

WHOLE FOODS CO-OP

garbanzo gazette

WINTER 2023

INSIDE:

Meet our new Board members,
learn about GIVE! 2023 Non-profit
Support Program recipients,
and join in on our Wellness
Wednesdays Owner Deal



2022 Grow Local Food Fund
recipient, Native Wise, recently
added bison to their ranch in
Sawyer, MN.

Applications for the 2023 GLFF
grant cycle open January 4th!

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HILLSIDE

610 East 4th Street
Duluth, MN 55805

DENFELD

4426 Grand Avenue
Duluth, MN 55807

218.728.0884
www.wholefoods.coop

OPEN DAILY • 7AM–9PM

GARBANZO GAZETTE

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CONTENT IDEAS?

Submissions must be received one month prior to production.

The next content deadline is:
February 1, 2023

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



Northwood Children's Services + Grow Local Food Fund are GIVE! Round Up recipients for January 2023. PAGE 7

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Sarah Hannigan
General Manager

A Season of Wishes

A new year. A time of reflection and resolve. A time of intention, of wishes. For ourselves, for each other. Today our hopes for the New Year include new wishes for the Co-op's future, and bringing to fruition intentions we set over the last many years.

A few months ago, at the Annual Owner Meeting, we asked guests to share their wishes for the Co-op. One struck me as especially poignant: "I wish our Duluth Whole Foods Co-op the best of health and ongoing collective resiliency." This wish aligns with our overarching mission to be a thriving cooperative that supports a healthy community. It touches on many of the hopes we're for working to fulfill in the coming year.

In March, we'll repay the final Owner investment for the Denfeld expansion. This completes a campaign that began with a wish made nine years ago. In the winter of 2014, the Co-op asked Owners to join us in building a second store. Over 300 Owners stepped up and loaned the Co-op critical project financing. When the final payment is made, over \$2.16 million in initial investment and interest will have been repaid to Owner investors. The Denfeld store created new jobs, opened advancement opportunities for staff, addressed a food desert, and made another point of access for Owners and customers to shop at the Co-op. We couldn't have done this without our Owners – thank you!!



Sarah Hannigan, LeAnn Littlewolf, and Bret Pence at Heliene, a solar panel production facility in Mt. Iron, MN in January 2020

This winter we're reactivating a wish we made in 2019 to build a solar array on the rooftop of the Denfeld store. This project, after years of planning, will add an additional 65 kW of solar photovoltaic production to the 15 kW we already have on site. The project includes locally assembled solar panels and an opportunity for on-site training for folks looking to get into the growing business of

solar installation. Through our partnership with the solar contractor, a side-project of this effort will bring electric vehicle chargers to both stores.

Another project to increase energy efficiency and reduce CO2 emissions will be completed in 2023. Five years ago, we embarked on a phased project to replace all the merchandising coolers at the Hillside store. While state-of-the-art at the time of installation in 2005, these coolers are reaching the end of their functional life. Upgraded coolers improve energy use, reduce the risk of refrigeration leaks, and create a better shopper experience.

One wish shared by many is that the impact of inflation will wane in the New Year. At the Co-op, we're working hard to navigate these challenging financial times. In January, you'll find an expanded selection of Co+op Basics, which includes Field Day products, in our stores. We're committed to offering these high-quality staple pantry items at the lowest possible prices, which we're able to secure at competitive prices through our membership in National Co+op Grocers (a cooperative of grocery co-ops). Co+op Basics provide affordable options throughout our stores every day.

A perpetual wish in the cold, dark days of winter is for spring to return. This spring, through the Grow Local Food Fund, we'll support the wishes of local farmers and food producers to build capacity in their businesses. See page 6 for more information about this program funded through round-up donations of our shoppers. The 2023 application cycle will be completed with funds to be distributed before the snow melts, just in time for spring.

"I wish our Duluth Whole Foods Co-op the best of health and ongoing collective resiliency."

– a Whole Foods Co-op Owner

A season of wishes. Some old, some new; all in pursuit of our Co-op's health and ongoing collective resiliency. This season we wish the same for you. 🌱

With gratitude and in cooperation,
Sarah Hannigan, General Manager
sarah@wholefoods.coop



Jamie Harvie
Board of Directors

Moving in the Flow

Wow! Just, Wow! It was so wonderful to be back together again, in person, for our Annual Owner Meeting

in October. While it was only three years since our last in-person gathering, it felt like eons. We humans are wired for connection and the last three years of COVID have been hard. For many, a lonely time. It felt good to stretch our relational muscles.

While I should no longer be surprised, every time we gather as a co-op community for our annual meeting I am surprised by the many people and faces that I know from the Twin Ports community. With over 12,700 Owners, I should know that the odds are pretty good that everyone knows someone. Standing in line for the buffet, I had a lovely conversation with a woman and her adult daughter, new to the Northland and new Owners, from Cloquet. With smiling faces, they shared how lovely it was to be gathered together, sharing a meal and making new friendships. It was an evening of community gathering, community building, and community strengthening. It was good.

