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Summer Owner Deals

Exclusive savings each month for Co-op Owners!

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

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Owner Deal!

Valid for the week of **JULY 9-11, 2019**

15% OFF 
Meat (and meat substitutes)

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

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of July 9-11, 2019.

WHOLE FOODS
CO-OP



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Owner Deal!

Valid for the week of **AUGUST 13-15, 2019**

15% OFF 
Wellness

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

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of August 13-15, 2019.

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Owner Deal!

Valid for the week of **SEPTEMBER 10-12, 2019**

15% OFF 
Produce

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

Deal valid at both Whole Foods Co-op locations. Deals for Owners only. Good for multiple use through the period. No rainchecks. May not be applied to special orders. No cash value. Valid during the week of September 10-12, 2019.

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499999003299

Owner Deal!

\$5.00 OFF

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

Coupon valid for a single purchase of your choice anytime between **JULY 1 - SEPTEMBER 30, 2019**

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 - September 30, 2019).**

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CO-OP



499999003282

Co-op Owners...We appreciate you!

That's why we offer these GREAT ways to save at the Co-op! --- Remember to check the back page of each issue of the Garbanzo Gazette for the most current Owner Deals. No need to bring the coupon to the store...your Owner Deals can be applied at the registers when you provide your Owner number.

Want access to more Owner Deals?

Sign up for Taste-Ecoupons! www.wholefoods.coop/coupons

Not an Owner?

Want in on these deals? Ask about Ownership today!
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LABOR DAY
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IN THIS ISSUE:

The BIG difference between Aldi & your local co-op

GIVE: \$60,000+ in shopper round up donations!

Meet Local Farmers: Dahl's Sunrise Dairy

BONUS: Local Growing Season Chart!

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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 provides 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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www.wholefoods.coop

SUBMISSIONS

Submissions must be received one month prior to publication.

The next content deadline is:
September 1, 2019

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 1, 2019

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

The Important Difference between your Local Co-op and Aldi

It's not Apples to Apples when comparing Whole Foods Co-op and Corporate Grocers

Your cooperative grocery is in full bloom, and our aisles are teeming with fresh, local foods and colorful flowers. In the weeks to come, over 45 farmers will bring their fruits and vegetables from their fields to your carts. This seasonal bliss is in addition to the many local producers (we work with over 150) whose product fills our shelves year-round – like Dahl's Sunrise Dairy, a Co-op favorite featured in the pages ahead.

Our commitment to local isn't just about getting you the most tender greens and the sweetest berries. For us, local is infused into our business model:

- Local ownership – you & your neighbors own our grocery store! Sharing economy models are proving to be powerful community wealth and health building instruments. See Jamie's "Art of Cooperating" article on the next page for even more benefits of a cooperative model.
- 100% of Whole Foods Co-op employment is based here in Duluth, keeping those wages and salaries pulsing through the community.
- The Co-op gives back to the community in a huge way - supporting local organizations with the round up program, community sponsorships, donations and 10% discount to shoppers with low income using our ACCESS program. Combined, these programs and activities generate over \$150,000 in charitable giving for the community each year.
- And local products make up over 35% of the Co-op's purchases of product to offer shoppers, despite the extra work and expense that comes from working with multiple, smaller operations.

With all of the above, combined with revenues generated through our purchases from local vendors, and you can see why \$100 spent at a cooperative grocer generates over \$160 in local economic activity. This finding is from a University of Wisconsin study conducted a few years ago, and we see it holding true today.

This kind of impact doesn't just happen. It's this commitment to the larger ideal of local that sets us apart from other grocers. Yet sometimes prices draw customers to other retailers. Our recent shopper survey drew many comparisons to Aldi, which makes sense, as it is the newest grocer in town.

I want to address some of the differences between your Whole Foods Co-op and Aldi. For one, nearly 90% of the products Aldi sells are "private label," meaning they own them all. The different names on the packages are

an illusion of diversity in sourcing. By using a vertical integration model, where a company owns multiple stages of production normally operated by separate vendors, it keeps revenues funneling to the top. In Aldi's case, that profit center is not just out of our community; it's out of our country entirely.

This model also has no connections to local agriculture, and no food is prepared on site. No decisions are made locally. In fact, there isn't even a local phone number. This keeps employee numbers low, making for very little money flowing back into our community. On top of our local producer network of 150+ vendors, the Co-op directly employs over 130 people. And Aldi? On average each store employs about 15 individuals.

“\$100 SPENT AT A COOPERATIVE GROCER GENERATES OVER \$160 IN LOCAL ECONOMIC ACTIVITY.”

Looking at these two different markets goes beyond an apples to oranges comparison. A community-owned co-op looks to sustain, grow, and invest in our region. A vertically integrated corporate grocer like Aldi seeks to extract profit from the places it drops its cookie cutter stores. Making money is not inherently bad (remember, a cooperative business isn't a not-for-profit), it's just important to be mindful of what happens to grocery store revenue. Does it re-circulate in our region or is it slingshotted out of it? Does it re-invest in a community? Does it enrich many or few?

One could say, we get the community we shop for. Please know that shopping at the Co-op isn't just filling your crisper drawer with regional bounty; it is keeping your community vital, your neighbors gainfully employed and farmers doing their thing -- which only makes our fruit that much sweeter.



WHOLE FOODS CO-OP. COMMUNITY OWNED. THAT'S THE DIFFERENCE.

