

WE  OUR OWNERS!



THANKS OWNERS!

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 **JULY 11 - 17, 2018**

15% OFF 
Produce

Owners enjoy 15% off all products in the Produce 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 July 11 - 17, 2018.**

WHOLE FOODS
CO-OP



499999002278

Owner Deal!

Valid for a single use **AUGUST 8 - 14, 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 August 8 - 14, 2018.**

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Owner Deal!

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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 September 5 - 11, 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 **JULY 1 - SEPTEMBER 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 (July 1, 2018 - September 30, 2018).**

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499999002247

Want access to more Owner Deals?

Sign up for Taste-Ecoupons!

www.wholefoods.coop/coupons/

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Want in on these deals? Ask about Ownership today!

www.wholefoods.coop/join/



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WHOLE FOODS CO-OP

GARBANZO GAZETTE



INSIDE:

- ▶ **LOCAL Profile:**
Uff-Da Organics
- ▶ **Updating the ENDS**
- ▶ **Run for the Board!**

SUMMER 2018

The LOCAL Abundance 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.

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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: **September 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: **August 15, 2018.**

The next ad submission deadline is: **September 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

Summer Abundance

There is so much excitement this time of year. Local food, local connections. Picnics, potlucks and parades. While Summer comes to the Northland a little later than other parts of the region, we embrace it fully when it arrives.

This time of year is also ripe behind the scenes at your Co-op. June 30th marked the end of the fiscal year; which means we're wrapping up annual reporting, embarking on the annual financial audit, and launching into our next budget cycle. The 2018 Annual Report will showcase progress we've made in a variety of areas, including realizing consistent growth in sales, shoppers, and impact at our Denfeld store and developing greater connections in the community through outreach and in-store programming. Watch your mailboxes for this report later this Summer.

Over the last few months, I've worked closely with our management team as well as peers at co-ops that are thriving in the region. We're learning best practices from others, applying lessons learned to our operations, and doing our best to continue to improve on all fronts. Our focus continues to be on delighting our customers, connecting to our community, engaging our staff, adding value for our Owners, growing our regional economic impact, reducing our environmental footprint — all while operating a sound business in a fiercely competitive environment.

In the coming months, you'll see some strategic investments in equipment, facilities and infrastructure to support improved experience for shoppers, vendors and staff. This includes updates to improve energy efficiency and merchandising which will result in improved product offerings and selection at Hillside. We're also building programs and projects to continue to grow exposure and deepen our community roots at the Denfeld store.

As you'll see in the pages ahead, the Board has also been hard at work reviewing and updating the global ENDS statement, which serves as the guiding star for our Co-op. I encourage you to read through their process in the Board Report, including the draft they've put forward for review. Then, please connect with them in person at an upcoming engagement event or share your thoughts through the simple online survey.



The ENDS sets the high-level strategic direction for our Co-op; the more Owner voices are heard in the process of making the updates, the more representative this direction will be of all of our Owners.

If the ENDS sets the course, the Bylaws are the legal foundation upon which the cooperative stands. The Board's year-plus work on updating the Bylaws will be presented to the Owners for formal consideration during the Fall election. The specific Board-vetted and approved changes will be outlined in this year's voter guide, which will arrive in your mailboxes along with the Annual Report.

We look forward to connecting with you this Summer — in person at WFC and community events, through upcoming mailings, and — of course — in the stores. We also look forward to providing an abundance of fresh, delicious and seasonal offerings to your tables, grills and picnic baskets.

As always, feel free to reach out directly to me at shannigan@wholefoods.coop to share your questions, concerns and ideas.

In cooperation,

Sarah Hannigan, General Manager WFC

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Board Report



by Jean Sramek, Owner & WFC Board President



Beginning Again with ENDS

Many organizations have mission statements. Many cooperatively owned businesses have what's called an ENDS statement. While a mission statement says "This is what we hope to accomplish," an ENDS statement also says, "This is what we are accomplishing."

