board members have been actively exploring educational opportunities as well. Jean Sramek, Board President, continued her regular attendance at the Minnesota Food Co-op Board meeting, this time in the Twin Cities. Wayne Pulford made his way to Amherst, Massachusetts for the 2016 Consumer Cooperative Management Association (CCMA) Conference. In an effort to provide support to new co-ops, I made my way to Grand Rapids, Minnesota, where a dedicated group are working diligently to start their own grocery co-op in the near future.

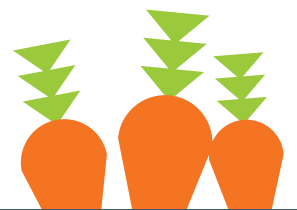
All three events were enriching, engaging and motivating. Through them, we get great perspective on the work we do,

“ I'm happy to say the hard work of the management team in planning the (Denfeld) expansion has been — from the Board perspective and otherwise — a successful endeavor. The response from the community has been overwhelmingly positive and the store is a welcome addition to a quickly growing neighborhood. ”

how we can improve, and what to expect in the future. These are also key opportunities for us to share our knowledge and act as stewards of the cooperative movement.

Another big achievement in the last few months has been the Board's collaboration with management on reworking our overarching food policies. For many years, both staff and the Board have worked with an increasingly unwieldy and outdated document outlining WFC's guidelines for the products we carry. After many months of collaboration and discussion with key staff members, we have finally crafted a document that better fits the needs of the Co-op, both operationally and philosophically.

While this summer is an excellent time for us to take a moment to reflect on our accomplishments thus far, we're also always looking forward to the tasks at hand. As your elected officials, we want to represent your ideas and interests in our work. Should you feel so inclined, drop us a line and let us know how we can help you love Whole Foods Co-op even more. [WFC](http://wfc.org) | wfcbod@wholefoods.coop



BOARD OF DIRECTORS



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GM Evaluation Committee
Search Committee
Term expires 2018
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Board Recruitment Committee
Vice President
Term expires 2017
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JAMIE HARVIE
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Board Recruitment Committee Chair
Search Committee
Term expires 2018
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Finance Committee Chair
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JEAN SRAMEK
Board President
GM Evaluation Committee Chair
Search Committee Chair
Term expires 2018
jsramek@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 sent 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

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.

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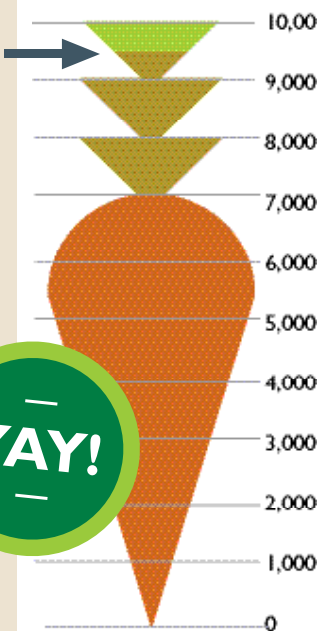
Own It!

Did you know?
Co-op Owners enjoy exclusive benefits!

OWNER BENEFITS

- ▶ Owner appreciation events + coupons
- ▶ Weekly Taste-eCoupons
- ▶ Patronage rebate eligibility
- ▶ Special order discounts
- ▶ Discounts at select area businesses
- ▶ Discounts on WFC U Classes at the Co-op.

9,644 OWNERS!



WELCOME NEW OWNERS!

104 new owners signed up in the month of July, way to OWN IT... welcome to the Co-op!

HELP US REACH 10,000 OWNERS!

Exciting news, we anticipate that before the end of the year we will reach 10,000 Owners... a huge milestone for Whole Foods Co-op. Watch for updates on our progress toward this goal in the store, on the WFC website and on our Facebook page, and learn how you can help us celebrate when we reach 10k!!

Current Ownership investment: \$100 per voting membership.

Further ownership information is available at the Whole Foods Co-op website and in the store at the Customer Service Counter.



Ownership Update

Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgement that in Fiscal Year 20156 WFC achieved growth in new Owners, in new equity and in earnings, 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). 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 18, 2016) for them to provide a current address for an equity refund or to complete their purchase of required equity.

The balance of unclaimed abandoned equity will be donated to an ENDS-related non-profit chosen by Owners voting at the Owners Annual Meeting on October 21, 2016, from the following list:

- ▶ Community Action/Seeds of Success Program
- ▶ Damiano Center
- ▶ Duluth Community Garden Program
- ▶ Growing Farms
- ▶ Lake Superior Sustainable Farming Association
- ▶ Lincoln Park Children & Families Collaborative
- ▶ Myers Wilkins Community School Collaborative
- ▶ One Roof Housing

The following non-profit agencies have received unclaimed abandoned equity in previous years and are eligible again for nomination after three (3) years:

- ▶ CHUM Human Services Agency of Duluth/2015
- ▶ Duluth Community Garden Program/2011
- ▶ Growing Farms/2012
- ▶ Kids' Café/Damiano Center/2013
- ▶ Lakes Superior Farming Association/2009
- ▶ Second Harvest Northern Lakes Food Bank/2008, 2010/2014

Change graph to represent 10,000 owner goal

Currently at 9644...

Can you help us locate these folks?

BANUELOS, SARAH
MACLEAN, KATE
BECKER, KARL
PEARSON, LINSAY
GILLE, ANITA
ECKBERG, AMANDA
WINANS, MARK
KOSTERS, AL
GUSTAFSON, GWENNE
YATES, LYANN
SCHMIDT, CHRISTINA
NIKSTAD, DEBORAH
BUCKWALTER, HILARY
SHAND, BRIAN
FOX, JENNIFER E
NORLANDER, KRISTIN
SMITH, RUSTY
DECAIGNY, MICHELLE
BRODIN, SUSANAH LEE
BEALES, MATT
SCHNEIDER, LYNN
ROSS, MELANIE ANN
HUDSON, DIANNE JOYCE
CANNON, INGE HELGA
JOHNSON, AARON RALEIGH
ERICKSON, JUSTIN
HALDEMAN, KERRI
KARULAK, JOSEPH A
THOMAS, KATHRYN
STEWART, SHERAUN
BAUMGARTEN, PAUL
KIRWIN, MICHAEL WILLIAM
ZENTZ, F EUGENE
FIERST, JASON F
OGBOZO, JACOB C
BOMBARDIER, MARY
RUSHENBERG, LOLLY
LADEHOFF, LEAH
VITTORIA, THOMAS JOHN
HOODY, MARGARET
KEHOE, CARRIE
WICKSTROM, RACHEL
FORBORT-PEREZ, MARNEE
CROSS, ELLA
NOLAN, ERIN
WOORSTER, JEAN
HOPPONEN, KEN
HERDINA, BARBARA
BLENDERMANN, MICHAEL
QUINN, JR., MICHAEL
RILEY, LUCILLE
MCCUSKEY, MIKE
PETTIT, DEB

