

WHOLE FOODS CO-OP

garbanzo gazette

SPRING 2023



Farmer's Market by Carolyn Olson:
New Original Art at Whole Foods
Co-op, Denfeld

PAGE 7

INSIDE:

Meet the GIVE! 2023
Grow Local Food Fund
recipients, learn about
waste and sustainability
at WFC, and get ready
for spring with our
upcoming plant sale
and Co-op Classes



Sarah Hannigan
General Manager

Spring Delights

I was recently reminded of *The Book of Delights*, the culmination of Ross Gay’s year of writing a short essay each day on something that evokes delight. Through the practice, he learns “that my delight grows—much like love and joy—when I share it.”

Delights at our Co-op abound. I am pleased to share some recent delights with you in this issue of the *Garbanzo Gazette*.

Connecting shopper donations to the local food economy: This spring marks the third year of the Grow Local Food Fund (GLFF). The fund, fueled by shopper round-up donations, provides grants to growers and food producers seeking to level up their businesses. It’s a privilege to share this year’s grantees in the pages ahead.



Observation Hill Farm, 2023 GLFF Grantee

Creating community through art: In addition to showcasing local artists in rotating shows in the eating areas, our stores feature permanent installations. Ron Benson’s blue glass sculptural panels evoke the big lake at the entrance to the Hillside store. Inside, along the east wall, Laura Stone’s mosaics remind us of swirling life

within fruits and seedlings. And now, Carolyn Olson’s stunning (and massive) pastel rendering of the annual Harvest Fest brings vibrancy to Denfeld’s Community Classroom. Read some of Carolyn’s remarks from the unveiling celebration on page 7.



Local artist, Carolyn Olson at the unveiling reception for *Farmer’s Market*

Committing to sharing stories of WFC’s positive impact: A handful of times over the past few months Co-op Owners have suggested we start doing things that have been our standard practice for years. These are stories to be shared! In this issue, we’ve put together an infographic that outlines the story of waste and landfill diversion at the Co-op. Through recycling, composting, and donating unsaleable food, we’re able to divert over 64% of our waste from landfills. This is one of many more positive impact stories we plan to feature in the future.

Celebrating our local vendors: We’re always delighted to share stories of the passionate and committed individuals and families behind the local products on our shelves. May you enjoy this issue’s feature producers Sweet Land Farm and Deer Creek Cheese!

These are just a few of the delights we feature in these pages. I hope you’ll find inspiration in these stories, and I hope you’ll share some of your Co-op delights with us.

Thank you for being part of WFC, in all its delights.

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



Holly Wolfe
Board of Directors

Join the Board!

When you walk around Whole Foods Co-op, attend a class, and round up at the register, do you wonder if there is something more you can contribute as an Owner? Are you curious about the Co-op's financial position and wonder how WFC adapts to uncontrollable outside forces? What does it take to make a grocery cooperative successful and how do we measure success? What is our Co-op's strategic plan for this fiscal year? If you ask yourself these questions, then I encourage you to join the Whole Foods Co-op Board of Directors!

I thought about joining the Board for two years before a conversation with a former Board member finally convinced me to join. I am in my third year serving on the Board of Directors and I am constantly learning how complex our two "small" grocery stores are! I moved to Duluth right after the Denfeld store was built and at my first Board meeting, I learned that Co-op Owners helped fund the construction of the store. The last of the Owner loans supporting this expansion will be paid in full this year! Learning about the history of WFC and keeping a pulse on current trends and future possibilities is what makes Board service

exciting for me. Every month at our Board meeting I learn the many ways our Co-op is engaging with the community, supporting the staff, upgrading the equipment, and meeting our ENDS (our mission statement and guiding principles). At our monthly meeting, each Board member is asked to report any connections we have had with Owners over the past month. We do listen to our community and bring these voices to our boardroom discussions.

What does Board service look like? If you are imagining a stuffy room with monotone voices signing reports and heads nodding while trying to stay awake, then you are wrong! There is a lot of talking, but laughter too, and passionate discussions. We do more than just push papers around. We laugh, dream big, and share what we have learned through online trainings, national conferences, and at other cooperatives outside Duluth. Spring and fall retreats keep us focused on accomplishing our ENDS. It takes more than nine Board members and approximately 155 employees to keep our Co-op thriving. We encourage our 12,700+ Owners to give feedback on ways we can improve, classes you want to see, and what our Co-op is doing well. Consider joining the Board of Directors or attend our monthly meeting that takes place on the 4th Monday of every month in the Denfeld community room! We hope to see you there! 🥕

HELP SHAPE YOUR
CO-OP & COMMUNITY
**JOIN THE
BOARD!**

Apply Now – August 1, 2023

Board Elections: **October 2023**



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

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

Introducing the 2023 grant recipients!