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Board Feature



by Jamie Harvie, WFC Board of Directors Vice President

The Art of Cooperating

When we acknowledge that 8 billionaires control as much wealth as half the world population, that we've filled our oceans with plastic and that we're in the midst of a climate emergency, it becomes clear that business as usual is not an option.

This recognition was at the core of a recent gathering of national leaders in the emerging, new economy or sharing economy. The three-day event, the Art of Cooperation, was hosted by Organic Valley and drew colleagues from Europe and North America. Together, we met to explore "Ownership in the 21st C." and took a deep dive into understanding and unraveling how changing an ownership paradigm might accelerate change in the social and environmental arenas.

Because ownership matters. We see it as we give over our collective ownership of our life-sustaining commons – e.g. water, air, seeds, land. Similarly, there is a recognition that businesses that practice steward ownership – designed for a common purpose– are distinct from those designed solely for generating profit. Sharing economy models are proving to be powerful community wealth and health building instruments.

In Boston, the Ujima Project is a community-owned investment fund governed by voting members who identify as people of color or working class with ties to the surrounding low-income communities. Designed to address the racial wealth gap, community members can invest as little as \$50. Besides making lending decisions democratically, Ujima prioritizes community investors over larger ones, changing the nature of where and to whom money is invested. To date the fund has raised over \$550,000 and hopes to grow the fund to \$5 million by the end of 2020.

Despite its size, Ujima runs out of a borrowed community-center space. While not a food co-op, or even a co-op, it is one of many evolving new economy models that recognize how cooperative and/or shared ownership businesses structures are essential to preserve and protect community values.

So, why is it that ownership structure is rarely discussed, let alone prioritized, by philanthropy or elected officials in community development projects and more? Why isn't it prioritized by citizens when they invest their dollars?

In the case of our Whole Foods Co-op, profits are returned to our community and ownership shares are equal for all participants. To ensure that any profits benefit the Co-op and its owners we limit the salary of our General Manager. We invest significantly in local organizations. And so much more.

While by no means perfect, how can we better explain that ownership matters to our community? How can we help incubate and support other co-operative and stewardship models? As Organic Valley, a successful national co-operative business asked, "We are not just a big dairy...how and what can we do to elevate cooperation rather than competition?"

These questions fueled strategy development at the Art of Cooperation. Humans are wired for connection. We came away convinced that a focus on ownership, which reconnects our relationship to one another and the planet, creates a sustainable and fair economic system critical to reviving a broken capitalist system. I left invigorated and inspired to share this with my fellow Whole Foods Co-op owners and community.










To learn more about the large sharing economy in which your Whole Foods Coop participates, visit: BALLE, The New Economy Coalition. Some of other event attendees included: The Food Commons, Mondragon, Project Equity, Village Financial Cooperative, Democracy Collaborative and Cooperative Home Care Associates.

Lastly, if you have ideas for what we might do our Whole Foods Co-op, don't hesitate to share them with myself or the other Board Members.

Jamie Harvie is a BALLE Living Economy Fellow and has helped incubate projects across the country including Commons Health, Austin Health Commons and The Food Commons



BOARD OF DIRECTORS

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 Term expires 2020
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 Term expires 2019
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- 
HEATHER STRASSER
 Term expires 2019
hstrasser@wholefoods.coop

To submit a comment or request a product, visit wholefoods.coop/comment

To contact the Board of Directors, email wfcboard@wholefoods.coop

Letters addressed to the Board or a particular board member c/o Whole Foods Co-op 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.

Cooperation Amongst Co-ops!

WFC Board Members and General Manager attended the Consumer Cooperative Management Association annual conference in Durham, North Carolina in June. This year's focus was fostering democracy and equity in our communities through cooperatives. The team learned a bunch, met some great people and returned to Duluth inspired to continue the good work of the Co-op!




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WHOLE FOODS CO-OP

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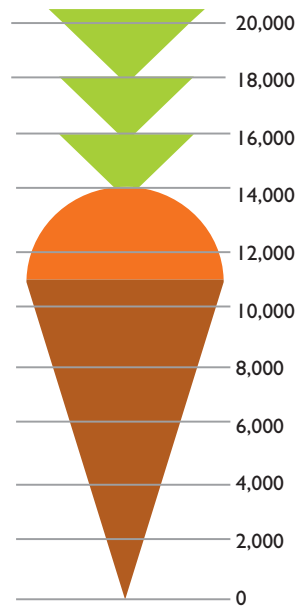
\$100 one-time investment

Co-op Owners enjoy exclusive benefits!

OWNER BENEFITS

- ▶ Owner appreciation deals and events
- ▶ Discover Coupon books
- ▶ Weekly Taste-e Coupons
- ▶ Special order discounts
- ▶ Discounts at select area businesses
- ▶ Discounts on WFC U Classes at the Co-op
- ▶ Patronage rebate eligibility when WFC is profitable

11,114 OWNERS!



BECOME AN OWNER!

