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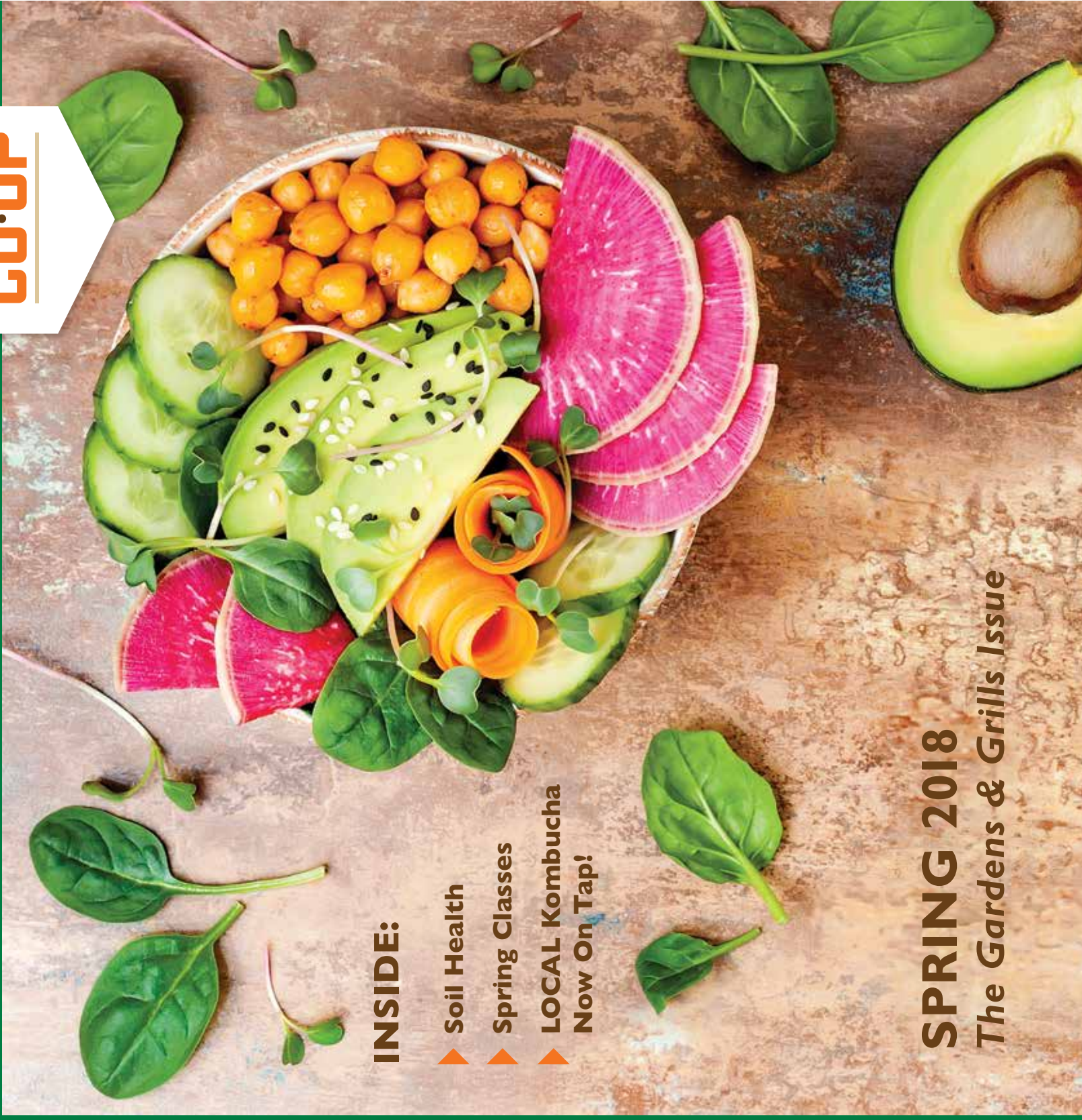
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WHOLE FOODS CO-OP

GARBANZO GAZETTE



INSIDE:

- ▶ Soil Health
- ▶ Spring Classes
- ▶ LOCAL Kombucha Now On Tap!

SPRING 2018
The Gardens & Grills Issue



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GARBANZO GAZETTE

— PUBLISHED BY —

WHOLE FOODS CO-OP

The Garbanzo Gazette is published four times a year (January, April, July, October) 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.

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

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is: **June 1, 2018.**

Refer submissions and questions to: brand@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: www.wholefoods.coop/advertise and enter in your contact information to be added to our database of advertisers so you'll be included in future notifications about advertising opportunities.

The next ad reservation deadline is: **May 15, 2018.**

The next ad submission deadline is: **June 1, 2018.**

For advertising questions, contact: brand@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

Cooperate!

