



ReFresh

CELEBRATE THE
Coziest
SEASON

- + SOUPS WITH A BOOST
PAGE 5
- + BEAUTIFUL MEALS ON A BUDGET
PAGE 6
- + GIFTS THAT GIVE BACK
PAGE 10

HOT
CHOCOLATE,
CO-OP STYLE

P. 9

WINTER 2022-23



GENERAL MANAGER

Greg Dick

EDITORS

Jena Olson

Sr Communications Manager

Renee Whisnant

Marketing Manager

Jennifer Dean

Community & Events

Baylee Meichels

Social Media & Design

Eric Young

Marketing Assistant

Ray Norris

Marketing Assistant

DESIGN

JB Design

PHOTOGRAPHY

Leigh Loftus

RECIPES & FOOD STYLING

SheCooks.Design



MINNETONKA

17501 Minnetonka Blvd.
Minnetonka, MN 55345

952-473-0292

CHANHASSEN

435 Pond Promenade
Chanhasen, MN 55317

952-697-3366

RICHFIELD

6420 Lyndale Ave. S
Richfield, MN 55423

612-814-8000

HELLO, EVERYONE!

Reflecting back as a new year approaches, I have so much respect and appreciation for the strength and impact of our co-op. This year I want to recognize our owners and customers and everyone who contributes to our success.

It is thanks to your patronage and loyal support that we can create our positive impact. Your shopping supports the local farms and producers featured on our shelves and provides Lakewinds employees an opportunity to make a difference while doing work we love.

As employees and owners, we come together around our shared values of supporting local and organic food, our concern for the environment, a desire to provide an excellent shopping and working experience, and a commitment to our community. Below are a few of our highlights from the last fiscal year. For more details, visit Lakewinds.coop/Fiscal22.

This past year ...

- 182,751 pounds of food were diverted to local food shelf partners.
- \$10,266 worth of organic seeds, plant starts, and compost were donated to 17 local nonprofits and schools.
- \$90,633 in grants were awarded to 13 farms through the Lakewinds Organic Field Fund.
- \$16 million in local products was sold.
- \$11.6 million worth of organic produce was sold.
- \$213,487 in Community Giving Round Up donations was raised for local nonprofits.

We have leveraged our values to create something very special. When you support your co-op, you are not only nourishing yourself and your family, but also contributing to our collective efforts to do good. Our success and strong culture have helped us achieve great things together – and I want to thank each of you for making it all possible!

I can't wait to see what we do together next year. Happy Holidays!



Greg Dick
Lakewinds General Manager



EVENTS



Lakewinds Organic Field Fund Applications

January 1 - 31

Applications for the 2023 Lakewinds Organic Field Fund (LOFF) grant program are being accepted in January at Lakewinds.coop/loff.

Local sustainable and organic farmers can apply for grant funds to help with projects that improve efficiency or safety, boost environmental stewardship, transition to organic, or other projects that benefit the farm.



Winter Supplement Sale

January 19 - 22

Save 25% on all supplements during our winter supplement sale!

From multivitamins and collagen powder to probiotics and kids gummy vitamins, find the cleanest supplements for less. Sale is in-store only, while supplies last.



HOLIDAY HOURS

DECEMBER 24
Stores close early at 4 pm.

DECEMBER 31
Stores close early at 6 pm.

DECEMBER 25
Stores are closed and will reopen at 8 am on December 26.

JANUARY 1
Stores are closed and will reopen at 8 am on January 2.



JEREMY & AIMEE McADAMS
CLAYTON, WI



The Art of Fungi:

MEET NORTHWOOD MUSHROOMS

If you've visited the produce section at Lakewinds recently you may have noticed that our mushroom shelf has expanded. From old favorites like porcini and portobello to lesser known varieties like rishi and nameko, you'll find a mushroom to fit every dish and palate.

Few people understand the wide and delicious world of mushrooms like Aimee and Jeremy McAdams of Wisconsin-based Northwood Mushrooms. "Our focus is on shiitake," says Jeremy. "But we also grow several varieties of oysters, wine caps, lion's mane, black pearl, and hen of the woods."

Growing mushrooms is different than growing produce like carrots or tomatoes. In the wild, these mushrooms grow on dead trees and in the composting humus of the forest floor. Generally, they don't like much sunlight. The McAdamses replicate these conditions in a variety of ways. To grow shiitakes, they inject mushroom mycelium and sawdust into fresh-cut oak logs. This process is called inoculation and Jeremy uses a pneumatic tool that he purchased in 2018 with assistance from the Lakewinds Organic Field Fund (LOFF). "For many years we had this hand tool," Jeremy says. "That was really hard on people's hands." With the pneumatic tool, he can inoculate as many as 150 logs each day.