Thank you for rounding up at the registers to strengthen the local farming and food producer community.



FARM SOL

📍 *Saginaw, MN*

“Farm Sol is a no-till, no-chemical farm that focuses on integrating natural biology for enhanced biodiversity and ecosystem function. Our mission is to raise food that can heal, nourish, and support a thriving and resilient community. Currently, our produce serves a CSA, a farmer’s market, a neighborhood market stand, and a local food shelf.”

– Kelly Duhn and John Lencowski, owners

The Project

Farm Sol will be using this grant to implement a new greenhouse tunnel system, which will increase local vegetable production and lengthen their growing season.



Environmental Impact

Their project will help produce more food using no-till and regenerative growing techniques. Additionally, covered growing spaces and drip irrigation reduce erosions and run-off, which benefits local water quality.

**GROW LOCAL
FOOD FUND** grant:
\$7,000



Photos courtesy GLFF recipients.

THE BOREAL FARM 📍 *Rice Lake, MN*

“The Boreal Farm is a certified organic, family farm in Rice Lake, MN. We grow fruits, vegetables, and flowers using regenerative practices and raise pastured poultry for meat. We offer our produce, cut flowers, and meat through our CSA program and online farm store. The Boreal Farm has been growing for six seasons.” – Caroline Hegstrom, owner



The Project

The Boreal Farm will use grant funds to construct a 16 ft. x 100 ft. caterpillar tunnel to replace a high tunnel that collapsed under 30+ feet of snow during the Blue Blizzard of December 2022. This grant will give The Boreal Farm the opportunity to quickly recover from this devastating snow event and meet the requests of spring and fall CSA customers. The new tunnel will be more resilient than their previous tunnel and will ensure minimal loss in yield for their upcoming growing season.



Environmental Impact

A caterpillar tunnel system prevents erosion, improves soil health, conserves water, and reduces tractor use.

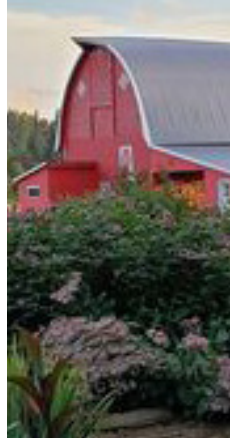
GROW LOCAL FOOD FUND grant: **\$7,000**



MIDWAY MEADOWS

📍 Esko, MN

“In business since 2014, Midway Meadows exists to feed families with humanely raised, Scottish Highland heritage-breed beef. As a Minnesota Water Quality Certified and solar-powered farm, we practice regenerative farming, responsibly raising a leaner cut of beef. Midway Meadows is a member of the Quality Highland Beef (QHB) program, contractually promising our cattle are raised in a humane manner, without added hormones, steroids, or feed antibiotics.” – Julianne Motis and Jason Paulson, owners



LUCKY DOG FARM 📍 Two Harbors, MN

“My goal is to bring naturally-grown foods using biodynamic methods (synthetic chemical free, permanent mulch methods) to communities on the North Shore. I currently produce blueberries and strawberries (with smaller plantings of gooseberries, raspberries, jostaberries, and currants) that I sell at farmers markets (Two Harbors, Central Hillside), at an on-farm market stand, and through you-pick with an assortment of fresh produce.” – Justin Osadjan, owner

The Project

Lucky Dog will use grant funds to purchase a used compact tractor with a front-loader to spread mulch. This equipment will allow Lucky Dog Farm to use wood chip mulch, which will last longer than grass clippings and hay, which is currently used, and expand plantings.

Environmental Impact

Using a low-till, permanent mulch system protects soils from erosion and keeps silt from entering nearby waterways.

GROW LOCAL FOOD FUND grant: **\$7,000**

The Project

Grant funds will help purchase a manure-spreader and a highly energy-efficient cattle cup (watering system).

Environmental Impact

Using a manure spreader on their farm will improve pasture health by regenerating the soil. The new cattle cup will reduce both energy consumption and water waste from evaporation.