CASSAR, AVERY
NORLAND, ANTHONY
HOLMBLAD-DIXON, JULIA
BLOM, DIANA
SELLECK, RENE
MEISTER, DEREK
DOUGLAS, MONICA
WUSSOW, JENNIFER
BYRNELEUTGEB, DANIEL
JOHNSON, EILEEN
ANDERSON, ANGIE
BLISS, ALISHA
PATTERSON, WAYNE
PUTTONEN, CURITS
KLANG, GISELLE
KELLY, ANGELA
LENARZ, DAN
SIMONSON, WENDI
SAUTER, DANIEL
HAZELTON, BETH
FALTER, KIMBERLY
THRUN, DANIELLE
ULSBY, SUSAN K
FRIESEN, BEN
TEIGE, LAURA
CROTEAU, CLARE
KRAUS, JR, RICHARD
HINTON, LAUREN
OLSON, KATHERINE
WEINMAN, ELIZABETH
BOWMAN, TAMMY
DAMMAN, BENJAMIN
MILLER, SUSAN
ZEMPEL, ZACH
CRYSLER, ANDREA
SCHOONOVER, DAVID
LATTERY, ELIZABETH
BANKEY, DIANNA
HAWES, JANICE
ENGSTROM, JACOB
BURKETT, AMY
YOUNT, MARY
SPENCER, BRITA
CAHILL, ALYSSA
WRIGHT, JENNIFER
BARTON-TAYLOR, SUMMER
YOUNGDAHL, SCOTT
KRUSE, ERVIN
PETERSON, JONATHAN
KELL, TAMMY
SABOL, PHYLLIS
LITTLE, CYNTHIA
SIMPSON, HANNAH

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Ayurveda in a Minute



by Bonnie Ambrosi, WFC Owner

This column offers bite-sized servings of Ayurveda, mini-lessons which I hope you will find both interesting and useful.

Lively Food

Customer: “Waiter, there’s prana in my soup!”

Waiter: “Shh, not so loud – everybody will want some!”

Food contains not just vitamins, minerals and fiber, but prana, the Sanskrit term for life energy – an excellent thing to have in your soup!

How do we judge the prana value of our food? There’s no nutritional label for that! Just think in terms of life energy: how long ago was your lunch actually alive? And what did it have to go through to reach your plate?

Raw foods are obvious choices for life energy and can be as simple as a piece of fruit or a salad, but they’re not your only option. Not everyone can digest raw foods comfortably, and eating raw is less appealing in the cold seasons of the year.

Minimally-processed foods hold their energy pretty well. Dried beans and whole grains, for example, can store prana for a long time. Frozen vegetables can actually be more lively than old, sad, “fresh” produce. And some foods need to be cooked to be digestible: tofu has been making the prana of soybeans available to human bodies for millennia!

Food is lively when it is freshly prepared. Dry rolled oats may have lots of prana in store, but once you cook them, that energy is lost very quickly. The tofu curry you made

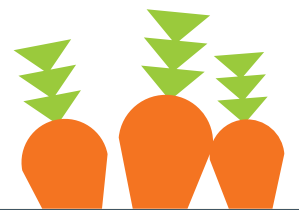
“How do we judge the prana value of our food? There’s no nutritional label for that! Just think in terms of life energy: How long ago was your lunch actually alive? And what did it have to go through to reach your plate?”

for supper was deliciously full of energy when you served it. The leftovers next night were less lively. A week later, the remaining bowl of curry in the back of the fridge may not be actually spoiled, but it is energetically inert.

The same is true for denatured, highly-processed foods. They may be fortified with vitamins and minerals, but you can’t fortify a food with life energy; it comes from the source and when it’s gone, it’s gone. Food that has little or no prana is tamasic. Its effect on the body and mind is to make you feel dull, slow and heavy.

My Ayurveda teacher David Frawley wrote: “Everything we do in life is a form of reception and transmission of energy.” The food we eat is one of the principal ways in which our bodies receive energy. Just knowing this will help you choose and enjoy more lively food! **WFC**

Ayurveda is an ancient science of holistic health. Bonnie Ambrosi is a certified Ayurvedic Health Educator and yoga instructor. Contact her at bonnieambrosi@gmail.com or visit grihastashramiyoga.com.



REDUCING BARRIERS



WFC Access Discount

Owners who qualify by providing (in advance of purchase) annual proof of participation in a low-income support program can receive a 10% ACCESS DISCOUNT on all eligible purchases. For details, see the ACCESS DISCOUNT brochure available at the Customer Service Counter. The ACCESS DISCOUNT does not apply to: special orders, WIC purchases and/or Co-top Basics purchases.



Fran Skinner Memorial Matching Fund

Eligibility criteria for the Fran Skinner Memorial Matching Fund for Owners to purchase the balance of Owner equity due are 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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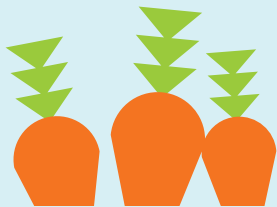
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Sharon Murphy: 36 Years

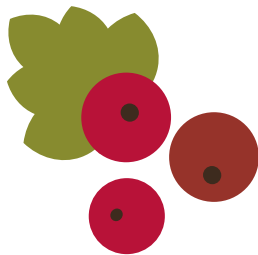
By Ali Wade, Brand Manager & WFC Owner
and Other Sharon Murphy Devotees

News You Can Use!



