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WHOLE FOODS CO-OP

GARBANZO GAZETTE



INSIDE:

- ▶ New GM Report
- ▶ Winter Classes
- ▶ Holiday Gift Guide



WINTER 2016

Annual Recipe Issue

HILLSIDE + DENFELD

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GARBANZO GAZETTE

— PUBLISHED BY —

WHOLE FOODS CO-OP

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

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

www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is: **Wednesday, February 1, 2017.**

Refer submissions and questions to: awade@wholefoods.coop

ADVERTISING

Ad space is limited and will be reserved on a first come, first served basis for each issue. If you wish to advertise in the Gazette, visit our website at:

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The next ad reservation deadline is: **Tuesday, January 15, 2017.**

For advertising questions, contact: awade@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 Sarah Hannigan, General Manager & WFC Owner

“None of us is as smart as all of us.” — Japanese proverb

As I step in to serve our Co-op as General Manager, I am honored, I am humbled and I am grateful. Our Co-op has been an excellent natural food retailer for decades. And we're so much more than a grocery store. We are a community.

We are passionate about food, about social justice, about healthy living. We are passionate about creating a vibrant local economy, about inclusion, about fair wages and a voice for all. With so many passions represented by our Owners, it sometimes seems that the voices around our table are in opposition. But there is always a common thread: we all care very deeply about our Co-op and want it to be the best it can be. I am committed to holding this common thread and leading us to be our very best.

In the first few days in my new role at our Co-op, I was told that we're too focused on growth, and that we're becoming corporate. My reply is that we won't ever be corporate. We're a cooperative, and by design we're not seeking to grow our profits. We are dedicated instead to growing our collective impact in our community.

Without growth, we wouldn't have opened the Denfeld store in what had previously been a food desert. Without growth, we wouldn't have increased purchases last year to more than \$1 million in products from growers and producers from the 15-county region closest to Lake Superior. Without

growth, we wouldn't have expanded the Access Discount program that provides everyday discounts to households of limited means. Without growth, we wouldn't be able to make meaningful contributions to countless organizations in our community. And, without growth, we wouldn't be able to consistently increase wages and benefits for our talented and dedicated staff as we have each year for the last many years.

The proverb “none of us is as smart as all of us” is a beacon for me today. Each one of us brings unique perspective, and each one of us has insight on our Co-op, our role within our Co-op and our Co-op's role in the community. My vision for our future is one where we work together to be the very best we can be, to continue to grow our collective impact.

How great of a positive impact can we have together?

I invite you to share your ideas and your requests and to communicate what you believe will make our Co-op a better place for our staff, for our Owners, and for our community. Feel free to say hello on the sales floor or reach out directly at shannigan@wholefoods.coop. I look forward to hearing from you, to getting to know you better, and to learning about your ideas and desires for our Co-op.

In gratitude and cooperation,

Sarah Hannigan, General Manager **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 July – September 2016 quarter, management reported the following progress on ENDS:

- \$2,500 One Roof Community Housing/Raise the Roof Sponsorship
- \$2,000 Duluth Community Garden Program/Grower Supporter
- \$2,000 ISD 709/Healthy Northland Farm to School Field Trips for Lincoln Middle School and Ordean East Middle School 7th Graders
- \$200 Saint Louis County and Zeitgeist Arts/Bridging Divides Project
- Management participation with and logistical support for the Growing Farms Board of Directors, the Myers/Wilkins Community School Collaborative Board of Directors, CHOICE, Unlimited's Employer Advisory Committee and the City of Duluth WorkForce Development Group
- Participation in the WLSSD employee health fair
- Donation of \$0.10/packet to Duluth Community Garden Program for each packet of garden seeds sold
- Support for The Cab Coupon Program, providing taxi service to shoppers without transportation
- Distribution of 2,524 free fruits and vegetables to children through the Co-op Explorers Program
- Donation of \$1,834.20 in RRR Program credits to Growing Farms for the 18,342 customers who used their own shopping bags
- Access Discount Program discounts to participating Owners totaled \$15,724
- Purchase Discounts to Owners – including Owner Appreciation and Taste-E Coupon savings – amounted to \$49,886
- Fran Skinner Memorial Matching Fund provided \$560 in Class B equity to eligible owners
- Payment of wages, salaries and benefits for 174 employees totaling \$1,123,357





Board Report

by Jean Sramek, WFC Board President

HIRING A GENERAL MANAGER: We Get By With a Little Help From Our Friends

I don't want to play favorites, but I admit to being partial to the 6th cooperative principle: Cooperation Among Cooperatives. In the co-op world, this principle has its own nickname: P6.

Basically, it means that co-ops help one another. It can take many forms: co-ops seek out credit unions when financing purchases or expansions; consumer co-ops give preference to producer co-ops when purchasing goods or services; co-ops pool their financial resources and facilitate loans to start-up co-ops or co-ops that are undergoing hardships. From a governance/Board perspective, it means that we can avail ourselves of shared resources, information, and best practices by networking with other folks in the co-op world.

As many of you know, our longtime General Manager, Sharon retired after 30+ years as GM. She was the only GM the WFC had ever known, and for many people, she was synonymous with the WFC. Hiring her replacement was a daunting task. In a cooperative business, the Board's sole employee is the General Manager, and it is the Board's job to recruit, hire, and monitor a GM. Although we were prepared for Sharon's retirement, we Board members had never hired a GM. We wanted to do it right.

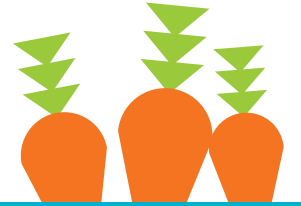
When you want to do something right, you plan ahead, you ask for advice from experts in your field, and you carefully weigh your options. During the hiring process, our Board asked, "What's best for our Co-op? Who is the best person to connect our stakeholders — Owners, shoppers, staff, and community — and move the Whole Foods Coop into the future, with purpose and vision?" We required a competent General Manager, but we also needed a leader and a visionary.