GROW LOCAL FOOD FUND grant: **\$5,695**



OBSERVATION HILL FARM 📍 Duluth, MN

“Our farm was started in 2018 soon after we purchased land above Observation Hill in Duluth. It is a small operation run by our family, Ben, Sara, and our children Vi(8), Stan(6), Stu(4) and Elodie(2). The mission of our farm is to be a local source of wholesome food as our production practices are guided by principals of sustainability, organic techniques, land stewardship, and the ecological relationships we depend on for successful long-term agriculture.” – Ben and Sara Cogger, owners



The Project

Grant funds will go towards the construction of a 12 ft. x 16 ft. underground root cellar to facilitate long-term storage of fruits and vegetables, allowing them to expand fruit and vegetable production.

Environmental Impact

By using the surrounding earth for humidity and temperature control, a root cellar is an environmentally sound storage method.

GROW LOCAL FOOD FUND grant: **\$5,940**



BIRDS N' THINGS FARM

📍 Ashland, WI

“We have been farming in the Ashland area for three years, in a way that speaks to our traditional roots, and on completely raw land. Everything we do is currently by hand. We farm to bring good food to all types of people, at an affordable price.”
– Rusty Defoe and Daisy Perez-Defoe, owners



The Project

Grant funds will be used to purchase six mobile chicken coops, allowing them to expand and meet contracts for chickens and turkeys they are currently being offered. They will also purchase a supply shed to place near poultry areas.



Environmental Impact

Although they began their farm on undeveloped land, they have managed to regenerate the soil by carefully managing the rotation of their animals and reseeding pastures.

GROW LOCAL FOOD FUND grant: **\$7,000**



ROPER FARMS

📍 Holyoke, MN

“Although incorporated in 2011, Roper Farms has been a producer of grass fed beef since the early 1990’s. Our Mission: We grow quality crops and pasture raised animals to utilize the best stewardship practices on our multigenerational farm.” – Susan and Ray Roper, owners

The Project

Grant funds will go towards constructing a hoop house, purchasing deer fencing, and purchasing a freeze-dryer.



Environmental Impact

Roper Farms plans to add drip irrigation, increase honeybees and native plantings, and continue regenerative farming practices. The hoop house project will increase capacity and extend the growing season, enabling them to be a food producer for the Fond du Lac Band of Lake Superior Chippewa.

GROW LOCAL FOOD FUND grant: **\$7,000**



NON-PROFIT SUPPORT PROGRAM

Round up at the registers in April, May, and June to support the Grow Local Food Fund and these three Non-Profit Support Program recipients through our GIVE! round up program.



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 expand affordability by giving Co-op Owners enrolled in federal and state 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.



Farmer's Market by Carolyn Olson

NEW ORIGINAL ART AT WHOLE FOODS CO-OP, DENFELD

This past January, Whole Foods Co-op purchased a 4ft. x 8ft. original pastel by local artist, Carolyn Olson. The piece is now on permanent display in the classroom at our Denfeld store. An unveiling reception was held on February 11th to celebrate the addition of this new artwork to one of our community spaces. Thank you to everyone who came out to celebrate with us, and thank you to Carolyn for joining us and saying a few words. Here is some of what she had to say about *Farmer's Market*:

"As a narrative artist, I always enjoy visually retelling what I see or hope to see in my family, friends, and community. *Farmer's Market* is one of those hopeful stories where a diverse community purchases food grown and prepared locally. Adults and children shop together and have opinions about tomatoes and pumpkins and bread. It is a safe and encouraging space – one that is found when everyone is able to work together.

I believe art should inspire us to be better people. Art can help us understand difficulties as well as reassure us of our goodness. Most importantly, it reflects our world and hopefully pushes us to become more aware of ourselves and understand the world around us.

Thank you to Whole Foods Co-op for their continued support of local food producers and artists like myself." 🍅

WHOLE FOODS CO-OP

WE CATER!

Order catering from the WFC Deli
for your next event!

Catering menu items include appetizer platters,
fruit & veggie trays, sandwich platters, baked
goods, and coffee to go.

