

WHOLE FOODS CO-OP

garbanzo gazette

SPRING 2022

Dig into free learning
opportunities with
Co-op Classes

PAGE 15

Earth Day
Giveaway:
enter to win
a compost
tumbler!

PAGE 6

cultivate

CARING FOR OURSELVES, OTHERS, AND OUR LAND



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www.wholefoods.coop

OPEN DAILY • 7AM–9PM

Holiday Hours

Easter: 9am–3pm
Memorial Day: 7am–9pm

GARBANZO GAZETTE

is published by Whole Foods Co-op

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and Sarah Hannigan
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and Eddy Gilmore

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CONTENT IDEAS?

Submissions must be received one month prior to production.

The next content deadline is:
May 15, 2022

Refer submissions and questions to:
marketing@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!

WE'RE SOCIAL!

@WholeFoodsCoop



Duluth Community Garden Program + Grow Local Food Fund are the GIVE Round Up recipients for May 2022. PAGE 8



NEW COMMUNITY PERK!

Dr. Lara Hill Chiropractic

\$100.00 Whole Foods Co-op gift card with any New Patient Exam and doctor's report. Schedule at DrLaraHill.com. Cannot be combined with other offers.

For a full list of Perks visit wholefoods.coop/communityperks.

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Sarah Hannigan
General Manager

Sharing Stories

What was your first experience with a cooperative? This question was a discussion prompt at a recent Board meeting, and it sparked stories of the annual meeting of the rural utility co-op being one of the few regular times the whole town gathered together; the buying club where kids got to eat dried mango with friends after helping unload the truck; the credit union annual meeting with amazing prizes; how membership at REI helped a young outdoor educator afford a new tent; the box of tea purchased during the first visit to Whole Foods Co-op.

I appreciated the exercise as it helped me reflect upon my first experience with a cooperative, and which memories stuck. In the mid-1990s I had the opportunity to study sustainable development in Costa Rica. The field study program included a segment on agriculture, and a deep dive into bananas. One morning we visited a plantation owned and operated by one of the largest multi-national produce companies. I remember faces of workers covered by bandanas as meager protection from the pesticide-laden air. I remember a barrel of paraquat (a toxic chemical that is widely used as a herbicide). I remember the foreman, dressed in a button-down shirt, and his callousness as he spoke about the field workers. The business was bananas, and the goal was to peel off as much profit as possible.

As contrast is sometimes the best teacher, our next stop was a cooperative, owned and operated by banana farmers. I have no recollection of the fields or the packing house, but I do have a vivid memory of the evening we spent with the farmers and their families after the tour. We shared a meal. We laughed. We played soccer in the rain. There was music; there was joy. At the cooperative, the business was still bananas, but the focus wasn't linear, seeking only to maximize profit in the economic sense. The focus was instead on creating and maintaining a virtuous cycle wherein a thriving banana business supports a vibrant community which in turn helps bring the business prosperity.

At Whole Foods Co-op, our focus is a similar virtuous cycle. Groceries are our business, and groceries are the engine that we harness to support a healthy community. In turn, a healthy community helps our cooperative thrive.

Community health takes many forms – many of which are highlighted in the pages ahead – concern for our shared environment, support for our local growers and producers, and self-cultivation through community education.

Community health is also rooted in connection. A few days ago, I met a friendly neighbor while out walking with my husband. Our conversation meandered, each of us sharing a bit about ourselves, our connection to Duluth, and eventually the Co-op. The neighbor immediately lit up with stories of the Co-op's earliest days when he helped stock bulk bins and run the register. Nearly 50 years after joining the Co-op, he visits at least a few

“Groceries are our business, and groceries are the engine that we harness to support a healthy community. In turn, a healthy community helps our cooperative thrive.”

times a week, still feeling the deep connection to community in the aisles despite all that has changed over the years.

Change continues. It is an exciting and important time for our Co-op. This spring we're developing a multi-year strategic plan to help guide our work in the years ahead. It is refreshing to look beyond the immediacy of pandemic response that has held our collective focus for over two years.