A year ago, we developed a comprehensive set of qualifications for our new GM; last May, we did a national search, and spent the subsequent months reviewing applications and screening applicants, and narrowing the pool to final candidates whose resumes, skills, and qualifications were exemplary. It was not an easy decision, and the Board spent countless hours deliberating. But when it came time to reach consensus, we were unanimous and enthusiastic in our decision to hire Sarah Hannigan as our new General Manager.

But back to Principle Six. When a Board hires a General Manager, how do we ensure we're doing it in a professional way? Who did we ask for advice?

While our options were unlimited, it was logical that we seek out advice from those with skills in the cooperative sphere. So, like many other co-op Boards all over the country, we reached out to Cooperative Development Services (CDS), an employee-owned cooperative of consultants from the co-op grocery world who are, simply put, REALLY good at their jobs as cooperators. They're people like us — Board members, co-op staff, former GM's or co-op management team members — who are able to share their cooperative expertise on a professional level. In addition to our Board's internal expertise, and our networking with other co-op Boards and learning from their experiences, it was invaluable for us to work with CDS consultants to develop the technical aspects of our GM hiring process. That allowed the Board to make this important decision, knowing that it was in the best interests of our nearly 10,000 Owners.

Other co-ops are going through this same process of hiring a new GM. They will also be expanding to new locations, opening additional stores, developing sound governance policies, or starting brand-new co-ops in their communities. Like us, they will be asking "What's best for our co-op?" And if they need advice, other co-ops will have their backs. **WFC**



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



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Board Recruitment Committee
Finance Committee Chair
Term expires 2017
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JEAN SRAMEK
Board President
GM Evaluation Committee Chair
Search Committee Chair
Term expires 2018
jsramek@wholefoods.coop

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

To leave a call-back request for a Board member call:
218.728.0884

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

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

SARAH HANNIGAN
General Manager
Whole Foods Co-op
610 E 4th Street
Duluth, MN 55805
P 218.728.0884 | ext. 101
shannigan@wholefoods.coop

www.wholefoods.coop

INTERESTED IN HOW THE BOARD WORKS?

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

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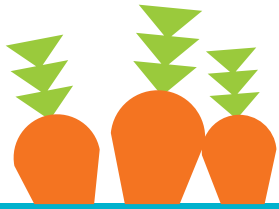
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WHOLE FOODS CO-OP

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OWNER BENEFITS

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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.

9,915 OWNERS!



WELCOME NEW WFC OWNERS!

146 new owners signed up in the month of October. Welcome to the Co-op. Way to OWN IT!

HELP US REACH 10,000 OWNERS!

Exciting news, we are approaching 10,000 Owners... a huge milestone for Whole Foods Co-op. Watch for updates on our progress toward this goal in the store, on our website and Facebook page to learn how you can help us celebrate when we reach 10k!!

OWN IT!

Current Ownership investment: \$100 per voting membership.

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



Ownership Update

by Mickey Pearson, WFC Board Secretary

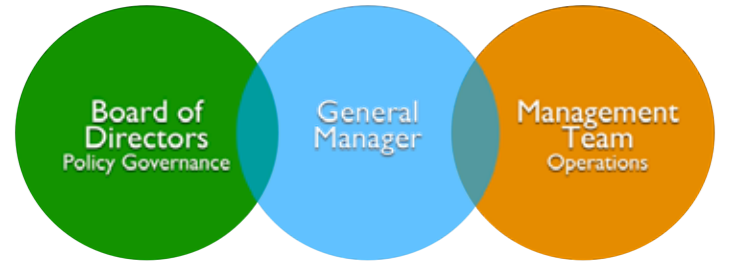
Finding ways for Owners to engage and participate in their co-op is a perpetual task of any Board of Directors. During most of my tenure as a Board member, my primary means of connecting with Owners has been through the duties of the recruitment committee. I'm always on the lookout for the engaged Co-op shopper who asks the interesting or thoughtful question in the checkout line or who more than politely nods when I talk about my Board service. Without fail, though, the first thing I always work to explain is our use of Policy Governance as a means for defining our duties and responsibilities.

We on the Board are not elected for our extensive knowledge of human resources, nor how to best stock an ice cream cooler, nor network the point-of-sale software across two stores. We are regular people with regular lives, just like you. We love our Co-op for many different reasons and are willing to commit part of our lives to helping guide the Co-op on our big picture goals and strategic vision. We also oversee one employee, the General Manager.

To help define that relationship, we use the Policy Governance model. The shorthand explanation of that function is the phrase, "Eyes In, Fingers Out." We work with the GM by defining policies for her to follow and report on to keep us informed on how things are going at the Co-op. These policies also clearly delineate our duties, so there is no confusion on what is a Board responsibility and what should be handled operationally.

We get to see the inner workings of the Co-op when the GM reports to us, even down to granular details if we wish. However, unless our policies specifically say otherwise, we are not responsible for actual operational tasks. We don't stock the shelves and we don't get to pick the type of coffee in the deli. If something has to do with the operation of the store, we entrust and empower our General Manager to work on it as she sees fit. At each Board meeting, she reports on the general operations for the month and specifically on policies at regular intervals, using a variety of metrics and measurements that allow us to monitor the overall health and progress of WFC.