ENROLL YOUR KIDS!

The Co-op Explorers Club is a benefit for the children of all of our shoppers. In FY 2016 (July 1, 2015 through June 30, 2016) over \$4,000 worth of fruits and vegetables have been enjoyed by our Co-op Explorers at no cost to their families. Enroll your kids today at either the Customer Service Counter at the Denfeld store or at the Hillside store.



CO-OP CURRANT

The Co-op Currant is our monthly E-newsletter bringing food news, recipes, healthy living inspirations and SO MUCH MORE directly to your inbox. The Co-op Currant is a supplemental news source to the Garbanzo Gazette.

Sign up for the Co-op Currant E-newsletter and check out archived issues here:

wholefoods.coop/co-op-currant/

DID YOU KNOW?

WFC sells books of stamps as well as DTA bus passes at our Customer Service Counter. Save yourself a trip and pick them up when you are doing your shopping.

A Look Back at a Career of Co-operation...

It was the Summer of 1977, Apple Computer was newly incorporated, Fleetwood Mac's "Rumors" was #1 on the charts and blaring from 8-track players across America, and the whole country was laughing at "The Cone-heads" on Saturday Night Live.

Sharon Murphy was expecting her first child when she became one of the members of Whole Foods Co-op at 631 East 8th Street in Duluth that summer. Certainly she had no idea that she would spend the next nearly four decades working in, and eventually leading Whole Foods Co-op through two new locations, a re-model that would make the store the first LEED certified retail grocer in the state, the recovery from a disastrous flood, and the opening of a second location to serve the now nearly 10,000 Member-Owners.

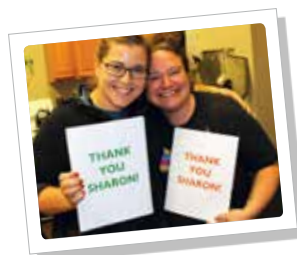
That is exactly what Sharon has done over these many years, and so much more. With her eyes always on the horizon, Sharon has been a calculating planner, a calm communicator and a courageous leader at the helm for WFC through difficult challenges, exciting successes, and tremendous growth. For her numerous

accomplishments, Sharon was honored by the National Cooperative Business Association with their prestigious Cooperative Service Award in May 2016.

Sharon will be retiring at the end of September, to fully embrace the role of Grandmother, living closer to her daughter and grandson in the Pacific Northwest. We've asked a few of the folks who over the years have served alongside Sharon in the store, on the Board and in her work with co-ops across the country to reflect on her contributions to our Co-op, co-ops in general and our community.

In these recollections from those who have known Sharon over the years some themes emerge... her kindness, her toughness, her strategic thought, her work ethic, her belief in the power of co-operation. These are the things we will miss, the things that have made her a great leader, the qualities we hope we will be fortunate enough to find in the next General Manager, who will have some very big shoes to fill.

Thank you Sharon, from all of us both past and present at Whole Foods Co-op for all you have done to bring out the best in us individually and collectively, and for setting us on the course for a fantastic future! **WFC**



Recollections...

Sharon and I have many things in common, inside and outside of work. We are both passionate about good food. We've both enjoyed living in our century old houses in East Hillside. We both love to read, and Sharon was always kind enough to share her latest book. We also shared diabetic cats. These cats needed insulin shots twice a day, which means it's hard to go anywhere without taking your cat. So we started a buddy system, and would 'shoot' the others cat each time one of us had to go out of town. Since we lived a block apart, it was pretty convenient. In and out of work, Sharon was always willing to lend a helping hand."

— **Lisa Anderson**, WFC Hillside Grocery Manager & WFC Owner

At 631 East 8th Street our office space was The Crow's Nest constructed over the basement stairs and reachable by a vertical ladder; one chair and work surface; a file cabinet. We got calculators to assist shoppers in totaling their bill and eventually some modern scales. And we instituted inventory to calculate Cost of Goods Sold for each quarter! It has been a joy to serve on the Board and see Sharon grow and steer the success of WFC through downs and ups. Notably, she invested in training for Board members as well as staff — roads well taken to assure a strong and healthy Whole Foods Co-op.

— **Geiger Yount**, Past WFC Board Member & WFC Owner

CELEBRATE SHARON!



PLEASE JOIN US!
Celebrating 36 years of Co-operation with Sharon Murphy!

Tuesday, September 27
4:00 PM – 5:30 PM

 Whole Foods Co-op Denfeld Location

Cake, coffee and tea will be served.

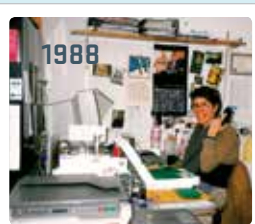




1977
Sharon Murphy joins the Whole Foods Co-op located at 631 East 8th Street.



Sharon plays an important role in the early days as one of the Co-op's first coordinators on staff.



1988
Sharon is hired as General Manager of WFC.



1993
With Sharon at the helm, the Co-op ship sets sail to its new location at 1332 East 4th Street.



2004
Sharon swings the Golden Hammer at the Hillside Co-op ground breaking.



2006
The Co-op becomes the first LEED certified retail building in Minnesota.

1978 – 1980
Sharon serves on WFC's Board.

1980
Sharon becomes a partner in Creative Energies and helps manage the Co-op.

1992
Sharon oversees the member loan drive to support move to 4th Street.

1996
Annual sales exceed one million dollars!

2005
Sharon leads the way in a shopping cart caravan to the new Co-op at 610 East 4th Street.

2010
Sharon cuts the cake at the Co-op's 40th Anniversary.

of Co-operation



Sharon Murphy, our fearless leader retires after 36.5 years of dedicated service. She will be greatly missed!

Recollections (continued)...

I loved my time on the WFC Board and thoroughly enjoyed working with Sharon. Her knowledge and ability to manage is top notch. I am thankful for her dedication to the cooperative business model and I know our community has benefited from her commitment and practice. Many times during Board meetings Sharon would bring up a principal or practice that applied to an issue at hand. That not only made the job interesting and fruitful for me as a Board member, but it made the work seem all that more important. My tribute to Sharon is to continue learning and practicing the cooperative principals. For all that divides us, there is a cooperative principal to unite us!

