

ReFresh

IT'S
TOMATO
TIME!

COOL
FREEZER
TREATS

MEAT
YOUR
VEGGIES





LETTER FROM THE GENERAL MANAGER

WE'RE REACHING THE END OF OUR FISCAL YEAR AT LAKEWINDS. We finish the year on June 30. I can report with gratitude that – together – we have achieved success for the year. Thanks to your decision to spend some of your grocery budget at Lakewinds, we are better able to meet your expectations of the co-op.

We're supporting a staff of dedicated, passionate people to do the everyday work of stocking products that meet our exacting product standards, preparing and cooking ready-to-eat food, and sourcing local and unique products as well as high quality staple pantry items.

Our staff are also in-store experts, able to talk with you about what we sell, where it comes from, and why we do what we do as a co-op.

WE'VE CREATED A CULTURE OF RESPECT FOR OUR STAFF BY:

- Fostering clear communication
- Providing meaningful avenues for participation in furthering a safe and healthy workplace
- Encouraging staff to work in teams to impact how we express co-op values in our stores
- Refining and improving compensation to attract, retain, and reward friendly and productive team members

WE'RE ACTIVE IN THE COMMUNITY:

- In schools, providing tools and education on growing and preparing food
- In nonprofit food and farming organizations, providing support for a range of projects
- In the local food community through Maker to Market, Lakewinds' innovative accelerator partnership with The Good Acre food hub
- With local farms through Lakewinds Organic Field Fund

WE'RE MEETING OUR FINANCIAL PERFORMANCE GOALS SO WE CAN:

- Provide patronage dividends to our owners year after year
- Reward our employees for superior performance
- Invest in our stores to improve the shopping experience
- Pay our member loans on schedule
- Retire a portion of our bank debt to reduce our interest expense

Friends, every dollar we spend at Lakewinds improves the local economy, the local food system, and provides meaningful employment for all of us who work at the co-op. Thank you for making Lakewinds a priority in your lives, and for playing your part in a successful year.



Dale Woodbeck



LAKEWINDS
FOOD CO-OP

General Manager
Dale Woodbeck

Sr. Marketing Manager
Amy Campbell

Editor
Kate Kearns

**Recipe/Product
Photography & Design**
Quincy Street Kitchen



RICHFIELD
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Richfield, MN 55423
612-814-8000

CHANHASSEN
435 Pond Promenade
Chanhasen, MN 55317
952-697-3366

MINNETONKA
17501 Minnetonka Blvd.
Minnetonka, MN 55345
952-473-0292

UPCOMING AT LAKEWINDS

JUNE

**10% OFF
BEAUTY & BODY CARE
ONE DAY SALE**

Saturday, June 23

.....

JULY

CO-OP FARM TOUR

Saturday, July 14
10 am - 4 pm

www.coopfarmtour.com

.....

AUGUST

KIDS FOOD FEST

Saturday, August 18
11 am - 3 pm

**BOARD OF DIRECTORS
ELECTION**

Applications open
through July 28

Voting August 27 -
September 16

.....

SEPTEMBER

**ANNUAL OWNER
MEETING & DINNER**

Sunday, September 16
Gale Woods Farm
Minnesota, MN

Tickets go on sale August 27



Cultivating Community Worldwide

THIS WINTER I HAD THE PRIVILEGE OF PARTICIPATING IN A LIFE-CHANGING TRIP TO OAXACA, MEXICO. I joined a delegation of Midwestern farmers organized by the Land Stewardship Project and hosted by Witness for Peace – both superb groups if you are looking for great organizations to join and support. It feels like a monumental challenge to distill everything I learned on the trip (stop me sometime in the co-op if you have a few hours), but there's one particular story I've thought a lot about over the past few months.

Towards the end of our trip, we traveled out of the city to a village about two hours away. Our bus unloaded into an area of lush forest and small corn fields where farmers grow an indigenous variety of corn, bred through traditional seed saving over many years to withstand the dry season. Someone in our group asked a very farmer question: What type of soil do you grow on? The answer was stunning. In short, no one knows because the ground there is some of the most severely eroded on the planet. We were standing no less than three feet below where the topsoil used to be.