Our Co-op currently has 11,114 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/



Shopper Survey

by Hillary Heinz, Marketing Manager & WFC Owner

Over 180 New Items Hit Shelves

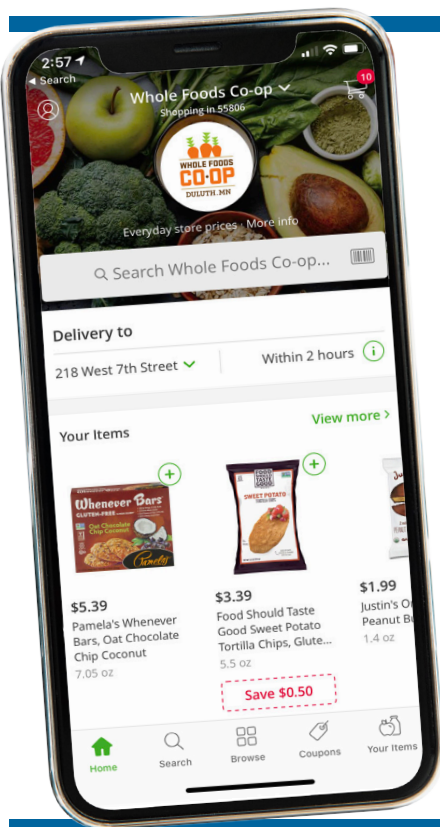
A big thank you to all who have recently participated in our shopper surveys! We're learning quite a bit from you and will be using this feedback to improve the shopper experience. While we often hear comments like this one: "I shop at the co-op because it has the largest selection of organic and natural products in the area" we also hear with regularity that our product selection can be improved.

We hear you, and have been working at expanding our shelves and assessing the items we stock to ensure they match shopper desire. In selecting product to offer, we follow our purchasing guidelines and consider all shopper requests. Thanks to the recent reset of the Hillside store, we're able to offer over 180 new items including vegan, grain-free and specialty diet products as well as an expansion of our everyday low price lineup of Co-op Basics!

Behind the scenes, we've started to diligently use tools to track industry trends, which help us select the best high-demand new items. We're also routinely monitoring customer response to products we stock. With our small store format, we work hard to ensure that we keep room on the shelves for the items that are most popular amongst our shoppers.

When we discontinue items, it's either because they are no longer available through our suppliers, or that very few shoppers purchased the item. If products continue to be available through our supplier, but we no longer stock it, we can special order a case for you. And, with special orders, Owners receive a 15% discount!

We are constantly striving to be better, so please continue to let us know what you think!



TRY INSTACART! 2-Hour Delivery only \$3.99!

Get your fresh, local and organic groceries from the Co-op delivered to your doorstep! Personal shoppers will get everything on your list and deliver to your door.

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Give Generously

Shop Organic Valley and \$1.00 goes to building school gardens!

Organic Valley is owned by over 2,000 family farmers committed to raising good food, the right way. It's not about growing huge and cashing out; it's about insisting on raising food in a way that takes care of our families and yours, as well as our animals and the planet. Between August 14th and September 3rd, Organic Valley will donate \$1 to the National Farm to School Network (NFSN) for every purchase of OG products! NFSN is an information, advocacy and networking hub for communities working to bring local food sourcing, school gardens and food and agriculture education into schools and early care and education settings. Do good AND save! Organic Valley is on sale from August 15th through August 30th. Try the Mexican blend shredded cheese (6 oz) for \$3.99!



Co-op Community Dinners coming to Denfeld!

Dinner at the Co-op for \$5?! Yes! The idea behind the community dinner events is to make the co-op a community gathering space where owners, shoppers and new customers can converse and share a high quality and highly affordable meal together. Co-ops across the country have launched Community Dinners and we're excited to invite you to our Denfeld Co-op this summer to soft launch the event. Stay tuned for details at facebook.com/wholefoodcoop/events

WHOLE FOODS CO-OP

Help us  **GIVE!**



The GIVE 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.

In 2019, shoppers have donated over

\$60,000

in rounded-up change! Thank you!!

UPCOMING GIVE RECIPIENTS

July:

Seeds of Success

Community Action Duluth's Seeds of Success program is addressing two big objectives—providing employment to people looking for work experience planting, growing and harvesting fresh produce and providing produce to an area where many don't have access to good fresh food.

August:

LSS/Together for Youth

Together for Youth is an inclusive, supportive and welcoming group for lesbian, gay, bisexual, transgender, queer, questioning, intersex, two spirit and allied youth in Duluth and Virginia, Minnesota through Lutheran Social Services. They offer a safe and welcoming space where youth can connect with their peers, find resources, explore issues and navigate challenges.

September:

Tenant Landlord Connection

One Roof Community Housing's Tenant Landlord Connection provides education, information, and problem solving assistance as a way to improve tenant-landlord relations and decrease the amount of housing evictions in our community. The mission of TLC is to ensure that stable rental housing exists by educating existing and potential landlords and tenants regarding their respective rights and responsibilities and by mediating disputes between landlords and tenants.