— **Theresa Koenig**, Past WFC Board Member & WFC Owner

Sharon is a strategic thinker, always trying to get the most out of her work force. Early in her tenure as a coordinator at the 8th Street store long before the idea of “General Manager” was part of the lexicon of the Board of Directors, Sharon realized the inefficiency inherent in having three or four Coordinators share the responsibility of ordering. I distinctly remember the sense of relief I felt when she volunteered to do all of the ordering except produce. This left the rest of us time to better manage volunteers to keep bins stocked, cheese cut, and all the other things Coordinators coordinated in those days.

— **John Fisher-Merritt**, Former WFC Employee, Food Farm Founder & WFC Owner

I met Sharon at the FIRST Whole Foods Co-op on 8th Street. I had come from working at a small coop in the cities, SAP foods, and felt right at home and was warmly welcomed at that little funky store that proved you can do anything with hard work and determination. Sharon was our fearless leader and treated everyone with kindness and respect. I do not know when she slept because it seemed like she was ALWAYS there. When I look back 25 plus years, I can say absolutely without doubt that she made a huge impact on my life and the lives of many in the Duluth community by helping create Whole Foods Co-op. Salud Sharon!

— **Michael Stanitis**, Owner of Sassy Nanny & WFC Owner

Thirty six years ago the majority of Whole Foods Co-op employees were not even born, computers had dial-in modems, laptops were something you sat on in the family station wagon, and a mobile phone meant you had a long cord. For 36 years, Sharon has always looked for ways to grow and sustain the business. Day in and day out she has made the tough decisions. She has seen the good times and the hard times and has always put the best interest of the Co-op first, and looked for ways to get the Co-op and its employees through the hard times with as little pain as possible.

Back in the 90's Sharon made every single employee a birthday cake at home, and would bring it in to celebrate at work. She finally had to stop when we reached 40 employees, with turnover she was making birthday cakes at the rate of one to two times a week.

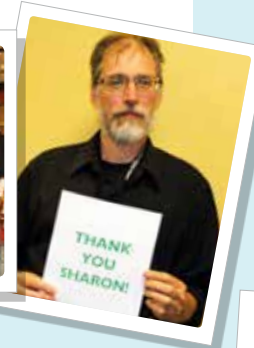
I hope she enjoys every minute of her retirement!

— **Colleen Kelly**, WFC Human Resources Manager & WFC Owner



Sharon Murphy has been an amazing role model for co-op managers in the central U.S., particularly for the women among us. She is every board's dream GM: she's financially savvy; she has terrific people skills; she is one of the best strategic thinkers around; she's engaging and kind, but she has a spine made of steel. She is the kind of leader that we all strive to be. Sharon has set the bar high for those around her, both inside of the Whole Foods Co-op family and with her peers and colleagues. She has generously mentored us, and she cares about us genuinely – so much so that she expects only the best from us. Sharon made me better as a GM and for that I will always be grateful. Sharon leaves a legacy in Duluth that will endure for decades, and her impact is written on us all. Congratulations on your retirement Sharon. We will miss you, but you have more than earned it.

— **Michelle Schry**, Friend and devoted admirer, NCG Central Corridor Development Manager (former GM People's Food Co-op La Crosse/Rochester)



Sharon with her supportive crew rally after the infamous Flood of 2012.



The Co-op gets a new look, but maintains its core cooperative values.



With a well-worn hard hat and a smile, Sharon takes the lead on organizing WFC's Denfeld expansion.



Sharon is honored by the National Cooperative Business Association with their prestigious Cooperative Service Award in May.



Sharon Murphy retires and her co-operative leadership lives on!

Stay in the Know...



HALLOWEEN ANNOUNCEMENT!

Attention Ghosts and Ghouls...due to the construction on 4th street, the Co-op will NOT be hosting a Halloween Party this year.

We've enjoyed putting on this spooky spectacle for many years, but we need to keep our basement accessible so that we can carry out grocery orders to our lower level parking lot during construction. We have donated our party decorations and supplies to the Neighborhood Youth Services Halloween party at the Washington Recreation Center. We will still have treats at our registers for kids who come to the Co-op in costume, so stop in on your way to the NYS party!!

OWNER ONLY EMAIL COUPONS

Owner Only coupons will be sent directly to Owners' email addresses every week so it is important that Owners keep the Co-op informed of their current email address. Please email info@wholefoods.coop with your current email address or go to www.wholefoods.coop/coupons/

Call for Owner Art!

OCTOBER, 2016 IS OUR ANNUAL OWNER ART SHOW!

This year we will host an artist reception at WFC Hillside in the Brewery Creek Overlook on Monday, October 10, 2016.

For more info, or to reserve a spot in the show, contact:

ALLISON HEITMILLER
Brand Education & Outreach Coordinator
P 218.728.0884 | ext. 158
ahaitmiller@wholefoods.coop

Space is limited and some restrictions apply. Remaining spots in the exhibition will be filled on a first-come, first-served basis.



11.2012

The flood damage to the parking lot is repaired at last!

09.2014

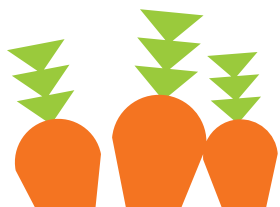
Sharon is among the first to "DIG IN" at the Denfeld Groundbreaking.

03.2016

The Denfeld Co-op opens in early March at 4426 Grand Avenue.

08.2016

Sharon oversees 2 WFC locations and 140 employees.



All Things LOCAL

DRUMROLL... COMING SOON TO DENFELD!



We heard you, and we're bringing Dahl's milk to Denfeld

When we opened the doors to our new Denfeld store we heard lots of wonderful comments about the new store, we received many notes of thanks and gratitude, but there was one teeny thing many of you weren't so happy about. No Dahl's milk. This was... without a doubt, by far, the most frequently heard request at the new store. "PLEASE," you said... "Please, carry Dahl's milk at Denfeld!" We get it, it's pretty much the freshest, tastiest milk around, and it's bottled locally!

Well, we heard you, and we are happy to say, Denfeld is now carrying Dahl's Sunrise Dairy milk. (insert sound of cheering crowds.)

