



ReFresh

Elevated FALL FLAVORS

+
COOKING WITH
**FREE-RANGE
BISON**

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+
WAFFLES
EVERY WHICH WAY

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+
AMAZING
**CAULIFLOWER
STEAK**

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FALL 2022



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HELLO, EVERYONE!

It is a tremendous honor to introduce myself as Lakewinds' new general manager. My name is Greg Dick, and I hope we've crossed paths already – I may have cut your steaks, bagged your groceries, or helped you find that one last item on your shopping list. If we've not had the pleasure of meeting, I'd like to share with you a brief history of my exciting journey at our co-op.

In 2008, I was hired at Lakewinds as a meat cutter in the Minnetonka store and shortly thereafter graduated to become the meat department manager. In 2010, I moved over to Chanhasen as the store manager. I contributed to the efforts to design and build our Richfield store and became the manager at that location in 2013. For the past seven years, I've been Lakewinds' senior operations manager, which allowed me to work closely with store management and purchasing teams to coordinate our improvement efforts across all co-op locations.

I originally joined Lakewinds because of my love of good food and my lifelong dedication to excellent customer service. But I quickly learned that Lakewinds is much more than a typical grocery store. This co-op is an assembly of very special and passionate people. Whether you're a new customer, a lifelong owner, or an employee, we all rally together around shared values: celebrating local food, supporting our communities, and cooperating together to make a difference.

As we approach the upcoming Thanksgiving holiday, please know that, among the many things I count as my blessings, participating in this wonderful food community with you is at the very top for me.

If you see me at the co-op, please say hello and share with me what Lakewinds means to you.

Greg Dick
Lakewinds General Manager



SEPTEMBER

Naima Dhore

Naima's Farm
2022 LOFF grant recipient

Labor Day Store Hours

September 5

In celebration of Labor Day, our stores will close at 6 pm on September 5 and will reopen at 8 am on Tuesday, September 6.

Annual Meeting & Board Election

September 11, 1 pm to 4 pm

It's that time again! Gather with Lakewinds owners and staff at Gale Woods Farm in Minnetrista to hear from our new general manager, review the latest fiscal year, learn the results of the board election, and celebrate our co-op community. The deadline to buy meal tickets has passed, but all owners are welcome to join us for free to take part in the business meeting and farm activities.

Don't forget: You can cast your ballot in our board election until September 10 in stores, at Lakewinds.coop/Election, or until 1:10 pm at the Annual Owner Meeting.



OCTOBER



Owner Appreciation Month

October

During Owner Appreciation Month, look for special owner deals throughout the store. And don't forget about your double monthly discount!

On the day of your choosing, take 10% off your purchase instead of the usual 5% (good only in October).

Fall Body Care Sale

October 27 - 30

Save 25% on all body care items in our wellness department. It's the perfect time to stock up on clean body care for the whole family – skin care, hair care, personal hygiene, grooming products, cosmetics, and more. Lakewinds owners can stack their once-monthly discount with the sale for even bigger savings. Sale is in stores only, while supplies last.



NOVEMBER



Thanksgiving Store Hours

November 24

Our stores will be closed on Thursday, November 24 for Thanksgiving and will reopen for normal business hours on Friday, November 25.

THE POWER OF COLLECTIVE GIVING

Giving back to the community is a cornerstone of the co-op and one of the things that makes Lakewinds different from a traditional grocery store. By rounding up your purchases to the nearest dollar, you're supporting local nonprofits. The contributions may seem small, but the impact is huge.

Since 2015, Lakewinds shoppers like you have donated over \$1.2 million to local nonprofits whose work strengthens our food system, improves food access, fights hunger, or supports local sustainable farmers.

How are organizations chosen? Each December, a committee of Lakewinds staff evaluates applications from across the metro to select 11 as Round Up recipients. We consider nonsectarian, nonpartisan, nonprofit organizations with projects that directly relate to food access, building a healthier and more equitable food system, or sustainable agriculture. Funds must be used for specific projects, not for general operating costs.