BE A PART OF THE TEAM AT THE

CO-OP

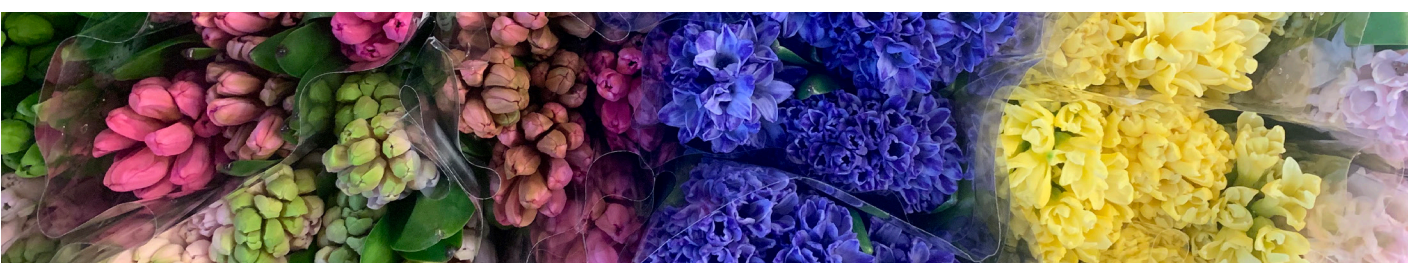
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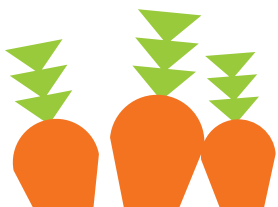
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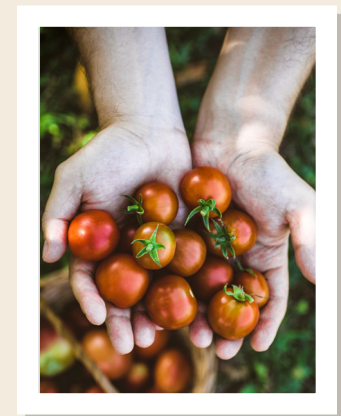


LOCAL Matters

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
- ▶ **Community Action Duluth** • Seeds of Success Program • Deep Winter Greenhouse Project
communityactionduluth.org



Local Producer Profile

by Jen Gilbertson, Education / Outreach Coordinator & WFC Owner

Dahl's Sunrise Dairy
A.J. and Nick Arntz • Babbitt, Minnesota

"You've forgotten!" was my introduction to Dahl's Sunrise Dairy when I moved to the area a little over 5 years ago. I found the commercial charming and surprising, believing that home delivery of milk was a thing of the past, a bygone era. Obviously I was mistaken. Dahl's Sunrise Dairy, owned and operated by A.J. and Nick Arntz, delivers to about 1000 homes weekly. That is in addition to the approximately 25 retailers and restaurants in the Northland that carry their milk, butter and cream. Their focus remains the same to this day, to offer an environmentally conscious and exceptional local product.



Dahl's Sunrise Dairy began 20 years ago when Wayne Dahl purchased the delivery routes and processing equipment of three smaller dairies, Sipola, Johnson and Aysta. In October 2014 Wayne sold the business to Greg Arntz and Chris Bialke. Greg very quickly realized there was far more work involved in running the business and brought in his two sons; A.J., who took over the sales and distribution side and Nick, who took over the day to day operations. With Wayne as a mentor and learning as they went, the brothers bought the dairy from their father and took over full time in 2015. I asked A.J. if he had wanted to be a milkman growing up, he laughed and said no, but that he quickly became obsessed with the business. According to A.J. he and his brother had always been fairly entrepreneurial; A.J. beginning in high school making and selling t-shirts, and Nick had been the Owner/Operator of The Happy Wanderer, a local food truck. Aside from A.J. and Nick, their staff also includes two delivery drivers (A.J. being the third driver), a production staff of three and one person in their office.

Anyone who's had Dahl's Sunrise Dairy products knows it is delicious. Their process is the same as any other dairy

production, but what sets Dahl's apart is their attention to detail, beginning with the cows. Dahl's gets its milk from five family-run dairy farms all located in the Iron Range. These families pasture raise their cows, which results in milk richer in Omega-3 fats, Vitamin E, beta-carotene, and CLA (Conjugated linoleic acid, a beneficial fatty acid). Each of the farms employs a nutritionist to ensure the cows produce the highest quality of milk. They also ensure the cows are treated humanely and are not injected with artificial growth hormones.

The cows are milked twice daily and the milk is stored until it can be picked up for delivery to the Dahl's processing plant in Babbitt, MN via the Burnett Dairy Cooperative dairy truck on Sunday evenings. On Monday mornings the milk gets bottled. The first step is separation of the heavy cream and skim (non-fat) milk. Once that is done Nick and the other processors work in batches, adding a certain amount of cream back into the skim milk to take it back up to 1% (low fat) milk, 2% (reduced fat) milk and whole milk. After this, the milk is pasteurized at 170 degrees and then it is homogenized, a fancy term meaning the milk is pressurized so the cream will not separate again from the milk. At that point the milk goes into the filling machine and then into the reusable glass bottles. Some of the cream is bottled, and the remaining cream not bottled is churned into butter. After that the milk goes out for delivery.

Another aspect that sets Dahl's Sunrise Dairy apart is their focus on sustainability and the effort they put into being environmentally conscious, hence the reusable glass bottles. A.J. acknowledges that the returnable bottles can be a pain, but they are instrumental in cutting back on waste. The glass bottles can be reused as often as they are returned, saving more than 300,000 bottles from the landfills annually! A.J. asked me to convey how extremely appreciative they are of all of their customers for choosing their products!

Dahl's Sunrise Dairy has a very strong bond with the community, especially within the sport of hockey. They sponsor a youth hockey team named "The UDDER Guys" and are the "Official Milk" of the University of Minnesota – Duluth Bulldog Hockey team. They strive to produce the best local product for their communities and are look forward to continuing that commitment. I asked A.J. what might we see in the future, he answered, "Chocolate Milk!" As with all of their other products, we're sure it will be "Dahlicious"!