You'll see we also have a fresh new bottle design that matches our store colors. So, yay! Now you can buy Dahl's milk at either store, and return bottles to either store. Thanks for loving Dahl's and thanks for buying it at your Co-op.

UNITED WAY CHILI COOKOFF



LOCAL-MOTIVE Chili

This year (as we always do) Whole Foods Co-op is cooking up a mouth-watering Chili recipe for the United Way Chili Cook-Off. This recipe will showcase some of the best locally grown produce, locally raised meat, and other local products we carry at the Co-op. We call it our "LOCAL-MOTIVE" Chili, so head to the DECC on September 15th for the 25th annual United Way Chili Cook Off and hop on board to show your support of our local food system.



LOCAL Love

by Allison Heitmiller,
Brand Education & Outreach Coordinator
& WFC Owner

We LOVE our LOCAL Suppliers!

As you walk through the aisles of the Whole Foods Co-op, you'll find that you're surrounded by local products, created and grown in the Duluth area, as well as in Minnesota and Wisconsin. These products are the life-blood of the businesses that sustain our regional economy.

Our community's food system is built on the backs of our local farmers. All year long we hear "when will Farmer John carrots be in?", and for good reason! These sweet roots convert carrot-despisers into lovers and self-professed carrot snobs. After enjoying Food Farm Carrots, there truly is no going back. Farmer John mentored Rick and Karola of Northern Harvest Farm in Wrenshall, whose goal is to "provide local, organically grown produce to members in the Northland community.," a goal we certainly admire.

Bay Produce in Superior WI employs and trains clients from the Challenge Center to grow vine-ripened, hydroponically grown tomatoes and peppers. They're distributed locally, and vine-ripening makes all of the difference in flavor—YUM! Duluth Preserving Co. also prides themselves on creating jobs for the community, as well as donating to community organizations and making incredible, craft jam.

Andrew and Jennifer Sauter Sargent make lacto-fermented sauerkraut and kimchi from locally grown vegetables, created in small batches using methods that support live cultures. Their products are great for local farmers, the environment, and our digestive systems!

Matt and Sara of Yker Acres pasture-raise heritage pigs in Wrenshall. Their bacon, brats, and pork chops are mouth-watering, and you can watch adorable videos of their happy pigs on Instagram! It's proof that happier animals make for better tasting meat.

Playful pigs make delicious bacon; Happy chickens lay tasty eggs. Jason and Lucie of Locally Laid Egg Company partner with farmers to provide folks with eggs from happy hens that exercise and seasonally forage. Purchase their eggs or their feed mix, so your chickens can eat well all year round too!

Positively 3rd Street Bakery is a worker owner cooperative that bakes COOKIES (do yourself a favor and try a Skidmark)! They've been baking whole-grain goodies and supporting economic and environmental stability for over 30 years.



Amanda of Zenith Bread Project creates the world's best English muffins (clearly I'm not biased). It's her mission "to make the most delicious and inventive cakes, pastries, and breads from whole ingredients." Mission accomplished. You can find her doughnuts at Duluth Coffee Company, whose coffee (you guessed it) can be found in our bulk bins. Their Fair Trade Certified and organic coffee beans are roasted to perfection at their café downtown.

Be sure to grab a growler of High Bridge Root Beer for your next gathering. Handcrafted by Lake Superior Brewing Company, Duluth's oldest craft brewery, it's sweetened with local honey and good to the last drop. Your pooch can be an environmentally friendly locavore too with Brewfully Inspired dog treats, baked from re-purposed barley malt from local breweries and peanut butter from WFC. According to Co-Owner Matthew, "It's company policy for the baker to eat a treat from each batch. I like to dunk mine in coffee."

Dahl's Sunrise Dairy supports local dairy farmers by homogenizing and pasteurizing milk at their facility and bottling it in their environmentally friendly glass bottles. Their butter has a cult-like following, for good reason. Created in their 1950's butter churn, the end product is a rich, creamy butter higher in fat and lower in salt. Coming soon to our Denfeld store!

These companies, farmers, and suppliers use and support each other's businesses, as well as our co-op! Together they're woven into a beautifully interconnected web of passionate producers and consumers whose goal it is to make quality products and create a better world. Somehow all of these bright individuals come together in our region to create a powerful local foods movement; a movement that sustains the life and beauty of our environment, economy, and food system. All of our roots are nourished from the same soil. Thank you for creating and supporting the community that we all know, love, support, and nourish; we wouldn't be here if it weren't for all of you. **WFC**



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We Just Love...



Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts. — James Beard (1903-1985)

ASHLAND BAKING COMPANY Bread

Loved by Anthony Gamble
Hillsede Deli Counter Lead Clerk & WFC Owner

The importance of bread was probably realized in tandem with the delight of it." — The Joy of Cooking

I think it's safe to say that such truth is seldom spoken. And lately I have been absolutely loving our good friends at The Ashland Baking Company, especially their Roasted Red Pepper and Parmesan Cheese bread. It's simply fantastic! The flavor combination is only outdone by the soft and slightly chewy texture of it. I will often have it sliced thickly with just a little bit of butter and, if I'm being honest, it rarely lasts an entire day. I just love bread. However, if you want to get your fancy pants on I suggest trying this method. Cut the loaf into slices of your desired thickness and bake it at 350°F for 8–10 minutes (depending on your personal preference) and then brush on some basil infused olive oil and serve with your favorite marinara sauce. Then kick back and let all your guests tell you how awesome you are. Stop by and pick up a loaf today, and treat your taste buds to some of the best bread around.



Homemade vegetarian, vegan mock duck, aka seitan. Handmade in small batches in Bayfield, Wisconsin. — @HappyNestMockDuckLLC

Beets

Loved by Solomon
Denfeld Produce Clerk & WFC Owner

The produce department here at Whole Foods just love bunched beets because they are versatile and nutritious. Beets make a great addition to meals no matter what the season. Whether it is in hearty winter stews or sweet summer smoothies the dynamic flavor of beets can be added to a wide variety of dishes. They can be eaten raw in salads adding a sweet earthy crunch similar to carrots or they can be steamed and added to a vegetable mash with cauliflower and carrots. The greens are also a wonderful addition to meals and can be cooked like spinach or added raw to salads. Beets are not just delicious but are also one of nature's most healthy foods, and are a great source of betalains which have been shown to decrease inflammation, help detoxification, and provide the body with beneficial antioxidants.