I can hear your question now. "So what does the Board do, then?" Since we aren't running the store, we serve as the representatives of our nearly 10,000 Owners. We are entrusted with the responsibility of making sure we hear your concerns and work to anticipate how our Ends statement will best be met in the future. We do our best to listen and respond appropriately to any communication, but by design, we strive to not be reactionary or hasty in our decision making process. The Board represents all our Owners and we must carefully consider the myriad perspectives and how our decisions not only affect the Co-op we have now, but also the one we hope to perpetuate.



The culture and cooperation amongst our current Board is incredibly positive and impressive. Over the last six months, we have collaborated and put in many hours beyond the typical Board requirements. Through it all, one of our utmost goals, after concluding a healthy debate, is to come to consensus on any of our decisions; for the good of the Coop, the Board speaks with one voice.

In the last few months, the Board has been asked to speak about and take action on the subject of employee unionization. The Board recognizes the legal right of workers to organize. However, the decision whether or not Co-op employees will organize cannot be made by the Board, nor the Owners, nor Management. It can only be made by the employees themselves. It is important that the decision process be fair and consistent with cooperative principles, including democratic control and the principle of one member/one vote, based on being fully informed about organizing. The Board acting to intervene on an operational issue on behalf of even one employee or a subset of our Owners is neither in our toolbox nor the best interest of anyone involved. The Board has not and will not do anything to restrict employees' rights. We have remained and will remain neutral on the issue.

Oftentimes, the Board's work can seem esoteric or, at worst, mundane to the typical Co-op Owner. There are other times when Owners come to us with a sense of great urgency and look for immediate responses. In any situation, the Board always strives to recognize our role and responsibilities before making any decision. We conduct ourselves as representatives of the Co-op ownership as a whole and partners with the General Manager in the continued success of our Cooperative.

So you've now come to the end of my micro-lesson on Policy Governance and Board work and you're left wanting more! You, dear reader, are in luck. 2017 is an election year for the Board and I'm always interested in connecting with Owners who are looking for ways to help lead the Co-op. Please don't hesitate to contact me (mpearson@wholefoods.coop) and I can answer any questions you have.

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Ayurveda in a Minute



by Bonnie Ambrosi, WFC Owner

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

Hungry

Ayurveda recognizes three basic constitutional types — Vata, Pitta and Kapha — and each one experiences hunger differently. Vata types sometimes lack awareness of their bodies and so can forget to eat because the hunger signals go unnoticed, while at other times they may be suddenly ravenous — variability is a signature trait of Vata. For a Pitta like me, hunger is an urgent matter that can make me feel angry and desperate. If this describes you too, know that it's not a personal failing, it's just the way a fiery constitution works. Kapha types are the most sensitive to and nurtured by the senses of smell and taste, so an interest in food can be a sort of background noise all the time, although Kaphas are more patient than other types and can wait to eat without distress.

What is hunger like for you? Understanding your particular hunger pattern makes it less likely that you'll be hijacked by hunger, eating reflexively in a way that makes you feel bad later. Hunger is a physical sensation, but it has a sharp, present quality that can be mentally and emotionally challenging as well.

Getting comfortable with our hunger can be transformative. For one thing, allowing ourselves to become hungry before we eat can help us enjoy more nourishing food. As Ma Ingalls, mother of Laura Ingalls Wilder, said, "Hunger is the best sauce." When the stomach is empty, simple food tastes

"Hunger can make us more compassionate. When our stomachs start to rumble, we can think of the many people who are truly very hungry and who don't have easy access to food."

so good! At other times we may eat because we're bored or nervous or tired, and that's when we gravitate towards food that is entertaining or sedating.

Hunger can make us more compassionate. When our stomachs start to rumble, we can think of the many people who are truly very hungry and who don't have easy access to food.

Hunger can make us more patient and present. When the urge to eat comes on, it may bring with it feelings of fear that are very hard to ignore, but you'll find that if you wait, the fear will arise and then subside, leaving you in a more quiet place.

Finally, hunger is part of the joy of eating! Just as good visual compositions require a certain amount of empty space, joyful eating requires that we sometimes let our stomachs be empty. Then we can sincerely say, "For every cup and plateful, God make us truly grateful!" **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.



INCREASING AFFORDABILITY



WFC Access Discount

Do you participate in a limited-income support programs like SNAP, WIC, Section 8, HRA Housing Programs, the AEOA Energy Assistance Program? If so, the Access Discount Program can help you save 10% on all eligible purchases every day! For details, including how to enroll in the program, see the Access Discount Program brochure available at the Customer Service Counter. The Access Discount does not apply to: special orders, purchases made with WIC vouchers and/or Co-top Basics purchases.



Fran Skinner Memorial Matching Fund

Those who qualify for the ACCESS DISCOUNT can also receive help paying for the balance of Owner equity through the Fran Skinner Memorial Matching Fund. For details, see the MEMORIAL MATCHING FUND brochure available at the Customer Service Counter.

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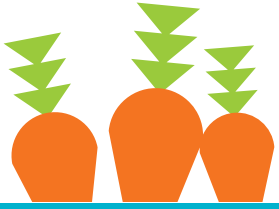
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★ LOCAL

CHOO-CHOO!!

Yes, we're tooting our horn! The Fog City Deli's LOCALmotive chili featuring local ingredients brought home the coveted United Way Chili Cook-off Spicy Spirit Award this year. Choo-choo!!



Community Recipes

Submitted by Community Members, WFC Owners & Staff



Grandma's Persimmon Pudding

Submitted by Cassie Borges, HR Coordinator & WFC Owner

Persimmon pudding is a uniquely Hoosier holiday dish that deserves to be better known outside Indiana. This recipe is legit. It's typewritten, it has decades-old splotches of good things on it, and it says, "From Carolyn Miller." I'm betting she was a church friend of my grandmother's. Indiana church-lady cooking was not developed for those avoiding gluten, dairy, or refined sugar...but if you're determined, you could probably tweak it.

