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GAZETTE**



INSIDE:

- ▶ Mouth-watering Recipes
- ▶ Holiday Cooking for Special Diets
- ▶ WFC-U Winter Classes
- ▶ **LOCAL PROFILE: Max Organics**

WINTER 2015

Annual Recipe Issue!

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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

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:
Monday, February 1, 2016.

Refer submissions and questions to:
awade@wholefoods.coop

Editor: Ali Wade
Contributions: Owners & Staff
Design: Emily Darnell
Printer: Pro Print
Mailing: Barcodes Plus
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The Garbanzo Gazette is printed on 100% post-consumer recycled paper with soy ink. This paper is recyclable.

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

www.wholefoods.coop

SHARE THE LOVE

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



Management Report

by Sharon Murphy, General Manager & WFC Owner

WFC • HILLSIDE

Our Fiscal Year/FY 2015 ended on June 30, 2015, with 6.5% sales growth and a profit from operations. The Board approved a cash patronage rebate for FY 2015 in the amount of \$111,227 to be distributed among 7,536 eligible Owners with purchases in that period; that cash rebate will be mailed by December 5 and will save the Co-op \$177,000 in federal taxes!

Welcome to new Board member Brad Nelson and congratulations to Jean Sramek, Carol Andrews and Mickey Pearson on their re-election to the Board. CHUM Food Shelf was chosen by voters as the recipient for 2015 unclaimed abandoned equity. Owner participation in the 2015 election increased by 50% while the number of Owners eligible to vote increased by 9%; on line voter participation was up by 50% and valid paper ballots declined by 42%. Thank you for voting!

We are gradually recovering from slow sales growth in July-September at Hillside — apparently it was a great growing

season for orange construction cones! And we enjoyed all the opportunities for carrot cake that came with a 45th WFC Anniversary in October and a 10th Anniversary at Hillside on November 2, 2015. We celebrated November 2nd as our first day as an authorized WIC vendor. WIC (Women, Infants, Children) is a federal food supplement program. We can now accept WIC vouchers from our customers for WIC-approved products thanks to Hillside Store Manager Sarah Hannigan who coordinated this project.

There were a joyful and attentive 207 Owners and guests at our 2015 Annual Owners Meeting at the DECC on October 23. Owners at the Annual Meeting got to vote for their choice among six ENDS-related, local non-profits to be the recipient of calendar 2016 RRR donations (reduce/reuse/recycle = \$0.10/transaction for each customer who brings in their own bag at the checkout). So far in 2015, the recipient (CHUM Food Shelf) has received over \$5,700 in RRR donations — those dimes really add up! The recipient chosen for 2016 is Growing Farms, a Northeastern Minnesota farm incubator project. **WFC**

WFC • DENFELD

Over 200 of our Owners have invested \$1.6 million in loans or Class C equity in support of the Denfeld project. These investment opportunities will only be available until March 2016 so check out the brochure at Customer Service or contact finance@wholefoods.coop or call 728-0884, ext. 1, to speak to someone in the Finance Department for more information or to schedule a time to make your investment. For the second year in a row, the Board declared a 4% annual dividend on Class C (minimum \$500) investments in support of our Denfeld project.



Denfeld is shaping up! #HereWeGrowWFC

11.10.2015



Architectural rendering of storefront **OPENING IN 2016!**

Thanks to a 50% increase in Owner participation in the 2015 Board election, the Co-op donated \$372 to the Duluth Community Garden Program's food forest project and \$372 to Community Action's Seed for Success' deep winter greenhouse project both of which are planned for vacant land across Grand Avenue from our Denfeld site. The Co-op welcomes and supports both these projects and appreciates that the City will install a pedestrian crosswalk on 45th Avenue and Grand that will provide a safe pathway between our locations.

At this time, we anticipate Denfeld will open in mid-March 2016 preceded by hiring a boatload of new staff in January and February. Stop by and check out the construction site at 4426 Grand Avenue across from Denfeld High School.

Thank you for your support and see you in the aisles! **WFC**

You can follow our Denfeld construction progress online at:

- Whole Foods Co-op
- @wholefoodcoop
- @WholeFoodsCoop



Progress on Ends

by Sharon Murphy, General Manager & WFC Owner

In the Policy Governance model, an ENDS Statement answers the question “What will be/is different because this co-op exists?”

The ENDS Statement approved by the WFC Board of Directors on March 23, 2009, is:

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

In the July-September 2015 quarter, management reported the following progress on ENDS:

- \$2,000 to Institute for a Sustainable Future to co-sponsor the Commons Health Conference in September 2015
- \$300 to CHOICE, unlimited to co-sponsor Hike for Health event
- \$1,200 to One Roof Community house for Raise the Roof event
- \$500 to North American Students of Cooperation for scholarships
- \$500 to UMD Food and Farm Festival to support UMD Sustainable Agriculture Project
- \$500 to First Witness
- \$375 to Women’s Environmental Institute at Amador Hill for scholarship to Growing Power Training Weekend
- \$2,000 to Growing Farms, farm mentorship program
- \$200 to Wisconsin Farmers Union Kamp Kenwood for scholarships to co-op camp
- 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
- Donation of \$0.10 for each seed packet sold to the Duluth Community Garden Program
- Payment of wages, salaries and benefits for 115 employees amounted to \$916,248
- Quarterly discounts to Owners amounted to \$32,072
- Beginning January 1, 2015, WFC is tracking and reporting on its wholesale LOCAL purchases (not retail sales) so that we can include purchases from, e.g., all LOCAL produce suppliers, LOCAL egg suppliers, and LOCAL products used by the Deli in prepared foods, without having to create individual plu numbers and sticker each item. From July 1-September 30, 2015, WFC purchased \$293,144 of LOCAL inventory = 11.5% of total purchases. **WFC**



\$126,500



FINANCING OUR DENFELD PROJECT

Since opening the Owner Finance Program in March 2014, nearly 200 Owners have invested in either Owner Loans (\$1,482,500) and/or Class C equity (\$126,500); these investment opportunities are open only until March 2016. We encourage Owners who are Minnesota residents to contact finance@wholefoods.coop or call 728-0884, ext. 1, to speak to someone in the Finance Department for more information or to schedule a time to make your investment.

OWNER ONLY EMAIL COUPONS

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 with your current email address or go to wholefoods.coop/coupons/



Grow West

by Peter Krieger, Denfeld Store Manager & WFC Owner

“Go west, and grow with the country”

Howdy! I am happy to introduce myself as the new Denfeld Store Manager to all of our community members, Co-op shoppers, and Whole Foods Co-op Owners. I am a fellow cook and gardener, and another guy with a roof rack on his station wagon. I came to Duluth expecting to stay for a year, maybe two. 18 years later, I count myself fortunate to have chosen such a beautiful city, and to make my home here.

Sometime in early spring of 2016 we will welcome all of you to a bright new store now under construction at 45th Avenue West & Grand Avenue. As I write, construction, headed by Johnson-Wilson Constructors, continues moving forward. The brick is up, metal cladding and windows are being installed, and trees are being planted. Over the next several months we will transform what is now just a shell into a warm and welcoming place for everyone to shop.

The new Denfeld store features wider aisles and a seating area with a view looking up and out onto Brewer’s Ridge. We will offer a community room complete with a commercial kitchen for cooking classes and demonstrations. A full coffee bar, hot and cold prepared foods from our deli, as well as the produce, groceries and wellness products you have come to expect.

Your community-owned Whole Foods Co-op is dedicated to bringing the best customer service to every shopper who walks in the door. Look for some familiar faces from our fabulous Hillside staff out west at the new store. Plus, we will soon begin the process of hiring and training the additional folks we need to make Whole Foods Co-op Denfeld the best grocery it can be. In spring of 2016, you can shop at two Co-op stores: both dedicated to providing the best in fresh, healthy and nutritious products from local and regional suppliers, and to creating a healthy community. I look forward to seeing you out west! **WFC**



ENROLL YOUR KIDS!

