



**LAKEWINDS**  
FOOD CO-OP

# ReFresh

## FLAVOR-FORWARD SPRING RECIPES

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SPRING 2021

**Meet Katty**  
grocery category manager  
at Lakewinds





## Hello, Everyone!

We're celebrating the 10th year of the Lakewinds Organic Field Fund (LOFF). LOFF is a fundamental expression of our commitment to local agriculture. Over the past nine years, we've invested more than \$500,000 in 60 local, organic, and sustainable farms. LOFF grants help these farmers build infrastructure to gain efficiency and scale, which translates into long-term profitability. Visit [lakewinds.coop/community](http://lakewinds.coop/community) to learn about the projects we're supporting thanks to your patronage.

Lakewinds continues to be a partner in LEAFF, the Local Emergency Assistance Farmer Fund. We teamed up with like-minded organizations to support farms owned by Black, Indigenous, People of Color (BIPOC) that lost their markets due to COVID-19 closures. We raised almost \$400,000 to purchase produce and distribute it to people of limited means at no cost to recipients. Get the details at [thegoodacre.org/leaff](http://thegoodacre.org/leaff). It's a great story!

Thank you for adapting to the pandemic-related changes that have been necessary for us to continue to operate. As the leader of the co-op, my top priority has been to keep the stores open and the service level high. To be successful in those two goals, I ask: "How will this bring relief to our staff?" We've made many changes to ensure our staff feels supported and safe in their work environment, such as:

- Requiring customers and staff to wear face coverings in the stores.
- Changing store hours and staff schedules to allow staff time to do more of their work before we open.
- Adding curbside pickup for groceries.
- Changing checkout lanes to allow physical distance.
- Allowing staff to quarantine when necessary without losing income.
- Paying \$2/hour appreciation pay, an increase that we made permanent in January.

We have a strong culture at Lakewinds. This culture connects our staff and customers as we work to build a sustainable, resilient local food system. Thank you for helping us weather the public health crisis, and thanks for supporting Lakewinds!



*Dale Woodbeck*  
**Dale Woodbeck**  
Lakewinds General Manager



**GENERAL MANAGER**  
Dale Woodbeck

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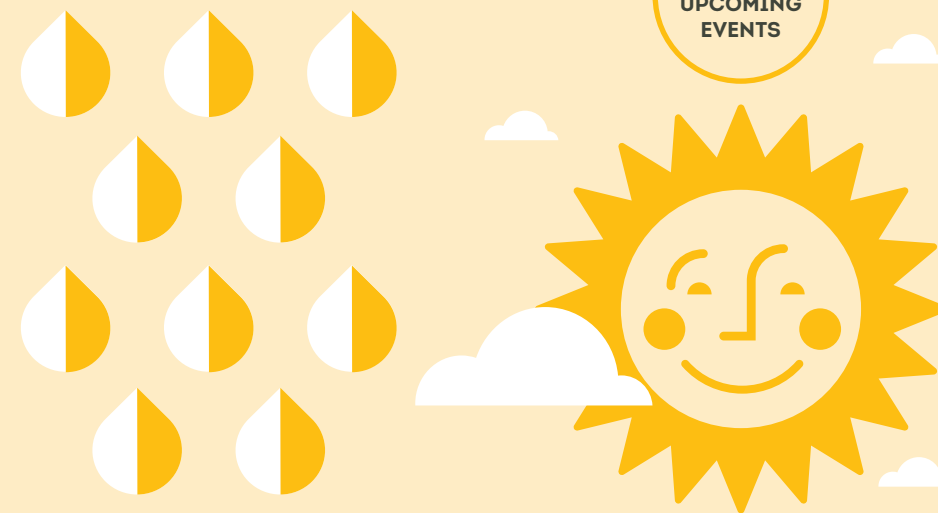
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## THIS SEASON AT LAKEWINDS

CELEBRATE, SAVE, REPLENISH



### EARTH WEEK CELEBRATION

APRIL 18 TO 24

At the co-op, we make planet-friendly choices easier for our customers all year. And for the week around Earth Day on April 22, we go all out. This year, we're celebrating with big discounts on select bulk foods and related products. Stock up on your favorites, save money, and cut down on food and packaging waste. New to the bulk aisle? Make an Earth Day resolution to visit.