Visit our website or one of our deli counters for our
catering menu and ordering instructions.




wholefoods.coop/catering

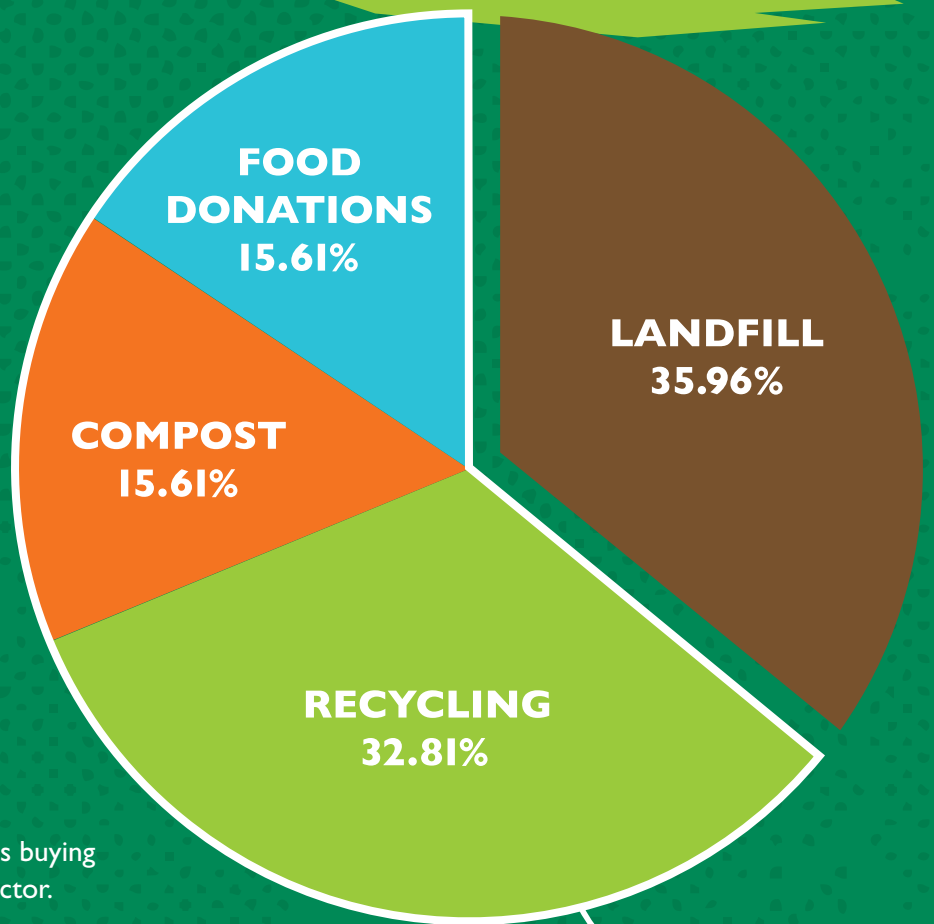
Where Does WFC's Waste Go?

There are many ways to conduct business, and everyday activities and actions that promote sustainability shape our lives and the lives of those to follow.

This infographic illustrates combined waste management at WFC's two stores in 2022. The four categories included are just a slice of WFC's actions; not included are many other practices conducted daily to reduce waste and source responsible food and products for our community.

The data included is an expansion of reporting WFC provides annually to National Co+op Grocers (NCG). NCG is also a cooperative with a membership that includes over 150 other food co-ops nationwide—enabling a system that increases buying power and influence in the natural grocer sector. We, indeed, are stronger together.

The volume of waste produced and how we divert and dispose of it significantly impacts local and global environments. WFC has a long-standing commitment to making sustainable business choices that lower negative outputs and contribute to the health and vibrancy of our community for years to come.



DIVERTED FROM LANDFILL
64.03%



We love to share stories about our positive impact. Let us know if there are stories you are interested in hearing. Visit our website and send us a comment to add a request: [wholefoods.coop/comment](https://www.wholefoods.coop/comment)

FOOD DONATIONS



Short-dated groceries and fresh items are packed daily and stored until donations are picked up by community organizations such as Second Harvest Northern Lakes Food Bank and Loaves and Fishes. In 2022, Second Harvest reported

5.7 million meals for families, children, and seniors resulted from WFC food donations.

DID YOU KNOW? Benefits of employment at WFC include first pick of daily produce culls of unsaleable fresh produce, free of charge. The remainder is packed and donated.

COMPOST



WFC compost includes items not suitable for community donation and food waste from our deli, produce, staff, and customer areas. We have systems in place to contribute some of this stream to small businesses including Hobbs Garden Magic and Salt and Light Heritage Farm. The

remainder of the compost gets commercially composted through Western Lake Superior Sanitary District (WLSSD).

