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**GARBANZO  
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**INSIDE:**

- ▶ **WFC-U Spring Classes**
- ▶ **Meet the Denfeld Store Managers!**

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MANAGEMENT REPORT



GARBANZO GAZETTE

**PUBLISHED BY**  
**WHOLE FOODS CO-OP**

610 East 4th Street  
Duluth, MN 55805

P 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 membership

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

The Garbanzo Gazette is published four times a year (March, June, September, December) for the Owners and patrons of Whole Foods Co-op. The Garbanzo Gazette is published by Whole Foods Co-op to provide information on Whole Foods Co-op, the cooperative movement, food, nutrition and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of Co-op management, Board or Owners.

Submissions must be received one month prior to publication.

The next deadline is:  
**Sunday, May 1, 2016.**

Refer submissions and questions to:  
[awade@wholefoods.coop](mailto:awade@wholefoods.coop)

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

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

**SHARE THE LOVE**

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



**Here we Grow!**

by Sharon Murphy, *General Manager & WFC Owner*

This issue commemorates a big moment in WFC's history. For nearly four years we've been sitting in meetings, planning, training, fundraising, problem-solving and trying to imagine the time when a second location would open to better serve another neighborhood in our community, offer more jobs and provide another outlet for the high quality foods and goods produced in our region.

On (or about) March 16, 2016, there will be a huge collective sigh of relief and matching cooperative inhale of expectation for all the more work to be done, needs to be met and people to welcome to our Denfeld Store at 4426 Grand Avenue. We'll find out what systems work, where our planning failed and what it really takes to operate a multi-store operation. Our consultants advise that successfully opening and operating a second store is the biggest challenge – after that, the pattern is set and the next location/s will evolve more “organically.”

We hope that advice is accurate because, based on responses at the October 2015 Annual Meeting about how WFC will meet our community's common needs and aspirations in 10 or 20 years, Owners expect more

locations, e.g., in Superior, Lakeside, Park Point, between Ashland and Duluth, Hermantown and on Mars. Owners look forward to WFC food trucks, booths at farmers markets and delivery options including via rainbow drones. And Owners want lower prices for everyone, more classes for children and/or for parents with childcare provided, free classes and free shuttle service, but also more local food options and the “highest paid staff of all Twin Ports groceries.” I sure hope we get at least 10 more years to get all that done!

We've invested over \$5 million in our local economy for land, design and new construction and created new jobs as well as promotional opportunities for our Hillside staff. Many thanks to our contractors, consultants, lenders, our incredibly hard-working and rapidly expanding staff and our dedicated Board members for their support turning the Denfeld Project into the Denfeld Store. Please help spread the word that the Denfeld Store opens soon.

Thank you and see you in the aisles! **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 October-December 2015 quarter, management reported the following progress on ENDS:**

- \$1,000 to Ecolibrium3
- \$350 to IDS 709 ECFE/The First Year Program
- \$250 to Just Label It
- \$500 to St. Louis River Alliance Clean Water Campaign

- Management participation with and logistical support for the Growing Farms Board of Directors and the Myers/Wilkins Community School Collaborative Board of Directors
- 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 CHUM Food Shelf
- Payment of wages, salaries and benefits for 115 employees amounted to \$852,547
- Quarterly discounts to Owners amounted to \$48,336
- Using the Superior Compact LOCAL definition (a 15 county region in northwestern Wisconsin and Northeastern Minnesota plus 3 provinces in Canada), from October 1 – December 31, 2015, WFC purchased \$274,306 of LOCAL inventory = 10.25% of total purchases.

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## BOARD REPORT



# Board To-Do-List

by Jean Sramek, WFC Board President

Our seven-member WFC Board of Directors is a functional, active, hard-working board. But it's not a cakewalk—there are challenges. Our consultants and board partners in the consumer co-op world have advised us that two of the biggest challenges that can face co-op boards are:

1. Acquiring a second location.
2. Hiring a new General Manager.

Well, then. I guess we have our work cut out for us. Thankfully, we're not alone. The giant leap that is going from one location to two is a big one, but we're fortunate to have a super-competent management team and staff, a supportive community, and owners who have invested nearly \$1.7 million in this venture. As we go through the process of replacing the awesome Sharon Murphy as she retires after 35+ years with WFC, we'll have a full complement of tools, resources, support, and professional advice to ensure we have a pool of qualified candidates, and can choose a GM to oversee our growing cooperative.

Just over ten years ago, we had the grand opening for our new location. Does it seem possible that the Whole Foods Co-op was, about a decade ago, located in the building that houses the Burrito Union, with two checkout lanes and twelve parking spaces? Our big new store now seems a bit... dare I say it... small (especially during peak shopping times). Soon we'll have our shiny new Denfeld location, 50+ new employees, and more possibility for positive, sustainable economic impact on our community and our food system.

Our challenge as board members (besides that short but daunting list mentioned earlier) is to stay in touch with our Owners and continue in our roles as Servant-Leaders, to be stewards of our collective investment, and to continually take advantage of education and training that makes us well-informed and wise board members.

We're all looking forward to seeing you at the Denfeld grand opening, but seeing you all in the aisles and checkouts (at either location) is just as rewarding. **WFC**



# Ownership Matters

by Mickey Pearson, WFC Board Co-Vice President

At the 2015 annual meeting, attendees were invited to participate in a brainstorming and creative discussion we called "Co-op Cafe." During the activity, we asked our owners to predict where they saw Whole Foods Co-op in the future, both ten and twenty years down the road. Intrepid staff and Board members served as facilitators and recorders for each table and, following lively and varied predictive chats, our collective ideas were shared with the whole room. As promised at the meeting, we on the Board took time to further inspect and discuss the ideas at our December meeting to better understand where and how some of our most dedicated and engaged patrons see us in their lives and community.

If the responses are any indication, those gathered at the meeting are an enthusiastic, supportive and ambitious lot who see WFC's 2016 growth as a roadmap for the future. In the wide ranging topics were some clear themes: The co-op will continue to provide excellent, high quality food, and the co-op will serve our community in a broader way through education and support to other like-minded organizations.

The means to provide food in the next ten to twenty years were wide-ranging. Numerous people identified future stores for their own neighborhoods all over the Northland.

Outside of the grocery store model, many people also envisioned the Co-op spinning off into various other food-related businesses such as a bakery, restaurant, or meals-on-wheels provider. Some hoped we would partner more with CSAs while others saw us taking on farming first hand. Others were more technological in nature, looking for online databases of inventory, delivery of groceries by rainbow-colored drones, or being the first co-op on Mars.