As part of their initial training, new employees at Whole Foods Co-op enroll in a series of classes on topics including customer service, organic handling protocols, food safety and natural foods. The class I teach – Cooperate! – focuses on the cooperative business model, the history of co-ops, and the story of our co-op. The content may sound dry, but the response from class participants often includes “I had no idea...” and “so much more than a grocery store!!”.

Historically, co-ops were formed by groups of people working together to meet a common need – social, economic, political. In 1844 a group of artisans in Rochdale, England pooled resources to bring honest food at honest prices to their community. Through cooperation, members gained access to unadulterated sugar, flour, butter and oats. The “Rochdale Pioneers” adopted a set of principles that formed the foundation on which all modern cooperatives operate. Put simply, these principles defined a cooperative as a jointly-owned and democratically controlled enterprise.

In the late 1800s in rural areas of southeastern United States, collective courage brought forward economic cooperation. African-American farmers created value-added agricultural cooperatives to gain the value of processing crops. These co-ops created the world as members wanted to see it, giving members the right to vote and the ability to participate in their political, environmental and social communities in meaningful and impactful ways. Over 1.2 million African-American farmers have been involved in the cooperative economy in the South since 1886.

Northern Minnesota also has a rich cooperative history. Finnish immigrants working in mining and forestry in the early 1900s faced poor economic, social and political conditions including discrimination. Cooperatives started by disenfranchised Finns created jobs, access to goods, and served as cultural organizations and social spaces. By 1952, over 150 co-ops existed in the Northland. These “old wave” co-ops began to decline in the mid-1950s as national brands gained popularity and interstate highways enabled access to markets.

A “new wave” of cooperatives sprung up in the counter-culture of the 1960s. Our own cooperative began in the basement of a hippie commune in the East Hillside neighborhood. In 1970, a dedicated group interested in increasing access to wholesome foods started a buying

club. The buying club opened a storefront a few months later, and we've grown steadily since. The natural foods sector has grown as well – in recent years it has been the fastest growing segment of retail grocery. Today, natural, organic and whole foods are available at most grocery stores, big box retailers and convenience stores. You could say that we've been wildly successful in expanding access to whole foods.

Cooperatives have always been leaders in change. Within the cooperative model, ownership and voting rights were extended to women and African-Americans long before they had these rights in the greater society. The fair trade movement has its roots in farmer-owned cooperatives. Even the cooperatively owned outdoor equipment retailer, REI, upended Black Friday when it decided to close their stores the day after Thanksgiving so members and employees could spend the day playing outside.

Cooperatives that adapt to change have found longevity and sustained success. One of the biggest challenges for food co-ops today is finding the balance between the original ideals and the ability to adapt to what consumers want and need now. The motivations of our newest Owners are different from that of those who joined four, fourteen or forty years ago – and our co-op is here to serve all of us. Another challenge is competition and how to stay relevant when shoppers have multiple options for purchasing items that were once only available at our co-op.

Today our co-op has 2 stores, more than 10,600 Owners, 140 employees, over 105 local vendors, and – with approximately \$20 million in annual sales – has become a tremendous economic engine in our local community. Research shows that for every \$100 a shopper spends at their local food co-op, \$160 is generated in the local economy through wages, local purchases, local taxes and profits returned to local member-owners. Through this multiplier effect, our co-op generates over \$32 million in economic activity in our community each year.

As an Owner of Whole Foods Co-op, you're part of a rich history of changemakers. And, as a shopper at Whole Foods Co-op, you're participating in transforming our local economy. Together we are so much more than a grocery store. Thank you for your patronage.

In cooperation,

Sarah Hannigan, General Manager **WFC**

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Board Report



by Ryan Jones-Casey, WFC Board Treasurer

everyone welcome

Board Recruitment: Everyone Welcome!

"Everyone Welcome!" That's the banner that greets us every time we walk through the front doors of both the Hillside and Denfeld stores. And while that expression likely means different things to each of us, for me anyway, I always think of it as meaning that it doesn't matter what part of the city I live in, what kind of job I work, or whether I have a family or not, I can walk through those doors and know that I'll be treated with dignity, respect, and positivity by the best staff in town, while also finding the most comprehensive selection of local, organic, and natural products in Duluth. That's an experience I look forward to at least a few days per week, and one that more than 10,000 of my fellow member owners support too!

Now let's be real, do we as a cooperative grocery store walk our "everyone welcome" talk exactly right every minute of every day? Probably not. Are there things management, staff, and customers can collectively do to make the store even more welcoming? No doubt. And I'm grateful that we're a cooperative organization committed to working together to make things even better!