It's called "ENDS" partly because it focuses on the end result. A healthy ENDS statement describes the best and most realistic version of our co-op, asks "for whom?" and "at what cost?"

The "for whom?" piece helps us take inventory of our stakeholders — Owners, shoppers, staff, community, planet. The "at what cost?" piece isn't meant to be dour or negative, but pragmatic; when we grow, we must use our resources wisely and for the benefit of those stakeholders. Like many co-ops, we are a governance board, which means that we closely monitor our General Manager's performance and leadership. A solid ENDS statement guides us towards a healthy governance culture, so we can measure the impact of our store and act in our owners' best interests.

Periodically, we take what might seem like a perfectly serviceable ENDS statement, wrestle it to the ground, deconstruct it, wordsmith it into near-oblivion, and come up with a better one. This is our job as board members. It's crucial, because our ENDS is a living document. Just as our co-op has expanded and evolved, so must the words we use to describe and evaluate it.

Tackling an ENDS revision isn't something to enter into lightly. To help us do this important work, we recently invited members of the WFC management team to join us for some facilitated work focused on the ENDS.

We've examined best practices in crafting ENDS statements. Now we'd like to hear from you, the co-op Owners. Take a look at the latest version of the ENDS statement:

Whole Foods Co-op is a thriving consumer-owned cooperative that supports, invests and partners to create a healthy community.

A healthy community:

- Requires a robust local, sustainable food system
- Prioritizes equity and diversity
- Nourishes and replenishes water, air and soil
- Fosters relationship and human connection
- Rests on local and shared ownership
- Nurtures emotional, mental, spiritual and physical health

What do you love about the statement as presented? What would you change to make it better?

Let us know by completing a quick survey, online at www.wholefoods.coop/survey/ or at a kiosk in one of the stores. Or stop by and talk with the Board at one of the following community and Co-op events:

- **Hillside Farmers Market**
Tuesday, July 10 | 3:00 PM – 6:00 PM
📍 Corner of 3rd St E and 5th Ave E (Essentia Campus)
- **Lincoln Park Meet on the Street**
Sunday, July 15 | 3:00 PM – 6:00 PM
📍 3rd St between 24th and 26th Ave W
- **Coffee with the Board**
Tuesday, July 17 | 9:30 AM – 11:30 AM
📍 Denfeld Whole Foods Co-op
- **Lincoln Park Farmers Market**
Thursday, July 26 | 4:00 PM – 7:00 PM
📍 Harrison Community Center
- **Coffee with the Board**
Wednesday, August 1 | 9:30 AM – 11:30 PM
📍 Hillside Whole Foods Co-op
- **Spirit Valley Days Celebration**
Saturday, August 4 | 11:00 AM – 1:00 PM
📍 Denfeld Whole Foods Co-op

We'll take your feedback into consideration as we finalize the ENDS early this fall. We look forward to hearing from you!

As always, you can also contact us at:
wfcbod@wholefoods.coop WFC

BOARD OF DIRECTORS

CAROL ANDREWS
Secretary



Term expires 2018
candrews@wholefoods.coop

JAMIE HARVIE
Vice President



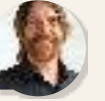
Term expires 2020
jharvie@wholefoods.coop

RYAN JONES-CASEY
Treasurer



Term expires 2020
rjonescasey@wholefoods.coop

BRAD NELSON



Term expires 2018
brnelson@wholefoods.coop

DALE PEACOCK



Term expires 2020
dpeacock@wholefoods.coop

MICKEY PEARSON
Board President



Term expires 2018
mpearson@wholefoods.coop

JEAN SRAMEK



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



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.