The role owners want WFC to play in the community was more down to Earth, though certainly ambitious in its own right. Many see our co-op as a place for education and aspired for us to provide a wide range of courses for our diverse community. Some see us as a potential hub for growing new farms and farmers, others as a place for families to learn how to simply cook good food. That outreach would extend to our schools, community groups, and government.

As a Board member, it's always interesting to see and hear what other people think of as the benefits to "their" co-op. It's clear that for many of us, WFC is far more than a physical grocery store. We are a vital part of our community with a long history and a long future ahead of us. It's great to know how optimistic and supportive our most dedicated owners are and how enthusiastic they are for the next twenty years. **WFC**

### BOARD OF DIRECTORS



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GM Evaluation Committee  
Search Committee  
Term expires 2018  
[candrews@wholefoods.coop](mailto:candrews@wholefoods.coop)



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Term expires 2017  
[mbernard@wholefoods.coop](mailto:mbernard@wholefoods.coop)



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



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Search Committee  
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[wpulford@wholefoods.coop](mailto:wpulford@wholefoods.coop)



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Term expires 2018  
[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:  
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Letters sent to the following address will be forwarded unopened to the Board/Board member:

Board members  
c/o Whole Foods Co-op  
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**SHARON MURPHY**  
General Manager  
Whole Foods Co-op  
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Duluth, MN 55805  
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F 218.728.0490  
[smurphy@wholefoods.coop](mailto:smurphy@wholefoods.coop)

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### 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.



**Glenn Tobey, LICSW  
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Denfeld Progress



FINANCING OUR DENFELD PROJECT

Since opening the Owner Finance Program in March 2014, nearly 200 Owners have invested in either Owner Loans (\$1,539,500) and/or Class C equity (\$129,000); these investment opportunities are open only until March 31, 2016. We encourage Owners who are Minnesota residents to contact [finance@wholefoods.coop](mailto:finance@wholefoods.coop) or call 218.728.0884, to speak to someone in the Finance Department for more information or to schedule a time to make your investment.

STAY IN THE LOOP

You can follow our Denfeld progress online at:



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

@WholeFoodsCoop

#HereWeGrowWFC

HERE WE GROW

Your Denfeld Co-op

by Peter Krieger, Denfeld Store Manager & WFC Owner



Drumroll please...

I am excited to be able to fill my fellow WFC Owners in on the progress of the New Denfeld store at 4426 Grand Avenue. As I write this it is the last week of the wintery month of January. Snow is falling, and the forecast is calling for a dip in temps following this latest passing storm. Most of the exterior of the building is now complete—the exterior signs went up this week! By the time this issue of the Gazette reaches your mailbox, not only will spring be more than a promise, but the following signs of new life will have sprung up in the new store: 72 linear feet of LED-illuminated refrigerated produce cases, 30 linear feet of Dairy coolers, a 6' x 15' hot bar/salad bar, and still more; freezers, walk-in coolers, coffee makers, ovens, 4 dishwashers (3 sanitizing), over a dozen separate sinks, and something close 450 linear feet of super-efficient LED overhead lighting on retail floor.

Then things start to get exciting —by late February, 24 pallets of shelving arrive on three separate trucks. Just three days later the first food delivery: an estimated 15 pallets of packaged groceries. Deliveries of fresh food and produce will begin, and then within a few days we will be ready to open the doors to welcome everyone and start supplying what we think is the best food in the world.

“24 pallets of shelving arrive on three separate trucks. Just three days later the first food delivery: an estimated 15 pallets of packaged groceries!”

All this, and more, is to be contained in a beautiful building designed by our architects at LHB to be LEED Certified, energy efficient, and above all welcoming. By the first weeks of March, our outstanding teams from Johnson-Wilson Constructors, Benson Electric, Gartner Refrigeration, and P&R Plumbing and all rest will have mostly moved on to other projects and WFC will finally have the keys to the building the Board of Directors first approved in 2012.

The last sign of new life in Mid-March will be the great staff. You'll see familiar faces from Hillside, and we hope, from the Denfeld neighborhood working in the aisles, at the counters and the registers bringing the same great customer service to our new home. The most exciting sign of spring will be seeing new neighbors, new shoppers finding their way into the store.

Like the song says, “inch by inch, row by row...” WFC



Expansion decision is made by Board of Directors.



Site study is completed.



Broke ground at our new Denfeld site!



Construction began!

07.2012

WFC announced strategic plan to expand to second location.

06.2013

Second location market assessment study conducted.

01.2014

Board approved purchase of property for second location.

03.2014

Owner Finance Program launched.

08.2014

Closed on purchase of 4426 Grand Avenue site.

09.2014-06.2015

Waited through a long, cold winter before we could build

06.2015

Construction continued...

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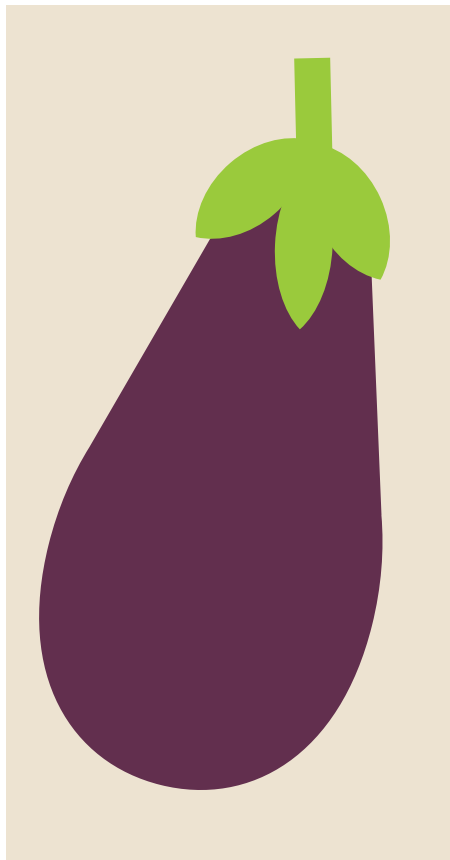
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[carolyn.sheets@gmail.com](mailto:carolyn.sheets@gmail.com)





The Denfeld management team welcomes you to YOUR new Co-op!



<p><b>07.2015</b> Denfeld Store Manager, Peter Krieger is hired.</p>	<p><b>09.2015</b> Exterior of the building is completed.</p>	<p><b>03.2016</b> Denfeld doors open mid-March!</p>			
<table border="0" style="width: 100%;"> <tr> <td data-bbox="151 1787 443 1942"> <p><b>08.2015</b> Store interior designs are finalized.</p> </td> <td data-bbox="493 1787 786 1942"> <p><b>01.2016</b> Denfeld Department management team is hired.</p> </td> <td data-bbox="836 1787 1128 1942"> <p><b>02.2016</b> Denfeld Hiring Fair at Denfeld High School.</p> </td> </tr> </table>			<p><b>08.2015</b> Store interior designs are finalized.</p>	<p><b>01.2016</b> Denfeld Department management team is hired.</p>	<p><b>02.2016</b> Denfeld Hiring Fair at Denfeld High School.</p>
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HERE WE GROW

Attention Owners!