2019 Owners Meeting



Save the Date! Annual Owner's Meeting



JOIN US for the 2019
Annual Owner's Meeting & Dinner!

Featuring a keynote from
Me'Lea Connelly

Tuesday, October 29, 2019

DECC Harbor Side Room | Duluth, MN

Look for Owner Meeting announcement and registration details in the October issue of the Garbanzo Gazette!

Meet Changemaker Me'Lea Connelly Speak on Black Liberation and the Cooperative Business Model

Me'Lea Connelly is the director of development for Village Financial Cooperative, a black-led credit union that's expected to open in north Minneapolis this year. She knows economic power is one of the strongest ways to resist oppression. That belief drives her work to support the powerful vision of North Minneapolis with a community-owned financial institution that builds equity and access to resources. Her goal is to establish the first Black-led financial cooperative in Minnesota.

"Village Trust members will need to believe in a uphold the liberation of black people. That is the goal of the credit union."

Look for the full feature in the Fall Garbanzo Gazette and mark your calendars for October 29th to listen to Me'Lea speak at the Whole Foods Co-op Owners Meeting.



Photo and quote credited to MPR

What's Happenin'?

FREE Lincoln Park Farmers Market
Thursdays • 4:00 PM – 7:00 PM

Harrison Park • 3002 W 3rd Street

FREE Hillside Farmers Market
Tuesdays • 2:00 PM – 5:00 PM

Parking lot on the corner of 5th Ave. E. and E. 3rd Street

FREE Bent Paddle Collab

Friday, July 12 • 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

Tuesdays: July 16, August 20, September 17, October 15, and November 19
5:30 PM – 6:30 PM

Denfeld Classroom

FREE Whole Foods Co-op Board Meetings

Mondays: July 22, August 26, September 23
5:30 PM

Denfeld Classroom

FREE Spirit Valley Days

August 1 - 4

Thursday at 6pm - Parade,
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WFC will be at the Block Party from 10-5pm.
Come say hello and get a Co-op coupon!

59th Ave W & Grand Ave to Central Ave

Huskies Baseball:

Personal Wellness Night

Thursday, August 8 • 6:35 PM

Join your co-op community at the ballpark alongside Duluth Yoga and Human Development Center...we have some fun things in store! Follow us on Facebook for chances to win tickets throughout the season.

Wade Stadium

FREE Hillfest

Sunday, August 18 • 2:00 PM – 6:00 PM
Live music, multiple vendors and fun Whole Foods Co-op activities!

Learn more: facebook.com/duluthhillfest

East. 4th Street

FREE Lake Superior Sustainable Farming Association Harvest Festival

Saturday, September 7 • 10:00 AM – 4:00 PM

Bayfront Festival Park

FREE The Promise of Food Co-ops in the Age of Grocery Giants

Thursday, September 26 • 3:00 PM – 7:00 PM

Author Jon Steinman will be signing copies of his book and tabling at Denfeld Store 3-6pm, discussion event 6-7pm at Denfeld Store with WFC provided dinner.

RSVP on [Facebook.com/whole-foods-coop](https://facebook.com/whole-foods-coop)

Denfeld Store

Follow us on Facebook and stay in the loop on summer pop-up events:

[Facebook.com/wholefoodscoop/events](https://facebook.com/wholefoodscoop/events)

We're Social!

@WholeFoodsCoop

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



YOURS ARE THE HANDS THAT

Build Our Co-op!

RUN FOR

THE BOARD!



The Voice of Co-op Ownership

Your Co-op was built on the energy and ideas of many. As we continue to grow, dedicated and energetic Board members are a necessity. But what does the Board of Directors do?

- ▶ We are **LEADERS**. We provide a link between WFC and its Owners.
- ▶ We are **SERVANTS**. We attend monthly meetings, monitor policies, serve on committees, network with other co-ops and take advantage of training opportunities so that we can continue to build a healthy, effective voice for our Ownership.
- ▶ We are **STEWARDS**. We ensure the long-term financial health and sustainability of WFC, and the performance of the General Manager with respect to compliance with the Board's policies, WFC's articles and by-laws, applicable laws and regulations, and WFC's ENDS Statement.
- ▶ We are **VISIONARIES**. We focus on the future of our Co-op and its sustained growth.

Interested in running for the Board?

Board members are committed to:

- ▶ Caring about the needs of our community, our Co-op Owners and Co-op staff.
- ▶ Upholding standards of professionalism, advocacy and commitment.
- ▶ Learning about the cooperative principles, the cooperative business model and policy governance.
- ▶ Communicating regularly with each other, with the General Manager and with Owners.
- ▶ Having an interest in sustainable agriculture, food and health issues and other topics of concern to the Co-op.

Still Interested?

To be eligible to apply:

- ▶ Be a primary WFC Owner for at least ninety (90) consecutive days prior to the application deadline.
- ▶ Have attended at least one of the most recent 12 Board meetings.
- ▶ Be willing to attend monthly meetings and serve a three-year term.
- ▶ Review and complete the Board Application Packet found at Customer Service by August 1, 2019.