Ingredients:

- 1 C persimmon pulp*
- 3/4 C white sugar
- 1 egg
- 1/2 stick butter, melted
- 1 C all-purpose flour, sifted
- 1 t baking powder
- 1/2 t cinnamon
- 1/4 tsp. salt
- 1/2 c. milk
- 1/2 c. buttermilk
- 1/2 t baking soda

Directions:

Mix persimmon pulp, sugar, egg, and melted butter. Sift flour, baking powder, cinnamon, and salt together. Add milk to persimmon mixture alternately with dry ingredients and beat until smooth. Dissolve baking soda in buttermilk and add to batter. Pour into a greased 8" square baking dish and bake in a 350° F oven for 45 minutes. Serve warm with a dollop of whipped cream or vanilla ice cream.

*3 or 4 persimmons ought to give you a cup of pulp. I just squish them through a mesh sieve.

**DAIRY-FREE
Butternut Squash Soup**

Submitted by Claire Musech, Produce Buyer & WFC Owner. Adapted from www.cookieandkate.com

I love this soup because even though it is dairy-free, it is still very rich and creamy. Best serves with a great loaf of bread!

Ingredients:

- 1 large butternut squash, halved and seeded
- 1 T olive oil, plus more for drizzling
- 1/2 C chopped shallots
- 1 t salt
- 4 garlic cloves, minced
- 1 T maple syrup
- 1/8 t ground nutmeg
- 4 C vegetable broth
- Pepper to taste

Directions:

Preheat oven to 425° F and line baking sheet with parchment paper. Place squash halves inside up on the pan and drizzle with olive oil until lightly coated and sprinkle with salt and pepper.

Turn squash face down and roast for 45 – 50 minutes. Set squash aside until cool enough to handle and then using a spoon, scoop flesh into bowl and discard outer skin.

In a medium pot, heat 1 tablespoon olive oil. Add chopped shallots and 1 teaspoon salt. Cook, stirring often, for 3 – 4 minutes. Add garlic and cook for another 30 seconds, stirring frequently.

Transfer cooked shallots and garlic into blender. Add butternut squash, maple syrup, nutmeg, and pepper. Pour in half of vegetable broth. Secure lid and blend until smooth.

Transfer soup into the pot and mix in remaining vegetable broth. Add olive oil, salt and pepper to taste.

"Wild Heart" Photograph by Hally Sharrow



Wild Heart

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

Ingredients:

- 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)

Directions:

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



"Waves of Bliss" Photograph by Hally Sharrow

Waves of Bliss

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

Ingredients:

- 8 carrots
- 2 golden beets
- 4 grapefruits
- 1 C cranberries
- 1 knob of ginger

Directions:

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

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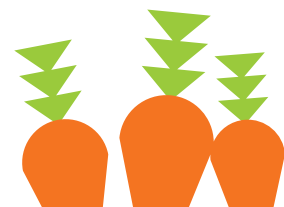
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Butternut Squash Breakfast Bowls

Submitted by Amy VanGuilder. Adapted from www.skinnytaste.com

Ingredients:

- 1 medium butternut squash, peeled and cut into 1" pieces
- Olive oil
- 1 t cumin
- 1 t chipotle chili powder
- 1 t garlic powder
- Salt and pepper to taste
- 4 T cheddar cheese, shredded
- 4 eggs
- 1 avocado
- Pico de gallo
 - 1 large tomato, diced
 - 1 shallot, diced
 - 1 – 2 T cilantro, chopped
 - Juice from one lime
 - 1 jalapeño, diced and seeded

Directions:

Toss pieces of squash with cumin, chipotle chili powder, garlic powder, salt and pepper.

Coat sheet pan with olive oil, spread out squash and roast at 400° F for about 25 minutes or until slightly browned.

Combine ingredients for pico de gallo in a small bowl.

Fry eggs over easy or sunny side up.

To assemble: in a bowl, add ¾ cup squash, add 2 tablespoons pico de gallo, one egg and top with a few slices of avocado.

Turkish Yogurt-Carrot Dip (Yoğurtlu Havuç)

Submitted by Cassie Borges, HR Coordinator & WFC Owner

It sounds impossibly romantic to say, "Ah, I tried this one summer night in Istanbul and it was glorious," but, well, I did, and it was. Great for holiday potlucks — it fills the same niche as a cheese ball, only (a) tastier and (b) full of vegetables and probiotics. #goodlifechoices

Ingredients:

- 3 T good extra-virgin olive oil
- 4 medium-sized carrots, grated
- 4 cloves of garlic
- 1 t kosher salt
- 2 C plain, full-fat strained yogurt aka Greek yogurt, but don't tell a Turkish person we call it that
- Handful of flat leaf parsley, finely chopped you can omit this, but pretty
- Salt and black pepper, freshly-ground to taste

Directions:

Heat the olive oil in a wide heavy pan and sauté the grated carrots for 3 – 4 minutes, until they have softened slightly but still have some crunch to them. Take them off the heat and set them aside to cool slightly. While they're doing that, crush the garlic cloves with the salt and chop very finely. Stir the salty garlic into the yogurt and add the sautéed carrots once they've gone from hot to warm. Stir in the chopped parsley and add salt and pepper to taste. Serve with crusty bread, crackers, pita, or veggies for dipping.



Cranberry Orange Cookies

Submitted by Claire Musech, Produce Buyer & WFC Owner. Adapted from www.fakeginger.com

I make these cookies every Christmas. They are my personal favorite and a total crowd pleaser!