It's energizing to re-engage projects we put on hold – like the Denfeld solar project – and to see how we may find opportunity with new changes to our neighborhoods and across the grocery sector.

As we plan for the next chapters for our Co-op, we remain committed to the virtuous cycle: operating a strong and prosperous business which supports a vibrant community which supports a thriving business.

We're grateful that you are part of the Co-op, that you're sharing in the experience of doing good things with and for our community. 🌱

With appreciation,
Sarah Hannigan, General Manager
sarah@wholefoods.coop



Jamie Harvie
President

Board Goals and Non-duality

The primary responsibility for the Co-op Board of Directors is governance. For our 12,000+ owners that are passionate about our ENDS statement, or how we articulate our vision, the term 'governance' may seem a little bland and boring. Passion evokes movement and action while governance often suggests slow process, policies and procedures.

For a mission driven organization, such as our Co-op, good governance calls for non-duality; both passion and procedure. Good governance requires discipline to keep

our Co-op focused on the long-term vision and an awareness of historical trends, informed by short-term fads and daily news. A long-term approach requires organizational stability through

transparent processes for decision making, accountability, controls, and behavior. This does not mean unchanging but rather ongoing deliberation and iterative change, reflective of a learning organization. As the outside culture changes, so must our Co-op. While not always easy, this change and growth is rewarding.

Beyond our regular monitoring and governance responsibilities, each year the Board sets goals for the year ahead. As an organization that seeks to continually evolve, these goals keep us accountable for learning and growth. Provided below are the WFC 2021–2022 Board goals with a short summary of explanation.

► **The Board will review and update the policy register.** The Co-op Board governs through policy governance; we monitor the performance of our one employee, the General Manager, and our own performance through policies (available on the WFC website). Many of these policies haven't been updated since 2014; all will be reviewed and revised as needed, to reflect best practice.

“For a mission driven organization, such as our Co-op, good governance calls for non-duality; both passion and procedure.”

► **The Board will deepen its aptitude and fluency of cooperative economics and living economies.** There is a shared awareness that cooperatives play a vital role in local wealth creation. As a learning exercise consistent with the cooperative principle “Cooperation among Cooperatives,” the Board will explore, discuss, and highlight multi-sector cooperative models and the cooperative economy.

► **The Board will develop a process for an effective ENDS feedback process.**

In the co-op world, a long-term vision is called ENDS. The ENDS are important because it is our shared vision, but also because it is our differentiator in the marketplace. There are simply no other grocery stores in the greater Duluth-Superior region working to advance a holistic vision of health for our community.

The ENDS retreat is a generative space, with sufficient time, to allow the Board and Management to share and receive feedback and continue our shared alignment towards our ENDS.

► **The Board supports a culture of good governance and learning.** With an ever-changing Board, there is shared agreement that Board committees should have updated timelines and processes and that a majority of the Board will have attended Board training (governance, finance, other). Moreover, all Board members meet with the GM to help foster positive culture-building between operations and governance.

I am excited to be part of a Board and organization that learns and grows together. I am passionate about our Co-op and the template it can provide for the development of a cooperative economy. 🌱

WFC Board of Directors



JAMIE HARVIE
President
Term expires 2023
jharvie@wholefoods.coop



EMILY KUENSTLER
Vice President
Term expires 2022
ekuenstler@wholefoods.coop



VIDAR SANCHEZ
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Board Meetings

If you have an item for discussion at Board meetings, please submit your item in writing by the first Friday of the month requesting the Board's consideration.

Board meetings are at 5:30pm on the 4th Monday of every month, subject to change due to holidays and Co-op events.

Join the Board!

WHOLE FOODS CO-OP SEEKS OWNERS FOR THE BOARD OF DIRECTORS

As a Co-op Owner, you are a vital part of ensuring the future strength of Whole Foods Co-op. Board members are another important part of the cooperative model – providing oversight, support, and diverse expertise and perspectives to the General Manager in their leadership role.



WFC Board members at the Board retreat in November 2021. From left to right: LeAnn Littlewolf, Ryan Jones-Casey, and Jamie Harvie.

NOW
ACCEPTING
APPLICATIONS
FOR 3
OPENINGS!