OWNER SNEAK PEEK EVENT AT THE DENFELD STORE

Your support as shoppers and investors in Whole Foods Co-op has made it possible for us to open a second location. You've followed our progress through years of planning, fundraising and construction. Please watch your mail for notice of an Owner Sneak Peek Event at WHOLE FOODS CO-OP/DENFELD, 4426 Grand Avenue, and help us give a positive spin to the Ides of March!

WE WANT TO HEAR FROM YOU!

OWNER PARTICIPATION

Please participate in the two-question survey included in this Gazette and available online at [www.wholefoods.coop/survey/](http://www.wholefoods.coop/survey/)

By April 15, 2016 please complete the survey card, add a stamp and mail it OR deliver the card to the Customer Service Desk at either store OR complete the survey online. Your comments will be reported to the Board without reference to your Owner number, but we will monitor responses to ensure one response per Owner number. Thank you!

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Owner Only coupons will be sent directly to your email address every week 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 or go to [www.wholefoods.coop/coupons/](http://www.wholefoods.coop/coupons/)



Meet the Managers

We are proud to introduce the management team at your new Denfeld store! This talented group of leaders brings a wealth of experience and diverse backgrounds to the Co-op. Please welcome our new hires!



Nick Sarris

DENFELD Produce Manager

I was born and raised outside of Detroit, MI. I attended Northern Michigan University in Marquette, MI prior to relocating to the Twin Ports in 2003. In the nearly 13 years since living here I spent over 8 years with Udac, in our Hillside neighborhood. During part of my time at Udac I ran the bulk mailing and shredding services. This provided a great opportunity to work with a wide range of businesses, organizations and individuals in and around Duluth and gave me a foundation for the importance of the community that really is present here in Duluth. During this time I also became an owner and regular shopper here at WFC. It was an eye opening experience to see a co-op that was really offering a total shopping experience and a level of engagement with their community I had never seen. I have been involved at WFC for the last 2 years as the Assistant Manager in Produce. This time has been an exciting opportunity to learn and develop relationships with growers and vendors and to learn deeply about the co-op values and how to balance our desire to offer healthy, organic produce year round and how to make our co-op accessible to a growing number of people in our community. I am very excited to enter into the next chapter with WFC as we extend our offerings and engagement into the Denfeld neighbor. Outside of work I am a father to 1, soon to be 2 boys. I have for years also been an avid fly fisherman and fly tier and continue to fish as time permits. I look greatly forward to seeing you in the produce department at Denfeld!



Erika Osterman

DENFELD Grocery Manager

As a young child, living in Lakeville, Minnesota, "spice" was a foreign word to our family with salt, pepper, and the exotic Italian seasoning mix the staples for livening up our dinners. Let's just say I was not exposed to, and did not care to try, new foods. After a few months with my partner, Eric, my taste buds were introduced to new flavors and haven't stopped. My food journey continues and like to try different ways of preparing food for our family so my daughter will always have the opportunity to try new, healthy and flavorful foods. We have lived in the Denfeld area for ten years and couldn't more excited to have the new store close to our house.

I have been in managerial roles for over 13 years in Duluth. I love working in a team atmosphere and showcasing what Duluth has to offer it's residents and visitors. I look forward to what we can offer to the community with our food, good deals, knowledge, and great customer service.

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This crew is ready to get to work!



**Aaron Peterson**

DENFELD *Front End Manager*

Hello! My name is Aaron and I am excited to be your new Denfeld WFC Front End Manager. I was born and raised in Superior, Wisconsin – where I also received my Master's degree from UWS. For the past 6 years I have worked in customer service and retail management. I have been a proud owner of the WFC for over 6 years now, so I am thrilled to be part of this team that will be expanding our Co-op to the West Duluth community.

In my free time I like to get outside to hike the trails in the Twin Ports with my partner Katie and our dog Pippin. I've always had a passion for learning ways of self-sufficiency, from building my own furniture to brewing beer. During the summer I love to work in my garden growing food and learning new ways to cook whatever is in season.

I'm honored to be part of the Co-op team – a place that values community, diversity, sustainability, and access to the best food. This is a great time to be part of the Whole Foods Co-op as we continue to grow and serve our community. I look forward to meeting you this March at your Denfeld Whole Foods Co-op.



**Eric Hill**

DENFELD *Deli Manager*

I'm a lifelong Duluthian and am thrilled to be part of the much anticipated Whole Foods Co-op location across from my Alma mater, Denfeld High School. I've spent the past 18 years with Grandma's Restaurant Corporation, working my way up to a Senior Sous Chef position. Some of my favorite duties included being a part of creating and preparing specialized meals including themed multi-course dinners featuring seasonal menu items with wine or beer pairings, and being a part of the team for the UMD Chancellor's annual fundraiser at the Glensheen Mansion. I'm particularly proud of being able to participate for the past 10 years at the United Way Chili Cookoff, and was honored to be awarded 'People's Choice' and 'Hottest Yet Edible' for my chili submissions over the years.

I'm excited that the Co-op's investment into Western Duluth will not only serve our loyal owners who live in the area, but can also encourage those who might not have traveled to the Hillside store previously, to learn about the wholesome and healthy food as well as the fantastic customer service available from the friendly and knowledgeable co-op staff. As parents of two young daughters, my wife and I appreciate having access to locally grown and sustainable food options in our community. I am looking forward to continuing the Co-op's mission to serve our owners and also to meeting new customers to grow in this challenging and rewarding opportunity!



"We've got your back!" – Denfeld Management Team

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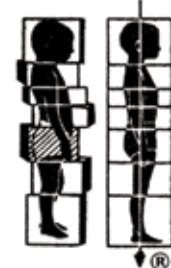
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YOUR CO-OP SUPPORTS... LOCAL



# Grower Profile: On Eagle's Wings

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



**ON EAGLE'S WINGS** | Duluth, Minnesota | GROWER: Lori Anderson

In the Northland, we experience a deep connection with Mother Nature. We know how a soft, gentle wind can divert into wandering, blinding flurries before we can blink an eye, and we don't think twice when a rainy day abruptly clears into a cloudless, sunny sky shimmering off the lake. Mother Nature toys with us— she gives us her best and her worst, showing us how exhilarating the unknown can be. We complain, but the variety keeps us fresh, and most of us wouldn't have it any other way.