For other varieties of mushrooms, like oyster and lion's mane, Northwood uses indoor beds and blocks filled with sawdust and

compost. Indoor growing is "the tip of the iceberg" according to Aimee, because with proper storage they can grow a lot in a small space. "And, of course that means we can grow year-round." Earlier this year, Northwood received a second LOFF grant to help construct a new building, which will have separate fruiting chambers with ideal growing conditions for different mushroom varieties. "Growing more mushrooms means that we can sell to more co-ops and stores," says Aimee.



In addition to their bounty of fresh mushrooms available seasonally, look for Northwood dried and powdered mushroom blends year-round. You can also join their CSA to have a monthly box of mushrooms delivered to your home.

Learn more at
northwoodmushrooms.com

Seasonal Soups with a Nourishing Boost

A warm bowl of soup can make a chilly winter's day feel cozy. But this beloved comfort food can deliver extra benefits, too, with the right add-ins. One example is flavorful mushroom powder, which contains a variety of nutrients and "non-nutritive" substances that studies show have antioxidant and anti-inflammatory effects. Another option is golden milk, which can be a lovely complement for creamy soups and curry flavors. A dash of collagen or protein powder is a great way to add bonus nutrition to almost any soup. See how powerful soup can be with these tasty ideas.



Functional Mushroom Soup

INGREDIENTS

- 1 medium yellow onion, *diced*
- 3 cloves of garlic, *minced*
- 1 ½ inch of ginger, *grated (about 1 Tablespoon)*
- 1 ½ inch of turmeric, *grated (about 1 Tablespoon)*
- 1 package (8 oz.) fresh mushrooms, *sliced*
- 1 package (.75 oz.) dried mushrooms, *soaked for at least 1 hour and up to overnight, sliced*
- 4 stalks Lacinato kale (*about 2 cups*), *stalks removed and leaves sliced into ½" strips*
- 32 oz. vegetable broth
- 24 oz. water
- 2 Tablespoons coconut oil, *separated*
- 1 ½ Tablespoons Northwood Mushrooms shiitake powder
- 1 ½ Tablespoons white miso paste
- 3 teaspoons Bragg's coconut aminos
- ½ teaspoon plus a pinch of salt
- Pinch of cayenne (*optional*)
- Fresh cracked pepper *to taste*
- Seaweed strips (*garnish*)

INSTRUCTIONS

In a Dutch oven or heavy-bottomed pot, melt 1 Tbsp. of coconut oil over medium heat. Add the onions and cook until translucent (about 2-3 minutes). Add the garlic, ginger, and turmeric and cook until fragrant (about 2 minutes). Remove the mixture from heat and set it aside.

Add the remaining coconut oil to the pot and melt. Add the sliced fresh mushrooms, pinch of salt, and about 8-10 cracks of pepper. Cook until the mushrooms are softened and mostly done (about 5-6 minutes). Add the onion mixture back into the pot, add 1 ½ Tbsp. of white miso paste, and stir well. Add broth, salt, and water and bring to a simmer. Cook for 10 minutes, stirring occasionally. Add the kale and simmer for 10 more minutes. Stir in the dried mushrooms, coconut aminos, shiitake powder, and (optional) cayenne. Continue to simmer for about 10 more minutes until the mushrooms are soft and the kale is cooked to your liking. Garnish with seaweed strips and serve.



VITAL PROTEINS

This high-quality collagen powder is derived from grass-fed, pasture-raised cows and is full of protein and vitamin C.

WELLNESS | \$1.99 - \$36.99
♥ LOCAL



HOUSEMADE ITALIAN SAUSAGE

Made with care following Lakewinds' recipes, our ground sausage comes from local, sustainably raised pork. Choose from mild or hot.

MEAT | \$6.49/LB ♥ LOCAL

Find the recipe for Italian Sausage and Bean Soup with Lemon (shown at top) at Lakewinds.coop/recipes.

Wallet-Friendly Winter Recipes

Whether you're cooking for one person or a larger household, staying on top of food preparation can be costly on your time and budget. Help stay on target with your finances (and take back some of your precious time) with budget-friendly meal ideas that are easy to make but deliver big on flavor.