### 25% OFF BODY CARE SALE

MAY 27 TO 30

During our May Body Care Sale, take 25% off essentials in our wellness department. Save a bundle on skin care, hair care, personal hygiene, oral care, soaps, hand sanitizers, and more. Save even more when you combine sale prices with your monthly owner discount (just tell the cashier at checkout). This offer is for in-store shopping only, while supplies last.



### MARCH INTO FOOD SHARE MONTH THROUGHOUT MARCH

The annual MN FoodShare Round Up at the register campaign is happening all March long at the co-op. With unprecedented needs in our communities due to COVID-19, it's more critical than ever. FoodShare brings together community organizations, businesses, and faith communities to help stock nearly 300 food shelves statewide. Last year, our co-op raised over \$40,000, which included a \$15,000 Lakewinds match. This year, we'll match donations again at all three stores, up to:

**\$5,000** PER STORE

**HERE'S HOW YOU CAN HELP:**

It's easy! Round up at checkout to support the ICA food shelf in Minnetonka, PROP in Chanhasen, and VEAP in Richfield. Your support makes a huge difference to families in need. Learn more at [Lakewinds.coop](http://Lakewinds.coop).





PRODUCT SPOTLIGHT

# AMAZING GRAIN

**H**ave you tried Kernza® perennial grain yet? This game-changing grain is arriving at Lakewinds this spring after winning over local farmers. Find out what makes it appealing to growers, environmentalists, and cooks alike.

A hearty, perennial crop harvested from intermediate wheatgrass, Kernza was developed by The Land Institute with help from the University of Minnesota as an eco-friendly alternative to traditional annual wheat.

With roots that extend more than 10 feet underground, Kernza sequesters carbon, which can help mitigate some of the effects of climate change. As a perennial crop, it provides a habitat for pollinators and birds. Kernza also protects and builds healthy soil, and it prevents nitrogen from leaching into streams and lakes.

Though this grain is new to retail shelves, it isn't new on the scene. Local cookbook author and food columnist Beth Dooley has been spreading the word about Kernza for years. "The pandemic has exposed weaknesses in our food system – inequity, supply issues, and more. This grain can help us solve a lot of issues," Dooley says. "It shows that we can grow foods at scale that don't harm the environment. Farmers can grow crops that are good for people and the land."

Kernza is known for its nuanced flavor and aroma – hints of toasted nuts, honey, brown sugar, and maple. Because it's similar to annual wheat (it is not gluten free), Kernza works in all kinds of applications. "Not only is it delicious, it's tremendously nutritious," Dooley says. She uses the flour as a stand-alone ingredient, a substitution, or to replace a portion of the flour in favorite recipes. Kernza flour works best in recipes that call for whole wheat or rye flour. Try replacing a quarter of the wheat flour in your recipe with Kernza flour, then increase from there. Cookies, pancakes, waffles, biscuits, and denser breads are good places to start.

Dooley also recommends mixing whole-grain Kernza with other grains. "It's great in pilaf or a soup. It has a mild flavor, but you taste more of the grain in the flour than you do in the whole grain. Its color is beautiful when mixed." If you want to support local farmers and a healthier environment, eating Kernza is an easy – and satisfying – way to do it.

Find more information about Kernza at [lakewinds.coop/blog/kernza](http://lakewinds.coop/blog/kernza).



With a slightly sweet, nutty flavor and aroma, Kernza flour and grain can be used in baking and cooking.



PERENNIAL PANTRY  
WHOLE GRAIN KERNZA  
GROCERY | \$9.99 | LOCAL



PERENNIAL PANTRY  
KERNZA FLOUR  
GROCERY | \$9.99 | LOCAL

THE PERENNIAL KITCHEN  
By Beth Dooley

Look for Beth Dooley's new cookbook, The Perennial Kitchen, scheduled for release in May.