Ingredients:

- For the cookies:
- ¾ C butter, softened
- 1 C sugar
- 1 egg
- 2 C flour
- 1 ½ t baking powder
- ¼ t baking soda
- ½ C dried cranberries, finely chopped
- 1 T orange zest

- For the rolling sugar:
- ½ C sugar
- 1 tablespoon orange zest

Directions:

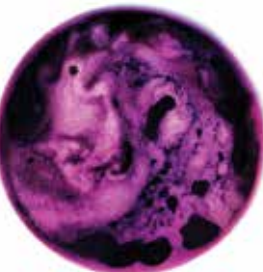
Preheat oven to 350° F.

Using an electric mixer, combine one cup sugar with butter until fluffy and then mix in egg.

In a separate bowl, combine flour, baking powder and baking soda. Add to butter mixture and mix until combined. Fold in cranberries and orange zest. Chill dough in refrigerator.

Combine sugar and orange zest for rolling. Shape dough into 1 inch balls and roll in orange sugar. Place on baking sheet and flatten slightly.

Bake 10 – 13 minutes until golden.



“Across the Universe”
Photograph by Hally Sharrow

Across the Universe

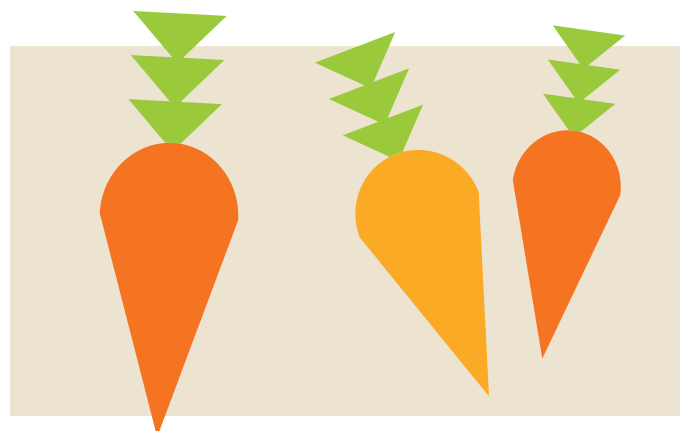
An original juice recipe created by Hally Sharrow, Produce Clerk & WFC Owner

Ingredients:

- 1 purple cabbage
- 2 red beet
- 4 carrots
- 2 apples
- 1 lime
- 4 knobs of ginger

Directions:

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



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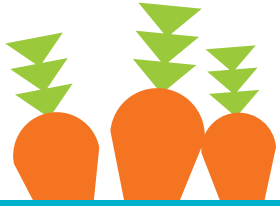
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Each Wednesday, participating Owners receive an email with an exclusive deal for the week. Recent deals include 10% off your Produce purchase, buy-one-get-one-free chips, 5% off bulk purchase, and \$1 off per pound of Fog City Deli hot/salad bar purchases throughout the week. To sign up and start saving, send an email to info@wholefoods.coop with your current email address or go to wholefoods.coop/coupons/



Co-op Community Recipes

Submitted by Community Members, WFC Owners & Staff

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Hot Potatoes

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

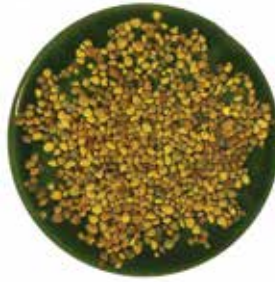
Ingredients:

- 7 C yams, shredded
- 1 large shallot, minced
- 6 garlic cloves, minced
- 2 T Herbes de Provence
- 2 T chipolte powder
- 2 T cumin
- ½ C apple cider vinegar
- 3 T coconut oil, melted

Directions:

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!*



“Mama’s Little Helper”
Photograph
by Hally Sharrow

Mama’s Little Helper

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

Ingredients:

- 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)
- 1 t of bee pollen

Directions:

Chop ingredients as needed.

Push all ingredients through your juicer, strain, sprinkle the bee pollen on top, and enjoy! *Makes 32 oz.*



“Radiant One”
Photograph by Hally Sharrow

Radiant One

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

Ingredients:

- 2 grapefruits
- 1 lemon
- 1 knob of ginger
- 1 knob of turmeric
- 1 sliver of habanero pepper
- ¼ oz apple cider vinegar
- Pinch of black pepper
- Pinch of cayenne pepper

Directions:

Peel and chop ingredients as needed Push through your juicer, strain, and enjoy! *Makes 8 oz.*

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LOCAL Matters

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

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

Loaded Paleo Cauliflower-Crust Pizza

Submitted by Olivia contributor to www.stuffed-pepper.com

Prep Time: 20 minutes.
Cook Time: 40 minutes.
Serves 2 – 4

Applicable Diet: Paleo, Vegan, Vegetarian, Gluten-Free, Grain-Free, Dairy-Free, Low-Carb

Ingredients:

Cauliflower Crust:

- 1 small head of cauliflower, steamed and blended into a coarse puree
- 2 large eggs (chia or flax eggs equivalent to 2 eggs for an “egg-free” version)
- 2 T of nutritional yeast
- 2 T of coconut flour or any grain-free flour of your choice
- 1 T ground chia seeds
- 1 large garlic clove, minced
- ½ t of dried basil
- ½ t of dried oregano
- 1 t of fine or coarse sea salt
- black pepper, freshly ground to taste

Optional Toppings:

- 3 T of shredded dairy free cheese
- ¼ – ½ cup of pizza sauce
- ¼ C of sliced button mushrooms
- ¼ C of sliced onions (red or yellow)
- A handful of fresh basil leaves
- 1 large tomato sliced into rings
- A drizzle of olive oil

Directions:

Preheat your oven to 450° F and line your baking tray with non-stick parchment paper.

Place your pureed or ground cauliflower inside a cheese cloth bag and squeeze out all the excess moisture. Transfer in a bowl and combine the remaining pizza crust ingredients.

Spread the “dough” on the tray and create a round shape. Flatten but careful not to make it too thin because it will separate and crack.