“I believe that together, through our Co-op ENDS (our vision), we are continually writing a new story of what it means to flourish and thrive in alignment with the natural world.”

In a similar fashion, your new Co-op Board met for its annual Board retreat in mid-November. With four new members it was a time of building relationships and building a new foundation, drawing from the old, for the year ahead. It was also a time to revisit and support the emergence of new shared goals.

These two gatherings were a beautiful reminder that we are ecological beings, interconnected and interrelated within the community of life; and that nothing stays the same. So that when we pick up, turn on, or scan the news and might feel that the world is undoing, we can be reminded that like forests, old systems are always in decay and new life and new ideas are always emergent. This can hold both joy and grief.

Our human destiny is not foretold. I believe that together, through our Co-op ENDS (our vision), we are continually writing a new story of what it means to flourish and thrive in alignment with the natural world.

I firmly believe that our Co-op community (and other communities with which you might be a part) are the antidote to business as usual – which depends on our

disconnection from self, community, nature, and the mystery of life, or spirit. It is why I love our Co-op.

It has been a joy and pleasure to serve as President over the last three years. I'll admit that I'm excited to pass the torch because we always need new vision and new ideas, a refresh, one could say. I'll be on the Board for one more year; as of now I'm not yet compost, not even close. 🍷

With love and gratitude,
Jamie Harvie
jharvie@wholefoods.coop



Jamie welcomes everyone to the 2022 Annual Owner Meeting in October

WFC Board of Directors



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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.

Learn more at
wholefoods.coop/wfc-board

Welcome

NEW BOARD MEMBERS!

Diane Desotelle

Diane has experience preserving, restoring, monitoring, and maintaining natural resources for over 30 years, plus teaching and practicing sustainable living.



“I want to spend more time giving back and I think my skills in planning, lobbying, government, and love of gardening can provide some level of insight to issues and concerns as Whole Foods Co-op works to implement their strategic plan.”

Scott Van Daele

Scott is the Director of Distributive Services at CHUM. He has experience working in parks and recreation in Los Angeles and a homeless youth organization in Denver.



“I am passionate about the mission of Whole Foods Co-op. The last three positions that I have had, have confronted poverty while nurturing a healthier community.”

Amber Schlater

Amber is a biologist and educator at The College of St. Scholastica. She enjoys cooking and doing outdoor activities with her husband and three children, including running, cycling, hiking, camping, canoeing, and skiing.



“Whole Food Co-op’s commitment to broader social and environmental justice is extremely important to me, and I am eager to engage as a more active member of the community.”

Lynn Kalnbach

Lynn is the Chair of the Management and Business Studies Department at the College of St. Scholastica. She has experience data in analyzing data, report writing, and developing programs.



“The Co-op has many opportunities: building additional partnerships with local producers and organizations; expanding product options; and expanding educational offerings.”



WFC Board members at the Denfeld store during the November 2022 Board Meeting.

Back Row: Scott Van Daele, Holly Wolfe, Diane Desotelle, LeAnn Littlewolf, Amber Schlater, and Jamie Harvie.

Front Row: Maria Isley, Lynn Kalnbach, Robin Pestalozzi and her new baby.

GIVE!

Monthly GIVE! round-up donations are divided between the Non-profit Support Program and the Grow Local Food Fund.

Thank you for contributing to our community by rounding up at the registers!

NON-PROFIT SUPPORT PROGRAM

We're pleased to announce the 2023 GIVE! Non-profit Support Program recipients! Organizations were chosen through a staff poll and the fall 2022 Owner election.

JANUARY

Northwood Children's Services

Providing holistic and professional care for children with severe emotional, behavioral, and learning disabilities. Funds will expand the garden program to include greenhouse gardening and updates to the outdoor kitchen.

FEBRUARY

Safe Haven Shelter and Resource Center

Offering safety, space to heal, advocacy, and empowerment to survivors whose lives have been affected by physical, emotional, sexual, and economic abuse. Funds will go directly to the crisis shelter and resource center programs.

MARCH

CHUM + Minnesota FoodShare

Providing emergency shelter, food, and street outreach throughout Duluth. In March, 100% of Round Up donations will support CHUM and the Minnesota FoodShare initiative, an annual giving campaign that addresses food insecurity education and awareness.

APRIL

First Witness Child Advocacy Center

Offering hope, healing, and justice for victims of child abuse and their families. Funds will support general operations to continue to provide services to those in need.

MAY

Community Action Duluth

Envisioning a community where individuals and families can find the means to prosper with access to quality education, affordable housing and healthcare, and more. Funds will help support Seeds of Success food access programs: Deep Winter Greenhouse, Mobile Market, and Farmer's Markets.

JUNE

Whole Foods Co-op Access Discount

Helping reduce cost barriers by giving Co-op Owners enrolled in Minnesota food assistance programs a 10% discount on purchases. *In 2022, the Co-op Access Discount provided over \$86,411 to 429 individuals and families with limited means.*

JULY

Superior Hiking Trail Association

Building, maintaining, managing, and promoting the Superior Hiking Trail. Funds will help coordinate contractors and volunteers for trail maintenance projects, plus support for operating, permitting, and administrative work.