SAUSAGE & ROOT VEG SHEET PAN
Recipe on Page 8



GERHARD'S BRATS

Gerhard Riautschnig's authentic Austrian sausages are inspired by the ones he grew up loving in his home country. You can find his flavor-packed brats at the co-op as well as served around town via food truck.

MEAT | \$8.99 ♥ LOCAL



FEATHERSTONE CARROTS

With their incredible sweetness, these cold-weather carrots have become something of a local legend. Bring home a bundle and taste them for yourself.

PRODUCE | \$4.99-\$9.99 ♥ LOCAL

See coupon on back



ROSE STREET PATISSERIE MILK BUNS

This beloved Saint Paul bakery recently made its debut at Lakewinds. Try their scrumptious French-inspired baked goods, like these rich and pillowy milk buns.

BREAD | \$4.49 ♥ LOCAL

Slow Cooker Bahn Mi Sandwiches

INGREDIENTS

FOR THE PORK:

- 2 lb. Pastures A Plenty pork shoulder roast**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly cracked black pepper**
- 1-2 jalapeños, sliced**
- 1-2" piece of ginger, sliced into discs**
- 8-10 garlic cloves, thinly sliced**
- ¼ cup soy sauce**
- ¼ cup apple cider vinegar**
- ¼ cup brown sugar**
- Stems from one bunch of cilantro (save the leaves)**
- ¼ cup brown sugar**

FOR THE PICKLED VEGETABLES:

- ¼ cup apple cider vinegar**
- ½ teaspoon kosher salt**
- 1 ½ cups carrots, thinly sliced using a vegetable peeler**
- ½ cup daikon radish, thinly sliced**
- 1 jalapeño pepper, thinly sliced**

FOR THE MAYO SAUCE:

- ½ cup mayonnaise**
- 1 scoop Vital Proteins unflavored collagen powder**
- 2 Tablespoons (or more) sriracha sauce**

FOR THE SANDWICHES:

- 6 Rose Street Patisserie milk buns**
- ½ English cucumber, thinly sliced**
- Pickled vegetables**
- Cilantro leaves**
- Reserved sauce from pulled pork**
- 1 teaspoon sriracha sauce (optional)**

INSTRUCTIONS

Season the pork with salt and pepper. Add the jalapeño, ginger, garlic, soy sauce, vinegar, cilantro stems, and brown sugar to the slow cooker and stir to combine. Nestle the pork shoulder in the liquid. Cover and cook on low for 4 hours or high for 2-3 hours, until the pork is just cooked through, not falling apart. When the pork is cooked, remove from cooker to a cutting board and slice. Strain and reserve the cooking liquid from the cooker, skimming any fat.

Pickled vegetables: In a medium non-reactive bowl, combine the vinegar and salt and stir until dissolved. Add the carrots, daikon, and jalapenos, stir to evenly coat, and let it sit for about 30 minutes.

Mayo sauce: Combine the ingredients in a small bowl.

Assemble the sandwiches: Slice the buns in half and spread a layer of mayo sauce on both halves. Top with the sliced pork, cucumber, pickled vegetables, and cilantro. Drizzle with reserved sauce and more sriracha if desired. Close it up and enjoy!





VEGAN JACKFRUIT BOLOGNESE

Vegan Jackfruit Bolognese

INGREDIENTS

- 3 Tablespoons olive oil, divided
- 1 can jackfruit, well-drained and patted dry, broken into tiny shreds*
- 1 medium onion, finely minced*
- 2 medium carrots, finely minced*
- 1 stalk celery, finely minced*
- 4 garlic cloves, sliced
- ½ teaspoon kosher salt
- 1 Tablespoon Northwood Mushrooms powder**
- 3 Tablespoons tomato paste
- 1-28 oz. can crushed tomatoes
- 1 cup vegetable stock
- 1 Tablespoon apple cider vinegar
- 2 teaspoons dried oregano
- 1 teaspoon smoked paprika
- 1 bay leaf
- 1 teaspoon dried rosemary
- 1 teaspoon red pepper flakes
- Fresh cracked black pepper, to taste
- Vegan Parmesan cheese, to taste
- 1 ½ lbs. pasta, cooked

* You can also use a food processor to mince the jackfruit and vegetables finely. Use pulsing motions, so the vegetables don't turn to mush.

INSTRUCTIONS

To a heavy-bottomed pot or Dutch oven over medium-high heat, add one Tablespoon olive oil. Add the jackfruit and cook until the edges are browned and crispy, breaking it up with a wooden spoon (to resemble pulled pork), about 10 minutes. Remove from the pan and set aside.

