

WHOLE FOODS CO-OP

# garbanzo gazette

FALL 2023

Whole Foods Co-op adds  
145 solar panels to the roof  
of the Denfeld store!

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**Sarah Hannigan**  
General Manager

# With a Little Help From Our Friends

**B**ack in the summer of 2018, Whole Foods Co-op hosted a group of co-op general managers and retail support specialists from National Co-op Grocers for a “cooperative peer audit.” A few years prior, we had opened the Denfeld store and we still hadn’t met the original projections for sales and shoppers, and were struggling to find cohesion across our two stores. We knew we were doing a lot of things right and knew that we needed help if we were to tap the unrealized potential at our Co-op. Getting perspective from our peers proved invaluable. We began focusing on strengthening systems and creating an aligned experience for shoppers and staff. In an evolving and dynamic business like ours, this work doesn’t really end; however, I see our peer audit as ensuring some of our first steps were in the right direction.

Fast forward five years.

During the hottest week of the summer, cooperative principle six – cooperation amongst cooperatives – was again activated at Ozark Natural Foods (ONF) in Fayetteville, Arkansas. ONF is located on the edge of the University of Arkansas campus – where college football meets the Walton (as in Walmart’s Sam Walton) School of Business meets the architecture of the Antebellum South meets the Tyson Poultry Science Center. A strange mashup of interests operating alongside a deep commitment to place and community, all coming together at a cooperative that has served Northwest Arkansas since 1971.

ONF’s situation was similar to ours in 2018 – they had expanded into a new store a few years prior and were feeling a myriad of growing pains. They asked for help from their friends. Our team included general managers

from The Merc in Kansas, Lakewinds in the Twin Cities, and Common Ground in Champaign-Urbana, plus a pair of support specialists from NCG. We spent three days reviewing reports and systems, diving into operations to better understand opportunity and challenge, exploring the competition, and talking with and listening to owners, shoppers, and staff. All to help ONF reorient to their beacon.

On the last day of our visit, we gathered with nine members of ONF’s leadership team to share our experience. To launch our meeting, we were all asked to share, “Why do you choose the co-op?” Around the table there was an outpouring of passion. For the people, the connections, the values, the positive impact, the deep roots, the history, the business model, the tangible good work, the commitment to sticking together through hard times and sharing in celebrations. A fabric of shared hope woven together offered a powerful backdrop for the rest of the day. It also provided invigoration and inspiration for the members of the audit team to carry back to our home co-ops.

I am heartened to see so much of this same collective commitment and hope in the pages ahead, and I am honored to share them with you. Enjoy the uplifting stories from our Co-op and consider joining us to share more at the Annual Owner Meeting on October 16th.

I’d love to hear more from you about why you choose the Co-op. 🌱

*In cooperation,*  
Sarah Hannigan, General Manager  
[sarah@wholefoods.coop](mailto:sarah@wholefoods.coop)

**We knew we were doing a lot of things right and knew that we needed help if we were going to tap the unrealized potential at our Co-op. Getting perspective from our peers proved invaluable.**



**Maria Isley**  
Board of Directors

# Strength in Connection

**T**his past year has felt like a reemergence in society. We seem to be socializing more, attending in-person events, and going on trips further than our backyards. In reflection, we all have witnessed what a lack of community connectedness can have and the importance of genuine human interaction. When the Whole Foods Co-op (WFC) community – staff, Owners, and patrons alike, rally together, it demonstrates that even in adversity, our connections within the Co-op and community remain unshaken.

WFC's connectedness shows up in many ways:

## Standing Strong

When the world slowed down during uncertain times, it was the Co-op staff that rose to the occasion, ensuring that the shelves remained stocked, the stores were safe for everyone, and our community was cared for. The pandemic brought unprecedented challenges, from adapting to new safety protocols to keeping up with increased demand. Yet, the staff showed a resilience that didn't just provide groceries; they offered comfort, camaraderie, and a reassuring presence.

Behind every masked smile and every extra step taken, there was a genuine dedication to keeping our community connected and cared for. It's with profound appreciation and recognition that the staff were the bedrock of WFC throughout the pandemic.

## Community in Every Gesture

So even through a pandemic, WFC continues its connectedness to the community that transcends the traditional role of being a grocery store to serving as a hub of community connection and sustenance. With its unwavering dedication to building strong community ties, WFC is more than just a place to purchase groceries—it's a space where relationships

are nurtured, ideas are exchanged, and a sense of belonging is cultivated. WFC embodies the essence of local collaboration while staying true to the commitment of sustainability.

WFC actively engages in philanthropic and community initiatives and supports local food banks and nonprofits. By reinvesting in the well-being of the city and its residents, the Co-op exemplifies its dedication to being an active participant in community growth and development. This approach enhances the store's reputation and reinforces its role as a cornerstone of the community.

## Collaborative Relationships

At the core of the WFC's success in fostering community connection is its emphasis on local sourcing and supporting regional producers to strengthen the local economy. This practice not only keeps currency circulating within the community but allows customers to forge a deeper connection with their food sources.