During the month of March, Lakewinds participates in Minnesota FoodShare's yearly campaign. All funds raised during March FoodShare are donated to our food shelf partners: ICA Food Shelf in Minnetonka, PROP in Chanhassen, and VEAP in Richfield. Since 2020, Lakewinds has contributed extra matching funds up to \$5,000 per store to help incentivize community giving.

Applications for Round Up in the 2023 calendar year are open in October!



Have a favorite nonsectarian, nonpartisan, nonprofit organization locally engaged in food access or sustainable agriculture? Encourage them to apply at Lakewinds.coop/CommunityGiving.



\$15,394

Local Emergency Assistance Farmer Fund (LEAFF)



\$17,219

Pollinator Friendly Alliance



\$16,434

Every Meal

THE ART OF CLEAN

Pick up a bar of Waverly soap and see what grabs your attention first. Is it the beautiful dried flowers? The flowing swirls? The lovely aroma that tempts you to take a nibble? (Resist!) Learn how a crafty local entrepreneur turns clean ingredients into beautiful bars that keep skin moisturized and soft.

Soapmaking started as a hobby for Peggy Van Hagen, who has been making her luxurious soaps for about 10 years.

"I homeschool my kids and it seemed like a fun, crafty thing to do at home," says Peggy. "They would help me make the soap, weigh the oils and butters, and come to the farmers market – it was something we did together."

As her kids got older and their interests shifted, Peggy stuck with it, incorporating her love of cooking and baking into her art. "I love mixing things together and being creative in the kitchen," she says. "It's a calorie-free way for me to still be working with ingredients and mixing things up."

Clean ingredients have always been foundational to her product. "Things that you put on your body are absorbed by your body, so we use natural products as much as possible," says Peggy. "All the scents, everything is natural. All the soaps have herbs on the top, or dried flowers or spices. They smell like coffee or cinnamon or cocoa or spearmint – you wish you could eat them!"

Waverly soaps make beautiful host and holiday gifts, but they're also a perfect self-care indulgence. "Some are exfoliating, some have essential oils that are better for acne-prone skin, or are scent-free with oatmeal and honey. [They're] functional, healing, healthy and beautiful, aesthetically pleasing ... the soap looks pretty, smells amazing, and is really good for your skin."

Peggy appreciates people who seek out and support local makers. "Your money has an impact on somebody's life directly ... and that money stays in the community. It's beneficial to the community, to families, to people ... there's something to that that is of value."

MAKER HIGHLIGHT



"Your money has an impact on somebody's life directly ... and that money stays in the community. It's beneficial to the community, to families, to people ... there's something to that that is of value."



Find Waverly soaps in the wellness section for \$5.99 - \$9.99 **LOCAL**

*See coupon on back

BISON RIBEYE STEAK

Serves 4

INGREDIENTS

- 4 bison ribeye steaks, about 8 oz. each
- 2 sprigs fresh rosemary, chopped
- 3 sprigs fresh thyme, chopped
- 1 clove garlic, minced
- ½ tsp kosher salt
- ½ tsp black pepper
- ½ tsp vegetable oil

INSTRUCTIONS

Heat a well-seasoned cast iron skillet over medium-high heat. Combine herbs, garlic, salt, pepper, and oil and rub it over the ribeyes. Add the steaks to the hot pan two at a time and sear for 3-4 minutes. Flip and cook another 3 minutes until medium rare or longer to desired doneness. Repeat until all steaks are cooked. Place steaks on a plate to rest. Top with Beet Honey Drizzle just before serving.

BEET HONEY DRIZZLE

INGREDIENTS

- 2 red beets, quartered
- 1 ½ cups honey
- ¾ Tbsp kosher salt

INSTRUCTIONS

Boil beets for about 25 minutes or until fork tender, and drain, reserving ½ cup of the liquid. In a blender, add beets, honey, and salt, and puree until smooth. Add a splash of beet water if needed to puree more easily. Set aside to chill.