To the same pan, add the minced onion, carrots, celery, and kosher salt and sauté for about 10 minutes until vegetables are soft and lightly golden. Add the garlic, mushroom powder, and tomato paste and sauté another minute. Add the crushed tomatoes and the crisped-up jackfruit to the pan.

Add the vegetable stock, vinegar, bay leaf, spices, and black pepper. Simmer for about 20 minutes until the sauce thickens. Remove the bay leaf and serve with freshly cooked pasta and vegan Parmesan cheese.

** Substitution option: 8 oz. fresh mushrooms, finely chopped and sautéed with the vegetables



Sausage & Root Veg Sheet Pan

INGREDIENTS

- 2 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 ½ cup parsnips (about 2-3*), quartered the long way
- 1 ½ cup Brussels sprouts, trimmed and cut in half
- 3 Gerhard's smoked bratwurst, cut in discs
- 3 Tablespoons maple syrup
- 1 Tablespoon Dijon or stone ground mustard
- ½ teaspoon dried thyme
- ⅓ cup fresh sage leaves, roughly chopped

INSTRUCTIONS

Preheat oven to 400°. Combine the maple syrup, mustard, and thyme in a small bowl and whisk until blended. Line a rimmed baking sheet with parchment paper.

While the oven heats, toss parsnips and sprouts with the olive oil, salt, and pepper until evenly coated. Evenly spread the veggies onto baking sheet, leaving space on one end. Spread the bratwurst discs over the remaining space. Roast for 15 minutes, turning everything halfway through.

Remove sheet pan from the oven, turn on the broiler, and drizzle the syrup mixture over the parsnips and sprouts. Toss gently in the pan until evenly coated. Once the broiler is preheated, return to oven for 5-10 more minutes until parsnips are fork-tender and sprouts and sausage have started to char.

Remove from oven. Sprinkle with the chopped sage and serve.

*If you have time, parboiling the parsnips for 2-3 minutes before roasting will help them cook more evenly.



Snug Mug

Winter contentment is all about finding your cozy place. Here's a winning formula: comfy clothes, relaxing tunes, and a piping-hot mug of cocoa. Make yours "co-op style" with scrumptious toppings and inspired flavor combos. There's truly something for everyone.

VEGAN SIPPING CHOCOLATE
with a ginger medallion garnish

HOT CHOCOLATE
with whipped cream & crushed mint Kakookies

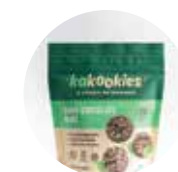
ROSE HOT CHOCOLATE
with North Mallows & colored sprinkles



WILLA'S OAT MILK

Made from a handful of simple, organic ingredients, this local oat milk is based on an original family recipe from the owners' Grandma Willa.

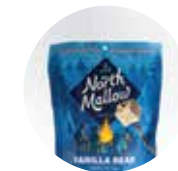
GROCERY | \$6.99 ♥ LOCAL



KAKOOKIES COOKIE BITES

Though they taste like dessert, these vegan cookies have the benefits of a snack bar, including low sugar and whole-grain ingredients.

GROCERY | \$1.69 - \$6.99 ♥ LOCAL



NORTH MALLOW

Level up your cocoa with these decadent marshmallows made from pure cane sugar and agave nectar. Amazing taste with no artificial flavors or preservatives.

GROCERY | \$6.99 ♥ LOCAL

See sipping chocolate recipes and get more mix-and-match ideas at Lakewinds.coop/blog/hotchocolates.

Gifts That Give Back

Facing down a long holiday to-do list? Make gift-giving the easy part with inspired and original presents from the co-op. Lakewinds employees and family members recommend some of their favorites, with a focus on supporting women artisans, helping the environment, and strengthening local businesses. With gifts that give back, holiday shopping is a joy.



CLAUDE
Minnetonka
Manager on Duty

2. MISTILIA DIFFUSER BY PRANAROM

Pranarom products are made from sustainably harvested, certified organic plants, with a portion of profits going to help pollinators.

WELLNESS | \$23.99 ♥ **LOCAL**
See coupon on back



SARAH
Chanhassen
Wellness

1. FESTIVE KITCHEN TOWELS

Playful designs add fun and utility to any kitchen space.
Towel selection and prices vary.



MARY
Richfield
Wellness

3. BOOKS TO LOVE

Discover unique books that cover interesting topics, such as the energetic phases of the moon's cycle.
Book selection and prices vary.