## The Power of Connection

WFC serves as a remarkable example of how a grocery store can transcend its commercial function and be a catalyst for community connectedness. By emphasizing local sourcing, hosting events, promoting sustainability, and contributing to the community's welfare, WFC creates an environment where individuals can shop for daily needs and find a sense of belonging and purpose. As we reconnect following the pandemic, WFC reminds us that a strong community is built on shared experiences, empathy, support, and connection.

The Board invites you to connect and celebrate together at Whole Foods Co-op Annual Owner Meeting on Monday, October 16th. 🥕

# 2023 ANNUAL OWNER MEETING

MONDAY, OCTOBER 16<sup>TH</sup> • 5–7:30PM

📍 [Clyde Iron Works Event Center, 2920 W Michigan St, Duluth, MN](#)



- ▶ Great Food and Great People
- ▶ Grow Local Food Fund Recipient Panel
- ▶ Election Results Including Board and GIVE! 2024 Recipients
- ▶ Kids' Activity Corner, by [Duluth Children's Museum](#) during panel and business meeting (ages 4 and up)

All Whole Foods Co-op Owners are invited to attend the 2023 Annual Owner Meeting! Owners that wish to attend must pre-register to ensure adequate seating and meals. Owners may bring additional guests and/or children. Please include the total number of people attending when you register.

**\$25 Per Adult; \$5 Per Child (age 12 and under)**

Owners will receive their ticket cost back as a \$25 Co-op gift card upon arrival to the meeting. If you plan to attend the meeting portion only, there is no payment required.



**Registration is required by October 8<sup>th</sup>**

Register online at [wholefoods.coop/annualmeeting](https://wholefoods.coop/annualmeeting), at customer service, or call 218.728.0884.

## AGENDA

**5:00 – 5:30pm:** Registration + Social Time

**5:30 – 6:15pm:** Buffet Dinner

**6:15 – 6:45pm:** Business Meeting

- ▶ State of the Co-op Reports from Management and Board
- ▶ Remarks for the Good and Welfare of the Co-op
- ▶ Election Results

**6:45 – 7:30pm:** Grow Local Food Fund Panel facilitated by [Dan Kraker of Minnesota Public Radio](#)

Door Prizes (*must be present to win*)

## MENU

### Traditional Style Mexican Taco and Enchilada Bar

Beef, shredded chicken, and black bean tacos seasoned with a blend of spices, and chicken enchiladas. Served with crisp corn, soft flour tortillas, and a variety of toppings. Taco bar is complete with classic sides of fresh crisp tortilla chips, Mexican red rice, slow-cooked refried beans, and fajita vegetables.

### Desserts

Co-op made carrot cake, wheat-free chocolate cake, and vegan chocolate cake.

# VOTE! WHOLE FOODS CO-OP 2023 ELECTION

Cast your vote and play a role in guiding Co-op leadership and our impact on the community! The election ballot includes the opportunity to vote for Board of Directors candidates and GIVE! Non-Profit Support Program recipients for 2024.

## BOARD OF DIRECTORS CANDIDATES



**Susan Darley-Hill**



**Tristen Eberling**



**Chris Lee**



**Holly Wolfe**  
*Incumbent*



View Election details and vote by October 15<sup>th</sup> at [wholefoods.coop/vote](https://wholefoods.coop/vote)

Those without internet or computer access can request a paper guide/ballot at customer service.



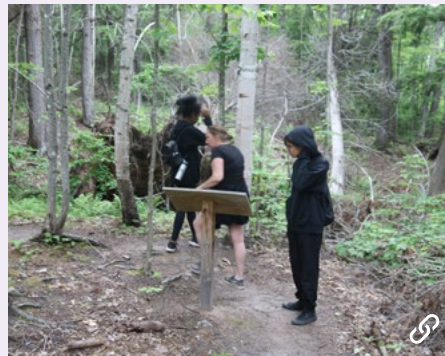
## NON-PROFIT SUPPORT PROGRAM

Round up at the registers in October, November, and December to support these [Non-Profit Support Program](#) recipients and the [Grow Local Food Fund](#) through our GIVE! round up program.



### OCTOBER GIVE! RECIPIENT **WE Health Clinic, P.A.**

Funds will be used for general operating expenses such as medical supplies, malpractice insurance, and staff salaries.



### NOVEMBER GIVE! RECIPIENT **American Indian Education Parent Advisory Council**

Funds will benefit American Indian students who are not enrolled in federally recognized tribes.



### DECEMBER GIVE! RECIPIENT **Lincoln Park Children and Families Collaborative (LPCFC)**

Funds will facilitate monthly delivery from Second Harvest and the logistics of the service.

Thanks to the 50+ local non-profits who applied for GIVE! 2024. Stay tuned for recipient announcements at the Annual Owner Meeting!