The Co-op Explorers Club is a benefit for the children of all of our shoppers. In the first quarter of this fiscal year (July 1, 2015 - September 30, 2015), \$1,935 worth of fruits and vegetables have been enjoyed by our Co-op Explorers at no cost to their families.

BOARD REPORT

BOARD OF DIRECTORS



CAROL ANDREWS
GM Evaluation Committee
Search Committee
Term expires 2018
candrews@wholefoods.coop



MARYANN BERNARD
Board Recruitment Committee
Vice President
Term expires 2017
mbernard@wholefoods.coop



JAMIE HARVIE
Board Recruitment Committee
Search Committee
Term expires 2017
jharvie@wholefoods.coop



BRAD NELSON
Term expires 2018
brnelson@wholefoods.coop



MICKEY PEARSON
Secretary
Board Recruitment
Committee Chair
Search Committee
Term expires 2018
mpearson@wholefoods.coop



WAYNE PULFORD
Treasurer
Board Recruitment Committee
Finance Committee Chair
Search Committee
Term expires 2017
wpulford@wholefoods.coop



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.



Always Learning

by Jean Sramek, WFC Board President

We had a great annual meeting

on October 23 — delicious food, great conversation, lively discussion and dreaming about what we want the WFC to be in 20 years.

(Oddly, no one asked for jetpacks). I was delighted to introduce our newly elected Board member Brad Nelson, bid a fond farewell to outgoing Board member Chris Edwardson, and thank the Owners who voted to re-elect me and my fellow incumbents Carol Andrews and Mickey Pearson.

Two things happened in my Co-op life in September. One, I wrapped up my ninth non-consecutive year as a WFC director, and my fourth as Board chair. Two, I attended the regional Cooperative Board Leadership Development (CBLD) 101 in Minneapolis. CBLD 101 is for co-op newbies; it's an intro-level workshop offered by our national network of governance consultants, Cooperative Development Services.

Wait, what? I've been on the Board for nine years, I've gone to tons of local, regional, and national co-op board training

and conferences, and I'm just now going to CBLD 101? That's right. For one thing, CBLD 101 didn't exist when I was first elected in 2001. It was also a challenge from our Board and governance consultant Joel Kopischke: "Jean, if you want to set a good example for your new Board members, go to CBLD 101. Anyone can go, and you might learn something new." And so I did. Most of it was familiar, but not all of it; there's a lot to be familiar with. In theater we'd call that a "brush-up rehearsal." I had my newbie moments that day in September. It also gave me renewed enthusiasm for our approach to co-op board training and education (our approach: we do a lot of it).

Your WFC Board takes our responsibility as your servant/leaders seriously. Part of what we do is knowing our way around good governance practices and the cooperative business model. Besides CBLD 101, there's a companion training called CBLD Leadership. I took it three years ago, but I might take it again in January. And I'm going to encourage everyone on the WFC board to do the same. **WFC**



Ownership Matters

by Mickey Pearson, WFC Board Co-Vice President

While writing most of my past articles for the Garbanzo Gazette, I tended towards some form of supplication to you, the loyal reader and engaged Co-op Owner. Sure, I may have recounted the travels and travails of the Board on our voyages to exotic Austin, Texas or Boise, Idaho, but I always managed to bring up a need for greater participation from our well over 8,000 active Owners. Today, however, I come to you with joy and gratitude. WFC owners can consider 2015 a good benchmark for owner involvement.

Thanks in no small part to the tireless efforts of my compatriots on the Board Recruitment Committee, this summer's election provided some great road testing of our new election policies and procedures, not to mention great candidates in the contested election!

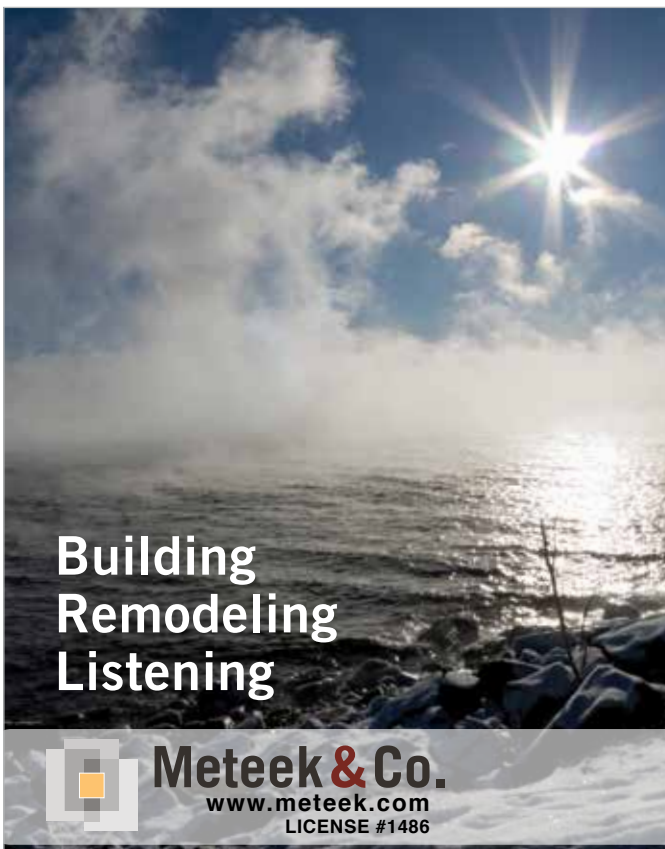
Finally, to top it all off, we had a higher voter turnout than ever before. We asked you to stand up and run for the Board and to vote and you responded! Not only did we have fantastic candidates for the Board, we had more voter participation. While it may be something of a relief to have the election behind us now, I feel more satisfaction and enthusiasm than anything else. You are heeding my call for engagement, True Believers, and that feels great.

As it stands now, the next year may be a quieter one in regards to the Board seeking active participation from Owners. During the election off-year, you can look forward to my communiques regarding our work focusing more on the exciting developments of the Denfeld opening and the process of beginning our GM search. Don't expect my usual requests for attending Board meetings and getting your name on a ballot. That said, if you have any interest in serving, I'm always on the lookout for a great candidate or two. **WFC**



Cheryl L. Larson
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MINDING THE STORE • HILLSIDE



What's the Big Deal?

by Sarah Hannigan, Hillside Store Manager & WFC Owner



What's the Big Deal?

The BIG DEAL is that we heard the cry for better pricing and better deals, and we responded. The most recent survey of our Owners told us that you were more concerned about the everyday prices and the value of discounts than any other topic. We listened. And over the past few months, we've taken action to bring you more deals and improved pricing.

Whole Foods Co-op is pleased to now offer Co-op Basics everyday low pricing on staple items throughout the store. Look for the purple Co-op Basics signs that point to great deals on items like beans, pasta sauce, salsa, cereal, olive oil, tortilla chips and toilet paper. Co-op Basics was developed by the National Cooperative Grocers with Field Day as a new "co-op brand" to provide great prices to co-op shoppers on everyday items. We're excited to be one of the many cooperatives that have entered into a long-term agreement with NCG to offer this great value to our shoppers.

Our now-weekly Fresh Deals Flyer highlights deep discounts on items in all departments; fresh and new each every Wednesday. Our managers have secured fantastic deals from local, regional and national vendors and are passing the savings on to all of our shoppers. The Fresh Deals compliment the Co-op Deals that you're used to seeing in the store, but they feature more of the perishable items like cheese, meat and produce. Fresh Deals will also always feature an offering from our Fog City Deli.

Owner Appreciation Month has been doubled! Both in frequency and in value. Now WFC Owners will receive 10% off the transaction of their choice four times a year. The

"These new deals are a BIG DEAL because they align us to thrive in the competitive grocery market."