DID YOU KNOW? Our deli packaging and to-go containers are all commercially compostable. Also, look for WLSSD's Garden Green bagged compost for sale at both stores while supplies last.

RECYCLING



WFC staff work together daily to responsibly manage recyclable waste that includes mixed sources like paper, glass, and plastics. The largest subset of recyclables is cardboard. Most grocery products are shipped in cardboard. At WFC, cardboard is compressed and baled, then picked by Hartel's Disposal.

DID YOU KNOW? We actively collect and have disposal bins dedicated to film plastics, part of food distribution packaging. A-1 Disposal picks up our film plastics along with the plastic bags dropped off at our stores by shoppers for recycling.

LANDFILL



Non-recyclable items and non-compostable items including plastics #8 and above and waxy or greasy items are sent to the landfill. Part of our work is to continually assess ways that we can reduce this stream. Shoppers can contribute to decreasing this stream by buying more foods in bulk.

DID YOU KNOW? Reuse is an important aspect of sustainability. Shoppers who bring in bulk containers receive a 3¢ credit per container. Another way you can help reduce waste is receiving a digital version of the *Garbanzo Gazette*! See back cover for details.

Sweet Land Farm

SWEET DREAMS ARE MADE OF THESE

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

Many of us have big dreams we hope to one day put into action. For Nathan Langer and Veronica Gaidelis-Langer of Sweet Land Farm, their vision has always been to have ample space for the community to come to play, explore the outdoors, and adventure while enjoying fresh-picked blueberries.

In 2014 Nathan and Veronica took a massive step in making their dream come true; and began a new way of living with a freshly purchased 32-acre homestead in Cloquet, Minnesota.



SWEET LAND
farm

Their family of four had just become a family of five as they welcomed their first daughter into the world and moved out of city life. With two kids and a new baby in tow, they began to

build their dream farm and personal care business, all while working off-the-farm jobs.

Once on the farm, the first hurdle to overcome was to create an income by utilizing an asset they already had, bee hives. Nathan and Veronica experienced a couple of setbacks, a curious bear and an ill hive queen but armed with an eagerness to learn and a stick-to-it attitude; the farm was soon producing honey and beeswax! In September 2016, with honey finally bottled, Sweet Land Farm had its first product ready for sale. The beeswax was perfect for the first of their body care line, lip balms, and hand lotion soaps. The demand became greater and an online store was soon to follow. Their personal care products began to get noticed by folks all over the country.

With the personal care business thriving, Sweet Land Farm began curating new products: goat milk soaps, minifigure soaps, hand-knit gnome kits, beard products, and gift sets. Nathan and Veronica share that the various items were all conceptualized and created on the farm. Nathan states, "Our goal is to offer the community



Nathan and Veronica, owners of Sweet Land Farm, and their children, Isaiah, Simon, and Frances



Find Sweet Land Farm Sweet Lips lip balm, bar soap, minifigure soaps, and lotion bars at the Co-op! Photos courtesy Sweet Land Farm.

affordable products made with primarily organic or local ingredients. We make products that our community can feel good about using!" Over 90% of the ingredients used in the lip balm and lotion bar are local or organic. Using as many local partners as possible Sweet Land ensures that the money spent on their products stays in the community.

Being mindful stewards of the land with a passion for local, choosing the right ingredients is essential. Instead of using palm oil, a huge contributor to deforestation, Sweet Land chooses local sunflower oil sourced from Smude's sunflower farm in Pierz, Minnesota, for the base of their products Sweet Lips lip balm and honey goat milk soaps.

The product line expanded again when a natural bug spray that actually kept bugs away couldn't be found. They decided

to make their own.

Nathan informed us, "Over the next year or so I tried a few different recipes and finally landed on the recipe we use today. Our family spends a lot of time outdoors, so we have had lots of opportunities to test it and we love it. Sweet

“Our goal is to offer the community affordable products made with primarily organic and local ingredients.”

Land's Bug and Tick Repellent is made of apple cider vinegar, vodka, water, and essential oils.”

After years of hard work, in 2018, Nathan was able to direct all of his focus to the family and farm. Veronica secured a job at the University of Minnesota Duluth, during the same timeframe, giving her summers off. The entire family, including their children, Isaiah, Simon, and Frances can now make the most of summer days together as they take on their farm roles — some days all working together to pursue their dream and planting row after row of blueberries!