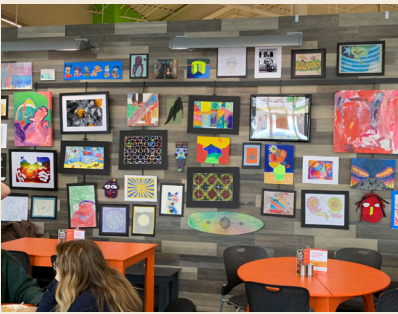


CALLING ALL CO-OPERATIVE ARTISTS!

Whole Foods Co-op Owner Art Exhibit

will take place at both WFC locations through the month of October!

If you are interested in having your art shown in the Owner Art exhibit please email brand@wholefoods.coop no later than **September 1, 2019**



New at the Co-op!

Beyond Burgers

With 20 grams of plant-based protein per serving, Beyond Meat Burgers are the world's first plant-based burger that looks, cooks, and satisfies like beef without GMOs, soy, or gluten. By shifting from animal, to plant-based meat, they are creating one savory solution that solves four growing issues attributed to livestock production: human health, climate change, constraints on natural resources and animal welfare.

SALE: \$4.99 July 3-16!

Look for \$1 manufacturer coupon on shelves for a double deal!



Coolhaus Pints

Coolhaus ice cream is one of the creamiest, most delicious ice creams on the market and also available dairy-free! Each treat is handcrafted with hormone free, real California milk, cage free eggs, fairtrade chocolate and the freshest, most unique ingredients available, meaning some flavors and ingredients are seasonal to promote peak flavor and responsible sourcing. Coolhaus is also a certified woman-owned business!

SALE 2/\$7, July 17-30!



WE ARE CONSTANTLY ADDING NEW PRODUCTS, COME BY THE CO-OP AND CHECK IT OUT!

Turn your calling into a career

Master of Social Work

The College of St. Scholastica is equipping care professionals through our CSWE-accredited social work programs.

- A CSWE accredited, clinically-focused MSW degree designed for those with and without a B.A. in Social Work
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Learn more at go.css.edu/garbanzo



The College of
St. Scholastica



Co-op Basics

Thousand Hills Lifetime Grazed: Grass Fed Beef

Thousand Hills products are made using only 100% Grass Fed Beef from hand-selected family farms adhering to our strict requirements of cattle raised with NO antibiotics, NO added hormones, NO grain, NO grain byproducts. Never. Ever. Their cattle never experience confinement feeding, but instead graze diverse forages, in open pastures for their lifetime.

Regenerative agriculture practices, including holistic grazing, are utilized to build topsoil, return carbon to soil, prevent erosion/runoff and re-establish grasslands.

Everyday low price: Grass Fed Ground Beef: \$5.99

Other Varieties Available!



Four generations of Maier's on their family farm, in Clearwater, MN.



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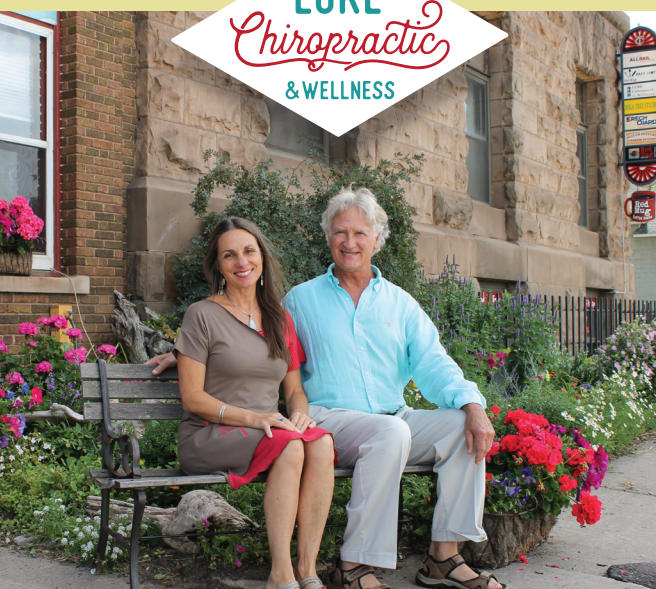
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Ways to SAVE at the Co-op!

Co-op Basics



Co-op Basics program promotes items that are an everyday low price. These wholesome, affordable foods are pantry staples for every home.

WHOLE FOODS CO-OP

Access Discount




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+op Basics purchases. Program eligibility to be verified on an annual basis.

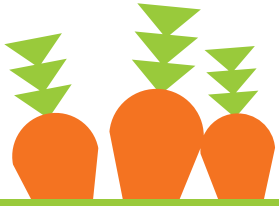
FRAN SKINNER

Memorial Matching Fund



FRAN SKINNER MATCHING FUND

Those who qualify for the ACCESS DISCOUNT can also receive help paying for up to \$80 of their initial Owner equity investment through the Fran Skinner Memorial Matching Fund. For details, see the MEMORIAL MATCHING FUND brochure available at the Customer Service Counter.



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

INSTRUCTORS:

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, Jen has had a ton of experience in the kitchen. She knows how hard it can be to put together meals to please the masses. Jen enjoys discovering and trying new recipes and is always up for a cooking challenge

Lanae Rhoads

Lanae Rhoads is the owner of Mix Cosmetiques. 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

Michelle Russell

Michelle Russell, CHHP, CHTP, is a certified Holistic Health and Healing Touch Practitioner is a well-known advocate of bridging the worlds of mainstream and natural medicine. She is an educator and speaker and shares her passion for holistic health care throughout the Northland.