SPRING RECIPES

# TOFU BREAKFAST HASH

MAKE THEIR MORNING WITH THIS ONE-SHEET WONDER

Sheet pan cooking is a no-fuss way to deliver satisfying family meals. Take this delicious breakfast hash: eggs, potatoes, in-season asparagus, peppers, marinated tofu, gouda, and more – tossed together and baked with smoked paprika and balsamic vinegar. What a way to start a weekend morning!

MUST TRY

MINNTOFU

Owner Yan Small sources non-GMO soybeans from local farmers to make her sustainably grown fresh tofu.

REFRIGERATED | \$1.99 | LOCAL

## TOFU BREAKFAST HASH

- 1 package firm MinnTofu, cut into 1/2-inch pieces
- 1 Tablespoon coconut aminos
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1 Tablespoon cornstarch
- 1 lb. potatoes (Driftless Gems, Gem Medley, or Yukon Gold), scrubbed and cut into 3/4-inch pieces
- 2 Tablespoons Smude's sunflower oil
- 1 bunch asparagus
- 4 eggs
- 1 jalapeño, sliced in rings
- 3 red radishes, sliced thin
- 2 oz. Marieke Smoked Gouda, shaved
- Kosher salt and fresh cracked pepper

Preheat the oven to 425°. Line a large, rimmed baking sheet with a clean tea towel or paper towels and arrange the cubed tofu in a single layer over the top. Lay another towel over the tofu and place something heavy (cutting board, cookbooks) to help the tofu drain for at least 30 minutes.

➤ **Prep Tip:** Press and marinate the tofu the night before for best results.

In a medium bowl, mix the pressed tofu, aminos, paprika, and garlic powder and marinate for 30 minutes. Sprinkle with the cornstarch and toss until evenly coated. Add potatoes to the bowl, season with 1 teaspoon salt and sunflower oil, and toss.

Arrange the tofu and potatoes in a single layer on a parchment-lined baking sheet. Bake for 30 minutes, tossing halfway through.

Place the asparagus on top of the tofu and potatoes. Make four wells in the vegetables and crack an egg into each. Return pan to oven for another 10-12 minutes, until the tofu is deeply golden on the edges, the potatoes and asparagus are browned and tender, and the eggs are cooked to your liking.

Remove from the oven and garnish with jalapeños and radishes and sprinkle with the shaved gouda.



3 BEAR OATS  
ALPINE TREK BOWL

3 Bear Oats' gluten-free bowls come in a variety of flavors, such as Orso Tuscano, made with local mushrooms and Rochdale cheese. The new Alpine Trek flavor, shown above, is a sweet-and-salty, kid-friendly option with peanut butter, banana, and chocolate chips.

FROZEN | \$6.99 | LOCAL



WILLA'S OAT MILK

Whether on breakfast cereal or in your morning cup, you'll love this Earth-friendly oat milk. Willa's is packed with protein, fiber, minerals, and fortified with calcium, all from organic, non-GMO ingredients. Great taste, no waste.

REFRIGERATED | \$6.99 | LOCAL



# THINK SPRING

SPRING  
RECIPES

## SEASONAL RECIPES THAT PUT FLAVOR FIRST

### MAKE IT LOCAL

#### 1. Smude's Hot Fiery Pepper sunflower oil

The Smude family grows 150 acres of sunflowers in Pierz, Minnesota, to create their flavor-infused, extra virgin cold-pressed oils.

GROCERY | \$11.99 | LOCAL

#### 2. Kadejan Chicken

Local, air-chilled chicken thighs from Kadejan in Glenwood, MN, are an affordable, sustainably raised favorite.

MEAT | \$3.99/lb | LOCAL

#### 3. Morning Sun

Morning Sun, a family-run farm in northwestern Wisconsin, takes their operation indoors so we can enjoy these greens year-round.

PRODUCE | \$3.99 | LOCAL

#### 4. K-Mama Sauce

Made in Columbia Heights, this vegan Korean hot sauce gives back 30% of profits to charity. Original, spicy, and gluten-free varieties.

GROCERY | \$5.49 | LOCAL

## 2. KADEJAN CHICKEN

# SPRING UDON BOWL



## 3. MORNING SUN MICROGREENS

## SPRING UDON BOWL

SERVES: 3-4

Here in the Upper Midwest, spring starts out chilly. This hearty noodle bowl packs some heat to keep you warm until the weather turns. Full of nourishing local ingredients and sense-tingling seasonal flavors, you won't want to stop at one bowl.