# Whole Foods Co-op

## ILLUMINATING SUSTAINABILITY, ENERGIZING COMMUNITY

**W**hole Foods Co-op proudly adds another chapter to its sustainable progress legacy while fueling local economic growth under the late summer sun. WFC's solar journey began in 2007 with the installation of a pole-mounted 16-panel solar array in the employee parking lot below the Hillside store. The solar project was the perfect complement to the property, which had earned Duluth's first LEED (Leadership in Energy and Environmental Design) certification the year prior.

In 2016, the Co-op expanded its solar reach at the recently completed and LEED-certified Denfeld store. The property was designed with solar power in mind. The roof assembly was engineered to hold a future rooftop array, and the southwest wall window placement and exterior finishes were selected to accommodate photovoltaic (PV) panels. A few months after Denfeld opened, WFC installed a 48-panel wall-mounted 16 kW array. On average, this system has generated 13,300 kWh annually.

Today, WFC exclaims from the rooftops (quite literally) that the second phase of our renewable energy installation is complete! The roof-mounted array is comprised of 145 panels, generating approximately 83,000 kWh each year.

Through the project, Bret Pence (WFC Owner) and local volunteer leaders of [Interfaith Power and Light](#) have provided renewable technical expertise and – dare we say – served as a beacon, enlightening us on potential benefits, utility rebates,



Southwest side solar panels were installed in 2016, during the construction of the Denfeld store.



16-panel solar array at the Hillside store.

and tax incentives that could be harnessed to mitigate costs of our impact project; such as a recent federal tax credit enabled by the Inflation Reduction Act that should return 30-40% of the project cost to WFC. Project financing was secured through the [Saint Paul Port Authority's Property Assessed Clean Energy \(PACE\) program](#), which provides low-interest loans to be repaid via property tax assessments with the electricity savings.

Along the Co-op's solar journey, PV panel technology has advanced tremendously. Per panel, the Denfeld array is more than three times more efficient than the panels in the Hillside employee lot. Collectively, WFC's total annual solar PV generation at both locations now surges to over 100,000 kWh, putting the Co-op on the map as having one of the largest private commercial solar footprints in Duluth. The second Denfeld solar array embodies our commitment to local partnerships and reduces our carbon footprint. The Co-op's ability to generate over 100,000 kWh from the sun will eliminate 78.1 metric tons of CO<sub>2</sub> emissions yearly, equivalent to 8.9 U.S. homes' energy use for one year.

The Co-op can harness a lot of power from the sun, however, the business of groceries is energy-intensive. The two solar arrays at Denfeld now offset the total electricity needed to run the store by about 25%.

Conducting business with the community and our environment at heart remains central to WFC's ethos. What's next? How about illuminating our future with EV charging stations? The journey continues, brighter and bolder. 🌞



Photos by [Dangerbird Productions](#), a Duluth-based videography and photography company.

## EMPOWERING LOCAL VENDORS

### Solar Panels

Local solar panels, assembled by Heliene in Mountain Iron, Minnesota, shine in our recent project. Heliene's mission to mend the world propels its innovation and customer-centric approach.



### Panel Installation

Solar Bear, Minnesota's sole Native American/ minority-owned solar installation firm, designed and installed the project. Led by Bob Blake, Solar Bear epitomizes environmental and social justice ideals, as demonstrated by their groundbreaking work with the Red Lake Nation in 2021, forging the first tribe-to-state solar project in the U.S.



Learn more about the Red Lake Nation Project at [cleanenergyeconomymn.org/blog/solar-bear](https://cleanenergyeconomymn.org/blog/solar-bear)



**WFC's total annual solar generation, 100,000 kWh, equals about 9 homes' energy use for one year based on the U.S. average for a family of four.**

# WHAT DOES LOCAL MEAN AT THE CO-OP?

Independent vendors located in **Minnesota** or **Wisconsin**

The Co-op prioritizes purchases from vendors located in the **Lake Superior Bioregion**.

### Lake Superior Bioregion



For a list of our local vendors, visit [wholefoods.coop/local](https://wholefoods.coop/local)

# Food Farm

## A JOURNEY THROUGH FOOD FARM'S INSPIRING HISTORY

By Marci Strack, *Marketing Manager*

Imagine a late summer's day in August, where the morning rain has quenched the thirst of the soil, leaving glistening beads of water on lush produce greens. The fields hum with life as the broccoli and carrots, nurtured since early plantings, stand ready for harvest. Around the kitchen table, John, Janaki, and Dave gather, ready to weave a tapestry of stories that span five decades – stories of trials, triumphs, and transformation – stories that form the heart of Food Farm's rich history.

The narrative begins in the fall of 1975 when John and Jane Fisher-Merritt found themselves dreaming of a life intertwined with the land. Inspired by a back-to-the-land ethos and Wendell Berry's "The Unsettling of America," they left Oregon behind and arrived at Holyoke, Minnesota, a homestead John lovingly dubbed a "hippie hideaway in the woods." The early years were marked by humble

beginnings, laying the stepping stones for what would eventually become Food Farm.