WHOLE FOODS CO-OP

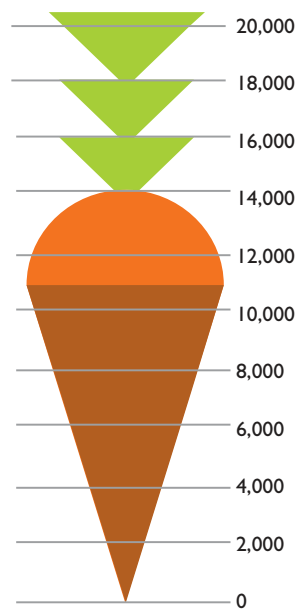
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Co-op Owners enjoy exclusive benefits!

OWNER BENEFITS

- ▶ Owner appreciation deals and events
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- ▶ Patronage rebate eligibility when WFC is profitable
- ▶ Special order discounts
- ▶ Discounts at select area businesses
- ▶ Discounts on WFC U Classes at the Co-op.

10,293 OWNERS!



BECOME AN OWNER!

Our Co-op currently has 10,293 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/



Owner Updates

by Carol Andrews, Owner, Board Member & Bylaws Committee Chair

Coming to Owner Mailboxes: WFC ANNUAL VOTER GUIDE

Get ready to vote for new Directors AND revised Bylaws!

In addition to electing Directors this year, WFC Owners will have the opportunity to approve revisions to the bylaws. The bylaws of any organization outline the legal technicalities of how an entity is governed. Though bylaws, by nature, lack a riveting plot and interesting characters, bylaws are a very important document. WFC's bylaws were last updated in 2008. It is a good practice to review bylaws on a regular basis to ensure compliance with current laws, look for opportunities for improvement, and to resolve any differences between current practices and the bylaws.

The Bylaws Committee of the WFC Board has worked methodically on this project for over a year to ensure the bylaws include current best practices and new ideas, and to meet State of Minnesota requirements. We also looked for opportunities to simplify the bylaws format and wording to make them easier to use.

It is important for WFC Owners to understand the changes, and understand that the Board has carefully reviewed, drafted and vetted the Bylaws on your behalf. Look for the Board's proposal for Revised and Restated Bylaws to be included with the Annual Report, ballot and voter guide to be mailed to all Owners later this Summer. **WFC**

Save the Date! Annual Owner's Meeting



JOIN US for the 2018 Annual Owner's Meeting & Dinner!

Featuring a keynote from award-winning filmmaker, Steve Alves

Tuesday, October 16, 2018 | 5:00 PM – 8:00 PM

DECC Harbor Side Room | Duluth, MN

Registration to open in September.

Steve's keynote will address the important role co-op owners have in shaping regional food economies. In addition to the annual meeting, Steve's acclaimed film, *Food For Change: the Story of Cooperation in America*, will be shown at Zinema on Saturday, October 20, 2018.



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CO-OP Owners...
LAST CALL!



WHOLE FOODS CO-OP

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 at either of our stores.

UPCOMING G.I.V.E. RECIPIENTS

- July:**
Pinewood Duluth Inc.
- August:**
Program for Aid to Victims of Sexual Assault (PAVSA)
- September:**
Zeitgeist

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 \$0.10 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.

RUN FOR THE CO-OP BOARD OF DIRECTORS!

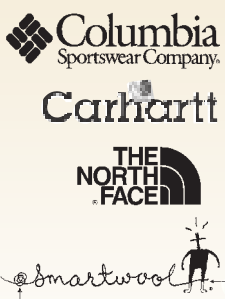
**Prospective Co-op-loving Board members...
The future of the Co-op rests in your hands!**

**Deadline to apply is:
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Details can be found at: www.wholefoods.coop/ownership/wfc-board/

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LOCAL Grower Profile

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

by Jen Gilbertson, *Brand Education & Outreach Coordinator*

Uff-Da Organics Growers: Adam & Jackie Kemp

I've always been fascinated with the beauty of the Northland; the rocky cliffs, the rolling hills, the gorgeous forests, and of course Lake Superior. What I never considered prior to moving here was the other, more hidden gems in the landscape. Places that are not only about beauty, but also about bounty. I'm referring specifically to Carlton County, Minnesota. Not only is it fairly underappreciated in the beauty department, but it simply doesn't get the recognition it deserves for being an extremely important area when it comes to our LOCAL food supply.