Later, our group arrived in an area where the forest came to a hard stop. On one side was forest, on the other was barren soil and nothing else. We were told the barren area was what the entire forest used to look like before migrant farmers moved there 30 years earlier fleeing civil war in Guatemala. These migrants had the audacity to envision a lush forest where once there was nothing. I can't begin to imagine how much time and labor must have gone into the transformation. But I have thought about it often since returning from Mexico.

We face many injustices in our food system, from inequitable access to food to unfair labor practices to the mental and emotional health of our farmers. In the face of so many problems, it is tempting to shut down and tell ourselves that the problems are too big and we are too small. That sense of helplessness, to my mind, is the most dangerous of any problem we face. To do nothing is to implicitly accept the status quo.

When I feel overwhelmed by the challenges in our food system, I remind myself of Oaxaca. If these farmers – adapting to a new home in the wake of a civil war – can muster the vision and hard work to build a forest out of nothing, then we can certainly use the same principles to tackle the most pressing issues in our own communities.

ARIEL PRESSMAN IS THE OWNER OF SEED TO SEED FARM IN BALSAM LAKE, WISCONSIN, WHICH SUPPLIES HEIRLOOM TOMATOES AND OTHER ORGANIC PRODUCE TO LAKEWINDS FOOD CO-OP.



Nifty Kombucha ♥

REFRIGERATED GROCERY • \$4.99

Enjoy the natural immune and anti-inflammatory benefits of kombucha, brewed as close to home as possible. Nifty Kombucha sources ingredients from small local farmers and makes their fermented brew at local food hub The Good Acre.



Mostly Made ♥

FROZEN GROCERY • \$14.99

This delicious ready-made enchilada filling was created by a Minnesota mom to make homemade-style meals happen in less time. Try the recipes on the package or add your own favorite flavors to the mix — there's no wrong way.



Feta & Kalamata Olive Burger

MEAT DEPARTMENT
\$8.99/LB

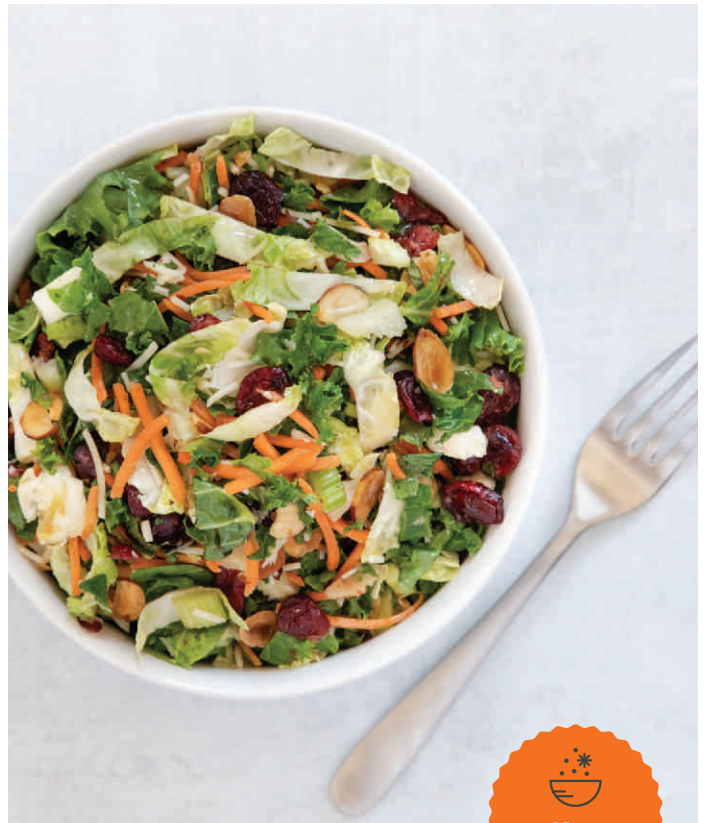
Up the ante at your backyard cookout with these perfect patties, made in-house using 100% grass-fed beef, feta cheese, and kalamata olives. Spread on a spicy mayo or creamy garlic aioli for a medley of summer flavors. Two hands required.