Picture large broccoli crowns, carefully piled high in ice-laden turkey roasters, destined for sale on consignment. Envision

ripe red tomatoes fetching a mere 10 cents per pound, with a seasonal harvest yield of about 1500 lbs. Those stories and memories of the devastating 1976 Holyoke house fire couldn't extinguish the will to arise from the ashes. The Fisher-Merritts would make lemonade from lemons and salvage materials from the fire that would later become part of their new home's porch, where Food Farm currently stands in Wrenshall, Minnesota.

John's voice resonates, "We moved from Holyoke to Wrenshall in 1988, guided by [UMD Extension](#) soil mapping insights." It was here that the Fisher-Merritts could fully embrace the radical notion of organic farming. In a landscape dominated by industrial agriculture, their commitment to growing healthy food in harmony with nature's rhythms was nothing short of revolutionary.



John and Jane Fisher-Merritt, 1988. Photos courtesy Food Farm.

Their dedication to living this way and to the Lake Superior region laid the foundation for Food Farm's future.

Dave Hanlon, a steadfast presence for over 30 years, brings to life tales of John's creativity and maverick spirit. Imagine the experimental construction of a hoop house – salvaged conduit bent with the weight of a tractor, shaped by ingenious curves. Another thread in the tapestry of resourcefulness and unwavering persistence.

By 1990, their dedication bore fruit, earning them certified organic status. This recognition solidified their commitment, established their leadership in the local organic food movement, and set the stage for their pioneering Community Supported Agriculture (CSA) venture. Janaki's voice adds depth, "In the 20 years my folks had been farming, they hadn't paid themselves a wage. We had a farm-direct arrangement called a Clientele Membership Club where people could come pick food at the farm for a lower price than retail." The shift to a CSA format was a natural progression, offering a consistent income source for the Fisher-Merritt family. In 1994, the CSA and the name "Food Farm" were officially adopted. On the farm name, Janaki said, "The farm never had a name until we started the CSA—produce signs at the Co-op always just read "John's" because everybody knew who he was, and he had worked at the Co-op since 1976. We chose the name Food Farm because producing basic sustenance for a community of people is actually very unusual in agriculture today." In the late 90s and early 2000s, Food Farm extended its roots and values, fostering new farms in the Northland through





mentorships, including relationships with Rick and Karola Dalen of [Northern Harvest Farm](#) and others.

Fast forward to 2010, when Janaki and his partner Annie Dugan assumed leadership, steering Food Farm towards new horizons. Their stewardship saw the completion of the [root cellar](#) in 2016, an embodiment of their commitment to preserving freshness with minimal inputs in Minnesota's harsh climate.

As time moves forward, Food Farm – now tended by Janaki, John, Dave Hanlon, Teri Sackmeister, and their dedicated seasonal team – thrives. As boxes brimming with fresh bagged carrots are prepared for Co-op delivery, Dave, Janaki, and John intertwine their stories with the laughter of the next generation of Fisher-Merritts and friends just outside in the yard. Food Farm and the Co-op take great pride in nurturing and strengthening our enduring partnership between each other and the community. Since that inaugural delivery of tomatoes in 1976, Food Farm and the Co-op's journeys have seen parallels of growth. Bringing local, organic food to the Northland is a remarkable achievement,



John, Janaki, and carrot crop, 1989.

**Food Farm stands as an emblem of the enduring bond between land and community in a world that hurtles forward. Each harvest, each farmer uplifted through their mentorship, speaks to this timeless connection.**

considering our short growing season. Food Farm stands as an emblem of the enduring bond between land and community in a world that hurtles forward. Each harvest, each farmer uplifted through their mentorship, speaks to this timeless connection.

Today, John and Jane's presence continues to grace the farm, offering support when needed. John imparts wisdom through farm tours and supports new growers, extending his knowledge to programs like the [Fond du Lac Tribal & Community College Bimaaji'idiwn Extension Producer Training Program](#) in Cloquet. As Janaki eloquently concludes, "In many ways, the commitment to continuous improvement and the desire to deepen our understanding of the land and the practices that support its productivity are more important than the milestones." Through their story, we find inspiration to strengthen our relationship with the land and with each other. 🥕



Top: Annie, Janaki, and their children, Ellis and Truman.  
Bottom: Food Farm carrots. Photos by Katie Cannon, 2019.

# James Lake Farms

## A BERRY SUSTAINABLE LOCAL MARSH

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

The cranberry is one of the most unsung heroes of autumn and holiday feasts. The bright red fruit, with a combination of sour and sweet invigorates the taste buds. When the mercury begins to fall, the cranberry harvest starts at one of our favorite cranberry farms, James Lake Farms. Just a couple of miles south of Three Lakes, Wisconsin, James Lake Farms is operated by John and Nora Stauner with their children, Ben and Sarah, and manager Tom Drozd, who pride themselves on their commitment to sustainable farming practices and providing the community with high-quality certified organic cranberries.