There are a handful of well-known farms and CSA's (Community Supported Agriculture) in the area, producing all kinds of wonderful foods and using the best agricultural practices possible. Farms like Yker Acres, producing pork products while providing a wonderful life for the animals they care for. And I'd be remiss if I didn't mention Food Farm, home of the best carrots EVER! But recently I've learned that there are plenty more similarly wonderful farms flying just under the radar.

Speaking of Food Farm, in operation since 1975, they are directly responsible for a number of other Organic farms currently operating in Carlton County. I had the pleasure of meeting two Food Farm proteges – Adam Kemp, Owner Operator of Uff-Da Organics and Rick Dalen, Owner Operator of Northern Harvest Farm. Their Food Farm ties, as well as their ties to each other run very deep.

Those ties began in 2004 when Rick and his wife Karola (who are both former Whole Foods Co-op employees, BTW!) had the opportunity to work with John Fisher-Merritt (yep, he worked at WFC too!), wife Jane, son Janaki and the rest of the Food Farm crew. In 2005 Rick and Karola progressed to working with Food Farm on their own production, learning from the Fisher-Merritt's experience and borrowing from their equipment in exchange for labor at Food Farm. Armed with invaluable information as well as

“Organic farmers go out of their way to help one another, because they realize that their individual success requires the success of them all. It's cooperation at its best”



Karola & Rick Dalen of Northern Harvest Farm harvesting beets during their Food Farm days.

life-long mentors and friends, the Dalen's purchased their own land (located about a mile from Food Farm, as the crow flies) and began their own Certified Organic CSA, Northern Harvest Farm, in 2007.

That brings me to the next tie. In 2007 Adam Kemp (another former WFC employee!) tagged along with a friend who was interning at Northern Harvest Farm, and for the most part he has never left. He quickly found he really enjoyed the contrast of working outside on the farm when compared to his studies in music at UMD. Hired on to work at Northern Harvest, Adam gained skills and knowledge about Organic Agriculture. He left briefly to drive a truck for Second Harvest Northern Lakes Food Bank but realized he missed the farm and was having a hard time watching them grow without him. He returned and is currently Farm Manager at Northern Harvest, during the morning hours.

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Sep. 8th
2018

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▲
The Kemp family: Adam, Jackie, Morris and Ruthie

In the afternoon Adam works on his own 40 acre property. Purchased in 2013 and named Uff-Da Organics, they are conveniently located right across the road from Northern Harvest and just down the road from yet another CSA, Stone's Throw Farm.

Together with his wife Jackie (shout-out for yet another former WFC employee!) they have been working on improving their farm over the last few years. They built their home there in 2015, and have been rehabbing the soil a little at a time. An open hay field for over 3 decades, the soil quality was very poor with few nutrients. But Adam recognized that with careful planting and rotation of crops, planting strategic cover crops and a lot of TLC the land would once again be rich and sustainable.

Uff-Da Organics attained their Organic certification at the beginning of the 2017 growing season. In keeping with strict Organic standards, Adam pointed out one of his innovations, the use of geese as weeders! The geese love to eat dandelions, clover and grass which keeps weeding at a more manageable level, while at the same time their droppings are a natural fertilizer. They have a little hut that is moved 24 feet on a daily basis so they can cover a lot of ground.

Now on to the good stuff: What do they grow?! For starters, Uff-Da grows baby greens, culinary herbs such as basil, and strawberries for sale at both Whole Foods Co-op locations. They also have strawberry shares offered through both Northern Harvest Farm and Fairhaven Farm owned and operated by John Beaton (former employee of Northern Harvest Farm) and Emily Darnell (who is the last former WFC employee I will mention!) Uff-Da supplies the cabbage and Daikon radish for Spirit Creek Farm, LOCAL producer of (in my opinion) the best Kim-Chi! New this year they are excited to offer, by appointment only, Pick-Your-Own strawberries, raspberries, snap peas, bush beans, pesto basil, canning tomatoes,

pickling cucumbers and dill, peppers and pumpkins – perfect for all you canners and preservers!