AUGUST

Damiano Center

Honoring the dignity of all people and strengthening our community by providing essential services to people who are in need. Funds will support eight programs that provide essential, emergency help to homeless and other low-income neighbors.

SEPTEMBER

Hawk Ridge Bird Observatory

Protecting birds of prey and other migratory birds in the Western Lake Superior Region through research, education, and stewardship. Funds will support program scholarships and educational programs about environmental stewardship through birds.

OCTOBER

WE Health Clinic, P.A.

Providing, advancing, and advocating for evidence-based reproductive and sexual health care for all. Funds will be used for general operating expenses such as medical supplies, malpractice insurance, and staff salaries.

NOVEMBER

American Indian Education Parent Advisory Council

Helping to ensure that American Indian students are receiving culturally relevant and equitable educational opportunities. Funds will benefit American Indian students who are not enrolled in federally recognized tribes.

DECEMBER

Lincoln Park Children and Families Collaborative (LPCFC)

Supporting children and families by embracing our cultures and connecting to resources, while building community and well-being through strong and equitable leadership. Funds will facilitate monthly delivery from Second Harvest and the logistics of the service.



GROW LOCAL FOOD FUND

The Grow Local Food Fund (GLFF) provides funding for projects that build the resiliency of our local food economy.

Since it began in 2020, the GLFF has provided grants totaling \$50,596 to 11 local food producers and farmers.

In 2023 there will be one grant cycle. Applications will be accepted January 4th – 31st! Local food producers and farmers within the Lake Superior Bioregion are encouraged to apply.

To learn more about the application process visit:
wholefoods.coop/growlocalfoodfund

Co-op Wishes

At the 2022 Annual Owner Meeting, guests were invited to write their wish for Whole Foods Co-op. The Co-op Wishes were shared between those sitting at the same table and some were read aloud to the entire group. All were collected at the end of the meeting. Here are a few with our responses.

Co-op Wish: Post a list of Co-op education classes on Co-op bulletin board.

Wish granted! You can find a list of Co-op Classes and Events for the current month posted on the bulletin boards at both stores.

Co-op Wish: I would see more value if I could meet the farmers/vendors of local food again. Perhaps they could teach a class, give a presentation, or take us on a tour? (not just in the newsletter)

Connections to our food and farmers is so important. We are reinvigorating vendor demos in our stores with samples now, and will consider classes, presentations, and tours as we plan our outreach activities for Spring/Fall!

Co-op Wish: Once a week to give away expired (or nearing expired food to folks in neighborhood) or cook a meal with it and serve in parking lot for neighbors.

Our stores currently donate food nearing expiration to Loaves & Fishes and Second Harvest Food Bank weekly for their community outreach missions which includes serving hot meals to our neighbors.

Thank you to everyone who shared their Co-op Wish with us! Many of them have encouraged us, given us ideas, and helped us identify some ways we can improve our Co-op.

Do you have a wish for the Co-op? Share it at [wholefoods.coop/comment](https://www.wholefoods.coop/comment).



A herd of bison make themselves at home on the 380 acre Native Wise ranch. Photo courtesy Ivy Vainio.



Native Wise owner, David Wise, taps a maple tree with his son, Abe. Photo courtesy Native Wise.

NATIVE WISE

When owners of Native Wise, David and Patra Wise, applied for the GLFF grant in spring 2022, they planned to use the funds to add bison meat to the list of products by purchasing a refrigerated vehicle and a set of freezers for transporting and storing frozen meats. They were selected and received a \$7,000 grant.

This past November, they added twelve bison to their ranch on the Fond du Lac Reservation, restoring a culturally significant animal to Native lands and growing their family-owned business. We are excited to follow along as they embark on this new venture and look forward to selling Native Wise bison meat at the Co-op in the future!



“I see business as a form of creative expression and an opportunity to share more broadly the values I believe in: sustainability, the wellbeing of our community, and a path to success that doesn’t come at the expense of people or environment.”

– Justin Wood, owner of Almanac Coffee

Almanac Coffee

A CAN-DO COFFEE ROASTERY

By André LeTendre-Wilcox, *Education & Outreach Coordinator*

One of my favorite things to do is to watch the sunrise over Lake Superior with a freshly brewed cup of coffee in my hand. The vibrant colors spread across the sky, inviting us to a new day. It is a warm comforting feeling that starts the day out right. With a great cup of coffee, you can bring that feeling with you wherever you start your day, then you have something very special. Let’s take a closer look at that cup of coffee. I had the privilege to ask the owner of Almanac Coffee about their work and I am excited to share it with you.