Alright, so now maybe you're thinking, yes, as a matter of fact I do have some ideas of how my co-op could become even more welcoming. And to that I respond, perfect! Have you considered applying to serve on the board of the co-op? Most years, including this one, we're looking for passionate, co-op loving, team players to help set the strategic direction of the co-op. And for 2018, we're committed to working towards having the board be as representative of our broader Duluth community as possible. Speaking frankly, this means that while

Cooperative Principles

Seven Cooperative Principles

- ▶ Voluntary and open membership
- ▶ Democratic member control
- ▶ Member economic participation
- ▶ Autonomy and independence
- ▶ Education, training and information
- ▶ Cooperation among cooperatives
- ▶ Concern for community

all are welcome and encouraged to apply, we're especially seeking women and people of color who are ready to take an active leadership role at our co-op.

Do you know someone who could help make our co-op even more welcoming? Someone who's passionate about cooperative values and is a true team player? And who loves shopping at the co-op for local, organic, and natural foods? Please pass along their name to the board via email at wfcbod@wholefoods.coop and encourage them to apply! All of the details can be found on the co-op website at: www.wholefoods.coop/ownership/wfc-board/

In cooperation,
Ryan Jones-Casey **WFC**



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Term expires 2018
candrews@wholefoods.coop



JAMIE HARVIE
Vice President
Term expires 2020
jharvie@wholefoods.coop



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rjonescasey@wholefoods.coop



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brnelson@wholefoods.coop



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mpearson@wholefoods.coop



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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



INTERESTED IN HOW THE BOARD WORKS?

Meetings of the Board of Directors, except for closed sessions, are open to WFC Owners. If you'd like to speak to the Board on any topic, you are welcome to participate in the Owner Listening Sessions at the beginning of each Board Meeting. 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 at 5:30 PM on the 4th Monday of every month, subject to change due to holidays and Co-op events.

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Get the Grill Started...



by Co+op, Stronger Together

Get set for great grilling with these grilling tips...

Start your grill about 30 minutes before you begin cooking. It's a good idea to have a hot side for grilling meat and a cooler side for grilling fish, seafood and vegetables.

If you don't have a gas grill, consider using chunk charwood, which is preferred by chefs because it burns clean and hot, sealing in the flavor and moisture of grilled foods. Since charwood is produced with nonlumber wood fired in kilns, it is also the best environmental choice.

Aside from traditional grill items like beef, chicken and sausages you can add that char-grilled flavor to items such as:

Peppers:

Grill whole peppers at high heat until skin is charred black, about 15 – 20 minutes. Cool in a paper bag for 15 minutes to loosen blackened skin. Peel and remove seeds.

Potatoes:

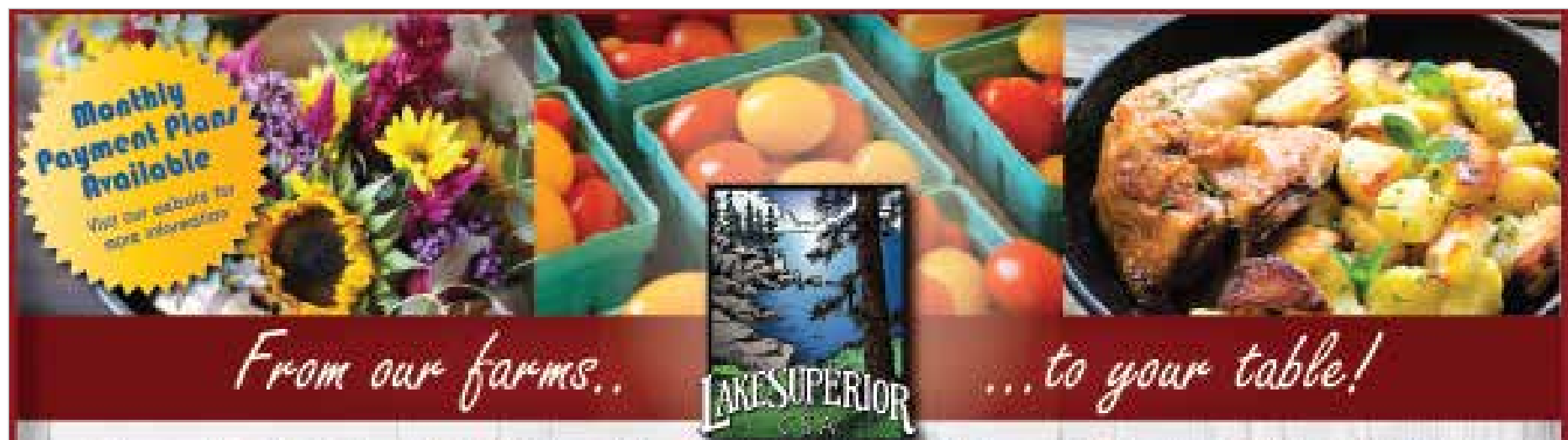
Wrap baking potatoes in foil. Cook at medium heat for 25 – 30 minutes or until tender.