LILI
daughter of Rachael,
Lakewinds Human Resources

4. PACHA SOAPS

Pacha supports clean water initiatives and donates soap to schools in Sub-Saharan Africa.

WELLNESS | \$21.99/LB
One bar is typically \$5 or \$6.

KARLA
Richfield
General Merchandise

5. EMMA SKALA POTTERY

One-of-a-kind functional art that can hold your favorite Fair Trade coffee or local tea.

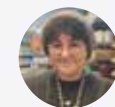
WELLNESS | \$27.99 - \$35.99

KARNA
Chanhassen
Cashier

6. BULK CANDY AND NUTS

Mix and match bulk treats for your sweets, like maple-glazed mixed nuts, sun drops, and more.

Bulk selection and prices vary.



SAM
Chanhassen
Wellness

7. ROMI SKIN CARE

Skin care handcrafted using locally grown medicinal herbs.

WELLNESS | \$14.99 - \$34.99 ♥ **LOCAL**



THE BOARD VIEW

ODE TO WINTER COMFORTS

After living in Minnesota for 20 years, I now appreciate what the season brings. My family loves to go skiing on the local hills, have “cocoon” time reading good books under warm blankets, and visit our loved ones for the seasonal holidays. This time of year, we transition our meals to warm comfort foods. Our Christmas dinner family tradition has been passed on from my paternal Grandma. Her specialty was baked macaroni and cheese, sliced baked ham, and steamed broccoli. The trick to her baked macaroni & cheese is 1.5 packages of hand-sliced sharp cheddar cheese block, with extra cheese on the top for browned cheesy goodness.

My family has many favorite comfort foods that we buy at Lakewinds this season. We love slow cooker carnitas, made with Beeler's pork shoulder, with a buffet of toppings. My son invented a “Pepperito” recipe: Garrett Valley Farms pepperoni wrapped in a flour tortilla then grilled on the skillet. Our favorite plant-based dinner is stuffed delicata squash with kale, cranberries, walnuts, and Israeli couscous. It tastes like another Thanksgiving dinner!

This winter marks my second year on the board, and I have thoroughly enjoyed helping Lakewinds achieve its goals and mission. The board was very active in the fall with end-of-fiscal-year audits, the annual owners meeting, and elections for new board members. If you would like to stay in the loop with all things Lakewinds, you may also enjoy two other resources I signed up for this year. The email newsletter contains great wellness and nutrition stories, and the Lakewinds Facebook page is my go-to for promotions, new products, and employee stories. Sign up and learn more at Lakewinds.coop/digital.

I want to thank you, our Lakewinds member-owners, for your continued support of the co-op. Because of you, Lakewinds had a record year and is growing its influence in the food system, bringing more local, healthy food for our families and community year-round.

Katie Semersky
Lakewinds Board Member

- @LakewindsFoodCoop
- @LakewindsFoodCoop
- @LakewindsCoop



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

PRSR STD
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT NO. 27734



REFRESH STRAIGHT TO YOUR INBOX

To reduce paper use and save on rising printing and postage costs, we're changing who receives a printed copy of ReFresh. While our newsletter will continue to be available to all owners on our website, those who haven't made a purchase in the past year and for whom we have a current email address will now be sent a digital copy.

Want to make sure your email address is correct or update your delivery preferences to get the digital edition? Visit Lakewinds.coop/digital.

SPECIAL OWNER-ONLY COUPONS | Take a photo and show the coupon on your phone at checkout – no clipping needed.

35% OFF

One package of Featherstone carrots

Valid December 1, 2022 to February 28, 2023
Valid one-time use per member-owner only. Not valid on prior purchases.
Valid for in-store shopping at all Lakewinds locations, while supplies last.



PLU 22229

\$1.50 OFF

One Watkins item

Valid December 1, 2022 to February 28, 2023
Valid one-time use per member-owner only. Not valid on prior purchases.
Valid for in-store shopping at all Lakewinds locations, while supplies last.



PLU 22249

\$2 OFF

One purchase of \$10 or more in the bulk aisle

Valid December 1, 2022 to February 28, 2023
Valid one-time use per member-owner only. Not valid on prior purchases.
Valid for in-store shopping at all Lakewinds locations, while supplies last.



PLU 22231

\$4 OFF

One Pranarom purchase of \$20 or more

Valid December 1, 2022 to February 28, 2023
Valid one-time use per member-owner only. Not valid on prior purchases.
Valid for in-store shopping at all Lakewinds locations, while supplies last.



PLU 22237