With a sense of community and environmental responsibility, the farm gates officially swung open for the first time to the public in 2020. After years of planning, hoping, and plotting, they were able to experience their dream come true: a

pick-your-own blueberry farm for the community to enjoy, a space to play, explore the outdoors, and enjoy fresh-picked blueberries. Blueberry season usually runs for three weeks about mid-July to mid-August. The best way to find out when picking is happening is to sign up for their email list through their website: sweetlandmn.com/u-pick-blueberries.

WFC is proud to feature some of their products on our shelves. Find Sweet Lips lip balm, bar soaps, minifigure soaps, and lotion bars throughout the year. We also carry Sweet Land Bug and Tick Repellent seasonally. Nathan and Veronica's story is a very inspiring one that hopefully can motivate others to follow their own dreams. 🍌

coop explorers corner



Can you help the bee find its way to the flower?

Scan the QR code to download and solve the maze!



Co+op Explorers Program: Kids (12 and under) can take one free banana or apple per co-op visit from the Co+op Explorers basket in the produce section!



Deer Creek Cheese

THE ART OF CHEESEMAKING

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

The art of finished cheese includes countless variables. At its core, cheese has four essential ingredients; milk, salt, “good bacteria,” and rennet, an enzyme. Another variable in making the perfect cheese is the animal that the milk comes from, including how they were cared for and what they were fed. Master cheesemakers know which bacteria pairs with different kinds of milk to develop our favorite cheese flavors. Time, temperature, and environment also play a vital role in producing delicious cheese. A fromager is not only a maker of cheese but also the designer of its final flavor.

We are lucky to have an expansive variety of local and world cheeses at the Co-op. Deer Creek Cheese is a standout local company because of its flavor, quality, and unique and beautiful package design.

Based out of Sheboygan, Wisconsin, Deer Creek Cheese started its first culture in 2006. Founder and President Chris Gentine, Master Cheese Maker and Licensed Grader, began his cheese career at age 14. Wisconsin is the only state to provide the prestigious honor of a Cheese Grading License.

Eager to share the bounty of the Dairy State, Deer Creek began their product line with a 1- and 3-year aged Wisconsin Cheddar. Once they mastered its production, the team brought unique flavors from cheddars around the world and combined them into one unforgettable cheddar, Vat 17 World Cheddar Cheese. This popular cheese combines cultures from Canada, the United Kingdom, and New Zealand. With a tangy nuttiness, the bold and complex cheese is processed for Deer Creek in Kiel, Wisconsin. In Kiel, Deer Creek partnered with Kerry Henning, one of the owners of Hennings Wisconsin Cheese. Kerry is a 3-time Master Cheesemaker. His Grandfather Otto began making cheese in 1914.

This partnership is where the first cheese of Deer Creek’s illustrated animal series of specialty cheese began to take shape. The Fawn is a delicate young cheddar aged about 90 days (about three months) that all can enjoy. There is a nutty and sweet flavor that broadens to a cheddar aftertaste. The Fawn would be complimentary next to a bowl of fresh blackberries and a juicy Honeycrisp apple. If you are a fan of this cheese, try it once it has aged a bit and become The Stag and again when it ages into The Imperial Buck. Driven by inspiration, Deer Creek reached out to a long-time friend and Wisconsin Master Cheesemaker Sid Cook of Carr Valley Cheese to bring you the herbaceous and buttery blue, The Blue Jay. The animal series has grown into an entire kingdom of cheeses, some of which are the The Wild Boar and The Moon Rabbit, and my favorite, The Rattlesnake, each has its own flavor profile and characteristics.



Find Deer Creek Cheese at Whole Foods Co-op!
Photos courtesy Deer Creek Cheese



Animal series labels illustrated by Sophie Gentine

By combining sustainable, time-tested cheesemaking techniques with the highest quality dairy Wisconsin has to offer Deer Creek creates a unique fromage experience. To take things a few steps further, this is where the “art, not science” comes in. The creators at Deer Creek let their artistic flare flourish by adjusting some recipes with what Chris likes to call “a unique cocktail of cultures and ingredients, and a twist of whimsy.” That twist of whimsy brings in “fresh ground vanilla bean, dried habanero peppers, juniper berries, caraway seeds, and black truffles to some; for others, we bathe them in premium liqueurs.” The artisan nature of Deer Creek’s Cheeses, combined with passion and rigorous grading can be tasted in every bite of their cheese. The art of cheese also extends beyond the boundaries of the curd and onto the labels that fill our shelves. The animal series called for an imaginative and unique label, and who better to participate in its creation than Chris’s, then teenaged,

daughter Sophie? Sophie designs Deer Creek labels for the animal series and is also apprenticing to obtain a license to continue the family legacy.