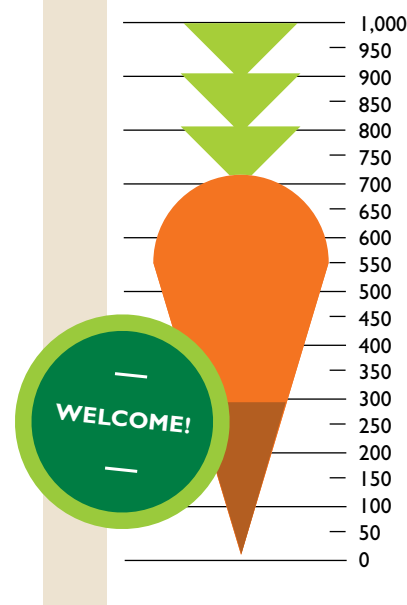
deal can be applied to your regular shopping trip, or you can maximize the value by stocking up. The Special Order discount of 15% on cases of product can be combined with Owner Appreciation Month savings. Watch your mailboxes for the postcard mailings that will announce the next Owner Appreciation Month later this winter.

We've enhanced the Tast-E Coupon by offering it weekly. This Owner-exclusive coupon is available via email each Wednesday, and features savings on specific items, discounts within departments (like 5% off your entire Bulk order), or savings on your entire shopping experience. To receive this coupon, stop by Customer Service, or sign up with your Owner number and email address online at wholefoods.coop/coupons/. If your phone receives emails, our Clerks can scan the coupon from your phone. If you receive emails only on your computer, but can't print we'll be able to provide you with the discount when you check out.

These new deals are a BIG DEAL because they align us to thrive in the competitive grocery market. They're also a big deal because they're making shopping at WFC more welcoming and less confusing for all shoppers. Prices in the aisles are for ALL shoppers. Special discounts like the quarterly Owner Appreciation events, Tast-E deals and special order discounts are available ONLY to Owners.

Even more of a big deal for me, though, is that these improvements are a result of YOUR requests. Our team listened. And then we looked out to the competitive market of grocers in the area, as well as out to our natural food cooperative peers and enhanced our programs and pricing so that they better serve our customers while keeping us relevant and competitive. Thank you for helping position your co-op as we strive toward our goal of being the best grocer in our community! **WFC**

299 NEW OWNERS!



WELCOME NEW OWNERS!

From the beginning of this fiscal year (July 1, 2015) through October, 2015, your Co-op has gained 299 new Owners! With a new location coming soon, it is more important than ever to show your financial support in WFC. Investing in your Co-op by becoming an Owner not only saves you money, it also strengthens our financial position during this time of expansion. To all of you current Owners, we do encourage you to tell your friends what a great investment your Co-op is. Thank you!



REDUCING BARRIERS WITH THE WFC ACCESS DISCOUNT

We can't reduce the number of road construction projects around our Hillside store but, we have reduced one barrier for our Owners. 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 and included in this issue of the Gazette.

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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NOTES FROM THE FRONT



Food Magic

by Sara Kavajecz,
Front End Manager & WFC Owner

At the age of eight I watched someone making fried ice cream, and to me it was way better than any magic show I had ever seen. The idea that I could transform simple ingredients into beautiful, and delightful dishes, and that those creations could, quite literally, change the entire mood of a person's day was fascinating to me. It still fascinates me, and it's why I do what I do.

My name is Sara Kavajecz, and I am Whole Foods Co-op's new Front End Manager. I arrived here via hotels and restaurants. I grew up in the hospitality industry and, although a very different setting than the cooperative grocery industry, the principles are all the same: quality products, quality service, attention to detail, sustainability and always being mindful of the needs of the customer. Part of what drew me to the Co-op is the opportunity to surround myself with forward thinking people, a growing business and, of course, one of my passions: homegrown, exotic, and simple foods. I have been a lifelong student and explorer of the art of cuisine.

I am the youngest of six and, as a child, cooking was something that my very busy mother did, seemingly, morning, noon, and night, and not for pleasure. Her food was, of course, delicious, but her approach to it was simple and fast. I was taught how to make hollandaise from scratch at age twelve using a large stainless steel bowl, a whisk, and a deep fryer. Four simple ingredients that I was very familiar with: eggs, butter, lemon, salt, were whisked into something exquisite in a matter of minutes. In those few minutes curiosity was sparked, passion was ignited, and a lifelong love of flavors was made. I grew to understand that my mother's simple ingredients were key to her delicious meals, but that having and taking the time to play with them made cooking an art. This knowledge quickly parlayed into a career in customer service.

Creating experiences became my thing. Whether it was through spaces, food, drinks, or simply through conversation, I found that I was very adept at connecting with people. I made it my goal to understand what makes a dining, lodging, or shopping experience memorable, and one that someone would want to repeat. I also found out that I am good at leading people. A friend once told me that I reminded her of a character out of a book she was reading who was a self-proclaimed mistress of self-reinvention, I could not help but to agree with her assessment. So true to form I am reinventing, by leaving the restaurant industry and enthusiastically taking on the role of Front End Manager of Duluth's long standing Whole Foods Co-op. I look forward to meeting you, serving you, learning from you, talking food with you, and doing my part to create a fantastic experience for you. **WFC**

GROCERY GAB



Greetings!

by Erika Osterman,
Grocery Assistant Manager & WFC Owner

I am Erika, an Assistant Manager in the Grocery Department, and am excited to be part of the Whole Foods Co-op Team. Some small tidbits of my background, I am originally from Lakeville, MN, I moved up to the Twin Ports in 2001 to go to college at UW-Superior, moved to Duluth in 2005 and fell in love with all the town has to offer. I live with my partner Eric, our daughter Elsa, our dog D.O.G., brother-in-law Steve, and two cats.

There has been a lot to learn; from where to find the overstocked small supplier eggs to how to write up, order and receive a special order. I have had a little bit of an advantage of product knowledge/placement as I have been shopping here for over 8 years and have spent a lot of time in the aisles scouring for good deals. It has been fun getting to know customers both by helping with questions or just by having a good conversation. Not a day goes by where I do not see a good fifteen minute conversation happen between neighbors, old friends, or new acquaintances in the middle of the store.

One of my favorite things to do is find easy ways to save money and have awesome meals at the same time. As we move into the crock-pot season one of my favorites is to make a whole mouth watering chicken while you are at work. Rub the inside of 2 – 3 lb. chicken with salt, rosemary, pepper, and basil. Stuff with onion, celery, garlic, and carrot (I put ends and skins of vegetables in the freezer and use these). Rub more of the salt mix on top of the breast and put into your crock-pot on "Low" for eight hours. If you would like to make chicken stock add water until one inch from the top of the lid. Enjoy! **WFC**

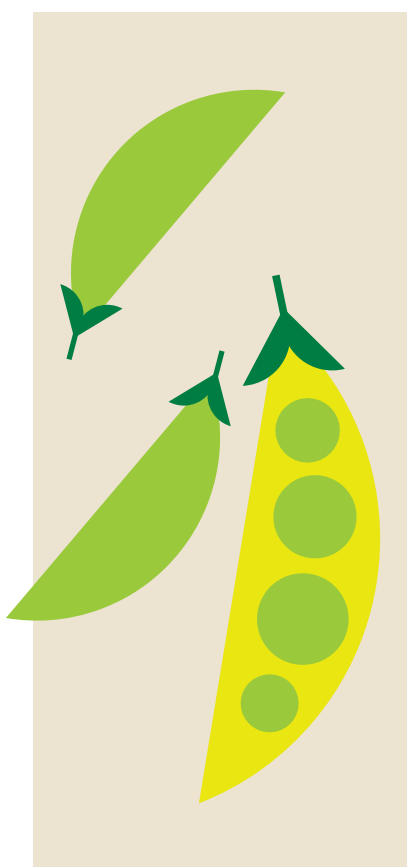
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THE BUZZ

HAPPY ANNIVERSARY!