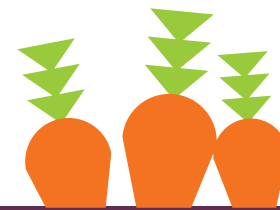
In the coming years, Adam and Rick have big plans to strengthen their collaborative efforts. They will continue working together, offering produce from both farms for Northern Harvest CSA shares. In the future they plan to offer a fruit share including berries but also their newest endeavor, apples! I toured the orchard and could tell how proud both Rick and Adam are of the hard work they put into it and how excited they are for the opportunity to offer a fruit share.



▲
Rick (Northern Harvest Farm) & Adam (Uff-Da Organics) are making plans to offer fruit shares in the not-too distant future. We can't wait!

I was impressed not only by their friendship and the pride they have in working with each other but also how they help each other run a successful business. They each spoke of the cooperation between Organic farmers as a whole. Both Adam and Rick told me they attend conferences where Organic farmers can't wait to share their trade "secrets" with one another.

Organic farmers like Adam and Rick go out of their way to help one another, because they realize that their individual success requires the success of them all. It's cooperation at its best! **WFC**



Ways to SAVE at the Co-op!

WEEKLY OWNER TASTE-E COUPONS



Free 8oz. Soup with purchase of a Grab-n-Go Deli Sandwich!

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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/

Access Discount

WHOLE FOODS CO-OP

Food Access for All!

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.

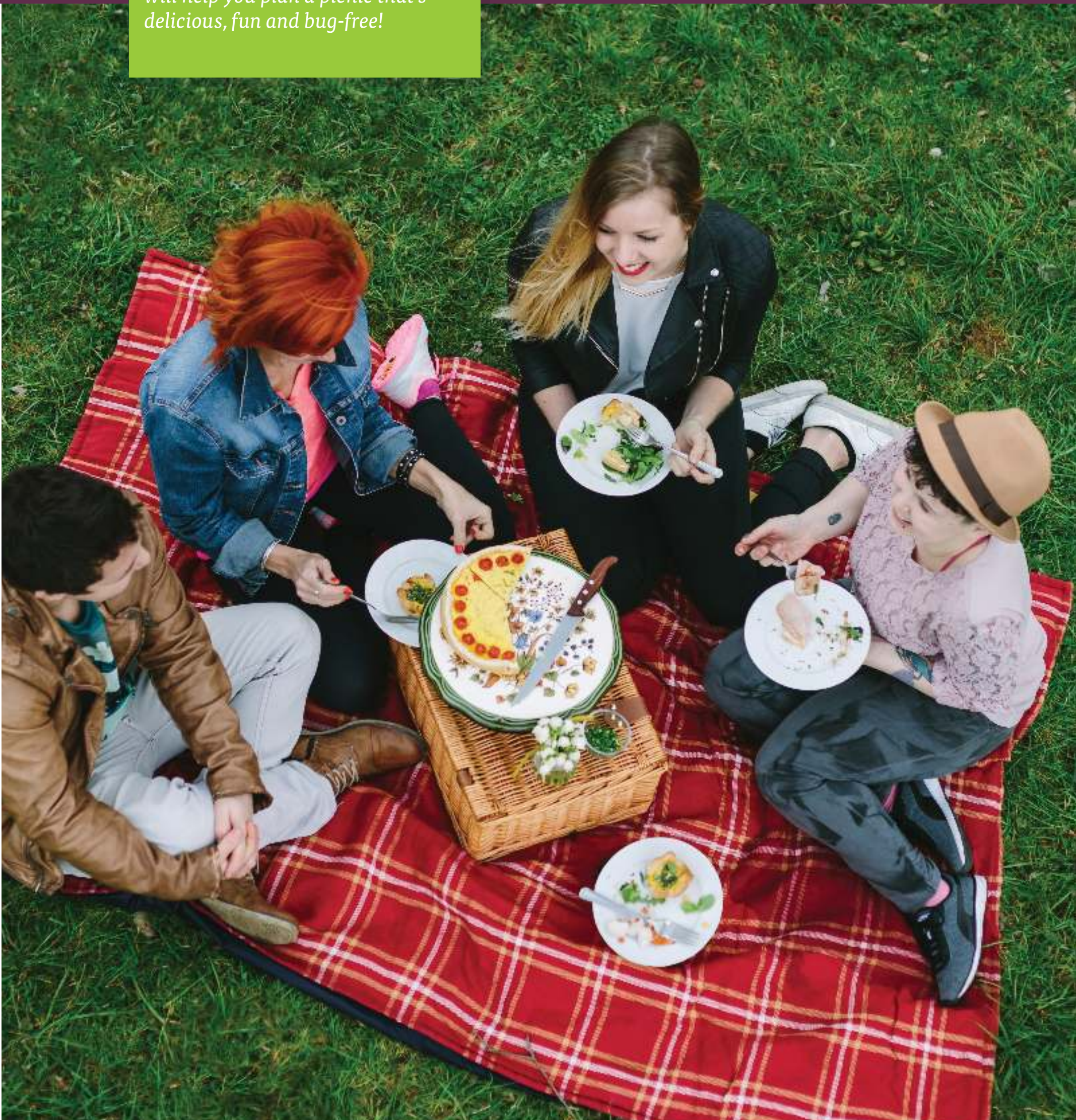
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Celebrate Summer...