Lori Anderson of On Eagles Wings Farm understands Mother Nature's magnetic pull all too well. "I grew up on a livestock operation in Kelsey, Minnesota in the heart of the Sax-Zim bog. The work was daily, long and backbreaking— especially trudging through the sloppy, wet bog that constantly wanted to suck the whole farm deep into the peat. But, the work was fulfilling and the feeling of satisfaction has always made me want to get my hands back into the soil again."

Now, Lori is married to KDLH 3 TV meteorologist Dave Anderson, and together with their children they started On Eagles Wings Farm. With the help of Growing Farms, Lori and her family were able to gain the land, support, encouragement, and training they needed to establish their own farming operation. Hard work, along with the guidance of local guru John Fisher-Merritt as their mentor, has put three years under the farm's belt.

Lori runs the show, with Dave helping out in the mornings, as well as their two children Shanna and Joe, Lori's sister, and many friends. "Farm work eats up 12 to 16 hours a day, six or seven days a week from April to October. There is much to do so many hands are needed." They are also aided by the use of high tunnel production methods, allowing them to extend their growing season on each end by about two weeks. In our climate, this means an immense boost in productivity. "This past season, for the first time, we had the privilege of using a high tunnel to grow tomatoes and cucumbers. Coincidentally, this year is the first year we actually had slicing tomatoes that were of a good enough quality to sell. It really made the difference."

Tomatoes and cucumbers make up a very small portion of On Eagles Wings crops. Herbs, leafy greens, root crops, and basic brassicas are only a few. In addition to the staples, they revel in trying out unique vegetable varieties. "We like to experiment with fringe items that can be challenging to grow in our cooler and short growing season like celery, fennel and Brussels sprouts. We haven't decided what to try this year...maybe artichokes?"



They'll be with Growing Farms for two more years, though they're keeping an eye out for a good piece of land in Duluth to call their own. Although Lori inherited the land she was raised on, swamps aren't particularly conducive to vegetable farming. "Perhaps that's why Dad raised beef cattle rather than veggies. In honor of my late Father, I would still like to grow on the land but we're thinking more like raising apple & nut trees maybe chokecherry and elderberry bushes and other lower maintenance plants."

On Eagles Wings Farm's mission is to supply LOCAL restaurants, farmer's markets, and the hungry in our community with fresh, high quality produce grown using organic and sustainable farming practices. They are devoted to aiding the community by providing delicious sustenance to those in need, and do so by tithing a portion of their crop to Northern Lakes Second Harvest Food Bank.

Devotion is key. Devotion to family, healthy soil, belief systems, community, and even customers... "(I can't stand) cilantro.... if someone is harvesting it on the farm I swear I can smell it three acres away. But, we grow it because we are way outnumbered. There are so many people who absolutely LOVE it! So as to not disappoint our customers we... grow the stuff. Let this be testimony to our commitment to our customers. If you see me at the farmer's market with a clothes pin on my nose then you will know that we have fresh cilantro for sale." **WFC**



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YOUR CO-OP SUPPORTS... LOCAL

# Growing Farms

by Jamie Harvie, WFC Board Member & Growing Farms Board Member



## The Growing Farms Story

While there is an encouraging new found awareness around health, food, equity and climate change issues, the clarion call of urgency for communities around the globe to support and adopt local “good food” systems is unrelenting. To be successful, we must address several challenges including the fact that we are “losing” our farmers. Over the last thirty years, the average age of U.S. farmers has grown by nearly eight years, as the barriers to entry for new farmers has become increasingly challenging. One key barrier is the high cost of farmland, now speculated and traded like a commodity. A variety of studies show how both corporations and countries alike, are buying up arable urban lots in cities like Detroit and rural farmland, so that they can “control” future access to food.

Flashback five years ago, when a hundred or more intrepid Northlanders ventured out on a bitterly cold February night to hear a presentation (generously sponsored by the Whole Food Co-op) on food and farming by Intervale, a Burlington, Vermont organization. The Intervale model remains nationally recognized for its work to support and mentor beginning farmers, steward farmland within city limits and keeping it in trust for future generations. Inspired by their model and the recognized need, a group of individuals and organizations came together to explore whether they might create a similar, locally-adapted model for the Northland. And, in 2012, Growing Farms, a Duluth based not-for-profit organization was born.

Growing Farms is now entering its fourth year on land that it manages on the corner of Riley and Jean Duluth Road, across from the City of Duluth soccer field.

Where tansy and other weeds once filled the approximately 20-acre site of the former Lakewood Berry Farm, new farms, hoop houses, fencing, cultivated soil and cover crops are taking root.

Depending on availability of suitable soil, Growing Farms accepts applications from beginning farmers with demonstrated experience and knowledge of the challenges and rewards of farming. In turn, Growing Farms provides mentors and very low cost access to land.



On Eagle's Wings Farm at Growing Farms

Our current farms include Seeds of Success, Miel Honey and On Eagles Wings Farm and, formerly, Zenith City Kitchen Farm.

While we've accomplished a lot, there is much more to do, including long range planning to assess if, where and how we might acquire more land for community good. What is exciting is that any nearby farm on our city outskirts can grow lots of food. Just look at Food Farm. They just need support. And, for now, the cost of land around Duluth remains comparatively low so that there is still a chance to keep our farmland for future generations.

Last year, a University of California study showed that 90 percent of U.S. citizens could eat food grown or raised within 100 miles of their homes, helping local economies and making agriculture more sustainable. In response cities such as Los Angeles, Minneapolis and Chicago are working to adopt Good Food purchasing pledges that include equity criteria and a strong definition of local. We can feed families equitably for future generations by supporting farmers and Growing Farms. **WFC**



### INTERESTED IN LOCAL FOOD ISSUES?

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

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



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Pictured here: daily family-style meals in the Early Childhood Program, KinderFarm.

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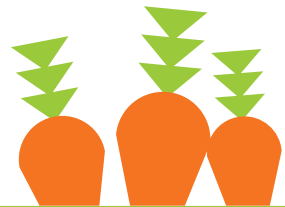
Many CSA Farms to choose from \* CSA sign-ups \* Raffle \* Come meet your farmer \* Free event!