WFC Staff Anniversaries

DECEMBER

Brooke Carlson
Finance 4 years

Jeff Greensmith
Grocery 1 year

JANUARY

Dani Heytens
Deli 2 years

Alden Kascak-Harth
Grocery 2 years

Dean Walczynski
Grocery 2 years

Karin White
Produce 1 year

FEBRUARY

Amanda Borgren
Finance 8 years

Justin Hemming
Deli 16 years

Lisa Moran
Front End 5 years

Sharon Murphy
Admin 36 years

Rianna Reiter
Deli 10 years

Nick Sarris
Produce 2 years

Hannah Todorovich
Deli 1 year



Staff News

by Jennifer Gilbertson, *Brand Education and Outreach Coordinator & WFC Owner*

Front End Clerk Derick Cich has exciting travel plans this winter. No stranger to exotic locales, Derick will be visiting former WFC co-worker Elsa at her current home in Algarrobo, Chile! Algarrobo is a popular tourist destination located near Santiago, the capital of Chile. From there he will go to Easter Island to see the monumental stone heads, known as Moai! After this he will return to Algarrobo, where he plans to stay in an AIR BNB to check out the local scene while trying to survive on his limited Spanish skills and eating whatever vegan food he can find. Safe travels and have an amazing time Derick — we can't wait to see the pics!

Hally Sharrow of Produce reports that the entire department is looking forward to snowfall. They'll all be hitting the cross-country ski trails this winter so look out!

Recent addition to the WFC family, Human Resources Assistant Manager Nathalie Crowley has some cozy plans to beat the winter doldrums. "I'm planning on knitting a queen size cotton blanket (a competition between my girlfriend and myself to see who finishes first) and to finally put together

the hurdy gurdy kit I bought last year as a winter project but never started." For those not in the know, a hurdy gurdy is a stringed instrument that has a crank and keys. The crank turns a circular bow across the strings and the keys are used to change pitch and create chords. Tone and volume are determined by how fast you turn the crank. Nathalie will learn to play after she completes building the instrument. Sounds like an unusual and entertaining way to keep boredom at bay!

We are looking forward to meeting the newest member of our Co-op family — Jack Vasatkas, of the Front End, and his partner, Amber Marti, are anxiously awaiting the birth of their first son! "As of today, he's 5 days late!" said Jack. They have a few names in mind but won't make the final decision until they meet their little one. Congratulations and good luck to the new family! **WFC**

UPDATE
Congrats to Jack and Amber — Ira Joseph has arrived and is very healthy and extremely cute! Way to go you two!!



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for 2016 Shares

visit website
for more info



Grower Profile: Max Organics

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



MAX ORGANICS | Duluth, Minnesota | GROWER: Max Fierek



“Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime.”

While we've all heard the famous phrase, I'm willing to bet that few of us know it quite as well as Max Fierek.

As owner and founder of Max Organics, Max has been selling an assortment of garlic, garlic salt, and garlic-related gifts to Whole Foods Co-op for the past 8 years. When Max was only 8 years old he founded his business and he has been building it ever since.

It all began when he asked his dad for an allowance, as all of his friends were given one. Instead of simply handing over his wallet, Max's dad responded saying, "I'll never give you money but I'll teach you how to make it." The rest was history.

When asked about who influences his business the most, Max spoke fondly of his family. His dad maintained the largest role in the development of Max Organics, with the intention of teaching Max how to run a business. His dad surely accomplished this goal, and his family continues to be influential. "My family has had a large role in the building of Max

Organic's, normally they will help wash, harvest and package the garlic. But it's more of a way for us to spend time together than just to get it done."

Max Organics is unique in that Max lives and grows his produce on Park Point. Max, along with his brother Ben and their parents, maintain a large garden where they grow Max's garlic, as well as zucchini, strawberries and a large assortment of flowers for Ben's business, Ben's Blooms. The siblings work closely together on growing for their respective businesses; Max often helps Ben make flower deliveries to WFC and innovate new products.

So, why garlic? Although this is a silly question, given that garlic is a gift from the gods, I still wondered. Max responded, "I do in fact love garlic! Almost everything my family cooks is full of garlic!" Not only is it delicious, the growing season is a perfect match with his personal life and schedule. "We have been growing our garlic for so long it is rather predictable. Which allows me to go on all kinds of adventures!"



Interested in LOCAL & REGIONAL food issues?

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

www.duluthcommunityfarm.org
(Growing Farms)

www.duluthcommunitygarden.org
(Duluth Community Garden Program)

www.sfa-mn.org/lake-superior
(Lake Superior Sustainable Farming Association)

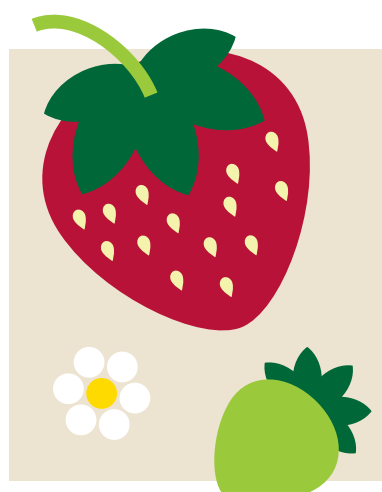
www.mnfoodcharter.com
(Minnesota Food Charter)



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Max is one busy 16-year old. Not only is he dual enrolled between a homeschool program and Lake Superior College as a PSEO student, he is also heavily involved in mountain bike racing. His business is what allows him to be able to compete and buy all of the bikes and gear to do so.

“Right now I race mountain bikes and that is my real passion. I have been lucky enough over the course of the past summer to be able to travel all over the United States racing the Pro Gravity Tour (the national tour for downhill racing in the USA).”

In July he decided to take on another challenge and to hold his own mountain bike race. He held the race on his personal trails in Bayfield, Wisconsin. It is apparent that, when he puts his mind to something, he won't stop until he succeeds. “Thanks to many volunteers and hundreds of hours of work we were able to build 3 trails (from almost nothing) in only 2 months! The Co-op, as well as a few bike companies, were kind enough to support my dream and sponsored my race.”

“ My desires for Max Organics are to continue to grow what I believe to be the best garlic around..”

Looking to the future, Max and his business are bright-eyed and filled with potential. “My desires for Max Organics are to continue to grow what I believe to be the best garlic around and hopefully grow the business and start selling in a larger area. As far as continuing the business once I finish I high school, I'm not sure yet, I have a lot of great ideas in the works so I think I'm just going to play it by ear.” When asked about whether or not he would branch out from garlic growing, he seemed hesitant. “I have thought about growing other produce but for me the garlic is enough to keep be busy but also let's me travel and mountain bike race.” It looks like Max will be playing in the dirt for the long haul.

Supporting LOCAL means supporting Max, and other farmers and producers like him. The next time you're picking up garlic in WFC's produce department look around for Max's products. Not only will his garlic and garlic salts be delicious, they make great gifts. Although Max is keeping the products he his working on a secret, keep your eyes peeled, he has plenty more in store for us! **WFC**



Photo courtesy Colin Johnson Photography

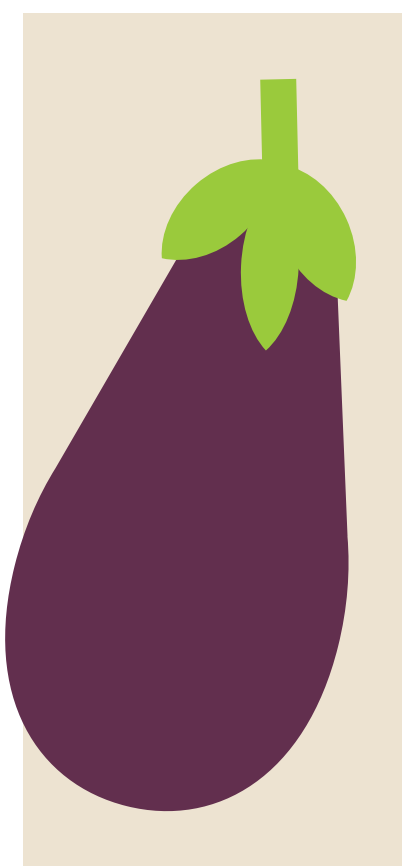
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WFC-U Winter Classes

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

Introduction to a Whole Foods and Plant Based Diet

Claire Musech

Thursday, January 7
6:00 PM – 8:00 PM

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

Take charge of your personal health and wellness! Join Claire from our Produce department to start your journey towards better health through a plant-based diet.