Beth Wiemken

Beth is a University of Minnesota Master Gardener and many-time Minnesota State Fair winner 2009-2018 (19 ribbons). She has also been featured in Dixondale Farms onion catalog 2017 & 2018 for award winning Cipollini onions. Beth was a Vermicomposting speaker at St. Louis County Spring Gardening extravaganza April 14, 2018 and Orr Expo September 8, 2018 and has been vermicomposting more than 8 years.

Adam Wisocki

Former chef and current high school teacher and father, Adam has a long history in the foodservice industry that began in his family's restaurant. He served as the Director of Foodservice for a local non-profit assisted living where he turned the menu for the residents that consisted of convenience food to an all scratch kitchen and bakery. Adam is a Certified Dietary Manager/ Certified Foodservice Protection Professional (CDM/CFPP) with the Associated of Nutrition & Foodservice Professionals (ANFP). Adam's love for satiating treats mushroomed when he lived and traveled in Eastern Europe.



WFC-U 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!

SEPTEMBER

coop basics :

Garden's Bounty!

Taught by Jen Gilbertson

Thursday, September 12 | 11:30 AM – 1:00 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form of a \$5 WFC gift card

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! This month we will focus on recipes to utilize all of the delicious veggies you've grown all summer long!

Kids in the Kitchen: Basic Kitchen Skills

Taught by Adam Wisocki and Jen Gilbertson

Saturday, September 14 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners, \$15 Non-Owners

Registration required. Limit 12

Recommended age – 5 years and older

Join local teacher Adam Wisocki and learn to identify and utilize different kitchen utensils, as well as learn some simple recipes they can make on their own. Students will learn not only 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! This class is recommended to students who have not attended our previous classes, as well as those who need to brush up on their basic cooking skills.

Vegan Comfort Food!

Taught by Arlene Coco Buscombe

Tuesday, September 17 | 6:00 PM – 8:00 PM

HILLSIDE Classroom

\$30 WFC Owners, \$40 Non-Owners

Registration required. Limit 16

Be prepared to get your hands dirty! In this hands-on class participants will learn to make delicious vegan fare from renowned Chef Arlene Coco! Recipes featured include; Breakfast Tacos with a stir fry of silken tofu, beans, vegetables and scratch salsa, Vegan Jambalaya with red beans, Sunday Gravy with Plant based Italian Sausage and Meats served with Risotto, KFC Cauliflower or Tofu, and Rice Crispy bars with Peanut butter and Brown rice syrup.



Yoga for Beginners

Taught by Joella Erin

Tuesdays: July 16, August 20, September 17, October 15 | 5:30 – 6:30 PM

DENFELD Classroom

Free, 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 are able. Space is limited.

Vermicomposting - Home Composting with Earthworms

Taught by Beth Wiemken

Saturday, September 21 | 11:00 AM – 12:00 PM

HILLSIDE Classroom

\$10 WFC Owners, \$15 Non-Owners (All proceeds to be donated to the Duluth Police Department in memory of canine Officer Haas.)

Registration required. Limit 12

Grow your own blue ribbon produce with "Black Gold"! A fun and educational indoor winter project that produces a pH neutral fertilizer rich in micronutrients thus stimulating plant growth. These topics will be covered: vermicomposting vs composting, selecting the proper composting worm, bin construction and set up, appropriate/inappropriate vermicomposting food. Learn the five "Pearls of Wisdom" for success! The instructor will provide a comprehensive educational resources handout with book recommendations, recommended online videos, worm vendors and university research based links. Bring along your own plastic tote with the following parameters:

- Clean with no prior chemicals stored within
- Lid snaps securely (some lids do not snap shut)
- Most sizes are fine, but a 10-12 gallon similar to the Rubbermaid Roughneck is ideal...
- Holes will be drilled in the bottom and a collection container is needed...an old cookie sheet works or another plastic bin.

Green Cleaning Workshop

Taught by Lanae Rhoads

Tuesday, September 24 | 6:00 – 8:00 PM

HILLSIDE Classroom

\$20 WFC Owners, \$25 Non-Owners

Registration required. Limit 20

Switching to green cleaning isn't just about environmental ethics, or making housecleaning a more pleasant experience. The chemicals in common cleaning products can cause a variety of health problems, especially for our respiratory system. Learn how to replace your supermarket cleaning supplies with just a few inexpensive all-natural ingredients and pure, organic essential oils! Participants will make an all-natural tough kitchen scrub and an all-purpose spray cleaner for safely, economically and effectively disinfecting your home. Plus, you'll take home recipes for all products made in class along with recipes for laundry detergent, toilet fizzes, glass cleaner and wood cleaner.

October and November classes will be available in the Fall Garbanzo Gazette.

Follow us on Facebook to stay in the loop on summer pop-up events:

[Facebook.com/wholefoodscoop/events](https://www.facebook.com/wholefoodscoop/events)

OCTOBER

What is Electromagnetic Field Pollution?

Taught by Michelle Russell

Tuesday, October 1 | 5:30 PM – 7:00 PM

DENFELD Classroom

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

In this new offering from Michelle Russell, participants will learn:

- To identify sources of EMF's
- To understand how EMF radiation impacts our health
- Learn how to recognize the top EMF-related symptoms
- Learn ways to safely reduce your EMF exposure and protect yourself

DIY Emulsified Sugar Scrubs!