Mushrooms:

Wash fresh mushrooms quickly under running water; then pat dry. Skewer or place in a grill basket. Brush with oil and grill for 5 – 7 minutes. Whole portabella mushrooms take 10 – 20 minutes, depending on their size.

Onions:

Slice thickly and brush with oil. Cook onions directly on the grid at medium-high heat until they start to turn brown. You can also roast an onion by cutting it in half, wrapping it in foil with a little butter, and cooking it for about 30 – 45 minutes at medium heat.



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Corn:

Soak the corn in cold water for 30 minutes, peel back the husk, remove the silk, return the husk; then grill for 15 – 20 minutes, turning frequently.

Shellfish:

You can cook shellfish on the grill. If they are large, such as prawns or crab you can grill them directly on the grid. Smaller shellfish, such as mussels, clams, oysters, scallops or shrimp can be skewered or cooked in a basket. Shrimp take about 8 – 12 minutes depending on their size.



Steak:

Choose steaks that are no thicker than 1 ½ inches, and which have some visible fat marbling for tenderness. To keep the juices intact, use tongs rather than a fork to turn your meat. At the hottest setting, sear for 1 – 2 minutes per side. Then move to a medium heat and cook for about 4 minutes per side for rare (it will feel fleshy to touch), 6 minutes per side for well-done steak (it will feel firm).



Fish:

Firm fish, such as tuna, salmon or halibut can be cooked directly on the grill if handled carefully. A hinged wire grill basket is best for cooking whole fish or tender fillets. Grill fillets at medium to medium-low heat. Fish can cook quickly so turn only once to keep from crumbling.

Spare Ribs:

Spare ribs are the most popular type of grilling pork ribs. Avoid using a direct heat source. Indirect cooking at a low temperature for several hours will produce very tender ribs. Season with a dry rub before you grill and add barbecue sauce at the end of grilling. Use a drip pan with water or other liquids, such as broth or juice, to keep ribs moist. **WFC**

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LOCAL Matters

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



- ▶ **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
- ▶ **UMD Land Lab Sustainable Agriculture Project (SAP) Farm**
d.umn.edu/landlab
- ▶ **Community Action Duluth** • Seeds of Success Program • Deep Winter Greenhouse Project
communityactionduluth.org



LOCAL Kombucha

by Jen Gilbertson, *Brand Education & Outreach Coordinator*

Kombucha Primer



“Next time you are looking for a refreshing beverage, one that tastes great and also has health benefits, go with kombucha, you will love it!”

LOCAL producers of small batch artisan kombucha here in Duluth. Despite knowing this, I was rather skeptical of kombucha. Why would you want to drink something that is fermented, involves something called a SCOBY and is akin to vinegar? That's until I had an opportunity to learn more about kombucha, how it's made and the health benefits!

Kombucha is nothing more than an effervescent beverage of fermented sweet tea (I had no idea, and I like sweet tea!). The basic process of brewing kombucha is simple enough – take tea (oftentimes black, but any type of tea will work), add sugar and SCOBY. SCOBY, aka “Mother”, is an acronym meaning Symbiotic Culture of Bacteria and Yeast and it's what turns the sweet tea from a basic beverage into a veritable health tonic.

Fermented foods have long been shown to possess many health benefits. They are rich in probiotics, the beneficial bacteria that help to balance your digestive system. Probiotics have been shown to slow or reverse some diseases, improve bowel health, aid digestion, and improve immunity. Fermented foods are easier to digest but preserve the vital nutrients of the fermented foods, and also create other beneficial enzymes, b-vitamins, and Omega-3 fatty acids. It can also help boost immunity, improve joint health and is low in sugar and calories.

Ok, so knowing that kombucha is nothing more than fermented sweet tea and also knowing of the many health benefits of consuming fermented foods and beverages, I still wasn't convinced enough to give it a try. Simply because I didn't want to spend my money on something I might not like. That changed when Whole Foods Co-op installed our new kombucha kegerators! My change of heart came from knowing

One of the things I enjoy most about my employment at Whole Foods Co-op are the many opportunities for learning! Prior to working here, I knew about many of the alternative products that our stores carry, but I didn't have any experience using those products. One of my biggest mistakes was discounting them as “new age”. I admit it was shortsighted on my part. I now realize there is good reason why folks use so-called “new age” products – they work and have for thousands of years in some cases!