Almanac Coffee has been around for about four years. It is nestled neatly in the back corner of Dovetail Café at the Duluth Folk School in Lincoln Park. The owner of Almanac Coffee is a charismatic young man named Justin Wood who recently purchased the business after working several years alongside the former owner, Russel Crawford. The bright glass-encased roasting room invites onlookers to peer in. It is reminiscent of the lure of an old taffy puller, twisting and turning a delicious treat that builds anticipation with the aroma of a freshly roasted bean. Justin studied coffee in New



Zealand and also has a background as a beer brewer. He tells us that “Much like the craft beer industry, coffee has undergone a renaissance with significant changes in how coffee is sourced, processed, and roasted. One positive trend that has come out of this is a greater transparency in farming practices, the relationship that bonds consumers with farmers who grow the coffee and the economics behind equitable trade.”

Living up to the name Almanac, an annual calendar, Justin points out that “Almanac (coffee) is a seasonal pursuit.” He emphasizes that Almanac does not really have a bean that sticks around all year. “Our beans are ever rotating. They follow the harvest cycle and by doing so, we try to select beans that are the absolute freshest.” Justin notes, “At any given time, we could have beans from Tanzania or even as far away as East Timor.” East Timor is a Southeast Asian Island nation between Indonesia and Australia. That is about 9,194 miles from the Co-op! Almanac beans are also sourced from a few fewer miles away, the Americas. This includes Columbia, Mexico, Honduras, and Brazil.

The beans might be from all around the world but the heart of Almanac is definitely right here at home! “The struggles that exist in our community are little different than those found elsewhere; food security, economic justice, environmental stewardship, corporate accountability, and a general adherence to a life with dignity. To that end, we have built into our business a dedicated budget which allows us to continue to support causes we believe in. This winter we will be supplying warming shelters around Duluth with coffee. Starting in the spring, Almanac will be partnering with several community organizations to address issues of food security by donating planters made with the burlap bags our beans come in. Aside from the re-use of materials, my hope is that this project will allow participants to take satisfaction in growing their own food with minimal/no buy-in on their part. I really believe there is nothing more noble than the ability to grow one’s own food,” Justin iterates.

Some of the unique challenges Justin is up against, include green buying (the process of working with brokers and importers in purchasing coffee from farmers), getting to know the ways in which technology has changed the industry and in general, the many facets of running a small business.

Watching a Roastmaster work is really like watching an artist blend different hues onto a canvas. The beans must be selected, and having knowledge of the smell, texture, and color of the pre-roasted bean are indicators as to how the bean needs to be roasted. Once the temperature has been selected and the roasting begins, the Roastmaster needs to watch the beans carefully as they start to darken, and the smell and appearance go from hay-like to a chocolaty brown with notes of caramel. The roasting process takes about 15 minutes depending on the bean. Justin samples the freshly roasted beans, "The proof is in the taste." If satisfied with the roast, the beans will be dropped down into the motorized cooling tray to bring their temperature back to ambient as quickly as possible, and of course, fill the room with an intoxicating aroma.

Justin expressed, "I see business as a form of creative expression and an opportunity to share more broadly the values I believe in and that I feel most people care about; sustainability, the well-being of our community, and a path to success that doesn't come at the expense of people or environment. In a nutshell these are our values:

- ▶ **Seasonality:** We source and roast fresh-crop coffees that meet strict environmental, social, and quality standards. Our offerings change throughout the year to highlight a variety of growing regions, processing methods and farmers.
- ▶ **Single Origin:** Our coffees are traceable to cooperative and/or farm level, strengthening the global connections between us all. We are in the process of building long-term, sustainable relationships with growers and importers, and we invite all to be a part of this, so we know exactly where our coffee comes from.
- ▶ **Flavor Forward:** Every coffee we offer has a unique flavor profile. We roast each batch to highlight specific aspects of terroir, processing method, and variety. Our seasonal selections are carefully curated to include a diverse selection of coffee styles and attributes.
- ▶ **Community:** As an independent, small-business, collaboration is central to our work and we continually find ways to positively contribute to our local community. Beyond Duluth, we support the growth and success of specialty coffee throughout the Midwest by participating in making direct relationships between farmers, importers, roasters, baristas, and customers."

In the search for a more environmentally sound package, it seems that what is old is new again. For those of us who remember sorting through nuts and bolts or buttons and coins with a grandparent, they were almost always kept in a tin coffee can. Tin cans because of their reuse and 100% recyclability are the best option. The good old coffee can is said to be much better for the Earth and of course much better for the coffee. Look for Almanac's new tin can packaging at the Co-op in the New Year!



Almanac Coffee in its new can packaging

Justin tells us that "The cans are similar to that of a nut can and measure 4" in diameter and 4" tall. They have a foil lid with a vent and a plastic cap for reuse. They have a much smaller profile than the bags I had before which stood over twice as tall." This is a great step in keeping coffee bags out of landfills, not to mention my coffee will now sit properly in the cupboard. Updating

packaging to create a more environmentally sound product speaks volumes about the business practices of Almanac Coffee. I would like to thank Justin for the opportunity to learn about his passion and Almanac Coffee.