Even while utilizing the most sustainable practices available, Deer Creek understands that creating and producing cheese impacts the environment. They have partnered with 1% for the Planet. 1% for the Planet members contribute millions in support of approved environmental non-profits each year.

From beginning his quest to learn traditional cheesemaking techniques at 14 to mentoring a talented and artistic daughter, Chris has created and developed a truly one-of-a-kind cheese company. People often say that their product is made with love, in this instance, you cannot help but know that it is true. 🥕

IN MARCH 2023, WFC COMPLETED REPAYING OWNERS OVER \$2 MILLION FOR THEIR INVESTMENT IN THE DENFELD EXPANSION!

Thank you for growing our Co-op!

★
LOCAL

PLANT SALE

MOTHER'S DAY – JUNE

Find locally grown starter vegetable and herb seedlings, bushes, berries, native plants, and hanging plants, plus organic soil and compost at the Co-op! *Supply subject to availability.*

FARM
FAIRHAVEN

Fairhaven Farm 📍 *Saginaw, MN*
annual vegetable, herb, and flower starter seedlings in compostable pots

shoreview
natives

Shoreview Natives 📍 *Two Harbors, MN*
native perennial plants for your yard or garden

Rice Lake
GARDENS

Rice Lake Gardens 📍 *Duluth, MN*
annual flower hanging baskets and hanging tomatoes

Duluth
flower farm

Duluth Flower Farm 📍 *Duluth, MN*
strawberry plants and hanging strawberry baskets along with MN hardy blueberry bush varieties

**Enter to win a 4ft. x 3ft.
Raised Garden Bed
with Greenhouse!**

In-store drawings at Hillside
and Denfeld stores
April 15–22

*Garden bed with greenhouse provided by
Thousand Hills.*



WELLNESS AISLE: *Sunscreen SPF*

By Peter Karsh, *Wellness Coordinator, Hillside*

As we approach summertime and temperatures warm, we tend to spend more time under the sun. The Federal Drug Administration (FDA) regulates sunscreen because it is intended to help protect the wearer from UV radiation, which can cause skin damage and even skin cancer through prolonged exposure. Sunscreens are given an “SPF” or “Sun Protection Factor.” This rating indicates how effectively the product blocks UV radiation, and does not represent “minutes of sun time.” Some products are labeled “full spectrum” meaning they block both UVA and UVB radiation. The Center for Disease Control recommends that adults and children use a broad-spectrum sunscreen with a minimum SPF of 15, and for folks who are fair skinned or prone to burning, an SPF of 30 to 50. The FDA recommends re-applying sunscreen every two hours while out, and more frequently if swimming or sweating heavily, emphasizing that sunscreen is intended to be used along with other protective measures, such as clothing, a brimmed hat, and sunglasses. Sunscreen alone does not offer complete protection. Most sunscreen packages say, “keep away from direct sunlight and heat.” The ingredients are intended to absorb UV and prolonged exposure of the package to sunlight will cause them to degrade prematurely and reduce their effectiveness when on the skin. While outside, the FDA recommends keeping sunscreen under a shade, wrapped in a towel, or in a cooler to prolong its life. 🍌

Find a variety of sunscreens at the Co-op!



Spring Co-op Classes

Visit wholefoods.coop/classes for detailed class descriptions and registration information.

Registration is required unless noted otherwise.

Interested in teaching a class or have suggestions? Email marketing@wholefoods.coop.



How to Start Seeds Indoors and Simple Soil Care

Haley Diem of Duluth Community Garden Program

Thursday, April 6 • 5:30 – 7:30pm

📍 Denfeld Classroom • Limit 15

Learn how to start seeds indoors and how to avoid the most common mistakes when trying to grow your own seedlings at home. We will also go over the basics of soil care; how to keep soil microbes alive, when/where/what nutrients to add and how, and more. Duluth Community Garden Program will provide free seeds, and the Co-op will provide soil. BYO sanitized containers!