by Co+op, Stronger Together



WHOLE FOODS CO-OP

NEW Picnic-Ready Insulated Totes!



Perfect for your next picnic in the park or gathering at the beach!

We've got you covered with our **Grab-n-Go** options:

- ▶ Hot bar, salad and antipasti bar
- ▶ Soups & sandwiches
- ▶ Organic juices, kombucha and tea
- ▶ Coffee and espresso drinks
- ▶ Cakes, cookies, pies and other delicious desserts
- ▶ Vegan, vegetarian and gluten-free options

Picnic Perfect

Here are some easy ways to make your picnic a success

Prep everything ahead of time

This may seem like a no-brainer, but putting in the time to chop your veggies, assemble your kebabs, or slice your baguette before leaving the house will keep the fuss—and mess—to a minimum once you get outside.



Keep it earth-friendly

Bring reusable napkins (you'll not only avoid fly-away paper napkins, but cloth napkins can also be used to wrap food and bottles for transport). If you are using disposable products, look for recycled and biodegradable options at the co-op.



Stay bug-free

Bring small citronella candles to place along your picnic table. If you're picnicking on a blanket (where fire isn't the friendliest option), pack a bottle of chemical-free mosquito repellent from the body care section of your co-op.



Avoid foods that spoil easily

That means mayo, cream-based dips, and fresh cheeses are best left at home—unless you're planning to transport them a short distance on ice and eat them immediately. Any leftovers should be thrown away (so plan your portions carefully!).



Practice food safety

Take care to make sure all raw meats are wrapped separately, and transport them on ice. Use separate cutting boards and utensils for handling raw meat (bring an extra plastic bag to keep them in), and wash your hands as often as possible. Hand sanitizer is a must.



Cook meat with care

If you're grilling outdoors, keep raw meats below cooked meats on the grill at all times, and make sure they're cooked thoroughly before eating (a meat thermometer can confirm doneness). Hamburgers should be cooked to 160 degrees, poultry to 170 degrees, and beef, veal, and lamb cuts to 145 degrees.



SUMMER 2018 ♥ LINCOLN PARK
come get some love



Thursdays

June 14th - March 21st

4-7 pm

Harrison Community Center
(3002 W 3rd St / Lincoln Park)



Tuesdays

June 19th - October 16th

3-6 pm

Corner of 3rd St E and 5th Ave E
(Essentia Campus)



Call for Owner Art!