Taught by Lanae Rhoads

Thursday, October 3 | 6:00 – 8:00 PM

DENFELD Classroom

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

Have you ever tried making a body scrub from a recipe you found on Pinterest only to have your bathtub turn into a dangerous oil slick? Why does it do that and how can you stop that from happening? It's all about the magic of emulsification! Join us to make a pampering sugar and salt scrub that will moisturize your skin and keep you safe in the tub, while exploring the creation of emulsification. You will learn about the different base oils, choose from a selection of natural color and essential oil scents to create a scrub all your own. Perfect as we begin the winter season when our skin is suffering from the dry air. Each participant will be able to make their own product from start to finish!

Kids in the Kitchen: Eggs!

Taught by Adam Wisocki and Jen Gilbertson

Saturday, October 5 | 11:00 AM – 1:00 PM

DENFELD Classroom

\$10 WFC Owners, \$15 Non-Owners

Registration required. Limit 12

Recommended age – 5 years and older

The incredible, edible egg! We will teach students easy and tasty egg recipes like fluffy scrambled eggs, DIY omelets, A sweet Pannekoeken (Swedish oven pancake), and learn all about what makes eggs a great choice for nutrition!

coop basics :

Pasta!

Taught by Jen Gilbertson

Tuesday, October 8 | 6:00 -7:30 PM

HILLSIDE Classroom

\$5 registration fee, returned in the form

of a \$5 WFC gift card

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! This month we will break out the pasta maker and make fresh pasta along with several scratch made sauces!



Inspiration & Recipes

Whole Foods Co-op Blender Bike Simple Summer Smoothie!

We've been busy creating this Simple Summer Smoothie on our famous Blender Bike at community events this summer including the launch of Lincoln Park and Hillside Farmers Market summer season! Try the recipe with little ones this summer and let us know what they think.

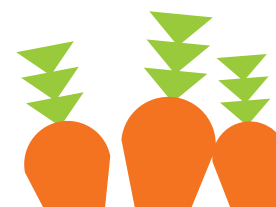
RECIPE:

- 1 ½ Cup of Unsweetened Vanilla Coconut Milk (add more for a thinner consistency)
- 1 Cup of Frozen Strawberries
- 1 Cup of Spinach (It's so good for you and you'll never even know it's there!)
- 2 Ripe Bananas
- ½ to 1 Cup of Ice (if desired)
- Throw all ingredients into a blender and blend until smooth!

Serves 2 - 4



Whole Foods Co-op Blender Bike at Essentia Heritage Center with Boys and Girls Club



Co-op Community Education



REGISTRATION

In person:
Stop by the Customer Service Counter and let them know that you would like to sign up for a WFC 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/events-calendar

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

Owners receive a discount on WFC 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 classes or are interested in teaching a class at the Co-op, please contact us!

Brand Education & Outreach Coordinator

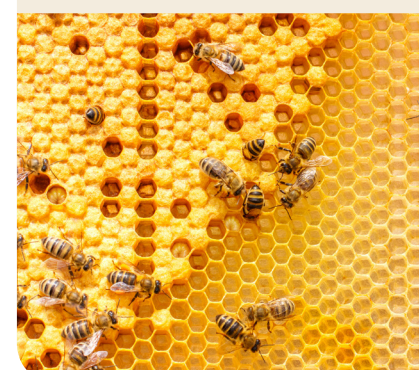
P 218.728.0884 | ext. 202

brand@wholefoods.coop

Follow us!

@WholeFoodsCoop

Follow us on social media to learn about classes and other happenings at the Co-op!



THE LOCAL GROWING SEASON

WHAT'S IN SEASON IN MINNESOTA AND WISCONSIN

WHOLE FOODS CO-OP
DULUTH MN

	MAY	JUN	JUL	AUG	SEP	OCT	NOV		MAY	JUN	JUL	AUG	SEP	OCT	NOV
APPLES				●	●	●	●	ONIONS				●	●	●	●
ASPARAGUS	●	●	●					PARSNIPS					●	●	●
BEETS			●	●	●	●	●	PEAS		●	●				
BROCCOLI		●	●	●	●	●		PEPPERS			●	●	●		
BRUSSELS SPROUTS				●	●	●		POTATOES			●	●	●	●	●
CABBAGE		●	●	●	●	●	●	PUMPKINS						●	●
CARROTS			●	●	●	●	●	RADISHES	●	●	●	●	●		
CAULIFLOWER			●	●	●	●		RASPBERRIES			●		●		
CUCUMBERS			●	●	●			RHUBARB	●	●					
EGGPLANT				●	●			SPINACH	●	●			●	●	
GREEN BEANS			●	●	●			STRAWBERRIES		●	●				
GREEN ONIONS	●	●	●	●	●			SUMMER SQUASH			●	●	●		
GREENS		●	●	●	●			SWEET CORN			●	●	●		
HERBS			●	●	●			TOMATOES			●	●	●		
KOHLRABI		●	●	●	●	●	●	TURNIPS					●	●	●
MELONS				●	●			WINTER SQUASH					●	●	●



WHEN PRODUCE IS IN SEASON, IT **TASTES BETTER!** IT IS **CHEAPER!** AND IS EASIER TO GET FROM LOCAL PRODUCERS SO WE CAN **SUPPORT LOCAL!**

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