Beauty Full Day

WELLNESS
\$6.99-\$23.99

Shouldn't we be as choosy about what goes into our body care as we are about the foods we eat? Beauty Full Day's sunblock, lip balm, lotion, and other products use natural botanicals to soothe and rejuvenate — with no mysterious ingredients to worry about.



Brussels & Kale Salad

DELI • \$10.99/LB

This house-made salad dressed with a lemon herb vinaigrette is our pick for a wholesome and tasty side dish. It's just one of our must-try summer salads, from Co-op Potato Salad to Rainbow Red Cabbage Slaw to Asian Sesame Slaw.

Gunflint Trail Jam ♥

PACKAGED GROCERY • \$5.99

After many years making jam from the beautiful wild berries around her home on the Gunflint Trail, Jan has brought her delicious spreads to our shelves. Fruit forward and all natural, these small-batch jams are quintessentially Minnesota.



TOP DOGS

Let's be frank. Lakewinds' house-made sausages are the perfect vehicle for all of your favorite condiments and garnishes. But why let ketchup and mustard hog the spotlight? We've asked some of our favorite Twin Cities food personalities to beautify our brats with their own awesome additions. The results are Dog Heaven.

THE
BRUSSEL
HUSTLE



Chef Yia Vang of Union Kitchen says:

Go bunless! This **kale Sriracha beef brat** has a rich and spicy flavor that pairs well with a fresh Brussels sprout salad and a lime honey vinaigrette.

THE
RANCH
RODEO



Chef Carrie Summer of Chef Shack says:

Top your **pickle cheddar pork brat** with some smoky Chef Shack brisket and a crisp pickled radish salad for your next backyard barbecue.

THE
PHILLY
SQUARED



James Norton, Food Editor of The Growler, says:

Go traditional with this **Philly cheese beef and pork brat**. Give it a healthy smear of cream cheese and sprinkle liberally with caramelized onions.

GET THESE AND OTHER SUMMER RECIPES AT LAKEWINDS.COOP/RECIPES



MAKER TO MARKET

Growing local food businesses from scratch

As our Maker to Market food accelerator program enters its second year, we're thrilled to announce our latest class of Makers. This unique collaboration between Lakewinds Food Co-op and The Good Acre in St. Paul helps emerging food businesses turn their delicious ideas into market-ready products. We bring together all the pieces: locally grown and sourced ingredients, guidance to scale up production, plus marketing support and shelf space to connect these products with people who will love them.



MAKER TO MARKET

ACCELERATOR

- » Subsidized access to commercial kitchen space and food storage at The Good Acre
- » Support for all the essential components of scaling up a food business
- » Six months of retail placement at all Lakewinds Food Co-op locations

MENTORSHIP

- » Expert guidance from a variety of local industry professionals
- » Connections and direction for navigating large-scale food production and marketing
- » Support to bring finished products to other local co-ops and grocery stores

COMMUNITY

- » High-quality organic produce sourced from underserved Minnesota farmers
- » Investment in the sustainability of Minnesota's food economy
- » Cultivation of a vibrant and unique local food culture



CLASS OF 2018

WATCH THE LAKEWINDS SHELVES FOR THESE FOUR LOCAL PRODUCTS!



3 BEAR OATS

These sweet and savory organic steel-cut oatmeal bowls are food for the heart. But Therese of 3 Bear Oats wanted more options for her Farmers Market customer base. With local ingredients and elevated flavor profiles, her ready-to-heat frozen grain bowls serve up a hearty helping of the Heartland.