OCTOBER 2018 is our annual Owner Art Show at both Co-op stores!

For more info, or to reserve a spot at either location, contact:

Brand Education & Outreach Coordinator

P 218.728.0884 | ext. 158
brand@wholefoods.coop

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



What's Happenin'?

Co-op-related events in your community!

Upcoming Events

FREE Sample Fridays

12:00 – 1:00 PM, 5:00 – 6:00 PM
Every Friday

📍 BOTH Co-op stores, Duluth, MN

Co-op Summer Infusion Night

Friday, July 13 | 4:30 PM – 6:30 PM

Enjoy a pint of Bent Paddle Brewing Company beer infused with fresh ingredients from the Whole Foods Co-op!

📍 Bent Paddle Taproom, Duluth, MN

Co-op Night at the Wade

Friday, July 13 | 6:30 PM

📍 Wade Stadium, Duluth, MN

FREE Co-op Yoga

Fridays: September 14, October 19
5:30 PM – 6:30 PM

📍 Denfeld Whole Foods Co-op, Duluth, MN

Co-op Grilling at the Hillside Farmers Market

Tuesdays: July 10, August 14, September 11
3:00 PM – 6:00 PM

Meet the Co-op Board of Directors on July 10!

📍 Corner of 3rd St E and 5th Ave E (Essentia Campus), Duluth, MN

Lincoln Park Meet on the Street

Sunday, July 15 | 3:00 PM – 6:00 PM

Meet the Co-op Board of Directors!

📍 3rd St between 24th & 26th Ave W, Duluth, MN

Coffee with the Board

Tuesday, July 17 | 9:30 AM – 11:30 AM

📍 Denfeld Whole Foods Co-op, Duluth, MN

Co-op Cooking at the Lincoln Park Farmers Market

Thursdays: July 26, August 23, September 27
4:00 PM – 7:00 PM

Meet the Co-op Board of Directors on July 26!

📍 Harrison Community Center, Duluth, MN

Coffee with the Board

Wednesday, August 1 | 9:30 AM – 11:30 PM

📍 Hillside Whole Foods Co-op, Duluth, MN

Spirit Valley Days Celebration

Saturday, August 4

Fun happening all day, but meet the Co-op Board of Directors between 11:00 AM – 1:00 PM!

📍 Denfeld Whole Foods Co-op, Duluth, MN

Hillfest

August 19 | 2:00 PM – 6:00 PM

📍 4th St and 6th Ave E, Duluth, MN

United Way Chili Cook-Off

Thursday, September 20 | 5:00 PM – 7:00 PM

📍 DECC, Duluth, MN

LSSFA Harvest Festival

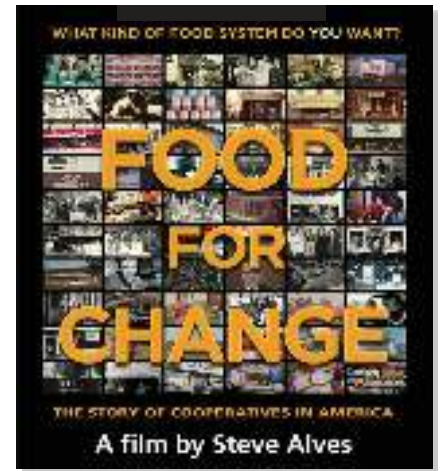
Saturday, September 8 | 10:00 AM – 4:00 PM

📍 Bayfront Festival Park, Duluth, MN

2018 Annual Owners Meeting

Tuesday, October 16 | 5:00 PM – 8:00 PM

📍 DECC Harbor Side Room, Duluth, MN



Food For Change: the Story of Cooperation in America

Saturday, October 20

📍 Zinema, Duluth, MN

Award-winning filmmaker, Steve Alves, is coming to Duluth. He will be at our Annual Meeting on October 16 to talk about the important role co-op owners have in shaping regional food economies. On Saturday, October 20 he will show his acclaimed film, *Food For Change: the Story of Cooperation in America*, at Zinema. Our screening is one of more than 25 shows that are happening across the county during National Co-op Month. To learn more about the film, visit: www.foodforchange.coop.