Now, I am a lover of coffee but when it comes to communicating the subtle notes of the bean juice's bouquet my vocabulary is slightly anemic. I usually describe it as "it's hot", "this coffee is angry" or "Can I get a gingersnap with this?" So, to hear an expert give their description of a properly roasted and brewed cup of coffee is truly an experience. If you do get the chance to sit down with someone like Justin for a coffee flight, I highly recommend it. He described a coffee from Rwanda, "Like a tea, some black notes, a slight stone fruit, and some vanilla bean." Now, you might just be someone who fills the cup and drinks it, but when you do get a moment to sit back and enjoy a fine cup of coffee, stop. Breathe. Smell the coffee, taste it, and explore the different idiosyncrasies of each bean and the different roasts. Don't worry, gas station coffee will still taste the same as it did last week, but you will now have an appreciation for craft and skill that almost always goes unnoticed in our morning cup of coffee. 🌱



Photos courtesy Almanac Coffee

Seltzer Madness

THC/CBD BEVERAGES IN THE TWIN PORTS

By André LeTendre-Wilcox, Education & Outreach Coordinator

You may have noticed products around town with three infamous letters across their packaging. Three letters that until July of 2022 have not been legal to sell in the state of Minnesota. But times change and society opens its doors to new, or in this case very old things that some have been waiting for. Newly legal THC or tetrahydrocannabinol is derived from the hemp plant. Hemp has many uses; it can be used to make rope, clothes, shoes, protein, and milk. Heck, in 1941 Ford even made a car out of hemp that used ethanol derived from hemp as part of the fuel. In recorded history, hemp dates all the way back to 10,000 B.C. when it was used for fibers in Taiwan. Today, if you shop at the Co-op, you will find many hemp products on our shelves from hemp granola to hemp milk. But, let's focus on the THC/CBD beverages from Bent Paddle Brewing and NORTH Canna Co. that recently made their way to the sales floor.

Bent Paddle Brewing Co.®

Bent Paddle Brewing Co., located in Lincoln Park, was publicly launched in 2013 by two local families, Bryon and Karen Tonnis, and Colin and Lauren Mullen. Like paddling through the Boundary Waters, each member of the team brings their expertise and



does their part to achieve success. Not only have these folks been trailblazers at bringing us a new product, they are also local and neighborly as you'd hope. The Bent Paddle team are all very proud of the "Paddle It Forward Charitable Program" and the fact that Bent Paddle Brewing Co. is 50% woman-owned. With their expertise and talent, Bent Paddle has been making some of the region's

best brews since 2013 and has recently pointed its canoe in a new direction, that of making THC/CBD Seltzers.



To keep things as local as possible, Bent Paddle gets its water from what most of us would say is the best source in the world, Lake Superior. This is only the beginning of local ties. All the hemp that is used by Bent Paddle is grown at Finnegan's Farm in Two Harbors. Finnegan's Farm is a story in itself that we could expand on later; but they use organic farming methods and are owned and operated by former hockey player, Patrick Finnegan. The hemp then makes its way to White Bear Lake where the CBD and THC are derived by Superior Molecular. This is where a lot of science happens! We will not go into detail, but at Superior Molecular you will find folks with degrees from The University of Minnesota, The University of Wisconsin, and a hockey player or two!

The derived THC/CBD is then processed with H2O to create the final flavored seltzers to meet government standards of THC/CBD limitations. Lab information can be found on their website: bentpaddlebrewing.com.

Find Bent Paddle's Sparkling Waters right here at the Co-op!

We have both CBD+ Passion Fruit Orange Guava, 25mg CBD + 2.5mg THC, and THC+ Mango Tangerine, 5mg THC + 5mg CBD,



Top photo: CBD/THC Seltzers from Bent Paddle Brewing Co. and NORTH Canna Co.

Bottom photo: Bent Paddle Brewing Co. Production Facility

sparkling waters.

NORTH Canna Co.

NORTH Canna Co. was founded in 2019 by Brandon Savela and Mike Colich. These two fellas grew up in Maple Grove and have known each other since middle school. Having a shared entrepreneur's drive, these friends have set their sights on becoming a "leading canna-wellness brand with quality and trustworthy products." Currently, NORTH Canna



Co. has three product lines: Vibes, Fusions, and Gummies. We are going to focus on the Vibes, seltzer waters that contain 2.5mg THC + 5mg CBD. You can access their product lab results through their website, which gives a clear picture of what you are drinking: drinkthenorth.com.

Mike shared that canning beverages can be tricky and if not properly managed can lead to significant losses. "We vet our manufacturing partners very thoroughly. We do that to ensure that we not only make a quality product, but that we manage production losses so that we can continue to grow and get NORTH products in front of more people." He indicated that all the ingredients are gluten-free, non-GMO, and kosher.

When asked about the process that the products go through,

Mike said, "We co-manufacture with a local brewery who has all of the most up to date and professional machinery needed to batch and can a beverage, and we have a warehouse where we store our inventory and use as a fulfillment center."