The team at James Lake Farms can be rightfully proud of their cranberry operation. From their exceptional care that fuels the cultivated fields to their masterful cranberry harvesting, they ensure the longevity of their farm. The cranberry marshes were started in the late 1940s, and many of the current cranberry beds date from this time. The Stauner family began the process of organic certification for their 189 acre farm in 2006, and achieved certified organic status in 2018. John informed us, "Converting to organic

was a business decision because we needed to find a value-added niche market, but it was also a decision driven by our desire to grow something that was good for people and good for the land on which it was grown." James Lake Farms collaborates with [MegaFood Vitamins](#), supplying them with the same great organic berries that we have at the Co-op. John let us know that MegaFood is also a company that values preserving the natural quality of food and the land it's cultivated on, making for a great partnership.

A good farmer does everything they can to produce a harvest every year. A great farmer gets a yearly harvest while improving the land and taking time to care for all who dwell on the land, flora and fauna included.

Pollinators, the little creatures that fly, buzz, and walk, transferring pollen from flower to flower, are necessities the farm can't do without. John shared a bit of his growing philosophy with us, "We use such things as composts for fertility and neem-oil-based products for pest control. I like to use the analogy that we are managing an ecosystem on the marsh in order to get as many cranberries as possible." Collaborating with seasoned beekeepers, the Stauners ensure the wellbeing of native pollinators, turning delicate cranberry blossoms into the beloved teardrop-shaped fruit.

There are different varieties of cranberries, called cultivars, each with unique characteristics. Cranberries can vary in size, shape, and even ripening time depending on their type. In 2022, James Lake Farms utilized over 12 cultivars of cranberries between their two marshes.

Cranberries grow low to the ground, with long trailing stems that root at various points. To maintain a healthy, upright growth ensuring good sunlight exposure, perennial cranberry vines must be replaced occasionally. The oldest



John and Nora Stauner with their children Ben and Sarah and their families.



Photos courtesy James Lake Farms.

vines at James Lake Farms have been replaced or "renovated" with industry-developed hybrids that grow harmoniously with organic farming practices. Three years of tending new plants are required before they develop a dense, even canopy that bears fruit.

Harvesting cranberries can be a complex process that relies heavily on the weather due to the season's unpredictability. A fascinating insight is that the reproductive buds of cranberries form on the plants in August of the previous year. This underscores the importance of sustainable farming practices. As the crew harvests the current crop, utmost care must be taken to avoid any damage to the following year's harvest. To ensure the best quality product, James Lake Farms conducts two separate harvests depending on the cranberry's destination, fresh or frozen. The first method involves gently plucking the berries directly from the vine, ideal for fresh produce markets. The harvester reaches into the vines and grasps a cluster of ripe berries. Ripe cranberries have air pockets that help them release from the stems. Plucking preserves the fruit's freshness for an extended period.

After collecting the first harvest of berries to sell fresh, the cranberry beds are then flooded, and the berries rise to the surface, creating a vivid crimson sea of berries to be collected by a floating harvester. Floating is a picturesque and efficient method for harvest. James Lake Farm utilizes this method for berries they freeze.

In 2022, James Lake Farms harvested over 2 million pounds of organic cranberries. For reference, an empty 20 foot shipping container typically weighs just under 5,000 lbs. If you imagine 400 containers stacked together, the total weight would be approximately 2 million pounds. That's a lot of cranberries!

During the unique and awe-inspiring harvest, James Lake Farms offers tours and sells freshly picked cranberries; John and his family love to see cranberry fans in person. On Saturdays during October, join John to explore the marsh and have your pollinator and cranberry questions answered. 🥕



Connect with James Lake Farm to learn more at [jlfcranberries.com](https://jlfcranberries.com)

## Maple-Cranberry Sweet Potatoes

### Ingredients

- ▶ 2 sweet potatoes
- ▶ 1 orange, juice and zest
- ▶ 1 Tbsp. vegetable oil
- ▶ 3 Tbsp. maple syrup
- ▶ ½ cup peeled and minced shallots
- ▶ 1 Tbsp. unsalted butter
- ▶ 3 ½ cups cranberries (fresh or frozen)
- ▶ salt to taste
- ▶ ground black pepper

### Instructions

1. Preheat oven to 400°F. Pierce the skin of each sweet potato several times with a fork and place on a baking sheet. Bake for 45 to 60 minutes or until completely tender.
2. While potatoes are baking, begin heating oil in a small pot. Add shallots and ginger and sauté over medium-high heat for 2 to 3 minutes. Add the cranberries, orange juice and zest, maple syrup and a pinch each of salt and black pepper. Bring to a boil, reduce the heat and simmer on low for 10 to 15 minutes until the cranberries have broken down and the sauce is thickened. Remove from heat and stir in butter. Cut the baked sweet potatoes in half lengthwise, spoon warm cranberry sauce over each half and serve.