ROASTED ROOT VEGETABLES

the Original LOCAL MEAT COOKING WITH BISON

Long before cattle were introduced, wild bison grazed Minnesota's prairies. This locally sourced and chef-created recipe for bison steak is paired with mouth-watering wild rice and a medley of seasonal fall vegetables.

WILD RICE PILAF

BUFFALO RIBEYE STEAK

BEET HONEY DRIZZLE



EICHTEN'S BISON RIBEYE STEAK

Bison is a tender, lean, and flavorful alternative to beef. Eichten's herd, over 300 bison strong, grazes free range on native prairie grass and is raised without added growth hormones or antibiotics.

FROZEN MEAT | \$25.99/LB ♥ LOCAL

*See coupon on back



DRIFTLESS ORGANICS BEETS

As children, brothers Josh and Noah Engel discovered their passion for vegetable farming. Today they grow a full array of organic produce, including these flavorful beets.

PRODUCE ♥ LOCAL



TAKING STOCK BROTH

This slow-simmered bone broth tastes homemade and is packed with nutrients and protein. Made with care using cage-free organic chicken and organic vegetables.

GROCERY | \$7.99 ♥ LOCAL



CHEF AUSTIN BARTOLD

Care for community and respect for the food system are infused in every dish Chef Austin Bartold creates. He highlights local, seasonal ingredients in a way that merges his classical training with his Anishinaabe and Oneida heritage.

Building on culinary passions he developed at a young age, today Chef Bartold has a catering business, consults and does cooking demonstrations, and educates people about the role food plays in sustainability, health, and the joy of life. He previously served as a chef and nutritionist for the Division of Indian Work, chef at Gatherings Café, and at Pillsbury United Communities. Explore his delicious creations in "Original Local: Indigenous Foods, Stories, and Recipes from the Upper Midwest," by Heid E. Erdrich – available at Lakewinds. Learn more about chef Austin at Lakewinds.coop/blog/Austin-Bartold.



See recipes for wild rice pilaf and roasted root vegetables at Lakewinds.coop/Recipes.

Waffles

EVERY WHICH WAY

Warm, pillowy waffles smothered in butter and maple syrup – there's no breakfast quite like it. But why stop there? Hearty, homemade waffles can be the foundation for so many fantastic meals. Mix and match your favorite savory, sweet, and fresh ingredients to create an original waffle masterpiece.



1



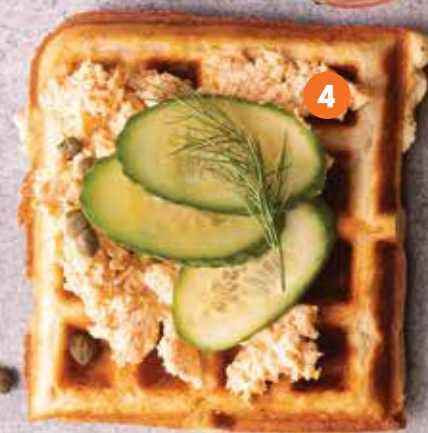
JIAN BING WAFFLE



2



3



4

1. Deli-sliced smoked ham and lacy Swiss with a drizzle of jam
2. Sautéed mushrooms, housemade Italian sausage, and microgreens
3. Sunny side up eggs, avocado, radish slices, and pan-roasted cherry tomatoes
4. Superior Fresh smoked salmon spread, capers, and cucumber slices
5. Beyond Meat breakfast links with maple syrup and blueberries



5



SUPERIOR FRESH SMOKED SALMON SPREAD

This Wisconsin-based aquaponic farm is powered by solar energy and committed to prairie restoration.

MEAT | \$9.99 ♥ LOCAL



PERENNIAL PANTRY FLOUR

Made using sustainable, soil-friendly Kernza® perennial grain, this flour is an ideal foundation for hearty waffles and flavorful pancakes.

GROCERY | \$9.99 ♥ LOCAL



CAMP AQUILA SYRUP

This local, family-owned syrup maker takes great pride in their products as well as their sustainable forest management practices.