HAPPY NEST Mock Duck

Loved by Janice Matthews,
Denfeld Grocery Purchasing Lead & WFC Owner

I just love the Happy Nest Mock Duck handmade in Bayfield, WI for many reasons! A percentage of proceeds are donated to help protect Lake Superior. Mock duck is also called seitan and compared with other products Happy Nest has a delightful texture which sets it apart from spongier wheat meats. Also appreciated is the versatility as it takes on the flavor of whatever it's cooked with. Beyond stir fry I've make it into a Mediterranean flavored mock gyro meal, seasoned hot & spicy in tacos and just recently added maple syrup and used it as a fill for breakfast burritos. YUM! Also our deli features Happy Nest in some of the seitan dishes served on the hot bar. Try it today and make yours a happy nest!"



Savory, earthy and sweet; beets are versatile and nutritious. Don't toss the greens! Juice them, add them to raw salads or cook them like spinach.



LOCAL Updates

BECAUSE LOCAL MATTERS

Whole Foods Co-op gives purchasing preference and promotional priority to products produced in this bioregion = The Superior Compact Area.

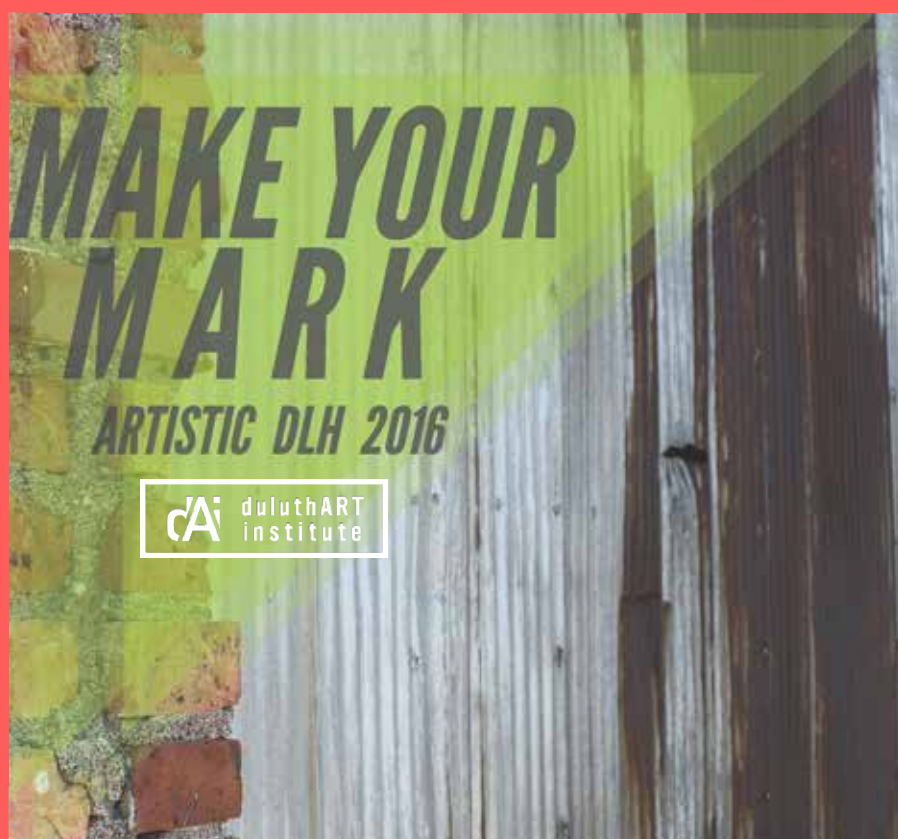
LOCAL = products produced within the State of Minnesota or within the State of Wisconsin.



INTERESTED IN LOCAL FOOD ISSUES?

Check out these organizations working to make your community food system better!

- ▶ **Growing Farms**
growingfarms.org
- ▶ **Duluth Community Garden Program**
duluthcommunitygarden.org
- ▶ **Lake Superior Sustainable Farming Association**
sfa-mn.org/lake-superior
- ▶ **Minnesota Food Charter**
mnfoodcharter.com
- ▶ **Land Stewardship Project**
landstewardshipproject.org
- ▶ **Young Farmer Coalition**
youngfarmers.org



The Duluth Art Institute's 2016 Fundraiser

Friday, October 21, 7 PM
@Duluth Timber
Event Tickets: \$50

At this community-driven event you can see the spectacle of art being made on-site at an industrial facility! Each artwork made by local artists available to purchase at \$25 or \$50 (per size). Proceeds support exhibits & education at the Duluth Art Institute: A nonprofit visual arts organization serving the Twin Ports for 109 years. For more: www.duluthartinstitute.org



Co-op Community Education

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

Community is at the heart of any Co-op. We love that our Co-op provides not just a great place to shop, but a shared space where people can come together to learn, relax and explore. Our list of fall classes has a few new offerings that we hope will bring people together in our Co-op space to share knowledge, build community, and celebrate wellness. Many of these classes are free, and require no pre-registration. We hope you'll drop in to take advantage of these opportunities to learn about a variety of subjects, while connecting with others in your Co-op community!

SEPTEMBER

Co-op Yoga
Joella Erin

Fridays: September 23, October 28 and November 18 | 5:30 PM – 6:30 PM

DENFELD Classroom

FREE! Drop-in, no registration required, Limit 12.

Join us for a relaxing yoga session in our Denfeld classroom. All levels welcome, bring your own yoga mat if you're able.

Joella Erin (JEM) offers affordable Yoga and massage downtown at Studio Duluth and surrounding areas. Specializing in massage, Rain-drop Therapy, Vinyasa / Hatha Yoga, private and corporate events, essential oils, boot camps, and Aroma Yoga.

Joella Erin creates a distinct and uplifting experience for her yoga practitioners, where every individual is made to feel successful and empowered, achieving a sense of fulfillment regardless of age, skill level, or body type.