Bake for 20 minutes, flipping it halfway to ensure even cooking.

Remove from the oven and start spreading your choice of toppings.

Bake for 20 – 25 minutes or until the cheese has melted and the vegetables are completely cooked.



Notes:

Vegetarians can use free range eggs and cultured dairy cheese for this recipe as well.

For vegans, choose your dairy free cheese shreds that will melt in the oven, or top with cashew “cheese.”

Goat cheese maybe used for people with cow’s dairy allergies.

You can also use a non-stick pan or large cookware for glass top stoves if you prefer not to use your oven.



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Co-op Community Education

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

JANUARY

Co-op Yoga Joella Erin

Fridays: December 16, January 20,
February 17, March 17 | 5:30 – 6:30 PM

📍 DENFELD Classroom

FREE! Drop-in, no registration required.

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

Joella Erin offers affordable Yoga and massage downtown at her Duluth studio, JEM and surrounding areas. Joella Erin creates a distinct and uplifting experience for her yoga practitioners, where every individual is made to feel successful and empowered, achieving a sense of fulfillment regardless of age, skill level, or body type.

WIC, SNAP and other Assistance Programs Nicole Bennett

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Thursday, January 5 | 6:00 – 7:00 PM

📍 HILLSIDE Classroom

Saturday, January 7 | 11:00 AM – 12:00 PM

📍 DENFELD Classroom

FREE! Drop-in, no registration required.

Do you have questions about the benefits of WIC, SNAP and what Whole Foods Co-op offers to help make getting nutritious, healthy food options for yourself and your families at a lower cost to you? Stop in during this free seminar to learn about your options! We will be hosting Nicole Bennett from St. Louis County to help you and answer your questions.

Nicole is a Public Health Nutrition Educator at the WIC Duluth Office for St. Louis County and have been there for 2 years. Her background is as a Registered Dietitian and has been working in the nutrition field for about 6 years, but her passion is for maternal and child nutrition. She also loves working in a field where she can connect people with the resources they need whether it be food, childcare, health insurance etc.

Essentials of Pregnancy Nutrition

Margo Nelson

Tuesday, January 10 | 6:00 – 8:00 PM

📍 HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 15.

Calling all expectant mothers, and those who expect to be expecting! We will gather to learn about what it takes to stay as healthy as possible during your pregnancy through proper nutrition. Instructor Margo Nelson will teach delicious recipes that will keep you in peak condition while you prepare to greet your little one. Whether you are a new mom, or have been here before, you're sure to learn a lot about taking care of yourself during this special time!

Margo is a Traditional Midwife who has been studying all things pregnancy and birth since 2011. She moved to Duluth in 2016 to start her own midwifery practice, Duluth Midwife. She is also a Co-Director of the new Indie Birth Midwifery School where she will also be teaching. She resides on the Duluth Hillside with her partner Russell and daughter Celosia.

KNOW YOUR WILD ROOTS:

Cooking with Rhizomes and Wild Roots

Gil Schwartz

Thursday, January 19 | 6:00 – 8:00 PM

📍 HILLSIDE Classroom

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

Did you know that cattail rhizomes can be prepared to taste like baked potatoes? Join us for a hands-on workshop to learn all things related to harvesting and cooking with our local and wild rhizomes, tubers, and root vegetables. Try your hand at stewing, roasting, frying and fermenting a variety of wild root crops.

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.

Intro to Home Brewing

Kelly Katoski

Saturday, January 28 | 12:00 – 2:00 PM

📍 HILLSIDE Classroom

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

Do you want to try making your own root beer, kombucha or brews? Join us for what is sure to be a fun afternoon and learn all about the art of home brewing from Duluth's Homebrew co-owner Kelly Katoski! He will be discussing the finer point of home brewing from start to finish, ending with a tasting of home brewed root beer and kombucha!

Kelly Katoski, one half of the Duluth Homebrew sibling team, is a passionate people person. He brings with him a thorough knowledge of beer and brewing, and an abundance of energy. Kelly thrives on working with people, whether it's helping them find the perfect hop for their lager, or getting families excited about the soda-creating process.

Preparing for the Postpartum

Margo Nelson

Tuesday, January 31 | 6:00 – 8:00 PM

📍 HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 15.

You've learned about how important good nutrition is during pregnancy, but did you know it's just as important (if not more so!) to continue to eat well after your new baby has arrived? Margo will discuss what it takes for your body to heal after your pregnancy. Whether you are nursing, experiencing sleepless nights or any of the other myriad of changes and challenges having a new baby creates, Margo will help you learn the steps you need to take to stay on top of it all!

Margo is a Traditional Midwife who has been studying all things pregnancy and birth since 2011. She moved to Duluth in 2016 to start her own midwifery practice, Duluth Midwife. She is also Co-Director of the new Indie Birth Midwifery School where she also will be teaching. She resides on the Duluth Hillside with her partner Russell and daughter Celosia.

FEBRUARY

KIDS IN THE KITCHEN: Valentine's Cookies!

Manuel Ojeda

Saturday, February 4 | 11:00 AM – 1:00 PM

📍 DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 15.
Recommended age: 5 years and older

Just in time for Valentine's Day! In this class kids will learn a basic sugar cookie recipe taught to them by Fog City Deli — Denfeld staff member and father, Manny. Our young students will assist Manny to prepare the dough and will then take it home for the whole family to share. The best part? Everyone will get to decorate their own pre-baked cookie to take home! We'll have loads of frosting, edible decorations and lots of fun! Feel free to stay and help or simply drop them off and get your shopping done, we'll take care of the rest!