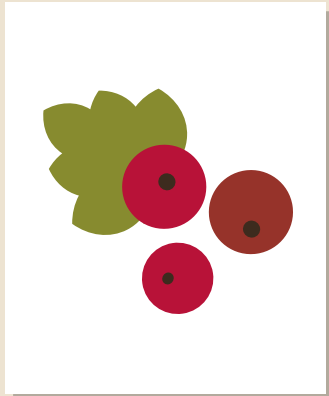
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MINDING THE STORE • HILLSIDE



Co-op News



CO-OP CURRANT

The Co-op Currant is our new monthly E-newsletter bringing food news, recipes, healthy living inspirations, SNEAK PEEKS (\*\*cough\*\* Denfeld \*\*cough\*\*), and SO MUCH MORE directly to your inbox. The Co-op Currant is a supplemental news source for the Garbanzo Gazette.

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

[wholefoods.coop/co-op-currant/](http://wholefoods.coop/co-op-currant/)

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[www.wholefoods.coop](http://www.wholefoods.coop) | WHOLE FOODS CO-OP

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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+op Basics purchases.

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.



We Own It...

by Sarah Hannigan, Hillside Store Manager & WFC Owner



... and it's a Big Deal!

You own a grocery store in Duluth's Hillside neighborhood. And you own another soon-to-open store in the Denfeld neighborhood. I do too. And so do almost 9,000 other members of our community. Together, we are making a difference in our region – both by providing access to healthy food, and by making a positive and lasting economic impact.

During the first few months of employment, all WFC staff learn about the cooperative business model and our co-op's history in a class taught by Sharon Murphy, our General Manager. "Cooperate or else..." is one of a handful of classes that make up WFC new hires' comprehensive training. Some might say that it's the chocolate oatmeal bars that Sharon bakes for attendees that make "Cooperate or else..." one of the most beloved of the classes, but I believe that it's the combination of the subject matter and Sharon's story telling.

We learn that cooperatives are a big deal. In the United States today, over 130 million people are members of a co-op. The

majority of these cooperatives are consumer-owned co-ops – like WFC, REI, and credit unions – that are owned by the people who buy the goods or use the services provided. Producer co-ops, like Organic Valley and Dakota Growers Pasta Co, harness the power of the collective to pool small farmer resources to add value to and market their products. Worker cooperatives are owned and democratically governed by employees – examples include Positively 3rd Street Bakery and Equal Exchange. Purchasing co-ops, like Ace Hardware stores, are another example of many smaller entities working together to compete with large chains. All said, co-ops in the U.S. account for over 2 million jobs, \$75 billion in wages and benefits, and more than \$500 billion in total revenue each year.

We also learn that the growth of WFC is also a big deal. "No business plan, just a coffee can" is how Sharon describes the earliest days of WFC. A desire for simple living and the whole, unprocessed foods that weren't available at

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

conventional grocery stores drove a dedicated group to make wholesale purchases of whole foods for members in 1970. Within two months of the first run to the People's Warehouse in Minneapolis, a part-time volunteer coordinator worked in the first "retail" space. Four years later, WFC moved into a small storefront at 631 East 8th Street in the Hillside. Over the next 19 years, the staff grew from 1 to 12, equity increased from \$5 to \$10 and then to \$100, Owners increased to 250, and sales expanded to \$450,000 per year.

In 1993, WFC moved again. This time to the space that is now the Burrito Union near Chester Creek. At this location, WFC grew from 24 to 45 employees, 250 to 2,500 Owners and \$1 million to \$4.7 million in annual sales. As demand for natural and organic foods grew, other grocers noticed. More and more, the natural foods that had previously been offered only at WFC were being stocked on the shelves of conventional retailers.

In 2005, WFC relocated to our current Hillside store. The next ten years brought even more growth – today we stand with 120 staff, almost 9,000 owners and over \$16 million in annual sales. During this time, WFC grew as a leader in the community through our green building efforts, sustainable practices and the focus on promoting and purchasing from

### Watch YOUR Co-op Grow!

small independent growers and producers. But competition has expanded as well: WFC's unique position as a provider of fresh, organic and whole foods has decreased as online retailers, conventional grocers (plus Target and Walmart) now offer natural and certified organic foods. Big box retailers now also routinely build to the energy and environmental criteria WFC pioneered with our Hillside store, and more and more they're sourcing products directly from independent growers and producers.

In a few weeks we'll open the doors to our second grocery store in the Denfeld neighborhood in West Duluth. Again, we're poised for growth. Denfeld will increase access to healthy, fresh foods for the community. We'll add over fifty new jobs with competitive wages and excellent benefits to our local economy. And we'll expanded markets for area growers and producers. All big deals!

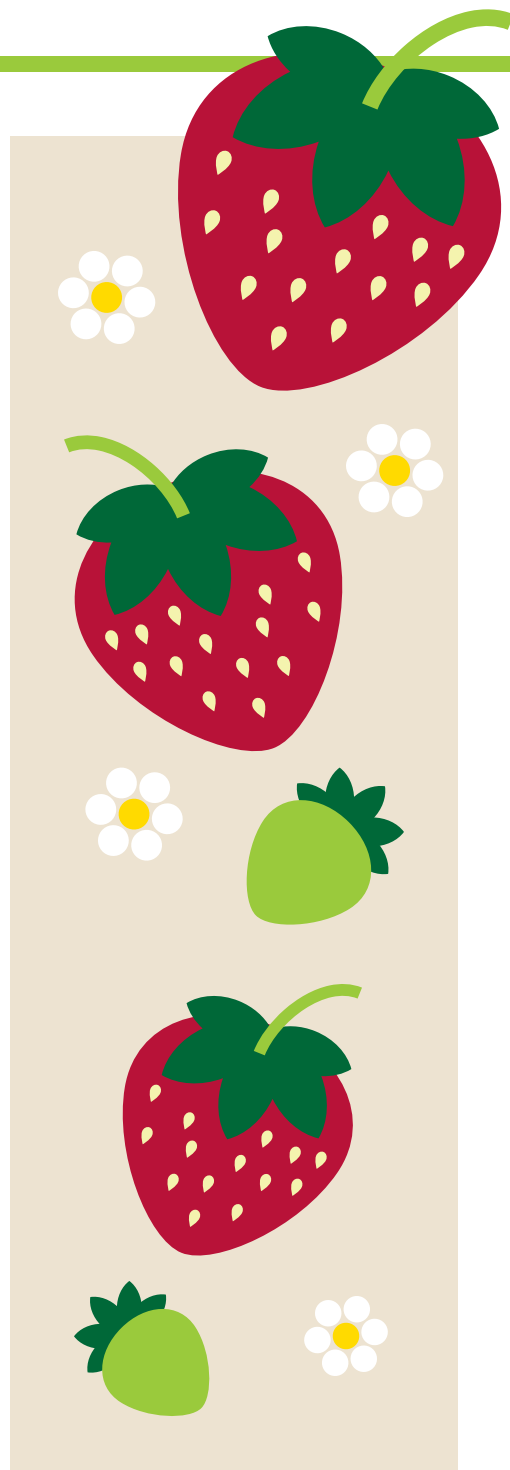
But one of the biggest deals is that WE did – and continue to do – this together, cooperatively. WE are Owners not only in the growth and success of WFC, but also in the positive economic impact that ripples from our cooperative business out into the community. Cooperation makes WFC truly unique in our market; and cooperation can't be co-opted by our competitors. WE all own Whole Foods Co-op. And with the opening of Denfeld, the WE is poised to get a whole lot bigger. **WFC**