GROCERY | \$8.99 - \$11.99 ♥ LOCAL

JIAN BING WAFFLES

Makes about 8-10 waffles

INGREDIENTS

- 1/3 cup garlic chili sauce
- 1 teaspoon toasted sesame oil
- 4 green onions, sliced very thin at an angle
- 2 Tbsp. black sesame seeds
- 1/2 cup cilantro leaves
- 1 cup tortilla chips, crushed

INSTRUCTIONS

Make the dipping sauce by combining garlic chili sauce and sesame oil. Set aside.

Make the vegan waffle batter (find the recipe at Lakewinds.coop/Recipes/Waffles) and let it sit for about 15 minutes while you heat the waffle iron. Lightly spray oil on the waffle iron, then add 1/4 cup of batter (or the amount recommended by the manufacturer) and sprinkle over the top a little green onion (about a tablespoon), black sesame seeds (about 1/2 teaspoon), cilantro (about 2 teaspoons), and some crushed tortilla chips (used to mimic the traditional fried wontons). Close the lid and wait for the steam to subside. Serve warm with dipping sauce.



Get recipes for Kernza, vegan, and sweet potato waffles, plus elevated toppings, including Chicken Confit and Apple Chutney, at Lakewinds.coop/Recipes/Waffles.



POUR-OVER COFFEE

MEET YOUR NEW FAVORITE WAY TO CAFFEINATE

There are many ways to make coffee, each with their own advantages – from the hands-off automatic drip pot to the rich flavor of the French press. One way that's gaining (ahem) steam is the pour-over. Here's why the pour-over maker deserves a spot on every coffee-lover's shelf.

Quicker cup. Pour-over coffee is brewed by continuously replenishing the water, resulting in a shorter brewing time than with a static method like pressing or percolating.

Fuller flavor. Since you're replenishing the brewing water multiple times, it carries more of the coffee's complex flavors.

Try adding functional beverage mixes to your coffee, such as powdered Lion's mane or cordyceps mushrooms. Or add some flavor with a pinch of cayenne or cardamom!



WONDERSTATE COFFEE

Whether giving back 5% of net profits to community initiatives or using solar to power their operation, this Wisconsin-based, gourmet coffee bean roaster is all in on doing good.

BULK | \$14.99 - \$16.99/LB ♥ LOCAL
*See coupon on back



LAIRD SUPERFOOD

Infused with energy-boosting MCT oil, this line of creamers comes in both refrigerated and shelf-stable powder varieties to help keep you satisfied and active long after your mug is empty.

GROCERY | \$4.99-\$8.99

Cauliflower Steaks

PLANT-BASED,
FLAVOR-PACKED

There's a reason cauliflower is having a moment. Not only is it full of fiber, vitamins, and antioxidants, it's a versatile base for absorbing the flavors you're craving. This recipe starts with a cauliflower steak topped with a sweet, tangy, slightly spicy marinade. Miso paste adds the perfect touch of umami.

MISO CAULIFLOWER STEAKS

WITH SEARED LEMON

Serves 3-4

INGREDIENTS

- 2 (2 1/2-lb.) large cauliflower heads*
- 2 Tbsp. white or yellow miso
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. rice vinegar
- 2 Tbsp. sweet garlic chili sauce
- 1 teaspoon soy sauce or tamari
- 3 cloves garlic, *finely minced to a paste*
- 1 Tbsp. vegetable oil, *plus more if needed*
- 2 lemons, *halved*
- 2-3 green onions or chives, *thinly sliced*
- Sriracha to taste

**Note: You may only get 2-3 good steaks from each head of cauliflower. The key is keeping the core attached. Use any stray florets for another recipe like cauliflower rice or roasted cauliflower.*

INSTRUCTIONS

Preheat oven to 400°. In a small bowl, whisk together miso, sesame oil, rice vinegar, sweet garlic chili sauce, sriracha, and garlic. Set aside.