Manuel (Manny) graduated with a culinary arts degree from Saint Paul College in spring of 2014. He took first place at the "Taste of Art" Chopped Competition that year. He has been working in different kitchens for the past 8 years in Minneapolis. A father himself, Manny loves to teach children different cooking techniques and has a lot of fun working with kids in the kitchen.

FREE Family Day

Wednesdays, February 15, March 15
10:00 AM – 11:30 PM

📍 DENFELD Classroom

FREE! Drop-in, no registration required.
Recommended age: 12 years and under
accompanied with an adult.

Beat the winter doldrums with the Co-ops Family Free Day! Join us for story time or music, an activity and a light snack in our Denfeld classroom. Wear comfortable clothing and join in on the fun!

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GET ON THE BUS: Combat Vitamin D Deficiency with The Sun Spot!

Sue & Katherine York

Thursday, February 16 | 6:00 – 7:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 30.

Do you experience the Winter Blues? Feeling sad or lethargic in the wintertime are symptoms of Seasonal Affective Disorder. The lack of sunlight during the winter months actually results in Vitamin D deficiency for many people causing these symptoms. This class will help you learn different ways to restore your Vitamin D — not only through nutrition, but also through the use of Light Therapy on The Sun Spot bus! One half of this class will be in our classroom learning about S.A.D. and nutrition and the other half will be spent receiving beneficial Light Therapy on the Bus — sure to brighten anyone's mood!

Sue and Katherine have a passion for bringing the benefits of Light Therapy, nutrition and community to the people of Duluth. They are very committed to making the people of Duluth the healthiest they can be through healthy foods, Light Therapy and connectivity to their neighbors.

Freezer Meals!

Jean Larson

Tuesday, February 21 | 6:00 – 8:00 PM

HILLSIDE Classroom

\$20 for WFC Owners, \$25 for non-Owners
Registration required. Limit 10.

Ever feel like you never have enough time to prepare a healthy homemade dinner? Do you wish that dinner would magically make itself while you relax with your family? We've got the next best thing! In this class you will prepare, package and take home 3 different freezer meals — save them for when you are really pressed for time, or just can't bear to face the stove once again! Recipes will be included. Be prepared for a lot of hands on fun!

Jean is a Registered Dietitian and owner of Nourishing Roots Nutrition, a Functional Medicine based Integrative Nutrition practice that offers personalized nutrition consultations, classes, workshops, and nutrition related expertise in Duluth and surrounding areas. She completed training from the Mayo Clinic, the University of Minnesota, and the Integrative and Functional

Nutrition Academy. She is obtaining her Graduate Degree in Human Nutrition and Functional Medicine from the University of Western States. Jean also teaches yoga and incorporates mind-body modalities into her practice. Jean is passionate about empowering others to get healthy food on the table.

MARCH

KIDS IN THE KITCHEN: Basic Kitchen Skills

Manuel Ojeda

Saturday, March 4 | 11:00 AM – 1:00 PM

DENFELD Classroom

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

Recommended age: 5th grade and older

Join Fog City Deli staff member (and Father) Manny and learn to identify and utilize different kitchen utensils, as well as learn some simple recipes they can make on their own. They will be learning not only the basics like how to use an oven and how to hold a knife correctly, but other elements of kitchen safety like how to handle food properly and what to do when things go wrong. After this lesson they will have the opportunity to create some simple and delicious recipes with Manny!

Manuel (Manny) graduated with a culinary arts degree from Saint Paul College in spring of 2014. He took first place at the "Taste of Art" Chopped Competition that year. He has been working in different kitchens for the past 8 years in Minneapolis. A father himself, Manny loves to teach children different cooking techniques and has a lot of fun working with kids in the kitchen.

S.M.A.R.T.: Stress Management and Resiliency Training

Kami Norland

Thursday, March 16 | 6:00 – 8:00 PM

DENFELD Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 20.

Positivity is a cornerstone to a healthy life. Come learn from Kami Norland how being positive can change your brain and help you live longer.

Kami is the Community Program Manager for The Center and leads Community and Population Health services. She conducts Community Health Assessments and facilitates strategic planning sessions for rural hospitals. She is also the current president of the Minnesota Rural Health Association and is an active member in the MN Department of Health: Healthy MN Partnership. She holds a master's degree in art therapy and is a registered art therapist.

Learn about the uses and benefits of CBD Oil

Kirsten Hayman

Tuesday, March 21 | 6:00 – 7:30 PM

DENFELD Classroom

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

You may have heard about the amazing benefits of agriculturally derived Cannabidiol Oil – from helping with aches and pains, to offering relief from anxiety, CBD Oil is being touted as a holistic and natural choice to reduce stress and illness. Learn from Kirsten Hayman about the different uses and benefits of CBD Oil.

Kirsten Hayman has been a sales and education representative with Hippocratic Sales Brokers since 2010. She's worked in the natural products industry for 17 years where she's learned from the best minds in herbalism, supplements and body care. With a 20 year background in holistic healing (Reiki master teacher, shiatsu/ashiatsu practitioner, and more), she loves sharing information in a grounded easy-to-use way, empowering people for their greater good.



Mineral Makeup Application 201: Mature Makeup

Derick Cich

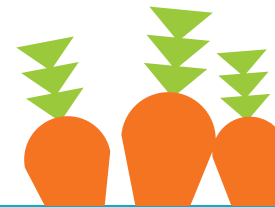
Thursday, March 30 | 6:00 – 8:00 PM

DENFELD Classroom

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

Back by popular demand! Derick Cich, our local professional makeup artist extraordinaire, will return and by request will have a lovely mature woman for his model. He will demonstrate different techniques and products designed just for this specific age range. Just in time to help you get beautiful for Valentine's Day!

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



CO-OP COMMUNITY EDUCATION 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

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

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.