Why should YOU run for the Board?

- ▶ Learn more about cooperative principles, policy governance, and the cooperative business model.
- ▶ Connect with community members and other co-op enthusiasts from around the country.
- ▶ Share your unique lived experience, perspective, and skills in support of the Co-op's positive impact in our region.
- ▶ Engage in learning around sustainable agriculture, food access, equity, supply chains, labor unions, and other topics relevant to our community.

Candidates must:

- ▶ Be the primary Owner on your account for a minimum of ninety (90) consecutive days prior to the application deadline. (If you're not sure you are the primary Owner, you can call either store and customer service can provide that information.)
- ▶ Have attended one of the most recent 12 Board meetings before the application deadline.
- ▶ Be willing to attend monthly meetings and serve a three-year term.
- ▶ Complete the Board Application and background check.
- ▶ Provide a current resume and list of references.
- ▶ Participate in an interview, prior to the election, with members of the Recruitment Committee.

Apply Now – August 1, 2022

Board Elections: October 2022

Learn more and apply here:
wholefoods.coop/wfc-board

Ask for more information at either
Whole Foods Co-op location.

Still unsure about what the Board does?

All Board meetings have an Open Listening Session that Co-op Owners are encouraged to attend. This is a great way to learn more about this part of the Co-op's foundation and operation. Reach out to the Whole Foods Co-op Board Recruitment Committee at **boardapplicants@wholefoods.coop**.

celebrate earth day everyday

One of the reasons people shop at the Co-op is to reduce their impact on the environment. We prioritize stocking products that are locally produced and organically grown. As a Co-op community, we strive to be more sustainable in practice everyday, but Earth Day reminds us that there is always more we can do to be better stewards of our environment. We'd like to take this opportunity to share some ways to celebrate Earth Day everyday.



Reduce

Buy bulk foods and products to reduce packaging waste.

Whole Foods Co-op offers a variety of bulk buying options including grains, nuts, dried fruits, spices, nut butters, cooking oils, soaps, and more! Bring your own clean containers and produce less waste with what you consume.

Reuse

Choose reusable containers.

Instead of adding single-use disposable items to the landfill, opt for containers and utensils you can reuse. If you don't already have the reusables you need, you can find a great selection at the Co-op. We carry beeswax wraps, Stasher silicone storage bags, bamboo utensils, metal straws, water bottles, canvas bags, and more!



Recycle

Convert food waste into compost.

Food scraps are a valuable resource that shouldn't be wasted! Instead, you can easily convert such nutrient-rich organic matter into compost and improve the soil in your garden or yard.



EARTH DAY GIVEAWAY

**Enter to win a
Dual Chamber
Compost Tumbler!**

This 2-chamber compost tumbler allows you to add compost ingredients to one side while waiting for the other side to cure. With internal mixing bars that speed up the decomposition process, you can expect rich, fertile compost in just 4–6 weeks! The efficient tumbler system is the simple way to get perfectly cooked compost without having to dig, turn, and mix by hand. All you have to do is open the easy-sliding door, add your scraps to the bucket, and turn the handle 5–6 times every few days.

**Enter the in-store raffle
April 20 – May 3 at Hillside
or Denfeld for your chance
to win 1 of 2 compost
tumblers!**



Zero Waste Kids

Co-op class instructor and founder of Zero Waste Duluth, April Hepokoski contributed to a new book by well-known sustainability activist and author, Rob Greenfield. *Zero Waste Kids: Hands-On Projects and Activities to Reduce, Reuse, and Recycle* helps children to understand the world they live in and inspire them to start living in a more sustainable way.



► Rob is known by many as “The Trash Man” for his month long project wherein he consumed like the average American for one month and wore all the trash he created. The purpose of this project was to create a shocking visual of how much garbage just one person generates.

REGISTER FOR APRIL'S FREE VIRTUAL CO-OP CLASS

Zero Waste Living: Connect Back to Nature

April Hepokoski • Thursday, April 14 • 6 – 7:30pm

In honor of Earth Day, learn how to reduce the amount of trash your household creates! This class includes a presentation filled with tips and tricks on how to live a Zero Waste lifestyle. Learn ways to reduce, reuse, recycle, repurpose, and more.