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The College of
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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. You won't see any classes scheduled the next few months as we pause for summer vacation, but classes will resume in September. Mark your calendars now for these upcoming opportunities to learn about a variety of subjects, while connecting with others in your Co-op community.



SEPTEMBER

Cold Process Soap Making

Taught by **Lanae Rhoads**

Tuesday, September 18 | 6:00 – 8:00 PM

DENFELD Classroom

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

Back by popular demand!! 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



Co-op Yoga

Taught by **Joella Erin**

Fridays: July 20, August 17, September 14 & October 19 | 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.

New Orleans French Quarter Favorites Brunch

Arlene Coco Buscombe

Thursday, September 20 | 6:00 – 8:00 PM

HILLSIDE Classroom

\$30 for WFC Owners, \$40 for non-Owners
Registration required. Limit 16.

Brunch in New Orleans is more than just a meal — it's an EVENT! In this class participants will learn to re-create the typical French Quarter style fare you would see presented in a New Orleans restaurant.

Creole Grillades are medallions of meat slow simmered in a rich and delicious sauce served over cheesy grits baked in the oven. You will learn the secret to the flavor and lightness of Arlene's mama's favorite biscuit that she made for decades to serve family and friends with coffee. Of course, no brunch would be complete without a Flambe of Bananas, French Quarter style. Finished with an easy salted caramel sauce, it will be your next favorite go-to quick entertaining dessert.

Handmade Lotions

Taught by **Lanae Rhoads**

Tuesday, September 25 | 6:00 – 8:00 PM

HILLSIDE Classroom

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

Back by popular demand! 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 – This will help you learn to evaluate the quality of ingredients in store bought lotions and soaps as well.

OCTOBER

Kids in the Kitchen: Basic Kitchen Skills

Taught by **Jen Gilbertson**

Saturday, October 6 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 for WFC Owners, \$15 for non-Owners
Registration required. Limit 12.
Recommended age: 5 years and older

Join Whole Foods Co-op staff member (and mother) Jen 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 participants will have the opportunity to create some simple and delicious recipes! This class is recommended to students who have not attended our previous classes, as well as those who need to brush up on basic cooking skills.

coop basics:

Delicious Mushrooms!

Taught by **Jen Gilbertson**

Tuesday, October 9 | 6:00 – 7:30 PM

HILLSIDE Classroom

FREE! Registration required, Limit 20.

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! This month we will focus on mushrooms, learning to prep a variety of common and wild mushrooms and learn more about their varying flavor profiles!

Know your Wild Roots: Foraging for Wild Pizzas!

Taught by **Gilbert Schwartz**

Tuesday, October 23 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

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

Incorporate an array of locally available wild flavors into a tasty, and truly unique pizza! Beginning with an acorn and wild rice crust that will be slathered with a wild herb seasoned sauce, hazelnut and milkweed "cheese", and topped with wild mushrooms and greens. During preparation, attendees will learn plant identification and harvesting tips, as well as flavor profiles and cooking characteristics of the various ingredients.

INSTRUCTOR BIOS

Lanae Rhoads

Lanae Rhoads is the owner of Laveé Lanae. She is a maker of all things - soap, skincare, lotions, makeup, 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.

Arlene Coco Buscombe

Chef Arlene Coco has been cooking professionally for over 30 years and has a portfolio career in the food world. As a culinary instructor, cookbook author, caterer and chef, her vast experience has taken her to over 19 countries where she has traveled and studied the food ways of numerous cuisines. She shares her passion for food by teaching private cooking classes, food safety classes and coordinating team building cooking events.

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.

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
brand@wholefoods.coop



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