Take kombucha – the first recorded use is from China in 221 BCE, so it's been brewed for over two thousand years. Much like the rise in popularity of craft beers and homebrewing, kombucha brewing is enjoying an artisanal renaissance. Many folks have begun to make their own kombucha at home, and there are several

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I can purchase a small amount – it's said you should start with a small amount and build up from there, so you won't overwhelm your gut with a ton of probiotics which can lead to discomfort. Plus, I can use my own reusable container which lessens waste. But the best part is knowing I am supporting LOCAL businesses! Our kegs are supplied by NessAlla Kombucha, which is brewed in Madison WI, and The Snooty Fox Tea Shop, located right here in Duluth, MN!

To learn more about the process, I spent a great morning with Elizabeth, owner of The Snooty Fox Tea Shop. The first thing I had to know was how did she come up with the name and logo? She said that while studying in England she was intrigued by the names of the pubs and one in particular caught her attention, The Snooty Fox. When she came back to Duluth, Elizabeth began interning at Wildwoods rehabbing injured animals. There she met a picky little red fox who would turn up her nose at the food she was offered, until Elizabeth offered her a strawberry. The little fox reminded her of the pub in London with the great name and inspiration struck. Both name and logo came together to become Duluth's only tea shop.

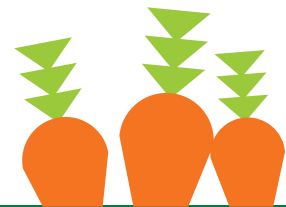
While Elizabeth has had a very long love of tea, it was only about 10 years ago that she discovered kombucha. She purchased her first bottle at our Hillside WFC location, that initial purchase quickly turned into a two bottle a day habit. So she learned how to brew kombucha at home. She explained how much she enjoys trying new and unusual combinations and experimenting with it. It makes perfect sense to have kombucha on the menu at The Snooty Fox. At this point they have had close to 250 different flavors of kombucha, and three "duds", according to Elizabeth.



But it's a big leap to go from producing kombucha for the tea shop, to producing it for retail at Whole Foods Co-op. That process began about a year ago, and we have our own Denfeld Grocery Manager, Erika, to thank for getting the ball rolling! Erika approached Elizabeth about the possibility of brewing kombucha for sales at our stores a year ago. We are still in the early stages of this partnership, and are learning the ropes of production, delivery and all that goes into having bulk kombucha on tap. Elizabeth feels like she's come full-circle, from getting her first kombucha in our Hillside store, to now having her own kombucha on tap at both stores. We are extremely happy to offer it and it's safe to say that it has been a big hit with our shoppers too!

Another LOCAL business brewing the "booch" is Duluth Kombucha, owned by Rachelle Rahn and located in the craft district of Lincoln Park. Like Elizabeth, Rachelle tried kombucha and was soon won over by the health benefits. She began brewing it at home and soon realized there was a market for it. She started selling her home brewed kombucha online in 2016 and has since set up shop in the Duluth Folk School. As her production capabilities increase over time we hope to also offer Duluth Kombucha on tap at our stores!

I might have been a resistant convert, but I've definitely been won over! Next time you are looking for a refreshing beverage, one that tastes great and also has health benefits, go with kombucha, you will love it! **WFC**



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Access Discount

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We think everyone deserves to enjoy healthy food. That's why we offer the Access Discount Program to eligible Co-op Owners.

ACCESS DISCOUNT PROGRAM

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 card available at the Customer Service Counter. The Access Discount does not apply to: special orders, purchases made with WIC vouchers and/or Co-op Basics purchases.

Fran Skinner Fund

WHOLE FOODS CO-OP

Ownership for All!

We think everyone deserves access to Co-op Ownership. That's why we offer Owner equity payment assistance for those who qualify.

FRAN SKINNER MEMORIAL MATCHING FUND PROGRAM

Those who qualify for the Access Discount can also receive help paying for up to \$80 in Owner equity through the Fran Skinner Memorial Matching Fund. For details, see the Fran Skinner Memorial Matching Fund card available at the Customer Service Counter.

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What's Happenin'?



FREE Sample Fridays
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Every Friday

BOTH Co-op locations

Co-op Spring Infusion Night
Friday, April 13 | 6:00 PM – 8:00 PM
Enjoy a pint of Bent Paddle Brewing Company beer infused with fresh ingredients from Whole Foods Co-op!

Bent Paddle Taproom

FREE Co-op Yoga
Fridays: April 20, May 18, June 15 | 5:30 PM – 6:30 PM

WFC DENFELD Classroom

FREE Northland Community Wellness Day
Saturday, April 14 | 10:00 AM – 2:00 PM

Essentia Health Heritage Sports Center

Raise the Roof for I Roof Housing
Friday, April 20 | 6:00 PM – 9:00 PM

Clyde Iron Works

FREE YMCA Healthy Kids Day
Saturday, April 21 | 6:00 PM – 9:00 PM

Duluth Area Family YMCA,
Superior-Douglas County Family YMCA

FREE City of Duluth Bike to Work Day
Friday, May 18 | 6:00 AM – 8:00 AM
Enjoy a free treat at the Co-op to fuel your morning cycling commute.