We will explore the basics of this lifestyle from how to shop whole foods, distinguish different greens, make fresh juice, and prepare delicious meals. WFC-U

Claire Musech is the Buyer/Receiver of the Whole Foods Co-op Produce Department. When she is not buying produce or in the kitchen experimenting with different vegan and raw recipes, Claire can be found working in the garden or hiking. After being gifted the ability to change her life through plant-based foods, she is excited to share that gift with other people.

The Making of Vinegars

Cindy Hale

Tuesday, January 12
6:00 PM – 8:00 PM

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

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

In 2013, Cindy left her 20 year career as a research ecologist with the University of Minnesota Duluth to farm full-time. On the farm, Cindy and her family strive to eat not only locally but from what is available from their farm. Creativity and the pursuit of simple but fabulous flavors lead to home wine and beer brewing, fermented foods and eventually to making vinegars for their own use in about 2009. The rest is history. Cindy is very excited to share their recipes and fabulous gourmet vinegars. The health benefits of live culture vinegars are well known, and Cindy takes it to the next step by making great tasting food that is also very healthy. Join her to learn and share a one of a kind culinary experience.

WINTER WELLNESS Taking Care of Ourselves

Michelle Russell

Thursday, January 14
6:00 PM – 7:30 PM

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

Winter is upon us and busy home, social and work schedules, cold temps, 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. WFC-U

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.

Essential Oils

Jan Tomiano

Thursday, January 28
6:00 PM – 7:30 PM

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

This class will cover the basics of aromatherapy including what essential oils are, the safe use of them and some specific oils to use for wellbeing. WFC-U

Jan is a DNP, RN clinical aromatherapist with 12 years of experience and with a focus of integrative health. She currently works at Essentia Health where she has implemented aromatherapy at the Birthplace and at the Solvay Hospice Home. She is an integrative health consultant and educator with her business Orange Blossom Healing Arts.

WILD FOODS COOKERY Making Flour and Cooking Meals with Acorns and Cattails!

Gil Schwartz

Thursday, February 4th
6:00 PM – 8:00 PM

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

Cattails aren't just for muskrats anymore nor are acorns just for squirrels! In this hands-on class, professional forager Gil Schwartz will be demonstrating various techniques for harvesting and transforming the rhizomes of cattails and oak nuts into starchy, gourmet cuisine. After cracking, peeling, picking and grinding the foods into flour, we will incorporate our yield into creamy soup, flatbread and more.

Empower yourself with the knowledge and experience to utilize

some of the most nourishing and abundant wild food sources in our region.

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.

Cooking with Meadowlands Chocolate

Clyo Howard & Beryl Wells Hamilton

Saturday, February 6
10:00 AM – 12:00 PM

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

Learn how to cook a variety of chocolate-based dishes with Meadowlands Chocolate! Together we will cook Chocolate Beef Roast with Herb de Provence and Olive Oil, and Chocolate Ganache.

Clyo Howard & Beryl Wells Hamilton are the owners of Meadowlands Chocolate. They make handcrafted, bean-to-bar, dark chocolate. They start with whole, organic, Fair Trade cocoa beans grown in the wild or on small farms and co-ops in Bolivia, Dominican Republic, Venezuela, and Peru. We crack and winnow the beans, then roast, shear, refine, conch, temper, mold, and wrap our chocolate in small batches. Each variety offers a different tasting profile, based on the land where the beans are grown.

Dysfunctional Thyroid

Dr. James Hoeffling

Thursday, February 9
6:30 PM – 8:00 PM

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

Are you experiencing thyroid symptoms – weight gain, fatigue, brain fog, depression, constipation, etc – yet your lab tests are “normal”? Join Dr. James Hoeffling as we explore the various reasons medications may not be the answer for proper thyroid function. We will also discuss some things you can do to help yourself feel better and make life enjoyable again. If you suffer from dysfunctional thyroid gland or think you might, don't miss this class.

Dr. James Hoeffling has been freeing people from pain since 2004 in his clinic in Superior, WI. “As a Chiropractor with experience, our professionals are committed to promoting the health and well-being of his patients using a ‘whole person approach’”.

Rock Your Dosha!

Bonnie Ambrosi

Saturday, February 20
10:00 AM – 11:30 AM

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

Ayurveda is an ancient science of holistic health. In Sanskrit, "ayur" is life, "veda" is knowledge. And indeed the secret to good health is knowing how to live! Discover your ayurvedic constitutional type, or dosha, and learn how to maximize your wellbeing by tailoring your diet and lifestyle to your specific strengths and needs. WFC-U

Bonnie Ambrosi is a certified Ayurvedic Health Educator with 14 years of teaching experience.

Rustic Inn Pies with Beth

Beth Sullivan

Tuesday, February 23
6:00 pm – 8:00 pm

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

Learn to make high-class pies like the world famous Rustic Inn! Join Beth for a demonstration-based class where she will teach how to make two of her famous pies.


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



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WHOLE FOODS CO-OP UNIVERSITY



Explore the World of Gourmet Fruit Vinegars

Cindy Hale

Tuesday, March 8
6:00 PM – 8:00 PM

\$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. WFC-U

In 2013, Cindy left her 20 year career as a research ecologist with the University of Minnesota Duluth to farm full-time. On the farm, Cindy and her family strive to eat not only locally but from what is available from their farm. Creativity and the pursuit of simple but fabulous flavors lead to home wine and beer brewing, fermented foods and eventually to making vinegars for their own use in about 2009. The rest is history. Cindy is very excited to share their recipes and fabulous gourmet vinegars.

The health benefits of live culture vinegars are well known, and Cindy takes it to the next step by making great tasting food that is also very healthy. Join her to learn and share a one of a kind culinary experience.

Easy Porkbelly Recipes

Nyanyika Banda

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

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

There is no argument that pork belly is a crowd pleaser. And the fatty richness found on this boneless cut provides great comfort in frigid weather. Although braising takes time, preparation is quite easy. In this class, Chef Nyanyika Banda will demonstrate how to prepare pork belly as well as three easy to do at home recipes.

Nyanyika Banda has spent the past 15 years working professionally as a chef across the country. After completing an internship at San Francisco's Commonwealth, Chef Banda took a job as a Sous Chef for Mission Chinese Food NYC, a prep cook at Wylie Dufresne's molecular gastronomy restaurant WD50 and a Test Kitchen Associate at Saveur Magazine.

Chef Banda currently operates the pop up restaurant, Izakaya(218), and has a fine dining catering company, Martha's Daughter.

COFFEE From Origin to Cup

Jason Reichel

Saturday, March 19
10:00 AM – 12:00 PM

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

An overview of the lifecycle of coffee from cultivation to cup: Cultural and botanical information plus a brief discussion about cooperatives, Organic and Fair Trade certification, plus a coffee tasting!

Jason is the Director of Wholesale and an owner of Big Water Coffee Roasters Cooperative in Bayfield, WI. He formally worked for Colectivo Coffee Roasters and Rishi Tea in Milwaukee, WI. He has a passion for organic, Fair Trade, locally-roasted coffee and is excited to share a cup of it with you!

FUNDAMENTAL HERBALISM for Women's Health

Tina Fox

Thursday, March 24
6:00 PM – 8:00 PM

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

Discover the practice of the medicinal and therapeutic use of plants with Tina Fox. Learn simple, safe and effective remedies for the common disorders that arise in the different cycles of a woman's life including balancing stress, menstrual cycles, menopause, immunity, hormones,

pain management, health and beauty. Learn basic methods for preparing easy to use remedies such as herbal salves, tinctures, tea blends, facial toners, and elixirs. WFC-U

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

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

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 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

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

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



A sample of work from last year's Owner Art Show (thanks, Dawn and Jill!) exhibited in our Brewery Creek Overlook seating area.