LOST CAPITAL FOODS

After a diagnosis of high blood pressure, DJ and Anastasia began looking for ways to make foods more flavorful without adding salt. This led to Lost Capital Foods and their line of fermented hot sauces. With pithy names, intense flavors, and a range of heat levels, these sauces are made to please all Minnesota palates.



PROCURED

Jess combined her loves of foraging and mushrooms to create ProCured, a line of all-natural, small-batch mushroom jerky. These shelf stable, lightweight snacks are made from portobellos and oyster mushrooms and packed with protein for a delicious and guilt-free snack option.



JEN'S JARS

Having found herself on a journey to clean eating, Jennifer wanted to make nutrient-rich foods available to more people. Her plant-based soups and spreads incorporate fresh, whole ingredients in vibrant combinations – without dairy, gluten, refined sugar, or preservatives. They prove that clean eating doesn't mean compromising on flavor.

It's Tomato Time.

EVERYONE LOVES A NICE CAPRESE SALAD. BUT THERE'S MORE THAN ONE WAY TO ENJOY TOMATOES IN ALL THEIR FRESH SUMMER GLORY. TRY THESE SIMPLE TOMATO RECIPES TO JUICE UP YOUR SUMMER MENU, FROM SALAD TO DRINKS TO DESSERT.

heirloom tomato
burrata pizza





Summer
Fattoush salad

balsamic tomato compote
with vanilla ice cream



watermelon tomato
agua fresca

Get these and other
summer recipes at
lakewinds.coop/recipes

varietals

Despite our reputation as a Siberia-like tundra, Minnesota's climate is ideal for cultivating tomatoes, that much-anticipated highlight of summer eating. With the season in full swing, we asked Ariel Pressman of Seed to Seed Farm to tell us what varieties he's excited to slice into, from small Possanos to large and lovely heirloom varieties. Look for Seed to Seed's amazing tomatoes on your next trip to Lakewinds.

BIG BEEF

People always enjoy the old-fashioned taste of these large and juicy beefsteak tomatoes. As farmers, we love them too because of how consistent and disease-resistant they are.

ARBASON

This is a smaller beefsteak tomato we're growing for the first time this year. It's a go-to variety for high tunnel production, a method that allows us to extend the growing season using plastic-covered shelters.

BRANDYWINE

Universally considered one of the tastiest varieties of tomato, this heirloom is great for people who like a tomato with a little acid. Excellent sliced in a juicy BLT.

CHEROKEE PURPLE

A delicious heirloom with a balanced and rich flavor profile, easy to recognize with its deep mahogany-red color.

GREEN ZEBRA

These compact "two bite" tomatoes are ripe when green. They arrive early in the season and have a satisfying tart taste.

VALENCIA

This amazing orange heirloom tomato has a perfect balanced flavor and a more classic size and shape compared to many heirloom varieties.

PINK BERKELEY TIE DYE

This tomato, named for its vibrant colors, was bred by a small farmer in California after he saved seed from a funny looking tomato plant in his field. Very sweet, rich, and dark flavor — a must try.

POSSANO

An excellent classic roma-shaped tomato. It's ideal for making flavorful tomato paste or sauces.



COLD FUSION

ARE THE TREATS IN YOUR FREEZER FEELING A LITTLE... VANILLA? THEN IT'S TIME TO MIX THINGS UP. REACH FOR AN ICE-COLD REFRESHMENT WITH A CO-OP TWIST: WHOLESOME INGREDIENTS, UNCOMMONLY VIBRANT FLAVORS, AND HEALTHY BENEFITS. WITH THESE COOL AND CREATIVE TASTES, IT'S GOING TO BE A VERY CHILL SUMMER.



LIMITED EDITION ICE (CREAMS!

Try Raspberry Rose & Mint Cacao
from Sweet Science in St. Paul, MN at
Lakewinds this July!

PEANUT BUTTER PUP-SICLES

In a blender, combine 1 cup plain yogurt, $\frac{3}{4}$ cup peanut butter, 1 ripe banana, and 2 teaspoons unflavored fish oil. Blend until smooth. Stir in $\frac{1}{2}$ cup chopped parsley. Spoon into an ice cube tray. If desired, add a local **Sojos Peanut Butter Honey dog treat** for a pupsicle stick. Freeze at least 2 hours, or until solid.