- 1 lb. boneless skinless chicken thighs, sliced in bite-sized pieces
- 2 Tbsp K-Mama's Korean hot sauce
- 1 tsp sesame oil
- 2 garlic cloves, minced
- 1 inch fresh ginger, minced
- 1 Tbsp + 2 tsp Smude's sunflower oil, divided
- 2 carrots, thinly sliced at an angle
- 4 scallions, sliced thin, white and green separated
- 1/3 cup water
- 2 cups Taking Stock chicken broth
- 1 package udon
- 4 eggs
- 1 package microgreens
- 1 small daikon radish, thinly sliced
- 1/4 - 1/2 tsp Smude's Fiery Oil (warning, this is hot stuff!)

Combine chicken thighs, K-Mama's, sesame oil, garlic, and ginger in a medium bowl and let marinate for 30 minutes to 4 hours.

In a medium skillet, add 1 Tbsp sunflower oil and heat until smoking hot. Add the chicken in a single layer. When the bottom side is well browned, toss and stir-fry until completely cooked, about 4-5 more minutes. Remove from pan and set aside.

Return skillet to stove, add 1 tsp sunflower oil, and stir-fry carrots for 2 minutes. Add water and use a wooden spoon to scrape up any browned bits in the pan and cover to steam. When carrots are tender (about 3 minutes) set aside with the chicken.

## SAVORY SAMBUSA

Hoyo frozen sambusa are made with love, as you'd expect from a company named after the Somali word for "mother." Their fried pastries are stuffed with beef or lentils and plenty of savory spices. Grab a bottle of Hoyo's tamarind date sauce for a bright, tangy pairing.

HOYO SAMBUSA  
FROZEN | \$8.99-\$9.59 | LOCAL

HOYO TAMARIND DATE SAUCE  
GROCERY | \$6.99 | LOCAL



To the same skillet add 1 tsp sunflower oil and the white parts of the scallions and sauté 2-3 minutes until tender. Set aside.

Meanwhile, bring a saucepan of water to a boil. Gently lower eggs into the water with a slotted spoon and cook for approximately 6 minutes at a gentle boil. Remove eggs (saving the water) and place in a bowl of ice water. When ready to serve, peel the eggs and slice lengthwise.

In the same saucepan, add the noodles and cook according to package directions. Drain, rinse, and set aside. In the saucepan, bring the stock to a simmer.

In large shallow bowls, place even portions of the noodles, chicken, and vegetables. Pour the hot stock over the mixture and garnish with sliced eggs, microgreens, radishes, and green parts of scallions. Judiciously drizzle with Smude's Fiery Oil to taste and enjoy!

## 1. SMUDE'S HOT FIERY PEPPER SUNFLOWER OIL





SPRING  
RECIPES

# THINK SPRING

CONTINUED

## MORE MUST-TRY MEAL INSPIRATION

This warming polenta dish is packed with local flavors like R&R Cultivation mushrooms and Superior Fresh greens, plus herbs and coconut aminos that amp up the umami.

See the recipe at [lakewinds.coop/recipes](http://lakewinds.coop/recipes).

### ROLLS TO GO

Handmade quinoa spring rolls from the Lakewinds deli are filled with fresh veggies and paired with a nutty, sweet cashew dipping sauce. Perfect for your next picnic or as an easy dinner.

DELI | \$13.99/lb | LOCAL

### 1. SUPERIOR FRESH POWER BLEND

Superior Fresh in Hixton, Wisconsin, uses a zero-waste aquaponics system to grow local greens (along with delicious salmon) indoors year-round.

PRODUCE | \$3.99 | LOCAL

### 2. R&R CULTIVATION

These gourmet mushrooms grown in Roseville, MN, are certified organic, sustainably packaged, and packed with B vitamins, antioxidants, and essential minerals like potassium, selenium, copper, and magnesium.