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NEW + NOTEWORTHY



**SOL Lettuce**  
 Loved by Claire Musech,  
 Produce Buyer & Receiver  
 & WFC Owner



Looking for a light, crisp way to freshen up your salad- turn to the new SOL (Sustainable Local Organic) lettuce clamshells! These packages of various leaf and romaine varieties are the result of years of aquaponics and hydroponic research right here in Duluth. At SOL, they are dedicated to 100% healthy, organic product at a low price. They have created a truly sustainable model with a system that required 10% of the land and water used in traditional agriculture. This system also maximizes freshness and cuts on energy by eliminating cross country transport. This product is as fresh as it gets!



We Just Love...

**Endangered Species Chocolate**

Loved by **Corrina Rouleau**,  
 Grocery Assistant Manager /  
 Purchasing & WFC Owner

One of my favorite things to buy at the co-op is Endangered Species Chocolate bars (who doesn't love that mid-day sugar)! I was happy to see what Endangered Species does to ensure great, fair-trade, sustainably produced chocolates make it to the United States and into our Co-op.

Endangered Species works to protect the environment one bar at a time. They are certified with Fairtrade International, a program that helps small farmers in developing countries, created the 10% GiveBack program, and within the last three years, have given back over \$1.2 million to various charities and programs dedicated to protecting the environment and farmers. (Endangered Species Chocolate donates 10% of net profits to fund species and habitat conservation).

This year's chosen recipients are the Rainforest Trust, and the Wildlife Conservation Network. With over thirty products to choose from, Endangered Species is a great way to get your chocolate fix and help out the workers who make these delicious treats!



**Tumeric Root**

Loved by **Alden Kascak-Harth**,  
 Wellness Coordinator  
 & WFC Owner

Tumeric root, Curcuma longa, has been cultivated for thousands of years. It is popular for teas, herbal medicine, cooking spice, and as a teeth whitener. We sell it in many forms, whole root and pulverized, capsule and tincture. Known for its anti-inflammatory benefits, turmeric is often ingested with black peppercorn to boost its absorption. While conclusive results have not been forthcoming, many people I know attest to its affect.

**Hail Merry**

Loved by **Rianna Reiter**,  
 Deli Buyer & WFC Owner



Have you ever found yourself hosting a dinner party or gathering wondering how you are going to fulfill the sweet tooth of guests who have very strict dietary guidelines or allergens to some of the most common food ingredients? Look no further than the award winning Hail Merry miracle tarts! Not only are Hail Merry tarts produced in a certified Gluten-Free facility they are non-GMO, kosher and certified vegan. These tarts are dehydrated at very low temperatures instead of baking, like most desserts, to ensure the integrity of the raw coconut oils that are used in the tarts. They are also great for those who follow a Paleo diet since no grains are ever used in their products nor do they contain any corn, soy, or starches. Plus, a portion of Hail Merry sales, time, and resources are dedicated to help survivors of human trafficking. With flavors like Persian lime, chocolate raw almond butter, and chocolate chili pecan these delectable tarts are sure to appease everyone even if they don't have special dietary needs!

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AYURVEDA IN A MINUTE

Tastes that Build...

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.

... Tastes that Burn

In the Ayurvedic system there are six tastes: sweet, salty, sour, pungent, bitter, and astringent. Each taste represents a different combination of the elements. A food that tastes sweet contains mostly earth and water; salty—water and fire; sour—earth and fire; pungent—fire and air; bitter—air and ether; astringent—earth and air.

These different combinations give the tastes different actions, which can be divided into two groups: tastes that build and tastes that burn. Foods that taste sweet, sour or salty contain earth or water. These tastes have a heaviness about them and an anabolic action, turning energy into mass. They are the elements that build our bodies. Pungent, bitter and astringent tastes combine the elements of fire, air and ether -- elements that are light and have a catabolic action, turning mass into energy.

Both actions – building and burning – are necessary for a balanced metabolism, and ideally your daily diet will contain all six tastes, though not necessarily in equal amounts. Many foods combine more than one taste.

But it's easy to go overboard on the “building” tastes (grain products, dairy, meat, eggs and fruit are all in this category) and miss out on the benefits of the other three.

Pungent taste is found in hot and spicy foods: look to the spice aisle, the salsa section, wasabi peas in bulk, kimchee in the cooler, and a few fiery vegetables like radishes. Find bitter taste mainly in leaves: many kinds of edible greens plus some that aren't green (like radicchio) and tea (also made of leaves). Astringency is the pucker-power in cranberries, pomegranates, persimmons and many other fruits when they're slightly underripe. Beans are also somewhat astringent. Coffee and tea combine bitter and astringent flavors.

**Your assignment:** notice tastes! Savor your food. Grow more aware of how foods act on you. And treat your body to all six tastes every day: the tastes that build and the tastes that burn. **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](mailto:bonnieambrosi@gmail.com) or visit [grihastashramiyoga.com](http://grihastashramiyoga.com).*



Co-op Explorers



ENROLL YOUR KIDS!

The Co-op Explorers Club is a benefit for the children of all of our shoppers. In the second quarter of this fiscal year (October 1, 2015 – December 31, 2015), \$1,582 worth of fruits and vegetables have been enjoyed by our Co-op Explorers at no cost to their families.



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# WFC-U Spring Classes

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

**Container Gardening**  
Taught by **Scott Vesterstein**

▼ OFFERED AT BOTH LOCATIONS!

Tuesday, April 26 | 6:00 PM – 7:00 PM

📍 **HILLSIDE Classroom**

Thursday, April 28 | 6:00 PM – 7:00 PM

📍 **DENFELD Classroom**

\$10 for WFC Owners, \$12 for non-Owners

Do you cherish what little space you have in your yard, but still dream of growing your own vegetables? Sydney's Green Garden founder Scott Vesterstein will teach you how to grow pesticide-free vegetables anywhere with container gardening. Container gardening is a smart way to garden for those who lack the space for a traditional garden, or those who just plain hate weeding! All students will receive a free seed packet to start a container garden on their own! A limited number of container gardens will be available for purchase at class. All proceeds go to the Second Harvest Northern Lakes Food Bank.