▼ Get your copy of *Zero Waste Kids* at Whole Foods Co-op!



KEEP DULUTH CLEAN

SPRING CLEANUP • APRIL 23RD • 8AM – 5PM



Join your fellow community members in the spring, city wide cleanup event! Organized by Keep Duluth Clean, this event is a great opportunity to help clean up our city of abandoned waste and litter. Volunteers are encouraged to dispose of the collected waste in their own personal trash bins. You can also utilize the trash collection points sponsored by Keep Duluth Clean.

To learn more and to register for the event, visit keepduluthclean.org





WE!

ROACH \$500,000!!!



you!



The Grow Local Food Fund was established in 2020 to support, cultivate, and strengthen our local food system. Program funds are generated by shoppers like you who round up at the registers.

Shopper round up donations are split 50/50 to benefit our Non-Profit Support Program and Grow Local Food Fund.

Local farmers, emerging growers, and food producers are encouraged to apply for Grow Local Food Fund grants twice annually (spring/fall). More details about the program can be found on our website: wholefoods.coop/growlocalfoodfund

The Spring 2022 GLFF Grant Recipients will be announced the week of April 18th!

Together, we are creating and reinforcing the importance of local food production.

Duluth's Best Bread

BAKERY BROTHERS WILL OPEN A NEW LOCATION DOWNTOWN DULUTH

By Jennifer Gilbertson, *Education & Outreach Coordinator*

Full disclosure, I eat a LOT of bread. It's one of my favorite foods. I adore it for its versatility, how it ranges from pillowy and soft to heavy and dense. Luckily for me, the Co-op has so many wonderful bakeries supplying our bread. Obviously, Duluth's Best Bread is at the top of that list!

Duluth's Best Bread is owned and operated by Michael and Robert Lillegard. Michael launched into baking as a hobby while in grad school for mathematics. After deciding a career as a mathematics professor was not the job of his dreams he began testing bread recipes. Two thousand loaves later he had cultivated the perfect recipe and resolved to start his business.



Wanting to concentrate on baking and selling, Michael brought on older brother Robert, a former food writer for the New York Times, to take care of the "details." Those details encompassed marketing, sales, new product development, and randomly cleaning the basement of their current location – a former convenience store, turned pizzeria, turned Duluth's Best Bread headquarters in Lincoln Park.

The Lillegard brothers have this to say about the start of Duluth's Best Bread: "When we started the bakery we wanted to bring a true taste of Europe to Duluth. We basically did what anyone would do, we:

1. Learned fluent German
2. Visited dozens of bakeries in Germany, France, and Italy
3. Built a wood-fired stone oven in the backyard
4. Cooked 1,000 practice loaves
5. Stayed up all night baking for months
6. Sold croissants for \$3

Yes, that is EXACTLY what anyone opening a bakery does!"

Duluth's Best Bread started selling their bread at area farmer's markets. Robert said, "My brother Michael still lived with mom and dad and baked the bread out of their kitchen. We loaded it into the back of a car and drove to the farmer's market. All our bakery owned was a card table and a cash box. Scratch that – I think we were borrowing the card table."

In 2015, DBB moved into their Lincoln Park location. Their first day was rather inauspicious, only two customers stopped in. In contrast, they were completely unprepared for the second day; Michael got there at 8:57am to open at 9am and a line was formed out the door. The Duluth News Tribune had published a story about two brothers making their way in Lincoln Park – and boy did people read it!

As word spread, the business began to grow. Michael would typically work a day shift AND a night shift. In between, he would sleep on the floor of the back room in a sleeping bag. There was some fighting between the siblings, but the customers continued to come and soon they were able to hire their first part-time employee. Duluth's Best Bread currently has seven full-time and two part-time employees.

Continued on Next Page



Michael and Robert Lillegard,
Owners of Duluth's Best Bread



Photos courtesy
Duluth's Best Bread

► Find DBB's breads, croissants, caramel and cinnamon rolls, pop tarts and more at Whole Foods Co-op.