The ordered ingredients and cans are shipped to the co-manufacturer. The ingredients are then mixed in 1300-gallon stainless steel tanks. The finished product is sent to the canning line where it is filled and sealed. It takes roughly five hours to can 420 24-pack cases, which is a typical yield from a 1300-gallon tank run. Brandon and Mike believe that cannabinoids have great health potential and plan to expand their line of products in the future to include a 5mg THC version.

There is great innovation happening locally and we are thankful to Bent Paddle Brewing Co. and NORTH Canna Co. for continuing to push the envelope to bring new products to our shoppers. Oldsters and youngsters alike say how THC/CBD helps their arthritis or helps them go to sleep. There seems to be an endless list of benefits of THC/CBD for both medicinal purposes and recreational use. If this piques your interest, next time you are shopping, check out a variety of brands and products within this category. Enjoy.

You must be 21+ to purchase THC/CBD beverages and products.



WHOLE FOODS CO-OP

offers full-time & part-time job opportunities with excellent benefits!

- ▶ 15% employee discount
- ▶ health, dental, & supplemental insurance
- ▶ paid time off
- ▶ paid breaks
- ▶ produce perks
- ▶ training & development opportunities

Apply online: wholefoods.coop/employment

Find Whole Foods Co-op branded Klean Kanteen® insulated bottles, tumblers, and water bottles at both stores!

Direct Farm Relationships

LOCAL PRODUCE PLANNING AT THE CO-OP

By Scott Hendrickson, *Produce Assistant Manager, Hillside*

“Local” is a buzzword used in marketing that has many meanings depending on which retailer you ask. At Whole Foods Co-op we define local as products we source from independent businesses located in Minnesota or Wisconsin. The Co-op takes this broad definition and narrows the focus even further in various ways, one of them being through the direct farm planning that our produce team executes seasonally with a group of regional growers. We believe it is our responsibility to help build stronger local food systems by working directly with farmers and building relationships with them.

Our direct farm planning started with a conversation around a dinner table in the early 90s and has matured into a robust system that provides shoppers access to locally grown high-quality produce, keeping local dollars in our community and in the hands of our farmers. As of November 1st, the Co-op had purchased over \$350,000 worth of produce directly from 32 farms in Minnesota and Wisconsin in 2022. \$295,000 of that has gone directly to farms within 100 miles of Duluth.

The local season for 2023 is already underway, although the hardest work hasn't started yet. Every year our produce department managers organize proposed pricing and a wish list of produce we want to purchase locally. This list ranges from yearly favorites like Food Farm and Northern Harvest carrots to staples like onions, potatoes, and apples. It also includes items that we don't have steady local supply for like watermelon, pears, and even wild foraged items like ramps and mushrooms. Our farmers review our wish list and project crop yields for the coming season. After everyone

has responded, we set up one-on-one meetings with our farm partners (finally back to in person this year!) to share feedback from the previous season, negotiate price changes for the new season, and set our order and delivery schedules. The conversations in these meetings have led to new products, new packaging, and even the creation of our Grow Local Food Fund which is the Co-op's grant program for food producers in our region.

After farm meetings are completed with all growers, we designate Primary and Secondary vendors. Dividing purchases between farms allows us to navigate some of the unknowns of the upcoming growing



John Beaton of Fairhaven Farm with Scott Hendrickson, Produce Assistant Manager, in front of Fairhaven Farm seedlings at the Hillside store

season and allows small farms access to the retail marketplace, which has historically been locked behind large distributors and wholesalers. Final pricing is set, and the complete price list becomes available to all growers. This structure also benefits developing farms who may not have stable income yet from their CSA, farmer's market, or other venues. The entire planning process is designed to ensure that Co-op customers have the best selection of local produce, and our farmers have a market for their harvest.

“Your purchases have a direct impact on our local food system and help the Co-op do business in a more sustainable way that is rooted in local, organic, and sustainable farming.”

All the work that our farmers do on our behalf and the work we do to support them has created a healthy produce ecosystem in the Northland that has proved to be resilient to labor challenges of the pandemic, rising fuel prices, inflation, and climate change. None of that is possible without the support of shoppers like you. Your purchases have a direct impact on our local food system and help the Co-op do business in a more sustainable way that is rooted in local, organic, and sustainable farming. It is vitally important to support our local farms in whatever capacity we can, and the Co-op is lucky to have built some amazing relationships with our Local farm community. Time and again we've seen the benefit of looking forward with our farm partners and planning for a better future, not just for our little grocery stores but also for our community. 🥕



Find Hermit Creek Farm onions at the Co-op September – November!

Winter/Spring Co-op Classes

Learn something NEW this year; take a Co-op class! Visit wholefoods.coop/classes for detailed class descriptions and registration information. Registration is required unless noted otherwise.

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



Vision Board Workshop

Sherri Pap

Saturday, January 7 • 10 – Noon

📍 Hillside Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card at the class.

Attendees will learn to create personal vision boards. Vision Boards are a very simple, yet powerful visualization tool that manifests your dreams into reality by setting intentions with our goals and dreams. Vision Boards put visuals to those aspirations and help to create your DREAM LIFE!