Charcoal Swirled Coconut Popsicles

In a medium bowl, mix 1 can (13.5oz) full fat coconut milk, $\frac{1}{4}$ cup whole milk, 3 tablespoons honey, 2 tablespoons fresh lime juice, 1 teaspoon vanilla, and a pinch of salt until well blended. Remove 3 tablespoons of the milk mixture to a small bowl, whisk in $\frac{1}{2}$ teaspoon activated charcoal; set aside. Layer the coconut milk mixture and charcoal mixture in popsicle molds. Use a skewer to lightly swirl together. Add popsicle sticks. Freeze at least 5 hours, or until solid.



Serene skin, simple steps

Hi, I'm Emily (@ereyayouknowme)! I claim to be a normal woman who is on the internet a lot but IRL very much an introvert. Skincare became an outlet for me to set aside time every day to exercise self-care, to wind down after a typical stressful day, and a way to invest in myself. It sounds silly to think washing your face can do all of this but you'd be amazed to see how it feels if you set aside 30 minutes of your day to reflect and put yourself first.

I KEEP MY WEEKNIGHT ROUTINE AS SIMPLE AS POSSIBLE, BUT STILL HIT EVERY NECESSARY STEP.

1 | CLEANSER

I need a cleanser that will not only give my face a good squeaky-clean feeling but also be able to take off any makeup I am wearing that day. Look for a universal cleanser with a good pH balance and cold-pressed oils, which is perfect for all skin types.

2 | TONER

I am the biggest fan and supporter of toners as I feel it's a step most people feel that they can leave out. I spritz this on a cotton pad and wipe my face in an upward motion – this helps pick up anything left on the skin missed in cleansing. Toning preps the skin and pores before serum/hydrating.

3 | SERUM

Serum is a skincare product that you should use after cleansing/toning and before moisturizing, as it is made up of smaller molecules that can penetrate deeply into your face and deliver a high concentration of active ingredients. A few drops warmed up in your hands and pressed into your face is key.

4 | MOISTURIZER

At nighttime I prefer to moisturize with a face oil vs. a lotion. Same as the serum, a few drops warmed up in your hands and pressed into your face.



Get 10% off
beauty & body care

ONE DAY SALE!
SATURDAY, JUNE 23



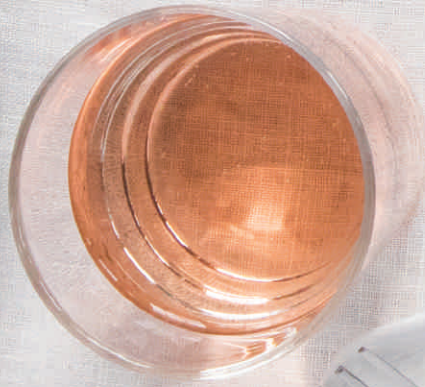
SUN & BUG SOLUTIONS

Keep it clean this summer with sun and bug protection from Lakewinds' wellness department. From kid-friendly bug bands to clean and invisible mineral sunscreen, we have all you need for safe summer skin.

▷
MARINATED
AND SEARED
ZUCCHINI
AND EGGPLANT

Meat your Veggies

▷
SMOKED
BROCCOLINI
WITH SHALLOTS
AND ALMONDS





△
**GRILLED BRINED
CARROTS AND BEETS
WITH YOGURT
DILL SAUCE**



Barbecue season is short in Minnesota, so make every cookout count. We're saving room on the grill for a bounty of seasonal produce. These cooking techniques, traditionally reserved for the perfect piece of protein, will change how you enjoy local vegetables. Baste, brine, marinate, and smoke your way to all kinds of mouth-watering summer meals.