All this steady growth has put a lot of strain on their tiny 1200 sq. ft. location. As they put it "We have shelves on top of shelves, an oven on top of an oven, and chest freezers as far as the eye can see, but it isn't enough." Good news though, they are planning an expansion! They will soon have two locations and move into their new downtown location, the former location of Blacklist Brewery and Taproom. This location will be FOUR TIMES as big as their current location, which will allow them to do several things:

First, it will be a true European café experience. They plan to offer a full line of French pastries, German breads and pretzels, baguettes, and more to take off-site or eat in. They will also serve cappuccino, espresso, and other coffee drinks. It is planned to be a beautiful space with plenty of comfortable seating and free Wi-Fi. Plus, "We'll deck the place out in custom local artwork!"

Second, this move will dramatically expand their baking capabilities. They will turn the entire basement into production space, allowing them to expand wholesale production to grocers and restaurants, double their *Taste Tester Box* program, grow festival activities, and expand mail-order options.

Their biggest goal remains the same: "Taking care of customers and staff. We take care of customers with the best baked goods in town. We take care of staff with a good work environment and profit sharing."

Third, this spot will set Duluth's Best Bread up for a big future. "This space is large enough to grow with us as the market

continues to evolve. Will we do a full-on restaurant? Offer baking classes? One thing I do know is we can either grow or fade away. And right now...it's time to grow," Robert said.

By centralizing bread and macaron production in the new space and keeping croissant production in the Lincoln Park location, buying high-efficiency equipment, and streamlining processes, they will be able to

employ more people, produce more product, AND keep prices down. That is a triple win!

Their biggest goal remains the same: "Taking care of customers and staff. We take care of customers with the best baked goods in town. We take care of staff with a good work environment, including transparency (we update staff weekly on our revenue, our expenses, and our profits), and profit sharing. Either we win together or we lose together," Robert said.

For a deceptively simple product primarily consisting of just four ingredients the Lillegard brothers have built quite a business. As the brothers say "We didn't choose the croissant life. The croissant life chose us." 🥖

Tiny Farm Duluth

By Eddy Gilmore, *Owner of Tiny Farm Duluth*



A decade ago, when I became a Co-op member, I was trapped in cubicle-land. Years spent working as a virtual beast of burden resulted in nothing physically tangible, and my connection with the community felt tenuous. Joining WFC felt exotic. You all seemed so weird and interesting – and the escape from a sterile, corporate, beige and gray existence, was a true breath of fresh air.

Along the way I lost my “secure” job, and bumbled along for quite some time, completely at a loss for how to express my weirdness in a way that might be of some value. Amid the darkest point of a midlife crisis, the December 2015 *Garbanzo Gazette* arrived in my mailbox. As I paged for some spark of interest, I turned to an inspiring story about Max Organics, a former producer who sold garlic and garlic salt to the Co-op. The article essentially boiled down to “Grow food. Ride bike.” The profile about a 16-year-old urban farmer who creatively marketed his garlic at the Co-op had landed on extremely fertile ground.

After devouring the short story amidst the deepest depression of my life – while unemployed and at a loss for prospects – and enduring a week of rain during an absurdly mild December, I got off the couch and drove to Whole Foods Co-op for this special garlic. The store, unfortunately, was sold out of Max’s hyperlocal option, so I obtained help from the Produce Manager, Nick Sarris, who cheerfully appeared at my request and proceeded down a deep-dive of nerd-level, Portlandia-type questions about where the garlic came from, varietal options, etc. Little did I know that I’d soon develop a working relationship with this affable fellow.

After our conversation I returned home with a singular purpose, and in an act of desperation, submerged fourteen individual garlic cloves into cold, saturated black dirt. Pulling back a layer of rotting leaves to reveal my canvas, I came upon what Aristotle described as, “intestines of the earth,” an earthworm, which wriggled and writhed like a sea serpent brought up from the deep. Kneeling as a supplicant in the very depth of a midlife crisis, as the rain continued to pour down, I was planting hope. Somewhat akin to the effect of Jack’s Magic Beans, at roughly the same moment tender green shoots emerged in March of 2016, I knew what I wanted to do with my life.