Bring a cast-iron skillet to medium-high heat. Add 1 Tbsp. oil and then the lemons, cut side down. Add the cauliflower steaks to the pan, with the cut sides flat on the pan. Cook for 5 minutes until golden brown, spread 1-2 tablespoons of sauce on the top of each steak, then flip and cook another 5 minutes. Evenly spread one more tablespoon of sauce to each steak's top, then place in the oven and roast for about 7-10 minutes until tender. Sprinkle with green onions or chives and squeeze seared lemon juice over the top, then serve.



Product Highlights



TWIN ORGANICS GREEN ONIONS

Brothers Andrew and Jacob supply a bounty of organic vegetables to area restaurants and co-ops from their farm in Northfield.

PRODUCE LOCAL



MISO MASTER MISO PASTE

Add umami to sauces, soups, stews, spreads, and more with this certified organic miso that's made using time-honored traditions.

REFRIGERATED | \$6.99



BLUE FORTUNE FARM GARLIC

This southern Wisconsin grower specializes in garlic, growing several beloved varieties on their five-acre organic family farm.

PRODUCE LOCAL



THE BOARD VIEW

The leaves will soon turn to vibrant reds and oranges, the temps will cool until there's a snap in the air, and our meals will change, too. At my house, fall means moving from the grill back into the kitchen. I love sheet pan meals for ease and less kitchen mess. It's simple to roast your favorite fall vegetables with onions and chicken thighs marinated with olive oil, garlic, and paprika. I also enjoy simplifying some of my family's Persian recipes and marinating my chicken in a yogurt-saffron mix. And I love roasted pumpkin – I used to live in China, where it's common, so it reminds me of my youth and living abroad.

Another favorite is fresh carrot soup. I make it with a lamb bone broth base and drizzle carrot-top pesto on top. Combine that with freshly baked homemade gluten-free sourdough, it is absolutely delicious.

When I shop at the co-op, I know my food is nutritious and delicious. I love being able to easily shop local, especially from farms that are vetted. Farming is hard work and

essential to our lives and our economy. I want to make sure that local farmers are supported so they can continue their responsible and renewable farming methods into the future. Farmers who grow and raise food for the co-op are doing it because they care about the land, the environment, and the well-being of those who love to eat good, local food.

This is my last year on the board of directors. My six years on the board have been incredible. I was president of the board for several of those years. It was a gift to help lead during growth, a pandemic, an economic crisis, and a new general manager. I'm sad to leave, but so grateful for my time here and the chance to support the local food system. Thank you, member-owners, for making the co-op a success, for using your dollars for good, and for allowing me to be part of your lives these last six years. It has been nothing short of spectacular and I cannot wait to shop for fall with you soon. See you there!

▶ **Naomi Sadighi**
Lakewinds board vice president



Thinking ahead to your holiday feast? No matter how you plan to celebrate, the co-op can help. From local, sustainably raised turkeys to scratch-made sides to full heat-and-serve meals, you'll find everything you need for the big day. Place your orders for turkeys, hams, sides, and full meals starting November 1.

Learn more at Lakewinds.coop/Thanksgiving.



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OCTOBER IS FAIR TRADE MONTH

When you buy fair trade-certified coffee, you know that the growers are paid fairly and work in safe conditions, and that farmers are protecting biodiversity, waterways, and soil health. Many funds from fair trade purchases go toward community projects, such as public sanitation and medical care in remote areas. Seek out fair trade coffee and other certified products at the co-op this October and year-round.

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

\$3 OFF

Per pound of Eichten's bison ribeye steak

Valid September 1 to November 30, 2022

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 22207

\$2 OFF

Per pound of deli-made potpies (fresh or frozen)

Valid September 1 to November 30, 2022

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.



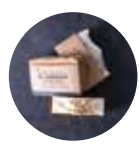
PLU 22213

\$2 OFF

One Waverly soap

Valid September 1 to November 30, 2022

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 22209

\$2 OFF

Per pound of bulk coffee (any variety)

Valid September 1 to November 30, 2022

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 22211