ONGOING MONTHLY CLASSES

Qigong

Rebecca James-Alsum

1st Wednesdays • 7 – 8pm

January 4, February 1, March 1

📍 Denfeld Classroom • Limit 10

\$15. Owners will receive a \$5 Co-op gift card.

Herbalism for Beginners

Stacey Quade

2nd Tuesdays • 6 – 7:30pm

January 10, February 14, March 14,

📍 Denfeld Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card.

JANUARY

Laughter Yoga Session 1*

Deborah Jackson

Thursday, January 5 • 5 – 6pm

📍 Denfeld Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card.

*Register for both Sessions 1 and 2 for the full Laughter Yoga series, or register for just one.

Vision Board Workshop

Sherri Pap

Saturday, January 7 • 10am – Noon

📍 Hillside Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card.

Laughter Yoga Session 2*

Deborah Jackson

Thursday, January 12 • 5 – 6pm

📍 Denfeld Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card.

*Register for both Sessions 1 and 2 for the full Laughter Yoga series, or register for just one.

DIY Handmade Lip Balm

Lanae Rhoads

Thursday, January 19 • 6 – 7:30pm

📍 Denfeld Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card.

Veganuary Co-op Store Tours

André LeTendre-Wilcox

Friday, January 20 • 5 – 6pm

📍 Hillside Store • Limit 15

Saturday, January 21 • 11am – Noon

📍 Denfeld Store • Limit 15

FREE

Zero Waste Living

April Hepokoski

Tuesday, January 24 • 6 – 7:30pm

📍 Denfeld Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card.

FEBRUARY

Appetizer Amore

André LeTendre-Wilcox

Saturday, February 11 • 1 – 2:30pm

📍 Denfeld Classroom • Limit 15

FREE

MARCH

Shamrock Shenanigans Shake Demo

André LeTendre-Wilcox

Friday, March 17 • Noon – 2pm

📍 Denfeld, Brewer's Ridge Overlook Seating Area

FREE • Registration is not required



DIY Handmade Lip Balm

Lanae Rhoads

Thursday, January 19 • 6 – 7:30pm

📍 Denfeld Classroom • Limit 15

\$15. Owners will receive a \$5 Co-op gift card at the class.

Learn how to make handmade lip balms using natural, food-grade ingredients!

Lip balms are a fun, easy start to creating your own cosmetics. They are easy to customize and a cinch to make. They also make great gifts, and party favors, and are perfect for group projects.



WELLNESS AISLE: *Protein Powders*

By Peter Karsh, *Wellness Coordinator, Hillside*

As we move into 2023 many folks choose to take up new or improved wellness regimens with the New Year. Recently, we have received queries about protein powders as people look to incorporate them into their lifestyle. Here is a brief overview of the connection to health and the kinds of protein powders we offer in our stores and some of their uses.



The primary components in a protein source that are important for human health and development are amino acids. The National Institute of Health (NIH) emphasizes that consuming a variety of dietary protein is important to meet requirements of the human body. If you are looking for more details, the Food and Agricultural Organization of the United Nations (FAO) and the U.S. National Academy of Sciences provide a ranking for different proteins; values are assigned to proteins based on their “completeness,” or how comprehensively they supply indispensable amino acids. Some brands will include an “Amino Acid Profile” on their products for ease of review.

Plant: Plant proteins are increasingly popular and have shown to be a reliable source of protein for people on vegan or vegetarian diets and those who are looking to avoid animal protein for weight loss, cardiovascular, and metabolic health. Individual plant proteins are generally not considered complete, but blends of different plant proteins, e.g. pea and rice, or soy provide nearly all indispensable amino acids. Additionally, many plant protein blends provide a broader range of amino acids than may be found in a single animal protein. The NIH again emphasizes that consuming a variety of plant proteins is important to ensure a person receives an appropriate ratio of amino acids in their diet. Products available often also include superfoods, probiotics, and added enzymes that may help to round out someone’s diet. You will also see some products labeled as “meal” supplements. These are not total meal replacements but are designed with an even more comprehensive nutrition profile.

Collagen Peptides: Considered a complete protein, and also simply called “peptides” or “hydrolyzed collagen,” Collagen Peptides are essential amino acid chains that form collagen in the human body. There are over twenty types of collagen. Types one, two, and three are some of the most essential and are utilized in our skin, bones, cartilage, teeth, and muscles. Collagen peptides have been shown to improve cartilage health and skin elasticity.

Whey: A staple for those looking to build muscle, whey protein is very high in the amino acid Leucine. While whey is not considered complete on its own, when taken together with complete proteins it helps build muscle efficiently and aids full-body recovery.

WELLNESS WEDNESDAYS

10% OFF

SELECT WELLNESS PRODUCTS
ON WEDNESDAYS
JANUARY 11 – FEBRUARY 1
FOR CO-OP OWNERS!