FEES + CANCELLATIONS

Class prices vary. Please visit www.wholefoods.coop for more information. Registration, when required, must be completed 48 hours in advance in order for us to shop accurately for the class. Classes and lectures must have a minimum of six students signed up in order to take place.

Refunds or class credits will be given in full if we cancel a class or if you cancel your registration 48 hours in advance.

Drop-in classes do not require registration.

QUESTIONS?

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

Whole Foods Co-op
Brand Department
218.728.0884

brand@wholefoods.coop

SHARON MURPHY CLASSROOM DEDICATION



On September 27, 2016 we dedicated our Denfeld classroom to out-going General Manager Sharon Murphy in honor of her 36 years of service. The **Sharon Murphy Community Classroom** was unveiled amidst cheers to co-workers, owners and friends of the Co-op.

Dr. David Hutchinson

Lisa Hebl, PA-C

Dr. Eric Kirchner

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What's Happenin'?

UPCOMING EVENTS!

Co-op Infusion Night
Friday, December 9, 2016

📍 Bent Paddle Brewing Co. Taproom

**City of Duluth Parks & Recreation
Santa Skate** — Featuring the Whole Foods Co-op Sugar Cookie Station!
Friday, December 14, 2017 | 6:30 – 8:00 PM

📍 Heritage Arena

Co-op Yoga
Friday, December 16, 2016
5:30 – 6:30 PM

📍 WFC DENFELD Classroom

Co-op Infusion Night
Friday, January 13, 2017

📍 Bent Paddle Brewing Co. Taproom

Food For Thought Tasting Event
Friday, January 19, 2017 | 4:30 – 7:00 PM

📍 Fond Du Lac Tribal and Community College

Co-op Yoga
Friday, January 20, 2017
5:30 – 6:30 PM

📍 WFC DENFELD Classroom

Co-op Infusion Night
Friday, February 10, 2017

📍 Bent Paddle Brewing Co. Taproom

FREE Family Day
Wednesday, February 15, 2017
11:00 AM – 12:00 PM

📍 WFC DENFELD Classroom

Co-op Yoga
Friday, February 17, 2017
5:30 – 6:30 PM

📍 WFC DENFELD Classroom

Co-op Infusion Night
Friday, March 10, 2017

📍 Bent Paddle Brewing Co. Taproom

FREE Family Day
Wednesday, March 15, 2017
11:00 AM – 12:00 PM

📍 WFC DENFELD Classroom

**DENFELD Anniversary
Celebration**
Wednesday, March 15, 2017
Check the WFC Website and Facebook page for updates on in-store events to celebrate!

📍 WFC DENFELD Classroom

Co-op Yoga
Friday, March 17, 2017
5:30 – 6:30 PM

📍 WFC DENFELD Classroom



We're Social!

@WholeFoodsCoop

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



WINTER 2016 • GARBANZO GAZETTE

For the Stockings:

MAGGIE'S Socks



Holiday Gift Guide



Spectacular Produce baskets will impress that hard-to-buy-for person on your list.



Give that special someone the spa-treatment with this wellness basket.



Sugar and spice and everything nice... these peppermint treats will make a great gift for your sweet-toothed friends.

We've Got you Covered!

This year our WFC buyers have been as busy as elves coming up with ways to make the holidays easier for you!! We've got fantastic grab-and-go gift baskets for everyone on your list from your babysitter to your favorite uncle, packed with delightful treats and treasures to warm their spirits. Baskets are offered at a variety of prices to accommodate any budget.



This basket is perfect for that special, chocolate-lover on your list!



Gourmet cheese boxes from our very own Fog City Deli make perfect, last-minute hostess gifts.



Don't forget the furry, four-legged loves in your life. We've got baskets for pets!



Still not sure? ▶

You can't go wrong with a WFC Gift Card... always the right size!

◀ Gifts for the faithful Co-op shopper:

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

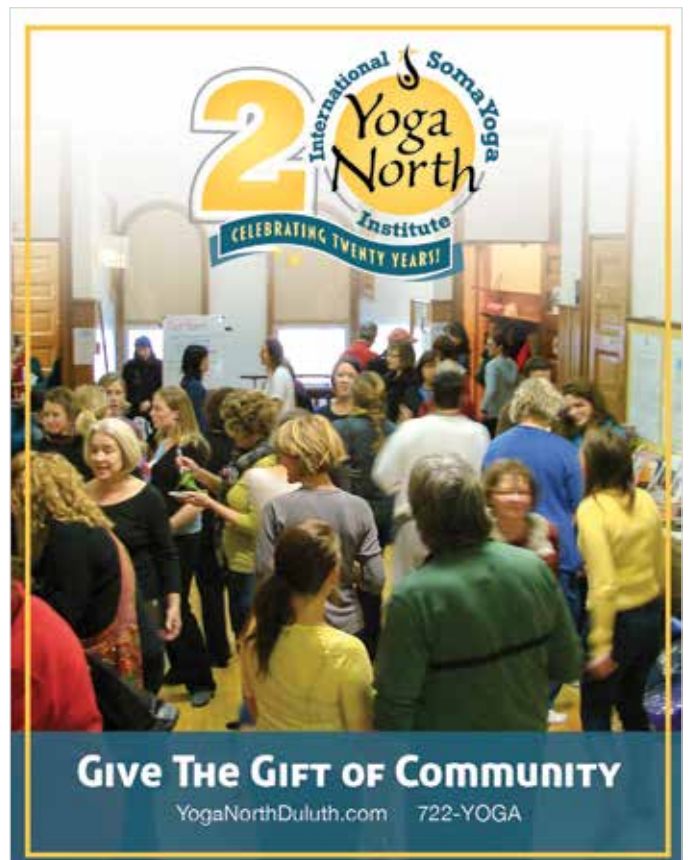
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