▷
**BUTTER BASTED
CAULIFLOWER
WITH GREMOLATA**



MEAT YOUR VEGGIES: THE RECIPES

MARINATED AND SEARED ZUCCHINI AND EGGPLANT

SERVES 4

5 tablespoons olive oil, divided
1 small zucchini, trimmed and halved lengthwise
1 small summer squash, trimmed and halved lengthwise
1 small eggplant, trimmed and halved lengthwise
1/4 cup chopped fresh parsley
1/4 cup chopped fresh basil
2 tablespoons white wine vinegar
1 tablespoon fresh lemon juice
2 cloves garlic, thinly sliced
1/2 teaspoon coarse Kosher salt
1/4 teaspoon pepper

Heat a gas or charcoal grill to medium heat. Coat the vegetables with a tablespoon of oil. Arrange the vegetables cut side down on the grill. Cook until browned and fork tender about 6 minutes, turning after 3 minutes. Transfer to a shallow baking dish.

Meanwhile, in a small bowl, mix together the remaining olive oil and remaining ingredients. Pour the herb mixture over the grilled vegetables and toss gently to coat. Let marinate at room temperature for about 1 hour before serving.

SMOKED BROCCOLINI WITH SHALLOTS AND ALMONDS

SERVES 4

1 cup Mesquite wood chips
1 bunch broccolini
1 small shallot, sliced
1 tablespoon olive oil
1/4 teaspoon coarse Kosher salt
Pinch pepper
1 tablespoon fresh lemon zest
1/4 cup roughly chopped Marcona almonds

Soak wood chips in 2 cups water for 1 hour; drain. Place wet wood chips in a smoker box or wrap in heavy duty foil with holes cut in the top of the foil packet. Place the smoker box or foil packet under grill rack. Close lid.

Heat grill on high heat about 10 minutes or until smoke appears from chips.

Meanwhile, in a large bowl, mix the broccolini and shallot with oil, salt, and pepper; toss to coat well. Place broccolini and shallot in a grill basket.

Grill over medium heat for 4 to 6 minutes or until broccolini is browned and crisp tender, turning occasionally. Serve with lemon zest and almonds.

GRILLED BRINED CARROTS AND BEETS WITH YOGURT DILL SAUCE

SERVES 4

Brined Root Vegetables

4 cups water
3 tablespoons coarse Kosher salt
2 bay leaves
1/4 teaspoon red pepper flakes
1/2 pound carrots, scrubbed, trimmed and halved lengthwise
1/2 pound beets, scrubbed, trimmed and cut into 6 wedges

Yogurt Dill Sauce

1 cup plain full fat yogurt
1/4 cup chopped fresh parsley
1/4 cup chopped fresh dill
1 tablespoon olive oil
1 tablespoon fresh lemon juice
1 clove garlic, finely chopped
1/4 teaspoon salt

In a 13x9-inch baking dish, whisk water and salt until dissolved. Add the bay leaves and red pepper flakes. Submerge carrots and beets in brine and let sit at room temperature for 1 to 2 hours. Transfer carrots and beets to paper towel-lined plate and pat dry. Discard brine.

Heat a gas or charcoal grill for indirect heat. Place carrots and beets on grill and cook 10 to 14 minutes, turning occasionally, until browned on all sides and crisp tender. Transfer to serving plate.

In a small bowl, whisk together all Yogurt Dill Sauce ingredients until smooth. Serve grilled vegetables with yogurt sauce.

BUTTER BASTED CAULIFLOWER WITH GREMOLATA

SERVES 6

Cauliflower

1 head cauliflower
4 cups vegetable or chicken stock
2 bay leaves
1/3 cup melted butter
1/2 teaspoon coarse Kosher salt
1/4 teaspoon pepper

Gremolata

1/4 cup chopped fresh parsley
3 tablespoons thin sliced chives
1 tablespoon fresh lemon zest
1 tablespoon chopped fresh mint
1 clove garlic, finely chopped
Pinch red pepper flakes

Heat the oven to 400°F. Trim the bottom stalk off the cauliflower and remove the leaves without breaking apart the head.