Recipe from [Grocery.coop](https://grocery.coop)



# A Local Harvest Celebration

## BUILD YOUR FEAST WITH LOCAL INGREDIENTS

**A**s the air turns crisp and the colors and bounty of the harvest season are at their peak, many of us begin preparations for our yearly fall and winter traditions. Candid conversations with loved ones over an indulgent Rustic Inn pie slice, warm hot cocoa from Mike & Jens, or formal gatherings to share delicious food may be in store for many of us. Whatever your plans, you can count on the Co-op to deliver a robust selection of local food. You may even find your shopping experience like gathering for a holiday meal, where you set the pace – seeing friends, local food producers, and neighbors to greet and catch up with while in the aisles fulfilling your to-do list.

Thank you for sourcing locally from Whole Foods Co-op for your holiday celebrations. We, and our community of growers, are honored to be a part of your holiday table and experience.

### Local Turkey



#### Free-Range Turkey from Ferndale Market and Kadejan

Taste the exceptional quality of poultry from local family farms, [Kadejan](#) (Glenwood, MN) and [Ferndale Market](#) (Cannon Falls, MN). These farms uphold the highest standards, ensuring their turkeys are nourished with whole grains and enjoy a free-range existence and outdoor access in temperate months. Kadejan and Ferndale collaborate with other small family farms to raise their birds. Find fresh and frozen turkeys at the Co-op this season.

Frozen Ferndale Market Turkeys available October 30<sup>th</sup>

Fresh Ferndale & Kadejan Turkeys available November 18<sup>th</sup>



#### Certified Organic Turkey from Larry Schultz Organic Farm

Delight in certified organic turkeys sourced from [Larry Schultz Farm](#), in Owatonna, MN. This fourth-generation family enterprise has been dedicated to organic practices since its inception. These birds eat only certified organic feed and roam freely in small, naturally tended flocks. Alongside turkeys, the farm provides the Co-op with wholesome chickens and eggs.

Frozen Larry Schultz Turkeys available October 30<sup>th</sup>

## Organic Potatoes & Carrots



### Food Farm, Northern Harvest Farm

Find bulk or bagged russet, yellow, and red potatoes and carrots throughout the season. Smash, bake, roast, or boil to present your perfect preparation. Traveling just over 20 miles from the farm to the Co-op, these are the best-tasting roots!



## Organic Winter Squash



### Hermit Creek Farm, Food Farm, Northern Harvest, Stateline

Explore winter squash varieties that impress both in flavor and shape. Acorn, delicata, sunshine, carnival, and kabocha, to name a few. Try slicing and roasting with oil, salt, and pepper for an easy crowd-pleaser.

## Local Pie



### Rustic Inn Café

Relish every bite of your favorite seasonal pie. All pie fillings and crusts are made from scratch with no shortcuts! These pies are amazing, and any way you slice them, they will excite.

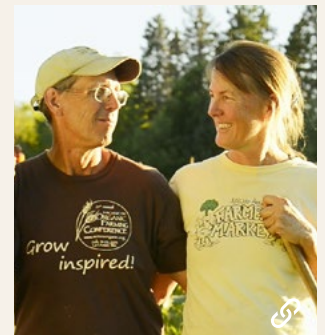
### Northern Harvest Farm

owned by Rick and Karola Dalen, has been in operation since 2005. With Adam Kemp, co-manager and Owner of [Uff-da Organics](#), the Dalen's recently overtook [Spirit Creek Farm's](#) line of fermented goodness.



### Hermit Creek Farm,

owned by Landis & Steven Spickerman, has been established near Lake Superior's south shore since 1993. They distribute nourishing and delicious produce throughout the Twin Ports and run a successful CSA.



### Rustic Inn Café

has been baking the most delicious pies for more than 30 years. They create cream, crumb, and fruit pies like no other just up the shore in Two Harbors.



WHOLE FOODS CO-OP

## Holiday Pre-Order

Holiday weeks can be hectic; let the Co-op save you time! Over 85% of Co-op made holiday offerings are prepared with local ingredients.



**HARVEST MEAL**  
plates, sides, & pies

OCT. 24 – NOV. 10

**HOLIDAY TREATS**  
pies, sweets, & breads

NOV. 28 – DEC. 15



★  
LOCAL

## Wreaths

**30% OFF**

Local Wreaths

NOV. 25 – 28



[wholefoods.coop/holiday](http://wholefoods.coop/holiday)



## Fall Co-op Classes

Check out our online class calendar for detailed descriptions and registration information.



[wholefoods.coop/classes](https://www.wholefoods.coop/classes)

Registration is required. Co-op Owners will receive a \$5 Co-op gift card at paid classes.