PRODUCE | \$5.99-\$10.99 | LOCAL

### 3. NORTHWOODS DRIED MUSHROOMS

Log-grown in Clayton, Wisconsin, these mushrooms are dried to be shelf-stable. Keep them on hand to add nutritious flavor to your favorite recipes.

PRODUCE | \$6.99 | LOCAL

# CREAMY POLENTA WITH MUSHROOMS



SPRING  
WELLNESS

# RESET YOUR SELF-CARE ROUTINE

With winter in the rearview mirror, it's the right moment to revisit those routines that keep us happy, centered, and healthy – all while you support local and sustainable companies.



### ECO LIPS BROWN SUGAR LIP SCRUB

Eco Lips is certified organic, local, and made using 100% renewable energy.

WELLNESS | \$5.79 | LOCAL



### SUNLEAF CONDITIONER BARS

Made with essential oils and premium plant ingredients for softness and shine, these plastic-free conditioning bars are your new go-to for hair care.

WELLNESS | \$8.49 | LOCAL



### JAJJA WELLNESS TONICS

Made from organic juices, Jajja wellness tonics are packed with flavor and follow traditional recipes from the owner's Ugandan grandmother.

BEVERAGES | \$5.49 | LOCAL



### PRANAROM GLOW FACIAL OIL

This new facial oil from Pranarom blends plant and essential oils – including rosehip, pomegranate, and rose otto.

WELLNESS | \$19.99 | LOCAL



### STARLIT GARDENS FLOWER & HERB BUNDLES

Sustainably grown in Wisconsin without pesticides, these homemade, small-batch rose wreaths bring lovely fragrance to your space.

WELLNESS | \$9.99 | LOCAL



### SACRED BLOSSOM DREAMY TEA

Dreamy tea is made from locally grown, hand-harvested ingredients like wild cherry bark, lemon balm, and tulsi and blended with California poppies.

GROCERY | \$14.99 | LOCAL



Meet Taylor  
bulk replenisher at our  
Minnetonka store





# SOWING A SUSTAINABLE FUTURE

Northern Harvest Farm

## LAKEWINDS ORGANIC FIELD FUND 2020 FOUR FARM FOLLOW UPS

### 1. Northern Harvest Farm WRENSHALL, MN

**AWARD & PROJECT: \$8,000**  
to help build a new pack shed and walk-in cooler. *Completed December 2020.*

**PROJECT UPDATE:**  
"The grant set the stage for a major leap in production capacity, made many of the major functions on the farm run more efficiently, and also just made our work less strenuous and more enjoyable."

**MESSAGE TO OUR OWNERS:**  
"Supporting local farms helps invigorate the local economy, contribute to a more sustainable food system, and help build a healthier, more resilient community. Thank you!" - *Rick Dalen, farm owner*

### 2. North Circle Seeds VERGAS, MN

**AWARD & PROJECT: \$7,250**  
to install hydrants that provide improved irrigation. *Completed May 2020.*

**PROJECT UPDATE:**  
"I am selling 30 new seed varieties this year and I couldn't have done it without the fertigation system with drip irrigation. And definitely not possible without this funding. 62% of our new varieties were irrigated because of the irrigation from LOFF funding."

**MESSAGE TO OUR OWNERS:**  
"It's absolutely essential to support local farms and agriculture. When we hit uncertain times like we are experiencing, who do we go to for our food source? Our local food system and community of local producers!" - *Zachary Paige, farm manager*

### 3. Echo Acres ANIWA, WI

**AWARD & PROJECT: \$8,000**  
to purchase a tractor with bucket attachment. *Completed April 2020.*

**PROJECT UPDATE:**  
"We were able to make our hay crop better, faster, and more efficiently. Having our own tractor, we were able to make some very nutritious feed for our cows. In past years, milk output during winter decreased dramatically. Because of the better hay crop and baling of oats and peas, our cows are continuing to produce milk."