BOTH Co-op locations

Rhubarb Festival
Sunday, June 23 | 9:00 AM – 4:00 PM

First Lutheran Church



We're Social!

@WholeFoodsCoop

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



Co-op Community Education

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

Community is at the heart of any Co-op. We love that our Co-op provides not just a great place to shop, but a shared space where people can come together to learn, relax and explore. Our list of Spring classes has a few new offerings that we hope will bring people together in our Co-op to share knowledge, build community, and celebrate wellness. Many of these classes are absolutely free. We hope you'll drop in to take advantage of these opportunities to learn about a variety of subjects, while connecting with others in your Co-op community!

Interested in Teaching?



QUESTIONS?

If you have questions about our classes or you're interested in teaching a class at the Co-op, contact:

218.728.0884

brand@wholefoods.coop

coop basics:

Ribollita (Italian Cuisine)

Taught by Jen Gilbertson

Tuesday, April 17 | 11:00 – 12:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget! All will get to try the completed recipe!

Rush Hour Recipes: Linguini with Artichokes and Caramelized Onions (Italian Cuisine)

Taught by Jen Gilbertson

Thursday, April 26 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, limit 20.

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour and all participants will get to try a bite!

MAY

Kids in the Kitchen: Picnic Grilling!

Taught by Jen Gilbertson

Saturday, May 5 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 12.
Recommended age: 5 years and older

In this class our students will venture outdoors (weather permitting) for a picnic filled with fun! We will grill up some tasty recipes and picnic staples. We will also learn about food safety when dining in the out-of-doors!

Sydney's Green Garden: Container Gardening

Taught by Scott Vesterstein

Tuesday, May 8 | 6:00 – 7:30 PM

HILLSIDE Classroom

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

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

APRIL

Kids in the Kitchen: Spring Brunch!

Taught by Jen Gilbertson

Saturday, April 7 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$15 for WFC Owners, \$20 for non-Owners
Registration required. Limit 12.
Recommended age: 5 years and older

Our students will participate in making a beautiful springtime brunch, perfect for spring celebrations! We will learn how to create place settings and make several delicious brunch inspired recipes.



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Coop basics: Greek Shrimp with Tomatoes and Feta
Taught by Jen Gilbertson

Tuesday, May 10 | 6:00 – 7:30 PM
HILLSIDE Classroom

FREE! Registration required, limit 20.

Wholesome, hearty and yummy meals don't have to break the bank! Join Jen in the kitchen as she creates a fabulous, money saving recipe from our Co-op Basics line of products, designed to help you eat right on a budget! All will get to try the completed recipe!

Cold Process Soap Making
Taught by Lanae Rhoads

Tuesday, May 15 | 6:00 – 8:00 PM
HILLSIDE Classroom

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

Want to learn to make cold-process soap from scratch using natural ingredients? Then this is the perfect class for you! The class will cover the following as we make a 2 pound batch of soap (about 8 – 10 bars) using the cold process method: coloring soap naturally with herbs, spices and clays, using pure essential oils to scent your soap naturally, preparing your molds and molding options Insulating, cutting, curing and storing your finished soap. You will learn how to make all-natural cold process soap through watching the instructor and taking part in the process yourself. You will go home with one 5 oz. bar of soap that you will choose the scent and color for from a natural selection of essential oils, spices, clays and herbs.

Rush Hour Recipes: Greek Meatballs and Mediterranean Orzo Pasta
Taught by Jen Gilbertson

Thursday, May 17 | 11:00 – 12:30 PM
HILLSIDE Classroom

FREE! Registration required, limit 20.

Do you think tasty, healthy recipes require a ton of effort and take FOREVER to prepare? We hope to prove you wrong! Each month we are showcasing a different Rush Hour Recipe designed to be quick, nutritious and delicious! All can be made in less than half an hour and all participants will get to try a bite!

Co-op Yoga
Taught by Joella Erin

Fridays: April 20, May 18, June 15
5:30 – 6:30 PM

DENFELD Classroom

FREE! Drop-in, no registration required, Limit 10.

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 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.

Handmade Lotions
Taught by Lanae Rhoads

Tuesday, May 22 | 6:00 – 8:00 PM
DENFELD Classroom

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

Once you learn how to make your own lotion you will never want to use anything else! Through this course you'll learn the truth about ingredients and how to read the labels of moisturizers on the market. Then you'll learn how easy it is to make all natural lotions, how to choose oils for different skin types and the truth about preservatives in skin care. We'll discuss all necessary ingredients like emulsifiers, humectants, emollients, as well as standard equipment and supplies needed to get started. You will be making product that is the same quality they are selling a few ounces in the mall for over \$80, and will help you learn to evaluate the quality of ingredients in store bought lotions and soaps as well.