The Senses

by Bonnie Ambrosi, WFC Owner

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

In the practice of Ayurveda, your own senses are the primary diagnostic tools. By paying close attention to your senses, you learn how different foods and activities really affect you.

Senses that are lively and alert will give you the most information. Your assignment, then, is to refresh and enliven your senses, one by one. Find frequent opportunities to pay attention to one sense at a time, stopping everything else for a moment to completely engage and enjoy that sense. For example:

Smell...

Pine needles underfoot, garlic, coffee, hot soup, your dog, a baby's downy head

Touch...

Blue jeans, wool sweaters, liquid soap, bread dough, tree bark, your cat

Hear...

Your knife chopping vegetables, the clink of dishes in the sink, the gurgle of the coffeemaker, the trash truck, the wind, your own breath

Taste...

Taste a food as if you had never tasted it before. Try something complex, like a curry; or simple, like an apple; bitter, like radicchio; pungent, like salsa; astringent, like tea; sour, like sauerkraut or yogurt

See...

Look freshly at familiar, ordinary things: produce, gorgeous to behold; the bubbles in a bottle of kombucha; the complex pattern of lines in the palm of your hand; the mosaic of tree bark

Ayurveda teaches that we are nourished in a subtle way by our senses. Enjoy! **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.

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GOURMET TO GO



Holiday Cooking For Special Diets

by Faith Koenig, Deli Manager & WFC Owner

So your son or daughter is home for the holidays, and tells you they're vegan. What????

You have used butter and cream in nearly every family recipe since you began cooking. The thought of "replacing meat" and coming up with alternatives horrifies you. Panic sets in. "What on Earth am I going to make?"

Special diets like paleo, vegan and vegetarian and sensitivity to allergens like gluten, soy, nuts, shellfish and dairy are all things that foodservice people need to think of as part of their work, but what about home cooking and your family? The idea of this can be daunting, even for a seasoned cook. It's not about replicating your own recipes with substitutions and "faking" it. It's about discovering new recipes, ideas and approaches to what you already do in the kitchen.

First, get details about your guest's needs. Some vegans do not eat honey. Some people do not eat red meat or poultry, but consume fish. Knowing what you are working with going in makes all of the difference.

When it comes to certain allergens, it can be difficult. Of course you won't include ingredients that your guests can't eat, but cross contamination is something that many people don't think of. If you cook with walnuts, wipe down the cutting board and then start cutting broccoli, your guest who has a nut allergy might have to reach for the epi-pen. Not a good start to your special meal.

Start by compiling recipes that meet the needs of your guests. The internet is an excellent resource for finding and developing menus, and many have multiple reviews that give insight into what challenges you might encounter. I like to look at several and make my adjustments based on ingredients and my personal tastes.

The next step is reading labels. Many things contain trace amounts of certain allergens that you wouldn't necessarily think of. Worcestershire sauce typically contains anchovies and/or wheat. Even "clean label" soup bases and stocks are likely to contain wheat or soy.

When hosting a large group, I like to serve family or buffet style, labeling dishes with tiny cardholders or small picture frames describing them. For example, if my stuffed mushroom appetizer contains shellfish, the sign says "Cream Cheese and Crab Stuffed Mushrooms". This denotes both dairy and shellfish, eliminating the risk for an allergic reaction. If this isn't an option, I like to serve guests with special dietary needs first, so the cook has a chance to communicate with them before dinnertime conversation begins.

If you still aren't comfortable, rely on professional help. The Fog City Deli staff are very knowledgeable and willing to help you find exactly the right dishes to serve. We list all ingredients on our labels, including allergens and take every measure to ensure that our recipes meet the needs of our customers. Our cheese case has over 20 vegan cheese alternatives and our number of certified Gluten Free items from multiple vendors continues to grow. **WFC**

A COUPLE MORE RECIPES TO GET YOU STARTED!

Quinoa Stuffed Acorn Squash

- 3 medium acorn squash, cut in half, seeded
- 1 C raw red or white quinoa, rinsed
- 2 C water
- 3 T olive oil
- ¾ C diced apple, soaked in 1 C of water and 1 T lemon juice
- ½ C diced carrot
- ½ C diced celery
- ¼ C dried cranberries
- 1 T minced garlic
- ½ C diced red bell pepper
- ½ C sliced green onion

Preheat oven to 350° F. Cut a flat spot off of the skin side of the squash so they lay flat, hollowed side up. Cook squash in oven in a roasting pan for 30 minutes with ½ inch of water. Remove from oven, set aside. In a medium saucepan, cook quinoa in 2 cups water for 15 minutes, or until the white "tails" appear. Fluff with a fork to separate grains. Heat olive oil in a sauté pan over medium heat. Add carrot, celery, drained apple, red bell pepper. Cook for 5 minutes. Turn off heat. Add garlic and cook for two minutes. Remove from heat and add green onion and dried cranberries. Add quinoa. Stir to combine. Fill squash with quinoa mixture. Return to baking pan and cook in 350° F oven for 15 minutes. Top with a drizzle of Balsamic vinegar or sprinkle with vegan Parmesan. Serve warm.

Serves 6. Vegan, Gluten Free, Nut Free.

Cornbread Stuffing with Apricots and Pistachios

- 2 eggs
- ¼ C oil or melted butter
- 1 C buttermilk
- 1 ½ C shredded cheddar
- 1 C corn
- 1 onion, chopped
- 1 C cornmeal
- ½ masa or gluten-free flour
- 2 T baking powder
- ½ t baking soda
- ½ t salt
- ½ C diced dried apricots
- ½ C shelled pistachios, roughly chopped
- ½ C fresh parsley, chopped
- ½ C vegetable stock
- Salt and pepper to taste

Preheat oven to 350° F. Grease an 8 inch square baking dish or a cast iron skillet. In a small bowl, beat eggs. Mix in oil and buttermilk. Stir in 1 cup shredded cheese, corn, and onion. In a large bowl, whisk together cornmeal, flour, baking powder, soda, and salt. Stir the egg mixture into the dry ingredients. Mix well. Pour batter into prepared pan. Sprinkle remaining ½ cup cheese on top. Bake for 30–35 minutes until center is set and top is golden brown. When cool, crumble cornbread into a mixing bowl, and add apricots, pistachios, parsley, vegetable stock and salt and pepper to taste.

Mix gently with hands to combine. Heat in a 350° F oven in a covered casserole dish for 30 minutes.

Gluten Free, Vegetarian.

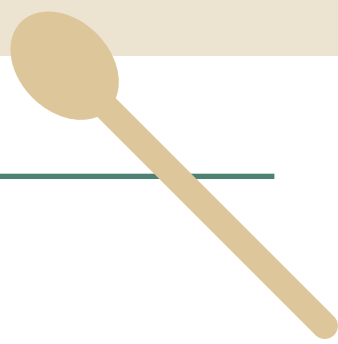
TRY THIS GLUTEN FREE, VEGAN, NUT FREE, SOY FREE RECIPE!

Peruvian Pumpkin Stew

- ¼ C vegetable oil
- 1 small red onion, minced
- 2 cloves garlic, minced
- 1 T fresh oregano
- 1 t cayenne
- 3.5 lb. pumpkin or other winter squash, peeled, seeded, and cut into ½ " cubes
- 1.5 lb. russet or yellow potatoes, cut into ½ " cubes
- 1 C fresh or frozen green peas
- 1 C fresh or frozen corn kernels

- 1 C coconut milk
- ½ C vegan sour cream
- Salt and pepper to taste
- Fresh cilantro for garnish

Saute the onion in the oil, add garlic, cayenne, squash and salt and pepper. Cook at low heat until the squash is soft. Add potatoes, oregano, peas and corn. Cook on low heat, adding water as needed to prevent scorching. When the potatoes are tender, add coconut milk and vegan sour cream. Serve with cilantro on top.