**MESSAGE TO OUR OWNERS:**  
"I cannot thank LOFF enough for the grant funds. They literally breathed new life into our farm and gave us hope for the future. The grant was the boost we needed to continue our dairy farm."  
- *Joellen Van Galder, farm owner*

### 4. Pearson Organics ROCHESTER, MN

**AWARD & PROJECT: \$8,000**  
to purchase washing and packing equipment. *Completed June - October 2020.*

**PROJECT UPDATE:**  
"The equipment has saved us a tremendous amount of time already. We ramped our production big time this year, so efficiency was very important. This grant program allowed us to be confident that the growth we planned for 2020 would be possible. The equipment not only saved us time, but saved our bodies from having to do unnecessary lifting, hunching, and more."

**MESSAGE TO OUR OWNERS:**  
"Now more than ever small businesses are in trouble and need all the support they can get. Whenever you can, choose a small business to buy from. Those dollars are more likely to go back into the local economy and create jobs and opportunity in your community." - *Kristin Pearson, farm owner, managing member*



North Circle Seeds



Echo Acres



Pearson Organics



To learn more about 2020 LOFF recipients and their projects, and to see the list of the 2021 LOFF grantees in late March, visit [LAKEWINDS.COOP/COMMUNITY/LOFF](http://LAKEWINDS.COOP/COMMUNITY/LOFF).




**Meet Bill Stevens**  
Lakewinds Board Member

As your newly elected board member, I am honored to represent the Lakewinds cooperative owners for the next three years. I currently work in relationship management at AgriBank, a wholesale bank in the Farm Credit System. My wife and I have been Lakewinds members since 2012 and we value the high-quality, locally sourced food that Lakewinds offers.

In my short time on the board of directors, I've been impressed to see behind the curtain at how well-managed Lakewinds Co-op is. Lakewinds employees are a dedicated group of people and have really stepped up for us during the pandemic. Their commitment to keeping the stores open, the shelves stocked, and providing a safe environment for customers is nothing short of amazing. We all owe the Lakewinds management and staff a debt of gratitude.

There are many reasons to love Lakewinds, but one of the main reasons my family shops here is the wide variety of gluten-free products they make available in stores. With two members of my family diagnosed with Celiac disease, a store that offers a vast selection of affordable gluten-free products is important to us. Gluten-free products are clearly labeled at Lakewinds, including many of the housemade deli and prepared foods. May I suggest the gluten-free chicken parmesan. It's fantastic!

Thank you for the opportunity to serve the Lakewinds community.

### Bill Stevens

## SUGGESTIONS FROM THE 2020 LOFF FARMERS ON HOW YOU CAN SUPPORT LOCAL FARMERS:

- BUY LOCAL WHENEVER POSSIBLE
- SIGN UP FOR A CSA (COMMUNITY SUPPORTED AGRICULTURE) SHARE
- VISIT YOUR LOCAL FARMERS MARKET
- VISIT U-PICK OPERATIONS AND FARM STANDS
- SUPPORT LOCAL FARM-TO-TABLE RESTAURANTS
- ENGAGE WITH YOUR FAVORITE FARMS ON SOCIAL MEDIA (LIKE, COMMENT, SHARE)
- SHOP AT YOUR LOCAL CO-OP

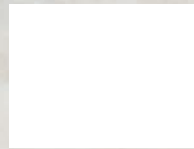


6321 Bury Drive, Suite 21  
Eden Prairie, MN 55346  
lakewinds.coop



MARCH  
**DIRT LOVER SHEEP'S MILK CHEESE**  
Creamy & soft with a smoky profile.

**Sale Price: \$9.99/lb**  
(reg. \$12.99)



**CHEESES OF THE MONTH**



MAY  
**THE ROBIN COLBY CHEESE**  
Buttery with a salty finish.  
**Sale Price: \$7.99/lb**  
(reg. \$10.99)  
♥ LOCAL

APRIL  
**SHELBURNE CHEDDAR**  
Versatile & perfect for melting.  
**Sale Price: \$7.49/lb**  
(reg. \$9.49)



**\$2 OFF**

one Deli purchase of \$10 or more

Valid March 1 to May 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20560



**\$2 OFF**

one Sacred Blossom tea

Valid March 1 to May 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20512



**\$2 OFF**

one SunLeaf item

Valid March 1 to May 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20562



**\$1 OFF**

one K-Mama Sauce

Valid March 1 to May 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20564