All fourteen cloves had sprung up from the soil in a remarkable display of nature’s vigor and vitality in the face of my paucity of knowledge and experience. Growing food really can be as simple as putting seeds into the soil and walking away, a valuable lesson in not overthinking a process that nature has largely perfected.



Eddy Gilmore, Owner of Tiny Farm Duluth



I had always equated farming with major acreage, tractors, and debt, none of which were available to me. We live in the city proper, and my wife had no desire to leave. Rather than grumble about the circumstances, I resolved to farm anyway.

As it turned out, an intransigent wife was key to our success, because we launched into the endeavor without incurring generational debt, while transforming lawns into growing spaces that weren’t otherwise needed. I started out with a wide array of crops, including chickens on pasture just outside of town. Desperation, such as when our only vehicle blew an engine AND transmission, prodded me to relentlessly follow the 80/20 rule, and focus on the 20% of crops that produced 80% of income. Thus, extremely difficult circumstances eliminated the luxury of settling for a slow grind toward poverty.

Continued on Next Page

Three years at the Duluth Farmers Market helped hone exactly what I was capable of growing sustainably, and what the public was willing to pay for. We've since focused on WFC as our primary market, for the sake of additional family time and so I may continue to write books. Oddly enough, though reluctant to write about myself, I'm a memoirist with a second book nearing completion.



Tiny Farm Duluth now focuses exclusively on microgreens. I'm beyond fortunate to grow these nutritional powerhouses in a south-facing grow room a mere 30 feet from where my wife creates beautiful paintings, and somewhat adjacent to my writing space. As such, we've found a way for our innate collection of weirdnesses to flower, and thus add value to the

community in our own unique ways. This is a household economy that produces items of tangible value that are appreciated with the aid of all five senses.

Our kids are finishing out childhood while experiencing exactly what it is that keeps their family afloat. This was sorely lacking in career 1.0, so I'm grateful for depression, hard times, the *Garbanzo Gazette*, and of course, the Whole Foods Co-op's shoppers and Owners, for making this seemingly impossible existence possible. 🥕

“I’m grateful for depression, hard times, the *Garbanzo Gazette*, and of course, the Whole Foods Co-op’s shoppers and Owners, for making this seemingly impossible existence possible.”



Photos courtesy Tiny Farm Duluth

JOIN OUR CO-OP TEAM!

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WHOLE FOODS CO-OP
offers full-time & part-time job opportunities with excellent benefits!

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Let Co-op Staff shop for you!

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transplant sale

MOTHER'S DAY, MAY 8 – JUNE 30

- ▶ annuals & perennials
- ▶ hanging baskets
- ▶ vegetable transplants
- ▶ plants for pollinators
- ▶ strawberry plants
- ▶ blueberry bushes

from local greenhouses and farms • supply subject to availability



FRIDAY, JUNE 3

Meet John and Emily from Fairhaven Farm

Farmers Emily and John will be providing the Co-op with a selection of annual vegetable, herb, and flower bedding plants, in compostable pots this year! They will be tabling on Friday, June 3 from 11am – 1pm at our Hillside store and 3pm – 5pm at Denfeld.

NEW Cookies at the Co-op!

If you've visited the cookie aisle recently, you might have noticed some changes. We've reset our inventory and added new products, including the ones below!



Hu
Grain-Free
Chocolate
Chip Cookies

Gluten/Grain-Free • Paleo-friendly
Keto-friendly • No added sugar



CADIA® Organic Chocolate
Sandwich Cookies

USDA Certified Organic



Siete
Grain-Free
Mexican
Shortbread
Cookies

Gluten/Grain-Free • Vegan
Soy-free • Non-GMO



SHOP WFC FOR

Easter & Passover CELEBRATIONS

Preorder Quiche, Pies, Cakes,
Scone/Muffin Trays,
and Sweet Bread!

Order online by April 9th:

wholefoods.coop/easter-preorder

Matzo, Gefilte Fish, Macaroons
Matzo Ball & Soup Mix,
and more!