**Basics of Organic Gardening**  
Taught by **Debbie Ortman**

▼ OFFERED AT BOTH LOCATIONS!

Saturday, April 30 | 1:00 PM – 3:00 PM

📍 **DENFELD Classroom**

Wednesday, May 4 | 6:00 PM – 8:00 PM

📍 **DENFELD Classroom**

\$10 for WFC Owners, \$12 for non-Owners

Learn about the basics of organic gardening with a focus on vegetables and herbs. This class will be packed with the basics of gardening including

starting seeds indoors, soil types, soil testing, when to plant, watering, sunlight, mulch, fertilizing, weeding, favorite tools, pest control, raised bed gardening, and container gardening. We will start our learning at the co-op and then take a field trip to Debbie's garden (½ mile away from the store, carpooling available). You'll go home with an herb or transplant to start a garden of your own.



**Confident Cycle Commuting**  
Shawna MullenEardley

▼ OFFERED AT BOTH LOCATIONS!

Tuesday, May 10 | 7:00 PM – 8:00 PM

📍 **HILLSIDE Classroom**

Thursday, May 26 | 7:00 PM – 8:00 PM

📍 **DENFELD Classroom**

\$10 for WFC Owners, \$12 for non-Owners

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

**Introduction to Permaculture**  
Chad Johnson

Saturday, May 7 | 10:00 AM – 12:00 PM

📍 **DENFELD Classroom**

\$10 for WFC Owners, \$12 for non-Owners

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



**Make Your Own Vinegar!**  
Cindy Hale

Thursday, May 12 | 6:00 PM – 8:00 PM

📍 **DENFELD Classroom**

\$10 for WFC Owners, \$12 for non-Owners

Learn about different vinegars and how they are made. Students will be provided the vinegar starter bacterial "mother" and an easy to follow procedure for culturing their own homemade and healthful vinegars.

**GROWING UP GIULIANI:**  
**Authentic Italian Cuisine**

Robert Giuliani

Saturday, May 14 | 10:00 AM – 12:00 PM

📍 **HILLSIDE Classroom**

\$20 for WFC Owners, \$25 for non-Owners

Robert Giuliani, chef at Clyde Iron Works, will teach students how to create fresh Italian meals! Together we will make fresh pasta with a hand crank machine and a delectable red sauce.



**GROWING UP GIULIANI:**  
**Authentic Mexican Cuisine**

Robert Giuliani

Tuesday, May 24 | 6:00 PM – 8:00 PM

📍 **DENFELD Classroom**

\$20 for WFC Owners, \$25 for non-Owners

Robert Giuliani, owner and chef of Clyde Ironworks, will teach students how to create fresh Mexican meals. Together we create traditional Mexican sauces and salsas with homemade tamales.

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**TOXINS IN OUR DAILY LIVES:  
Lightening the Load**  
Judy Breuer

Saturday, May 28 | 10:00 AM – 12:00 PM

**HILLSIDE Classroom**

\$10 for WFC Owners, \$12 for non-Owners

A look at toxins lurking in our kitchens, cleaning products and personal products that might be keeping us from our best health and “helping” our body to hold on to extra body fat we are working to lose. We’ll discover safer and cleaner options. Sometimes it feels like toxins are everywhere and we can’t escape them. This class is to help us do what we can in our corner of the world and worry a little bit less about the rest. Every student will make their own natural all-purpose kitchen cleaner to take home!

**PRESERVING FRESH HERBS  
Using Salts & Vinegars**  
Cindy Hale

Tuesday, May 31 | 6:00 PM – 8:00 PM

**DENFELD Classroom**

\$20 for WFC Owners, \$25 for non-Owners

Love those fresh herbs! Dried or frozen herbs just aren’t the same, so learn how to preserve those fabulous fresh herb flavors using different vinegars and salts. You can maximize the “fresh” herb flavors so you can have it at your fingertips even when they aren’t in season! We will provide everything you need to do 2 different herb-vinegar infusions and one salt infusion. BUT if you have fresh herbs and/or vinegars you’d like to use, bring them along, with some extra canning jars! Take the earlier “Make Your Own Vinegar” class and use

your own vinegars in this class! Take the next “Cooking with Fruit & Herb infused Vinegars to get your creative juices flowing!

**Food Allergies, Sensitivities, and Celiac Disease. What do they all Mean?**  
Judy Breuer

Thursday, June 2 | 6:00 PM – 8:00 PM

**HILLSIDE Classroom**

\$10 for WFC Owners, \$12 for non-Owners

Where does fad end and truth begin? When do we treat a diet request with serious consideration? If terms like “gluten-free”, “casein-free”, or “vegan” are confusing, this class for you. Great for the general public, family members, and those who work in any type of food service.

**Ramen & Dumplings**  
Nyanyika Banda

Saturday, June 4 | 10:00 AM – 12:00 PM

**DENFELD Classroom**

\$20 for WFC Owners, \$25 for non-Owners

This class is back by popular demand! Upon returning to Duluth after living in Brooklyn, Chef Nyanyika Banda was sad to realize that there were limited options for her favorite Sunday dinner outing, ramen and dumplings. After months of recipe development Banda has been providing Duluth with ramen, dumplings, and more through her pop up restaurant Izakaya(218). Chef Banda will give a demonstration of making pork and vegan dashi—the classic Japanese stock, as well as hands on dumpling making.

**Help Me Sleep!**  
Stacey Quade

Thursday, June 9 | 6:00 PM – 8:00 PM

**HILLSIDE Classroom**

\$10 for WFC Owners, \$12 for non-Owners

Together we will identify common factors that keep you from sleeping well, obtain information for changing activity and sleep patterns, and learn about herbal nervines- herbs that help support and calm your nervous system, and endocrine system that can help you sleep better, feel more rested, and feel less stressed.

**Explore the World  
of Gourmet Fruit Vinegars**  
Cindy Hale

Tuesday, June 14 | 6:00 PM – 8:00 PM

**HILLSIDE Classroom**

\$20 for WFC Owners, \$25 for non-Owners

Cindy Hale of Clover Valley Farms & Vinegery will lead you on a 5-course tour exploring ways that you can use culinary fruit vinegars to enhance the flavor, enjoyment and healthfulness of foods & beverages. This two-hour class includes an appetizer, beverage, salad, small entrée and dessert, all using different kinds of fruit vinegars.