### OCTOBER

#### Preserving the Harvest: Canning Tomatoes

Haley Diem, [Duluth Community Garden Program](#)

Tuesday, October 3 • 5 – 7:30pm  
 Hillside Classroom • \$30 • Limit 14

#### Wellness Reset

Michelle Russell, [CHHP, CHTP, CEFTP](#)

Thursday, October 5 • 5:30 – 7:30pm  
 Hillside Classroom • \$20 • Limit 14

#### Let's Make Some Pad Thai

Jonathan Wolfe

Tuesday, October 10 • 5:30 – 7pm  
 Hillside Classroom • \$25 • Limit 14

#### Six-Taste Rainbow Bowl Cooking Class

Jessica Karpinske & WFC

Thursday, October 12 • 5 – 7pm  
 Hillside Classroom • \$25 • Limit 14

#### How to Prep Your Garden for Winter

Kayla Pridmore, [Community Action Duluth](#)

Saturday, October 14 • 10 – 11am  
 Hillside Classroom • \$20 • Limit 14

#### Recycle Right

Emma Pardini, [WLSDD](#)

Thursday, October 19 • 1 – 2pm  
 Hillside Classroom • FREE • Limit 24

#### How to Make Jjigae (Korean Stew)

André LeTendre-Wilcox, WFC

Tuesday, October 24 • 5:30 – 7pm  
 Hillside Classroom • \$25 • Limit 14

#### Backcountry Food Prep for Outdoor Enthusiasts

Cory Van Oort

Thursday, October 26 • 5:30 – 7pm  
 Hillside Classroom • \$20 • Limit 14

Interested in teaching a class or have suggestions? Email [marketing@wholefoods.coop](mailto:marketing@wholefoods.coop).



#### DIY Herbal Teas

Stacey Quade, [CHTP/I, COTA/L, Clinical Herbalist](#)

Tuesday, December 5 • 5:30 – 7:30pm

Hillside Classroom • \$45 • Limit 14

Learn about different spices and herb properties and their healing constituents to blend tea. Participants will leave with a personalized tea kit.

Stacey Quade, has been an Herbalist, Certified Healing Touch Practitioner, and energy bodywork practitioner since 2002.



### NOVEMBER

#### DIY Tonics

Stacey Quade, [CHTP/I, COTA/L, Clinical Herbalist](#)

Tuesday, November 7 • 5:30 – 7:30pm

Hillside Classroom • \$45 • Limit 14

#### Kids in the Kitchen:

##### After School Snacks

André LeTendre-Wilcox, WFC

Thursday, November 9 • 5 – 6pm

Hillside Classroom • \$15 • Limit 12

#### Holiday Budgeting for Beginners

[Superior Choice Credit Union](#)

Tuesday, November 14 • 5:30 – 6:30pm

Hillside Classroom • FREE • Limit 14

#### How to Make Sauerkraut

Haley Diem, [Duluth Community Garden Program](#)

Thursday, November 16 • 5:30 – 7pm

Hillside Classroom • \$45 • Limit 14

### DECEMBER

#### DIY Herbal Teas

Stacey Quade, [CHTP/I, COTA/L, Clinical Herbalist](#)

Tuesday, December 5 • 5:30 – 7:30pm

Hillside Classroom • \$45 • Limit 14

#### No-Bake Holiday Appetizers

André LeTendre-Wilcox, WFC

Thursday, December 7 • 5:30 – 7:30pm

Hillside Classroom • \$25 • Limit 14

### MONTHLY

#### Store Tour and Grain Bowl Demo

André LeTendre-Wilcox, WFC

Friday, October 20 • 1 – 2pm

Hillside • Fall Grain Bowl

Friday, November 17 • 1 – 2pm

Denfeld • Turkey Bowl

Friday, December 15 • 1 – 2pm

Hillside • Cranberry Orange Bowl

FREE • Limit 10



#### No-Bake Holiday Appetizers

André LeTendre-Wilcox

Thursday, December 7 • 5:30 – 7:30pm

Hillside Classroom • \$25 • Limit 14

Be the star of your next celebration and learn to make three simple no-bake appetizers: Cranberry Brie Bites, Caprese Skewers, and a Vegan Charcuterie Wreath.



# NEW! WFC GLASS BULK CONTAINERS

16 OZ, 32 OZ, & 64 OZ AVAILABLE

Fill with any liquid bulk products!

Natural Pure Drinking Water

Local Cold Press Coffee from [Duluth Coffee Co.](#) (on tap at Denfeld)

Local Maple Syrup from [Simple Gifts](#) (bulk section)



# coop explorers corner

Scan the QR code to download a maze and help the farmer deliver local vegetables to the Co-op!

[Click here](#), scan the code, or pick up a copy at customer service!



### 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!

## Abandoned Equity

In compliance with its policy on the Abandoned Equity Process and in acknowledgment that in Fiscal Year 2023 WFC achieved growth in new Owners, in new equity and in earnings, the Board approved returning approximately \$3,000 net after any indebtedness owed to WFC, of the oldest abandoned equity (no current address on file and/or Owner is more than one year behind in purchase of required equity).

The process to return abandoned equity is to publish the names of these Owners in the *Garbanzo Gazette* and allow at least sixty (60) days (by November 30, 2023) for them to provide a current address for an equity refund or to complete their purchase of required equity.

The balance of unclaimed abandoned equity will be donated to the Fran Skinner Memorial Matching Fund.