JANUARY 11

10% OFF
Protein Powders

JANUARY 18

10% OFF
CBD/THC Products

JANUARY 25

10% OFF
Melatonin Products

FEBRUARY 1

10% OFF
Facial Care Products

Visit the Co-op in the New Year and find products and resources that inspire your best self-care routines. Wednesdays, January 11th–February 1st will feature Owner Deals focused on wellness. Follow our weekly email newsletter for more details. If you aren’t already subscribed, you can sign up here: wholefoods.coop/newsletter 🍌



Plant-Powered Super Green Protein Smoothie

Recipe and photo from WeAreSoVegan.com

Makes 4 smoothies | Prep time: 5 minutes

Ingredients

- ▶ ½ banana
- ▶ ½ mango
- ▶ 1 cup kale
- ▶ 1 cup spinach
- ▶ 1 cup oat milk
- ▶ 1 ½ tbsp pea protein powder
- ▶ 1 tbsp almond butter

Instructions

1. Add the ingredients to a blender and blend until smooth.
2. Pour into a glass and enjoy!

easy!

JOIN VEGANUARY!

START 2023 BY GOING VEGAN FOR A MONTH!

Veganuary is the world's largest vegan movement, inspiring people to try vegan in January and throughout the rest of the year.

Here are ways you can learn more and connect with other people who are also taking on the 31 day vegan challenge:

- ▶ **Join the Co-op Community's Facebook Group, Duluth Does Veganuary:** this active group has over 750 members. Posts and comments from members share photos of their vegan meals, recipes, and personal experiences transitioning to a more plant-based diet. There will be a weekly \$50 Co-op gift card drawing for those who comment on the Co-op's question posts!
- ▶ **Join a local vegan cooking/potluck group:** Check out the Duluth Does Veganuary Facebook Group for upcoming meetings.
- ▶ **Join us for a Veganuary Co-op store tour:** We will have tours at both stores highlighting vegan options at the Co-op! Both tours will conclude with a grain bowl demo/sampling. Hillside tour: Friday, January 20, 5 – 6pm
Denfeld tour: Saturday, January 21, 11am – Noon
Register through our event calendar: [wholefoods.coop/events-calendar](https://www.wholefoods.coop/events-calendar)
- ▶ **Learn more about Veganuary and get inspired by visiting Veganuary.com.**
Sign up to receive daily Veganuary emails with delicious recipes, meal plans, and helpful tips.

It's okay if you start participating in Veganuary after January 1st. You can join in anytime!



 [Facebook.com/groups/DuluthDoesVeganuary](https://www.facebook.com/groups/DuluthDoesVeganuary)

Health & Fitness



COMMUNITY PERKS



Whole Foods Co-op Owners receive discounts at 45+ local businesses! Simply present your Co-op swipe card at participating businesses to receive the benefit listed.

Destination Fitness [destinationfitnessmn.com](https://www.destinationfitnessmn.com)

- ▶ 50% Off your first month's membership or 10% off your first personal training package purchase. Valid for new customers only.

Duluth Area Family YMCA [duluthymca.org](https://www.duluthymca.org)

- ▶ \$0 Joining Fee for new members. Good at the downtown Duluth and Hermantown locations.

Lucas Wellness [lucaswellness.com](https://www.lucaswellness.com)

- ▶ Free shipping, lifetime preferred membership, and 15% Off your first online order of \$150 or more and 15% Off all future orders.

Yoga North ISYI [yoganorthduluth.com](https://www.yoganorthduluth.com)

- ▶ 20% Off one private session of Ayurvedic or Yoga Therapy of 60 or 90 minutes. Discount is a one-time use.

For a full list of Community Perks visit [wholefoods.coop/communityperks](https://www.wholefoods.coop/communityperks)

WHOLE FOODS CO-OP

HILLSIDE

610 East 4th Street
Duluth, MN 55805

DENFELD

4426 Grand Avenue
Duluth, MN 55807

www.wholefoods.coop
218.728.0884

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of your neighbors!

Join our email list to learn about
new deals, coupons, & events.

Sign up at wholefoods.coop/newsletter

WINTER OWNER DEALS

WELLNESS WEDNESDAYS

10% OFF

SELECT WELLNESS PRODUCTS
ON WEDNESDAYS
JANUARY 11 – FEBRUARY 1
FOR CO-OP OWNERS!

January 11: 10% Off Protein Powders
January 18: 10% Off CBD/THC Products
January 25: 10% Off Melatonin Products
February 1: 10% Off Facial Care Products

One Use Per Wednesday

CITRUS DEAL

\$2 OFF

YOUR \$10 CITRUS PURCHASE
FEBRUARY 15–21

Multiple Time Use

BOGO CHIPS

BOGO

CHIPS, POPCORN, PRETZELS*
MARCH 6–12

*Excludes Individual Serving Bags. Up to 2 free items.

One Time Use

**DON'T FORGET
TO USE YOUR
MONTHLY
OWNER COUPON!**

\$5 OFF

YOUR \$40 SHOP

**One Time Use
Per Month**

All Owner Deals valid at both Whole Foods Co-op locations; for in-store use only. Deals for Owners only. No rainchecks.
May not be applied to special orders. No cash value. Gift cards cannot be purchased with coupons.