WORKSHOP:
Healthy Living & Meal Planning
Allison Heitmiller

Saturday, September 17
Open House 11:00 AM – 2:00 PM

DENFELD Classroom

FREE! Drop-in, no registration required, No limit.

Meal planning tools to help you stay healthy while on a budget! We have plenty of recipes to share and bring home. Come learn about nutrition, shopping tips and tricks, special diets, and more. Kid friendly, bring the whole family!



WINTER WELLNESS:
Taking Care of Ourselves
Michelle Russell

Tuesday, September 20 | 6:00 – 7:30 PM

HILLSIDE Classroom

\$10 for WFC Owners, \$12 for non-Owners
Registration required. Limit 20.

Winter is near, and busy schedules, cold weather, holiday stress and all of the other seasonal challenges can leave us feeling frazzled and fatigued! Come learn practical tips and natural remedies that will help you keep well this season. We will share ideas for reducing stress and improving sleep, support with the winter blues as well as tips for protecting yourself from the common cold and flu. Each student will go home with a winter wellness kit!

Michelle Russell, CHHP, CHTP a certified Holistic Health and Healing Touch Practitioner is a well-known advocate of bridging the worlds of mainstream and natural medicine. She is an educator and speaker and shares her passion for holistic health care throughout the Northland.

Biking in All Seasons!
Shawna MullenEardley
Tuesday, September 27 | 6:00 – 7:00 PM

DENFELD Classroom

Free, no registration required. Limit 20.

Do you want to try out winter bike commuting, but have some fears? In this encouraging presentation and demonstration you will learn how to overcome the barriers you might have. Boost your confidence to try out winter bike commuting by learning what to expect and how to prepare. Practical information discussed will include winter specific gear, safety concerns, changing lanes, lane and intersection positioning, what to wear, route selection, and traffic law.

Shawna MullenEardley is a Certified League Cycling Instructor through the League of American Bicyclists and the Active Transportation Coordinator for Healthy Duluth. She has been bike commuting for 5 years and is in her second year of year-round bike commuting. She is a board member of the Bicycle Alliance of Minnesota, serves on the Bicycle and Pedestrian Advisory Committee and the Transportation Advisory Committee for the Duluth-Superior Metropolitan Interstate Council, and is a founding member of the Duluth Bicycle Coalition.

OCTOBER



Mineral Makeup Application 101
Derick Cich

Thursday, October 6 | 6:00 PM – 7:30 PM

DENFELD Classroom

\$10 for WFC Owners, \$12 for non-Owners
Registration required. Limit 15.

Need a little help with matching your foundation? Is your idea of a smoky eye getting too close to the fireplace? Does it seem like every single lipstick looks ridiculous on you? Fortunately we're offering a class to answer all of those questions, and more! Derick Cich, a local professional makeup artist, will be teaching this class using our new line of natural cosmetics, Mineral Fusion, to show you how to create a beautiful everyday look that is both wearable and easy to achieve, as well as a more dramatic night look perfect for events or special nights out.

Derick Cich, based out of Duluth, Minnesota is an award winning New York Fashion Week professional freelance makeup artist specializing in wedding, high fashion, and commercial makeup. His work has been featured in "Minnesota Bride", "Lavender Magazine", and "Mercedes Benz Fashion Week", among others. Go to www.derickcich.com to learn more.

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September 29–October 8

Shakespeare in Motion
October 20–23

She Loves Me
December 1–10

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February 2–11

Marvin's Room
March 2–19

Disney's The Little Mermaid
April 13–23

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**WILD FOODS COOKERY:
Enjoying Autumn's Bounty of
Northern Wild Fruits**

Gil Schwartz

Sunday, October 16 | 1:00 – 3:00 PM

HILLSIDE Classroom

\$20 for WFC owners, \$25 for non-owners
Registration required. Limit 20.

We will discover, taste, and prepare some of the best wild fruits and berries that Minnesota has to offer! In the first part of the class we will venture outside and identify the wild fruits growing right around the Co-op and learn about responsible harvesting. Dress according to the weather, as we will do the nature walk rain or shine. Once back at the Co-op, we will taste-test various wild fruits, both raw and processed. Through hands-on cooking demonstrations participants will transform wild fruits and berries into delectable meals.

Gil Schwartz, professional forager and founder of Seasonally Sourced Foods, has had a lifelong passion for discovering, experimenting with, and enjoying the many edible plants, fungi and animals found across Minnesota and Wisconsin.

**THE ART OF FOOD : PART I
Cooking With Clay**
Karin Kraemer

Tuesday, November 1 | Time TBD

Duluth Art Institute

\$40 for WFC Owners/Art Institute members,
\$50 for non-Owners. Registration required.
Must register for both classes in series at the
Duluth Art Institute. Limit 12.

Students will produce a glazed ceramic plate under the direction of Duluth Pottery's Karin Kraemer.

NOVEMBER

**THE ART OF FOOD : PART II
The Artful Plate**
Instructor TBD

Tuesday, November 15 | Time TBD

DENFELD Classroom

\$40 for WFC Owners/Art Institute members,
\$50 for non-Owners. Registration required.
Must register for both classes in series at the
Duluth Art Institute. Limit 12.

In this class, it's okay to play with your food! Learn tips and techniques for elegant plating from a local elite chef. Participants will use the plates they created in Part I of this class and prepared ingredients to create their own masterpiece on a plate, while exploring the concept of artistic expression with food.

DECEMBER

**HANDS-ON WORKSHOP:
DIY Evergreen Centerpieces
& Potted Spruce Tips**
Brook Hoffbauer

Saturday, December 3
Open House 10:00 AM – 12:00 PM

DENFELD Classroom

Drop-in, no registration required. Payment due after class depending on selection.
\$20 for centerpiece
\$30 for potted spruce arrangement

Learn how to hand-craft beautiful, house-warming holiday centerpieces and potted spruce tip arrangements with Brook of Duluth Flower Farm! Each student can create a centerpiece, a spruce arrangement, or both! Come anytime between 10AM and Noon, each project will take approximately 30 minutes to complete. Payment due after class depending on project selection.