YUM!



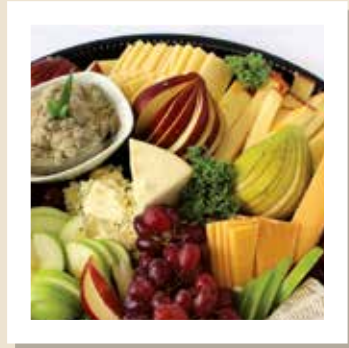
Recipes

Submitted by Community Members, WFC Owners & Staff

Holiday Hors d'Oeuvres

by Rianna Reiter

Deli Buyer and WFC Owner



With the colder weather and dismal daylight ahead of us we find ourselves cooped up inside more often than we would like. Realizing that you are in need of warmth and good company leads you to host get togethers with family and friends. What better way to appease their appetites than to delight them with some scrumptious hors d'oeuvres. To help you create these mouthwatering creations, be on the lookout for an abundance of new cheese and specialty products in the Deli.

For starters you could try out various delectable cheeses like The Robin, a wonderful fresh and buttery Colby with a nice salty finish or The Doe, a tantalizing hand-crafted cheddar marbled with pure Madagascar Bourbon vanilla bean giving it a soft mellow complexity. Olli Salumeria offers some beautifully crafted salamis based on their 160-year-old family recipe. From sopressata, Napoli, Toscano, and pepperoni we have an assortment of salami sure to please every taste bud!

If you are looking for something spreadable try out some Alexian pates in interesting combinations like pheasant and rosemary, duck mousse with cognac or vegan mixed vegetable. If pates aren't your thing, we have plenty of tapenades to offer in tasty flavors like roasted eggplant, artichoke parmesan and chili red pepper.

To end the evening, grab some mini cannoli shells and stuff them with a sweet ricotta filling and dot the ends with chocolate chips, pistachios, or your favorite fresh fruit. Your guests will leave satisfied and wondering where you purchased all these amazing products! **WFC**

Coconut Jalapeno Garlic Shrimp

Submitted by Sara Kavajecz, Front End Manager & WFC Owner

1–2 lbs. shrimp, peeled and deveined
2 celery stalks
1 C rice (long grain jasmine preferred)
1 T olive oil
4 cloves garlic, chopped
½–1 t red pepper flakes, depending on your heat preference
2 jalapenos, seeded and diced
4 scallions, white and green separated
½ C cilantro, coarsely chopped (plus 3 T for garnish)
4 medium tomatoes, seeded and diced (or 1 can of diced tomatoes)
1 (14 oz.) can coconut milk
½ lime, squeezed
salt to taste

In a medium pot boil water and 2 celery stalks, once boiling cook shrimp 3–4 minutes or until they float. Drain and peel in cold water to stop cooking. Set aside. Prepare rice. In your favorite pan, heat oil on med-low toss in jalapenos, scallion whites, red pepper flakes, garlic. Cook 4 minutes or until jalapenos are softened. Add tomatoes, coconut milk, and salt to taste. Simmer on low for 8 minutes. Add Cilantro and shrimp stir to coat shrimp and incorporate all flavors. Add lime juice, stir for 1 minute. Top rice and coconut milk mixture with green scallions, cilantro and serve in bowls.

Penne with Kale, Sun-dried Tomatoes and Pine Nuts

Submitted by Sarah Hannigan, Hillside Store Manager & WFC Owner. Adapted from *Working Parents Cookbook* by Jeff Morgan

1 lb. dried penne or other pasta
4 T extra-virgin olive oil
4 cloves of garlic, minced
3 T of water
1 large bunch of kale, washed, trimmed and coarsely chopped
¼ C of sun-dried tomatoes packed in oil, coarsely chopped
Parmesan cheese, pine nuts and red chili flakes to taste

Add the pasta to a pot of boiling salted water and cook until al dente. Drain, reserving some pasta-cooking water for later.

While the pasta is cooking, in a large, deep skillet or Dutch oven, heat 3 tablespoons of the olive oil over medium heat. Add garlic and sauté until light brown, about 1 minute. Add the water and stir to break up any clumps of garlic. Add the kale and stir until coated with the oil and garlic. Cover and cook over medium heat, stirring occasionally, until tender,

about 5 to 7 minutes. Add a little water, 1 to 2 tablespoons at a time, to the pan if the kale begins to stick. Stir in the tomatoes.

Remove from the heat and add the freshly cooked and drained pasta to the kale pan. Add the remaining 1 tablespoon of olive oil and toss until all the ingredients are well blended. Season with salt and pepper.

Garnish with Parmesan cheese, pine nuts and red chili flakes to taste.

Note: Adding sausage to this dish is easy, and delicious! My favorite addition is Ferndale Market's Roasted Red Pepper Sausage. Cut the links into one-inch segments and add them to them with the skillet with the garlic. Serves 4–6.

Hearty Kale Salad with Toasted Coconut

Submitted by Sarah Hannigan, Hillside Store Manager & WFC Owner. Recipe Adapted from *Super Natural Every Day* by Heidi Swanson

1 – ½ C farro
4 C water
2 t salt
½ C extra-virgin olive oil
1 t toasted sesame oil
2 T tamari, Bragg's liquid aminos or soy sauce
1 large bunch of kale, washed, trimmed and chopped
1 ½ C unsweetened large-flake coconut

Cook farro: Combine the water and farro in a medium saucepan. Add salt. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the farro is tender, about 30 minutes. Drain well.

While farro is cooking, preheat the oven to 350° F with two racks in the top third of the oven.

In a small bowl or jar, whisk or shake together the olive oil, sesame oil, and tamari. Put the kale and coconut in a large bowl and toss well with about two-thirds of the olive oil mixture.

Spread the kale evenly across two baking sheets. Bake for 12 to 18 minutes, until the coconut is deeply golden brown, tossing once or twice along the way. If the kale mixture on the top baking sheet begins to get too browned, move it to the lower rack.

Remove from the oven and transfer the kale mixture to a medium bowl. Taste. If you feel it needs a bit more dressing, add some and toss.

Place the farro on a serving platter and top with the tossed kale. Serve warm.

Amarillo Highway

An original juice recipe created by Hally Sharrow, Produce Clerk & WFC Owner

8 carrots
2 golden beet
4 grapefruits
1 C cranberries
1 knob of fresh ginger

Chop ingredients as needed. Push through your juicer, strain, and enjoy! *Makes 32 oz.*

Luminescence

An original juice recipe created by Hally Sharrow, Produce Clerk & WFC Owner

1 bunch Lacinato kale
½ bunch cilantro
½ bunch Italian parsley
½ bunch dandelion greens
½ bunch watercress
6 stalks of celery
1 cucumber
1 Granny Smith apple
1 lime
1 knob of fresh ginger
1 small sliver of seeded jalapeño (optional)

Chop ingredients as needed. Push all ingredients through your juicer, strain, and enjoy! *Makes 32 oz.*

Wild Heart

An original juice recipe created by Hally Sharrow, Produce Clerk & WFC Owner

2 C pomegranate seeds
2 C cranberries
2.5 lbs. of carrots
1 small red beet
1 knob of fresh ginger
1 small sliver of a seeded jalapeño (optional)

Chop ingredients as needed. Push ingredients through your juicer, strain, and enjoy! *Makes 32 oz.*

Simple n' Spicy Sweet Potatoes

An original juice recipe created by Hally Sharrow, Produce Clerk & WFC Owner

7 C yams (shredded)
1 large shallot (minced)
6 garlic cloves (minced)
2 T Herbes de Provence
1 T chipotle powder
1 T cumin
1 T Garlic Powder
½ C apple cider vinegar
3 T coconut oil (melted)

Combine all ingredients in a Dutch Oven or large covered baking pan. Bake at 400° F for 40 minutes. Serves as many as you would like. Enjoy!