Know your Wild Roots: Wild Spring Salads!
Taught by Gilbert Schwartz

Thursday, May 24 | 6:00 – 8:00 PM
HILLSIDE Classroom

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

Delve into a whole new world of flavors as we learn about the best ingredients to forage for delicious and unique wild salads! We will start with a stroll around the neighborhood

to identify and learn responsible harvesting techniques for locally available salad greens and edible flowers. With these and other pre-harvested goodies, we will rinse, chop, and transform them into a delicious, colorful salad topped with toasted wild nuts and a maple-mustard vinaigrette.

INSTRUCTOR BIOS

Jen Gilbertson

In her role both as WFC Education and Outreach Coordinator, as well as a mom of two, instructor Jen Gilbertson has had a ton of experience in the kitchen. Jen enjoys discovering and trying new recipes and is always up for a cooking challenge.

Scott Vesterstein

Scott has been container gardening since 2003 when he decided to try to grow his own Cucumbers to make into pickles. In his first year he planted 10 containers, and harvested enough cucumbers to make over 100 jars of pickles! Since then he has experimented with many different vegetables and containers as well as different watering and fertilizing schedules. Today his garden is made up of 100 containers.

Lanae Rhoads

Lanae Rhoads is the owner of Laveé Lanae. She is a maker of all things — soap, skincare, lotions, make up, anything to do with caring for your skin naturally. She started making skincare products (soaps and lotions) in 2005. Most of her products contain organic, raw, local, edible ingredients.

Joella Erin

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

Gilbert Schwartz

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.



Co-op Education

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.

Discounts: 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.

QUESTIONS?

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

Brand Education & Outreach Coordinator

P 218.728.0884 | ext. 158
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Help us **GIVE!**



DID YOU KNOW?

The G.I.V.E program harnesses the co-operative power of our shoppers to support organizations that are working for the betterment and health of the Duluth-Superior region. Each month a different group is selected to receive the funds collected when shoppers elect to "round-up" their purchases in our stores.

UPCOMING G.I.V.E. RECIPIENTS

April:
Youth Outdoors Duluth

May:
Ecolibrium 3

June:
Sacred Heart Music Center

G.I.V.E. APPLICATION

If you would like to submit your nonprofit organization for consideration for the G.I.V.E. program, you will find application instructions and downloadable application forms on our website at wholefoods.coop/community/give/

KEEP ON GIVING...

Reuse your bags!

Every time Co-op shoppers bring in their own bag(s) in 2018, Whole Foods Co-op will donate \$.10 to Second Harvest Northern Lakes Food Bank. Second Harvest is the sole distributor of surplus food products to over 180 charitable food programs, including our region's soup kitchens, food shelves and shelters. As a food bank, their primary role is to provide food to the front-line charitable agencies that offer meals to the hungry. In addition, Second Harvest provides food to over 3,300 people per month through direct service programming.



Sustainable Soil Health

by Jason Walker, Sustainable Farming Association (SFA)
Communications Director

Soil and water health go hand in hand

Nothing is more important to Minnesota than water. We're defined by it. Yet we're also defined by our people, and many are farmers. Minnesota's waterways have been in the news for the past few years as our lakes, rivers and streams face multiple pollutive threats; farmers as well as elected leaders, mining companies, environmentalists and others have been discussing how best to preserve them for future generations.

Water is crucial to any discussion of farm sustainability, and my organization, the Sustainable Farming Association, is focused on preserving water and all food-producing resources through soil health education. Our innovative message is that farmer profitability and agricultural sustainability are not mutually exclusive. We educate farmers and ag professionals on the various benefits of building soil health: higher yields, fewer chemical inputs, humane treatment of livestock, insurance against extreme weather, extra income streams, and, of course, cleaner water.

We've boiled soil health down to five principles: keep the soil covered, minimize soil disturbance, increase crop diversity, keep living roots in the soil, and integrate livestock. Farmers who adopt these methods make more money and create a sustainable environment for future generations. Those who raise cattle, poultry or pastured pork also produce humanely raised meat that is, due to the vast benefits of soil building, actually a net benefit for the environment.

It's not hyperbole to say that farming using the five principles of soil health has the potential to positively shift the paradigm from the current model into one that improves our waters and our climate in the process. It's a total win-win scenario.