APRIL

How to Start Seeds Indoors and Simple Soil Care

Haley Diem

Thursday, April 6 • 5:30 – 7:30pm

📍 Denfeld Classroom • Limit 10

Let's Make Some Pad Thai

Jonathan Wolfe

Thursday, April 13 • 6 – 7pm

📍 Denfeld Classroom • Limit 14

Vision Board Workshop

Sherri Pap of Rivers Meet Wellness

Saturday, April 15 • 10am – Noon

📍 Hillside Classroom • Limit 14

Knitting for Beginners

Kathy Thomas

Thursday, April 18 • 5:30 – 7:30pm

📍 Denfeld Classroom • Limit 12

\$15 class cost + \$20 for Beginners Kit.

Store Tour & Grain Bowl Demo

André LeTendre-Wilcox

Thursday, April 20 • 1 – 2pm

📍 Hillside Classroom • Limit 10 • FREE

MAY

Northwoods: An Intro to Medicinal Trees of Northern MN

Emma Day

Thursday, May 4 • 6 – 7:30pm

📍 Denfeld Classroom • Limit 15

Navigating Food Allergies and Special Dietary Needs

ALEIA Project staff

Tuesday, May 16 • 6 – 7:30pm

📍 Denfeld Classroom • Limit 13

Store Tour & Grain Bowl Demo

André LeTendre-Wilcox

Saturday, May 20 • 10 – 11am

📍 Denfeld Classroom • Limit 10 • FREE



Northwoods: An Intro to Medicinal Trees of Northern MN

Emma Day of Black Spruce Herbals

Thursday, May 4 • 6 – 7:30pm • 📍 Denfeld Classroom • Limit 15

Join Master Herbalist and ecologist Emma Day, to learn about three medicinal trees, how to ethically harvest and prepare their medicines, and how to utilize their vitality to support yourself and your family. Time will be spent in lecture + discussion; please bring a journal to take notes.



JUNE

Laughter Yoga Session 1*

Deborah Jackson

Thursday, June 8 • 5 – 6pm

📍 Denfeld Classroom • Limit 15

*Register for both sessions or just one.

Laughter Yoga Session 2*

Deborah Jackson

Thursday, June 15 • 5 – 6pm

📍 Denfeld Classroom • Limit 15

*Register for both sessions or just one.

Store Tour & Grain Bowl Demo

André LeTendre-Wilcox

Saturday, June 10 • 10 – 11am

📍 Hillside Classroom • Limit 10 • FREE

ONGOING MONTHLY CLASSES

Herbalism for Beginners

Stacey Quade

2nd Tuesdays • 6 – 7:30pm

April 11, May 9, May 23, June 13

📍 Denfeld Classroom • Limit 16

*Register for multiple sessions or just one.

Musculoskeletal Moves

Joseph Quade, PT

1st Tuesdays • 6 – 7:30pm

April 4, May 2

📍 Denfeld Classroom • Limit 15

*Register for multiple sessions or just one.

All Co-op Classes are \$15 unless noted otherwise. Co-op Owners will receive a \$5 Co-op gift card at the class.

WHOLE FOODS CO-OP

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**DON'T FORGET TO USE YOUR
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\$5 OFF

YOUR \$40 SHOP

One Time Use Per Month
April, May, and June 2023

Tech Upgrades

Technology upgrades at both WFC locations are underway. These changes will bring new ways for us to add value to WFC Ownership!

To stay updated on Owner deals and benefits, be sure check your email inbox for your weekly Owner email! If you're not subscribed, you can sign up at wholefoods.coop/newsletter.

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Opt in for Print *Garbanzo Gazette* or Go Digital

Our community of Owners is growing! Last year, we mailed about 44,000 print copies of the *Garbanzo Gazette*, weighing approximately 4,375 lbs. That's a lot of paper! WFC would like your help to reduce paper and printing waste moving forward.

We're asking lovers of the paper version of the *Gazette* to "opt in" to continue receiving a print copy by mail. For Owners who do not opt in, no action is needed – you'll be automatically enrolled to receive the digital version starting with the Fall 2023 issue. If you already receive our weekly Owner emails the digital distribution will be included. Visit our webpage below to update your email address if needed.

A limited number of paper copies of the *Gazette* will be available in the stores.



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