**FREE SALAD!  
Foraging in Your Backyard**  
Stacey Quade

Thursday, June 16 | 6:00 PM – 8:00 PM

**DENFELD Classroom**

\$10 for WFC Owners, \$12 for non-Owners

Identify and use the herbs nature planted in your yard and the woods around you. Become familiar with

“weeds”, plants, and herbs to add to your meals that can provide you with delicious basic nutrients, herbal first aid, and more!

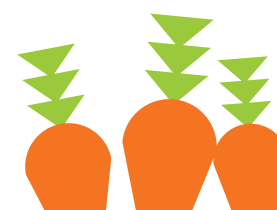
**Developing an Asian Pantry**  
Nyanyika Banda

Saturday, July 9 | 10:00 AM – 12:00 PM

**HILLSIDE Classroom**

\$20 for WFC Owners, \$25 for non-Owners

Engage with a different culture by tasting their cuisine! With the understanding of a few basic ingredients found in East and South East Asian cooking, students will learn how to diversify their weekly meals with quick—and spicy— recipes.



**CLASS 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](http://www.wholefoods.coop)

**CLASS 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](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 will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

**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

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

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### What's Happenin'?

**Lake Superior College Health Fair**

Wednesday, March 2, 2016

📍 Lake Superior College

**WITC Health Fair**

Tuesday, March 22, 2016

📍 Wisconsin Indianhead Technical College

**MN Food Share Drive to Benefit CHUM**

March 25–26, 2016

📍 BOTH WFC locations!!

**Northland Community Wellness Day**

Saturday, April 9, 2016

📍 University of Minnesota Duluth Romano Gym

**Duluth Art Institute Free Family Day**

Saturday, April 16, 2016

📍 Duluth Art Institute Lincoln Building

**Healthy Kids Day**

Saturday, April 30, 2016

📍 Superior YMCA



### Toast with us!

Join us as we celebrate the opening of our second location in the Denfeld neighborhood!

**Denfeld Sneak Peek for Owners**

Date TBD

Watch your mailbox for a postcard invitation!

📍 WFC Denfeld

**Opening Day at Denfeld**

Tentatively scheduled for Wednesday, March 16 | 7:00 AM

📍 WFC Denfeld

**Co-op Cocktail Reception**

March 20, 2016 | 7:00 – 10:00 PM

📍 Vikre Distillery

**Grand Opening Celebration**

(after we work out the kinks)

April 18–22, 2016

📍 WFC Denfeld

**Bent Paddle "Perfect Pair" Tasting Event**

April 22, 2016

📍 Bent Paddle Brewing Co.



# Spreading the Word

by Ali Wade, Brand Manager & WFC Owner

**It's an exciting time** to be part of the Whole Foods Co-op, particularly if your job description includes education, outreach and planning celebrations (which, lucky for me, mine does!!) There is so much we want our community to know about the Co-op at this exciting time of expansion, and with our new neighbors in the Denfeld area hopefully coming in to check us out, our Co-op community is also set for expansion!

That's why we are working hard to tell our story in as many places and different ways as we can. You are reading this article so you already know *The Garbanzo Gazette* is one way we reach out to inform our community about our Co-op, products, and support of our regional food systems. We have also recently launched a monthly E-newsletter called *The Co-op Currant*. The Currant fills you in on what's in season in our produce aisles every month, as well as informing you about food related issues that are impacting our community. It also features recipes, deals and cooking tips to help you make the most of the healthy foods you find in our store, as well as reminders about Co-op events and classes you won't want to miss.

If you haven't visited the Whole Foods Co-op website recently, check out our expanded "News" tab that will lead you to our *WFC Blog* (in addition to links to archive issues of the *Garbanzo Gazette* and *Co-op Currant*.) We're posting weekly updates about the progress at Denfeld, as well as other interesting things that impact our Co-op and community.

Finally, if you haven't found us on social media yet, you really should. Our Facebook posts link to fascinating articles on food and farming as well letting you know when we have a great deal from a supplier that we want to pass along. We have lots of fun contests and giveaways on Facebook so "like"



Follow us on social media!  
@WholeFoodsCoop

us today! You can also find us on twitter and Instagram, and we have an exploding Pinterest feed with 100's of recipes for you to try. Our boards cover everything from special dietary choices like gluten free, vegan, whole 30's and raw foods, to crock pot dinners and decadent desserts!!

We love to invite the community into our Hillside classroom for opportunities for hands-on learning, and will now feature a full schedule of classes at our Denfeld classroom too! Our instructors include premier experts in the fields of cooking, nutrition and food-production, and they bring regionally specific expertise to their class offerings. Check out the new schedule of classes on pages 14 and 15 of this issue of the Gazette.

We also are reaching out to our community at health fairs and expos throughout the year. Look for us at the various events listed to the left. We routinely visit classrooms, and senior centers and host groups to educate people of all ages about healthy food choices. If you have an event and would like our education and outreach experts to attend, e-mail [awade@wholefoods.coop](mailto:awade@wholefoods.coop).

We have many celebrations planned as we near the opening of our Denfeld store. Keep an eye on all of the sources mentioned above for announcements about opportunities to collectively gather and appreciate the giant step we are taking forward, and the efforts of the many individuals who have worked tirelessly to make the Denfeld dream a reality. **WFC**

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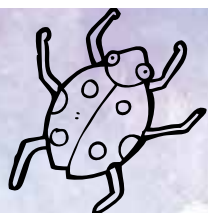
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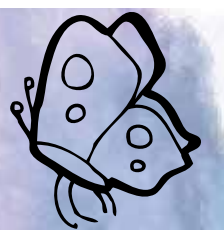
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## Youth Art Classes: Grow Creativity This Spring!



**Free Family Art Day**

Saturday, April 16, 11 AM - 2 PM

Lincoln Center for Arts Education (2229 W 2nd St)

FREE! Drop in-- no registration required. Make and take Earth Day-themed projects for all ages and abilities – for the young and young at ART.

**Saturday Morning Art Club with Chrissy Valento**

Saturdays, 9 AM - 12 PM

Lincoln Center for Arts Education (2229 W 2nd St)

\$35/session :: Ages 7 - 12

Call to register

March 19 :: Painting Culture

April 30 :: Fly Away!

May 14 :: Still Life

**BIG Art for Littles with Amy Varsek**

Thursdays, April 14 – June 16, 10 - 11:30 AM

Lincoln Center for Arts Education (2229 W 2nd St)

\$125/child

Call to register

Bring your little ones (ages 5 and under) to the Lincoln Center for a morning of songs, stories and BIG art. Dress for a mess and be prepared to paint, sculpt, and create with your family!



Duluth Art Institute :: (218) 733-7560 :: [www.duluthartinstitute.org](http://www.duluthartinstitute.org)