Althaus, Alex K.  
Anderson, Lucas K.  
Anttila, Kaisa  
Baldwin, Martin H.  
Bales, Debra  
Berwald, Carl F.  
Bigelow, Katherine L.  
Bjelland, Steven B.  
Bjornson, Alyssa  
Boeseneilers, Susan  
Decaire, Terri L.  
Degraef, Linda  
Dwyer, Miranda C.  
Ehrbright, Corrie  
Eicher, Teri L.  
Eklund, Kyle  
Enright, Caitlin E.  
Estenson, Andrea D.

Fix, Rebecca J.  
Gardner, Gabriel J.  
Gaunt, Susanna C.  
Gelineau, Keely R.  
Geving, Jennifer-Ann  
Glapa, Theresa B.  
Goldfarb, Stephanie Ann  
Goodell, Jeremy  
Griffith, Amber  
Hanson, Catherine  
Harmer, Olivia  
Hayes, Michelle  
Heikkila, Kirsten K.  
Hendrickson, Lisa C.  
Henegar, Teresa L.  
Herling, Brooke  
Herzog, Katrina M.  
Hodges, Caroline J.

Hummel, Alicia D.  
Hyde, James  
Hynum, Nathan P.  
Jannetta, Marie  
Jones, Robert W.  
Jurek, Scott G.  
Karlsson, Annika  
Kindstrand, Adelia  
Kirchner, Steven M.  
Kissell, Angela  
Krueger, Jenna  
Kubis, Blane M.  
Larson, Robert D.  
Le Suer, Kinzua  
Lemmer, Toni Michele  
Livingston, Cecelia  
Loop, Ann K.  
Luhmann, Jacob

Marcus, Marjorie L.  
McCollam, Scott D.  
McGinty, Lynn  
Meese, Stacey J.  
Miller, Thomas J.  
Molitor, Michalene A.  
Monacelli, Margret E.  
Myers, Stephanie P.  
Nation, Branden  
Nelson, Daniel L.  
Nordberg, Jason M.  
Ohalloran Johnson, Fiona  
Olson, Richard D.  
Oppelt, Chad J.  
Pappas, David  
Pearson, Danielle  
Pettis, Isaac  
Preston, Jeramie M.

Pudwill, Andrew  
Quammen, David L.  
Quick, Alexandra C.  
Radzak, Heather M.  
Rasmussen, Toni  
Reinertsen, Jenny L.  
Rosseel, Scott J.  
Sailstad, Lauren L.  
Sartell, Diana  
Schallert, Dustin  
Schneider, Lawrence L.  
Schultz, Eric  
Schwerin, Jeri L.  
Spencer, Morley C.  
Stabe, Alexa K.  
Stenman, Tammy  
Stevens, Cassandra M.  
Surbaugh, Aaron J.

Susnik, Jonell  
Tikka, Todd  
Tomonovich, Mollie  
Tucci, Cheryl Ann  
Vanwyk, Andre  
Wazwaz, Zakeyeh Y.  
Weaver, Shawna Jo  
Weiers, Bridget Ann  
Willett, Debra  
Wills, Craig A.  
Zime, Brittany R.  
Zuckerman, Ian R.

# WHOLE FOODS CO-OP

## HILLSIDE

610 East 4th Street  
Duluth, MN 55805

## DENFELD

4426 Grand Avenue  
Duluth, MN 55807

[wholefoods.coop](https://www.wholefoods.coop)

218.728.0884

OPEN DAILY • 7am-9pm

### Holiday Hours

Thanksgiving: 7am-2pm  
Christmas Eve: 7am-5pm  
Christmas Day: Closed  
New Year's Eve: 7am-7pm  
New Year's Day: 9am-9pm

Owned by YOU and

# 13,000+

of your neighbors!

VOTER LOGIN  
INFORMATION:

[wholefoods.coop/vote](https://www.wholefoods.coop/vote)

Questions? Give us a call!

PRSR STD  
U.S. POSTAGE  
**PAID**  
DULUTH, MN  
PERMIT NO. 1003

# FALL OWNER DEALS



## NEW! OWNER DELI DEALS

Save on select deli items  
each month!

OCTOBER: \$1 OFF 16 oz Hot Soup • One use per Owner account per day.

NOVEMBER: \$1 OFF Build Your Own Sandwich • One use per Owner account per day.

DECEMBER 20-26: \$5 OFF Your \$25 Cheese Purchase • No limit.

# 10% OFF

YOUR BULK SHOP  
DECEMBER 13-19

One Time Use



## GET \$20 IN CO-OP CASH FOR EVERY \$100\* YOU SPEND ON CO-OP GIFT CARDS

NOVEMBER 24 - DECEMBER 8



\*Up to \$500.  
Co-op Cash redeemable  
through 12/31/2023.

DON'T  
FORGET  
TO USE  
YOUR  
MONTHLY  
OWNER  
COUPON!

# \$5 OFF

YOUR \$40 SHOP  
OCTOBER, NOVEMBER,  
& DECEMBER

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 Co-op Cash or monthly coupons.