Chocolate Pot de Crème

Ingredients:

4 oz. bittersweet organic chocolate, finely chopped
 1 t finely ground espresso roast coffee
 1 pinch salt
 1 C heavy cream
 3 T white sugar
 ½ t vanilla extract

◀ Try our cover photo recipe!

Directions:

Stir chocolate, espresso and salt together in a medium bowl. Heat cream, sugar, and vanilla in a saucepan over medium heat, stirring constantly, until it begins to simmer just slightly. Pour hot cream mixture over the chocolate mixture; let sit for 1 minute. Whisk together for 1–2 minutes until combined. Pour the mixture into four small ramekins. Chill thoroughly in the refrigerator for at least 4 hours. Serve topped with a dusting of powdered sugar or cocoa.

Cranberry Pomegranate Relish

An original juice recipe created by Hally Sharrow, Produce Clerk & WFC Owner

3 C fresh cranberries
 2 T raw agave nectar
 ¼ C fresh orange juice
 3 T raw coconut crystals
 1 C pomegranate seeds
 1 t fresh minced mint

In a food processor, fitted with the “S” blade, combine the cranberries, orange juice, mint, agave, and coconut crystals. Pulse until the cranberries are coarsely chopped. Place in a serving dish and stir in the pomegranate seeds. Serve right away, or for better flavor, make a day ahead of time and place in the fridge. This will give the ingredients time to meld.

Sweet Potato Black Bean Burgers

Submitted by Cassie Borges, Front End Clerk & WFC Owner. Adapted from www.budgetbytes.com

1 medium (1 lb.) sweet potato (firm type preferable over wet) ½ C frozen corn kernels
 1 (15 oz.) can black beans OR 1.5 C cooked, drained black beans
 1 whole chipotle in adobo
 ½ C cornmeal, divided
 ¼ t garlic powder
 ½ t salt (you can replace the garlic powder and salt with... ½ t garlic salt!)
 1 t cumin
 ¼ bunch cilantro (optional)
 Oil for frying
 Suggested toppings: 1 avocado, sliced, ¼ C mayonnaise/veganaise mixed with 1 t sriracha sauce (or to taste... Cassie likes it spicy), greens and sliced onions.

Wash the sweet potato well and then poke it several times with a fork so that steam can escape while it cooks.

To cook it in the microwave: wrap it loosely with a paper towel, set it on a microwave safe plate, and nuke on high for 5 minutes. Carefully squeeze the potato to make sure it is soft all the way through. If it is not, microwave longer, in one minute increments, until it is soft all the way through.

To cook it in the oven: heat the oven to 400° F and then bake the potato for 45–60 minutes, or until it is soft all the way through (either directly on the oven rack or on a baking sheet).

While the sweet potato is cooling, prepare the rest of the ingredients. Place the frozen corn in a large bowl. Drain and rinse the black beans VERY THOROUGHLY and then add them to the bowl with the corn. Roughly chop the cilantro leaves and then add

them to the bowl, along with half of the cornmeal (¼ cup), garlic powder, cumin, and salt. Take one chipotle pepper out of the can, mince it, and then add it to the bowl along with about one teaspoon of the adobo sauce from the can.

Once the sweet potato is cool enough to handle, scoop out the flesh and add it to the bowl with the rest of the ingredients. Stir everything together and then either use a potato masher or the back of a fork to slightly mash the beans. Cover and chill the mixture for 30 minutes to allow the cornmeal to absorb some of the moisture. Divide the sweet potato mixture into 6 portions and shape each into a patty, approximately ¾ inch thick. Put the remaining cornmeal in a shallow dish and dredge the patties in it. This will provide a nice crunch to the burger.

Heat ½ tablespoon of vegetable oil in a heavy bottomed skillet over a medium flame. When the oil is hot, add two of the patties. Cook for about 5 minutes on each side or until the patties are golden brown. Add more oil and cook the remaining two patties. Treat them gently — they are soft and can fall apart. Serve on the buns of your choice (or none at all), plus whichever toppings you've chosen to use.

Notes: Chipotles in adobo freeze well! Freeze each chipotle with a little of its sauce on a small tray and then transfer the frozen chipotle plops to a container for storage. This recipe is vegan and wheat-free unless you gussy it up with buns and/or mayo.

Butternut Squash & Sage Pasta

Submitted by Claire Musech, Produce Buyer & Receiver & WFC Owner. Adapted from *Cookie and Kate*

2 T olive oil
 2 T fresh sage, chopped
 1 medium butternut squash, peeled, seeded, cut into ½ inch pieces
 1 yellow onion, chopped
 4 cloves fresh garlic, chopped
 ¼ t red pepper flakes (more for a spicier sauce)
 2 C vegetable broth
 12 oz. pasta
 Salt and pepper to taste
 Shaved parmesan (optional)

Heat oil in a large pan. Once oil is hot, add sage and toss. Cook for 3–4 minutes until crispy, then transfer into bowl and set aside. In the same pan, add squash, onion, garlic and red pepper flakes. Season with salt and pepper. Cook, stirring occasionally, for 8–10 minutes. Add broth and bring mixture to a boil. Reduce heat and simmer for 15–20 minutes.

Bring a large pot of water to a boil and cook pasta according to package directions. When draining, reserve 1 cup of cooking liquid. Once squash is done cooking, remove from heat and let cool slightly. Transfer squash mixture into blender and blend until smooth sauce. Combine pasta, sauce, and ¼ cup of cooking liquid. Add more cooking liquid as needed. Season with sage, salt and pepper, and parmesan. Enjoy!

Note: This recipe is great because the sauce is very creamy and is sure to please vegans and dairy eaters alike.

Blueberry Crumb Bars

Submitted by Sarah Hannigan, Hillside Store Manager & WFC Owner. Adapted from smittenkitchen.com

1 C white sugar
 1 t baking powder
 3 C all-purpose flour
 1 C cold unsalted butter (2 sticks or 8 oz.)
 1 egg
 ¼ t salt
 Zest and juice of one lemon
 4 C fresh or frozen blueberries
 ½ C white sugar
 4 t cornstarch

Preheat the oven to 375° F. Grease a 9 × 13 inch pan.

In a medium bowl, stir together 1 cup sugar, 3 cups flour, and baking powder. Mix in salt and lemon zest. Use a fork or pastry cutter to blend in the butter and egg. Dough will be crumbly. Pat half of dough into the prepared pan.

In another bowl, stir together the sugar, cornstarch and lemon juice. Gently mix in the blueberries. Sprinkle the blueberry mixture evenly over the crust. Crumble remaining dough over the berry layer.

Bake in preheated oven for 45 minutes, or until top is slightly brown. Cool completely before cutting into squares. **WFC**

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Holiday Gift Guide

by Ali Wade, Brand Manager & WFC Owner

Simple gifts are often the most appreciated and at Whole Foods Co-op you will find solutions for everyone on your list, without making things complicated...

Gifts that excite the senses, from delicately flavored specialty chocolates, to aromatic candles soaps and perfumes, an amazing array of gourmet specialty foods to make your holiday gatherings time to savor, and of course sweet treats for stuffing all those stockings.

Here are some of our favorite suggestions to help you select just the right gift to delight everyone on your list:



Seasonal comfort:

- Mulling spices
- Hot chocolate and tea
- Regionally roasted coffee
- Regionally made wool mittens
- Balms and ointments



Gifts to indulge the senses:

- Room sprays and candles
- Plant-derived perfumes
- Essential oils and diffusers
- Cosmetics and lip balms
- Soaps and lotions



Sweet treats:

- Organic candy canes
- Caramels and truffles in decorative bags
- Holiday flavored varieties of your favorite chocolates
- Gluten-free holiday cookies



For the foodie on your list:

- Regional cheeses
- Infused oils
- Olives, tapanades and pâtés
- Jams, chutneys, compotes and spreads
- Cheese making kits
- Epicurean cutting boards and utensils



For the faithful Co-op shopper:

- Whole Foods Co-op gift cards
- The gift of Co-op Ownership
- Whole Foods Co-op swag

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