Brook Hoffbauer, Duluth Flower Farm

Brook's passion lives in the planting, harvesting and designing beautiful Duluth Farm Flowers and Balsam Wreaths. She adores creating each bouquet and wreath knowing the joy it will bring someone. As an educator for over 10 years, she is committed to teaching the next generation about where food comes from and how it grows. Founder of Local Dirt Farm, she continues to educate kids in local schools in our community and advocates for raised beds at public schools and daycares. She presents on agricultural education, teaches seminars, hosts locally grown dinners and creates hands on workshops for our community. She continues to serve on National, State and Local committees to be a parent voice advocating for our youth and families.



REGISTRATION

In person:
Stop by the Customer Service Counter and let them know that you would like to sign up for a WFC-U class. 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

Drop-in: Drop-in classes do not require registration.

FEES + CANCELLATIONS

Owners receive a discount on WFC-U classes!

Additionally, all students who attend 8 classes get their 9th class free when they present a full (and signed) Frequent Learner Card.

Class prices vary. Please visit www.wholefoods.coop for more information. Registration, when required, must be completed 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 will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

Drop-in classes do not require registration.

QUESTIONS?

If you have questions about WFC-U classes or are interested in teaching a class at the Co-op, contact:

ALLISON HEITMILLER
Brand Education &
Outreach Coordinator

P 218.728.0884 | ext. 158

aheimiller@wholefoods.coop

PLEASE JOIN US!



**Celebrating 36 years of
Co-operation with
Sharon Murphy!**

Tuesday, September 27
4:00 PM – 5:30 PM

**Whole Foods Co-op
Denfeld Location**

Cake, coffee and tea will be served.

**SAVE THE
DATE!**

**Annual Co-op
Owners Meeting
October 21, 2016**

**CALLING ALL
CO-OP OWNERS!**

The 2016 Annual Owners Meeting will be taking place Friday, October 21 in the DECC Harbor Side Room from 5:00 PM – 8:00 PM.

The evening will include social time, dinner (omnivorous, vegan, vegetarian and gluten-free options available), business meeting, door prizes, and more!

CHILDCARE AVAILABLE!

Pre-registration required.

Register online at www.wholefoods.coop or over the phone by calling Customer Service at 218.728.0884, ext. 1. Owners will be reimbursed at meeting registration (one gift card per Owner number).

chaperone records @ red herring lounge present

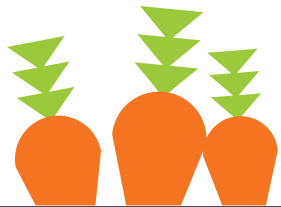
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2 Saturday
September 3 2016

200 Block of East 1st Street Downtown Duluth
All ages welcome
Gates open at 12:30pm
Rain or shine

Limited presale tickets: \$20
Limited VIP tickets: \$60
GA advance tickets: \$25
Day of show tickets: \$30

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GRIEVES LOW
CAROLINE SMITH
CHARLIE PARR
BAD BAD HATS
SOCIAL ANIMALS
SARAH KRUEGER**



Co-op History Month

What's Happenin'?



UPCOMING EVENTS

Co-op Infusion Night
Friday, September 9, 2016

📍 Bent Paddle

Lake Superior Sustainable Farming Association Annual Harvest Festival
Saturday, September 10, 2016

📍 Bayfront Park

United Way Chili Cookoff
Thursday, September 15, 2016

📍 DECC

WLSSD Health Fair
Thursday, September 29, 2016

📍 WLSSD

Co-op Infusion Night
Friday, October 14, 2016

📍 Bent Paddle

Whole Foods Co-op Owner Art-Show
Monday, October 10, 2016

📍 WFC Hillside
Brewery Creek Overlook

LSS Health & Wellness Fair
Tuesday, October 11, 2016

📍 Lutheran Social Services

Raise the Roof Tasting
Thursday, October 13, 2016

📍 Clyde Iron Works

Whole Foods Co-op Annual Owner's Meeting
Friday, October 21, 2016

📍 DECC

Co-op Infusion Night
Friday, November 11, 2016

📍 Bent Paddle

Co-op Infusion Night
Friday, December 9, 2016

📍 Bent Paddle

We're Social!

@WholeFoodsCoop

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



October is National Co-op History Month!

It's time to reflect on what makes a co-op, especially Whole Foods Co-op, something special. Whether it's the sense of welcome you feel in the store, the expertise and friendliness of the staff, the dedication to our community through the purchase of Local products, or any of the other myriad reasons, Whole Foods Co-op is an integral part of our area. Our Owners have a deep sense of pride in our community and in our Co-op and that is reason worth celebrating!

The history of Whole Foods Co-op began just over 46 years ago, but Co-ops in Minnesota date back even further. The first in the Northland originated in Cloquet in 1910. Early Co-ops played a significant role in the development of this area. Co-ops were used as a way to pool resources and products, especially important to the large population of Finnish immigrants beginning a new life here. In 1948, Minnesota was the first state to declare Co-op History Month. It would become a nationally recognized celebration in 1964. Minnesota also has the highest number of Grocery Co-ops of any state in the nation. Our Co-op roots run very deep!

Every October, during Co-op History Month, Whole Foods Co-op has the honor of displaying pieces from a very unique collection of co-op memorabilia. Begun by WFC Owner Kyle Maunu while interning with the Carlton County Historical Society, his collection spans many years and showcases the awesome legacy and rich tradition local co-ops hold.

During his senior year at UMD while completing an internship with the Historical Society, Kyle was encouraged by the director of CCHS to research his family. He found



a stock certificate from the Cloquet Co-op Society in his grandfather's name and learned of his strong family ties with Arrowhead Cooperative Creamery and the Cloquet Cooperative. Intrigued, he began searching out photographs and other items which eventually led to a major exhibit at CCHS. His goal with this collection is to spur continued interest in the history of co-ops in the Northland. Kyle also received a grant for an oral history project in which he spoke with many members and former managers of local co-ops to get a deeper sense of how important these co-ops were to the communities they served.

Thanks to Kyle's dedication and desire to preserve these pieces of local co-op history we have the opportunity to get a glimpse at some of the products sold by past co-ops. It is a tangible reminder of the history of co-ops in the Northland and which ultimately leads to our own Whole Foods Co-op — history in the making! **WFC**

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