Improving Local Economy Through Farming

Sustainable farming also improves local economies. Soil health has a direct impact on Main Street because farmers practicing these principles will not travel far in search of supplies. They are using livestock and therefore need fencing and feed from the local co-op or farm store. The profit potential of soil health creates more family farms, resulting in more families doing business in the grocery store, more children in the schools, and more community building. Soil health and its accompanying shift back toward family-scale farming puts agriculture into the hands of the community rather than large corporate operations.

Many people who have undergone the soil health paradigm shift in their operations market locally and provide nutritious, high-quality and high-demand products to the community: grass-fed beef, pasture-raised chickens and hogs, specialty crops, organic produce, etc.

Small businesses such as seed dealers, fence and hardware retailers, and others have helped move this paradigm shift, but more businesses on Main Street should recognize the potential soil health holds. SFA works to ensure both new and veteran farmers in our communities have the tools and knowledge they need to build soil health and achieve its wide-reaching benefits.



In so doing, it's our hope that Main Street businesses become more open to creating markets for the food and fiber products that are locally grown using soil health principles. That may mean paying more for locally produced food than what you could get from Walmart, Amazon or a big-box retailer, but stewardship costs will come either in cleanup or up front. SFA believes the up-front cost of local food is better for communities, the environment, and future generations; and we believe soil health is the key.

And in a water-rich area like the Superior Region, soil health should be an easy choice to make. **WFC**

You can get information about SFA and soil health at www.sfa-mn.org; or contact your local Lake Superior Chapter (LSSFA), which will be celebrating 25 years of the Harvest Festival on September 8 at Bayfront Park in Duluth. We hope to see you there.

Get in touch:

Lake Superior Sustainable Farming Association
Julie Allen, Chapter Coordinator

lakesuperior@sfa-mn.org | 630.750.8322



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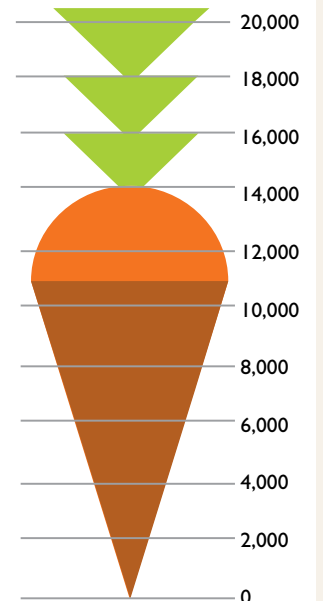
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- ▶ Special order discounts
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- ▶ Discounts on WFC U Classes at the Co-op.

10,617 OWNERS!



BECOME AN OWNER!

Our Co-op currently has 10,617 Owners and we are continually growing! Sign up today to become one of our new Owners!

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.

www.wholefoods.coop/ownership

SIGN UP FOR OUR EMAIL LIST!

Be sure to receive Owner-exclusive deals and coupons...

Each Wednesday, participating Owners receive an email with an exclusive deal for 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/

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WE  OUR OWNERS!



INTRODUCING...

Owner Deals...



New savings each month for Co-op Owners!

Our way of showing our appreciation and one of the many perks of Co-op Ownership.

Owner Deal!

Valid for a single use APRIL 11 - 17, 2018

15% OFF Wellness



Owners enjoy 15% off all products in the Wellness department.

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value. **Valid on one purchase of your choice during the week of April 11 - 17, 2018.**

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499999002278

Owner Deal!

Valid for a single use MAY 9 - 15, 2018

15% OFF Meat



Owners enjoy 15% off all fresh and frozen meat, fish and meat substitutes.

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value. **Valid on one purchase of your choice during the week of May 9 - 15, 2018.**

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Owner Deal!

Valid for a single use JUNE 6 - 12, 2018

15% OFF Bulk



Owners enjoy 15% off all products in the Bulk Department.

Deal valid at both Whole Foods Co-op locations. Single use, per Owner account. May not be applied to special orders. No cash value. **Valid on one purchase of your choice during the week of June 6 - 12, 2018.**

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Co-op Owners...

We appreciate you!

That's why we're offering you these great savings at the Co-op! — Owner Deals will be appearing on the back page of the Gazette each issue so watch for more savings to come. No need to bring the coupon to the store. Your Owner Deals can be applied at the registers when you provide your Owner number.

Owner Deal!

Coupon valid for a single purchase of your choice anytime between APRIL 1 - JUNE 30, 2018

\$5 OFF



Owners Enjoy \$5 off a purchase of \$40

Valid at both Whole Foods Co-op locations. Purchase requirement of \$40 before tax. One coupon per Owner account. May not be used with other coupons or discounts. Special order discounts do not apply. No cash value. **Valid on one purchase of your choice (April 1, 2018 - June 30, 2018).**

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499999002247

Want access to more Owner Deals?

Sign up for Taste-Ecoupons!

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Want in on these deals? Ask about Ownership today!

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