Place the whole cauliflower in a large dutch oven. Add the stock and bay leaves. Bring to a boil over medium heat and simmer for 12 minutes, turning the cauliflower after 6 minutes.

Reserve 1/4 cup of the cooking liquid. Drain the cauliflower and transfer to a cast iron skillet or oven proof pan. In a small bowl, mix together the reserved cooking liquid, melted butter, salt, and pepper. Spoon mixture over the cauliflower.

Roast 10 to 15 minutes until fork tender, spooning the cooking juices over the cauliflower every 5 minutes.

Meanwhile, in a small bowl, stir together all Gremolata ingredients. Serve cauliflower topped with gremolata.

Want a bit more color on the cauliflower?

Place the cauliflower under the broiler for 2 to 3 minutes or until the top is browned.





Consider serving your co-op as a board member

LAKEWINDS IS HAVING A GREAT YEAR. We have experienced remarkable growth, in sales as well as service to the community, and we are poised to continue this success into the future. This success is due to excellent leadership and all the work of expert staff to create a fantastic store experience. It is also due to that fact that Lakewinds isn't just a grocery store, but a cooperative.

We refer to this as the co-op difference. A co-op is an association of persons united to meet their common economic, social, and cultural needs and aspirations through a jointly owned and democratically controlled enterprise. For Lakewinds, these aspirations include investing in our local community through efforts like the Round Up program; providing access to high quality organic, local, and sustainably raised food; and minimizing our impact on the earth. What sets co-ops apart is the ownership structure. Lakewinds is owned by over 25,000 people who have purchased shares since our inception in 1975. Our cooperative effort to improve our community has had impact. We have collectively made a difference by supporting local growers through the Lakewinds Organic Field Fund and local producers

through our Maker to Market food accelerator. By owning shares and shopping at Lakewinds, you support this effort.

Board members have the opportunity be more engaged in these efforts by helping set the future direction of Lakewinds. Our board is comprised of 9 owners who have committed to understanding how co-ops function and taking on the role of governance, bringing with them a variety of backgrounds and skills. We are looking for more people to join this group of leaders. If you are interested in joining the board, I encourage you to consider applying to be a candidate this year. We will have information sessions at our board meetings in June and July so you can learn more about the election process and how a governance board functions. I've had the pleasure and honor to serve Lakewinds as a board member for the past 6 years, but we have a two-term limit so I will be leaving the board in September. I am grateful to have had this opportunity and am proud of the impact that Lakewinds continues to have in our community.

—**Tim Reese**
Outgoing Board President

Key dates for the board election process in 2018

JUNE 1 – JULY 28:
Apply online at Lakewinds.coop

JUNE 25 & JULY 23:
Information sessions, 6pm at Lakewinds' business office

JULY 30 – AUGUST 15:
Candidate interviews

AUGUST 20:
Candidate slate selected

AUGUST 27 – SEPTEMBER 16:
Owner election voting

SEPTEMBER 16:
Elections results announced at annual meeting





6321 Bury Drive, Suite 21
Eden Prairie, MN 55346
lakewinds.coop

LAKEWINDS
FOOD CO-OP



\$1 off

Any Triple Crown BBQ Sauce

Valid June 18 - August 31, 2018

Valid one-time use per member-owners only. Not valid on prior purchases.
Valid at all Lakewinds locations.

PLU 20240



\$1 off

Any Beauty Full Day item

Valid June 18 - August 31, 2018

Valid one-time use per member-owners only. Not valid on prior purchases.
Valid at all Lakewinds locations.

PLU 20244



\$2 off

Any Sweet Science Pint

Valid June 18 - August 31, 2018

Valid one-time use per member-owners only. Not valid on prior purchases.
Valid at all Lakewinds locations.

PLU 20242



\$1 off

Any Nifty Kombucha

Valid June 18 - August 31, 2018

Valid one-time use per member-owners only. Not valid on prior purchases.
Valid at all Lakewinds locations.

PLU 20246