Kosher for Passover

Gluten Free Options Available



FREE Co-op Spring Virtual Classes

Visit [wholefoods.coop/classes](https://www.wholefoods.coop/classes) for detailed class descriptions, instructor bios, and registration information.

Garden Prep & Planning: Finding Success in Northern Minnesota

John and Emily Beaton of Fairhaven Farm
Saturday, May 21 • 10 – 11:30am

Join a conversation about garden prep and planning with local farmers John and Emily Beaton of Fairhaven Farm. They have experience with many types of vegetables, herbs, and flowers that grow well in Northern Minnesota. Come chat about favorite varieties, get advice about planning and setting garden goals, and learn about caring for the soil.

Tomato Time! Choosing the Right Variety and Caring for Tomatoes in Your Garden

John and Emily Beaton of Fairhaven Farm • Thursday, June 2 • 6 – 7:30pm

2022 is the year of the tomato! There are hundreds of varieties of tomatoes; they come in all shapes, sizes, colors, and flavors. They can also be a challenge to grow in our short growing season. Visit with John and Emily Beaton of Fairhaven Farm and learn how to ensure success growing your own tomatoes. Tomato growing tips, choosing the right variety, and advice for saving seeds will all be covered. John and Emily grow over 600 tomato plants each year at their farm and also supply tomato starts to Whole Foods Co-op in the spring. This will be a great opportunity to learn from professional growers!



JUNE

Tomato Time! Choosing the Right Variety and Caring for Tomatoes in Your Garden

John and Emily Beaton of Fairhaven Farm
Thursday, June 2 • 6 – 7:30pm

ONGOING MONTHLY CLASSES

Co-op Qigong

Rebecca James-Alsum
Tuesday, April 5, May 3, June 7 • 7 – 8pm
Saturday, April 30, June 4 • 10:30 – 11:30am

Co-op Yoga Night: Advanced Vinyasa

Joella Erin
Tuesday, April 12, May 10, June 14
5:30 – 6:30pm

Let's Do SunDo

Kim Hedegaard of Body Awareness Therapeutic Massage
Tuesday, April 19, May 17, June 21
6 – 7:30pm

Co-op Yoga Night: Slow Flow Yoga

Joella Erin
Thursday, April 21, May 19, June 23
5:30 – 6:30pm

Herbalism for Beginners (cont. series)

Stacey Quade
Tuesday, April 26, May 31, June 28
6 – 7:30pm



Waste Comprehension I01

Corey Sather • Thursday, May 5 • 6 – 7:30pm

Did you know most people are not recycling correctly? In this class we will learn the dos and don'ts for proper waste disposal of common household materials.



APRIL

Vegan Victuals

Jen Gilbertson
Thursday, April 7 • 6 – 7:30pm

Kids in the Kitchen: Spring Fling

Jen Gilbertson
Saturday, April 9 • 10 – 11:30am

Zero Waste Living: Connect Back to Nature

April Hepokoski
Thursday, April 14 • 6 – 7:30pm

The Power of Decision: 3 Secrets to Get Unstuck & Shift Your Results

Inge Maskun
Saturday, April 16 • 10 – 11:30am

Alzheimer's Association Presents: Effective Communication

Instructor to be announced
Thursday, April 28 • 6 – 7:30pm

Interested in hosting a class?
Email: marketing@wholefoods.coop

MAY

Waste Comprehension I01

Corey Sather
Thursday, May 5 • 6 – 7:30pm

Kids in the Kitchen: Mother's Day Brunch

Jen Gilbertson
Saturday, May 7 • 10 – 11:30am

Gardening with Native Plants: Why, What, Where, and How

Dan Schutte from Shoreview Natives
Thursday, May 12 • 6 – 7:30pm

Garden Prep & Planning: Finding Success in Northern Minnesota

John and Emily Beaton of Fairhaven Farm
Saturday, May 21 • 10 – 11:30am

Restoring Your Backyard with Native Plants

Mandy McDonald of Rusty Patch Natives
Tuesday, May 24 • 6 – 7:30pm

Memorial Day BBQ Recipes

Jen Gilbertson • Thursday, May 26 • 6 – 7:30pm

WHOLE FOODS CO-OP

HILLSIDE

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