

# ReFresh



*PARTY-READY*

## Cheese Platters

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FALL 2019

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## Hi Everyone!

We're celebrating all of you in October! October is Owner Appreciation Month at Lakewinds. We celebrate our community-owned enterprise with gratitude for your ongoing patronage every day. In October, we express this gratitude in a very tangible way—your usual 5% once-per-month discount is doubled to 10%. We also have many owner-only sale items as a way of saying thanks!

The co-op system of returning profits to owners rewards you for shopping at the store you own—Lakewinds. Our profits stay in the community, our wages stay in the community, and our grant funds support a wide range of community organizations and small-scale agricultural producers. Your shopping dollars support a growing number of local producers, our Maker to Market small food business accelerator, and Lakewinds Organic Field Fund, our grant program for local farms.

All of us on staff at Lakewinds appreciate your support of the co-op. We know you have lots of options for where you spend your grocery budget. We are serious about having the product knowledge you expect. We know our great service is also key to creating the Lakewinds experience.

Your shopping dollars help us build a resilient local food system, while rewarding you year after year with discounts and dividends. What a great setup!

Thank you, friends, for supporting the co-op—and a stronger community—every time you shop.



**DALE WOODBECK,**  
*General Manager*



**LAKEWINDS**  
FOOD CO-OP

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**RECIPE/PRODUCT  
PHOTOGRAPHY & DESIGN**  
Quincy Street Kitchen



**RICHFIELD**  
6420 Lyndale Ave. S  
Richfield, MN 55423  
612-814-8000

**CHANHASSEN**  
435 Pond Promenade  
Chanhasseen, MN 55317  
952-697-3366

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

# FALL CALENDAR

## THIS SEASON AT LAKEWINDS

### OCTOBER

#### OCTOBER 18-20

#### FALL BODY CARE SALE

Enjoy 25% off all body care products — including skin care, soaps and lotions, essential oils, and more.



#### OWNER APPRECIATION MONTH

Lakewinds owners can look forward to discounts and sales all October long.

##### ► 10% discount

Enjoy a one-time 10% discount on the day of your choice. (This replaces the monthly 5% off owners usually receive.)

##### ► Owner-only sales

Check out special owner-only sales in all departments, from produce to wellness.

#### FAIR TRADE MONTH

During October, we're raising awareness about the importance of the Fair Trade movement to our global economy. Find sales on Fair-Trade Certified™ brands — companies committed to empowering farmers, workers, and producers as well as protecting the environment.



#### NOVEMBER-DECEMBER

#### SEASON OF GIFTING FLASH SALES

Enjoy deep discounts on select gift items during our flash sales, held every weekend Nov. 22 through Dec. 22.

##### ► NOV. 22-24

##### ► NOV. 29-DEC. 1

##### ► DEC. 6-8

##### ► DEC. 13-15

##### ► DEC. 20-22



### HOLIDAY HOURS

#### NOV. 28

Stores are closed.

#### DEC. 24

Store hours are 7 am to 4 pm.

#### DEC. 25

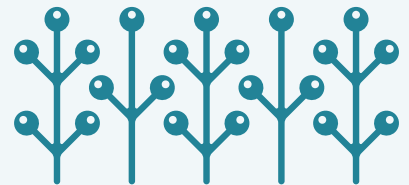
Stores are closed.

#### DEC. 31

Store hours are 7 am to 6 pm.

#### JAN. 1

Stores are closed.



#### Tey Art socks

*These colorful and cozy alpaca socks made by artisans in Peru are high-quality and super warm, yet breathable. Tey Art is a local company committed to the principles of fair trade labor.*

## PETERSON CRAFTSMAN MEATS

*Raised in Healthy Harmony*

*Meadow grasses and flowers bend in the breeze. Birds alight on a picture-perfect pond. In the distance, Limousin cattle happily graze on pasture. This prairie vista looks like a postcard, but it's part of Peterson Craftsman Meats farm.*

“We start on one side, go across, and circle back,” says farmer Andy Peterson, explaining rotational grazing, where the herd is systematically moved across the farmland. “The organic matter gives the soil better buffering capacity, and helps us weather drought, flooding, and weather extremes.”

A team from Lakewinds visited the Petersons this summer to learn about the family farm's grazing practices. One key benefit of rotational grazing is carbon capture. After cattle mow down one section of the pasture, they're moved, giving the pasture in that section time to regrow. As it does, carbon is removed from the air and stored in the soil. When the grass is knee-high, the cattle are back to graze again and repeat the process.

“We saw his absolutely luscious fields of grass,” says Joe Schaecher, meat lead at Lakewinds' Minnetonka location. “They practice regenerative agriculture. And Andy's interest in genetics—he's very dedicated to growing the best cattle and beef he can. We can tell the difference.”

The cattle typically graze from early March to the end of December. In January and February, they're fed non-GMO corn silage, hay, and other roughage. Limousin cattle are bred to produce tender cuts of beef, which are dry-aged.

As a true family farm, the Petersons always have an eye toward preserving their farmland and soil for future generations.

“They're not creating any more land,” says Peterson. “What we've got is what we've got.”

“

Peterson meat is more marbled than other beef. And it's considerably more tender. Since it's 21-day dry-aged beef, it has a full, robust beef flavor, so the flavor is there, and the tenderness is there.”

**JOE**

Meat lead,  
Lakewinds Minnetonka



### MOROCCAN BRAISED BEEF WITH COUSCOUS

Looking for a unique way to prepare Peterson Meats beef chuck roast? This Moroccan slow-cooked beef is a hearty and flavorful winter dish warmed with global flavors such as garam masala and turmeric.

[GET THE RECIPE AT LAKEWINDS.COOP/RECIPES](https://www.lakewinds.coop/recipes)

MEET OUR TASTEMAKERS

# A chat with Lakewinds Cheesemongers

At Lakewinds, you'll find passionate experts with deep knowledge of our products and how best to enjoy them. Our cheesemongers Judy, Freya, and Jayne share what delights them about cheese, one of the world's most varied and cherished dairy products.

**Q.** What do you love about leading your cheese department?

**Judy:** Cheesemaking is a melding of art and science — it's craftsmanship. To witness the amount of work involved, from milking the cow to delivery, creating these artisanal cheeses, there is so much work by so many people.

**Freya:** The cheese world is all about an artisan approach. It's loaded with history and tradition. A cheese display is like a little tour of the world. Here's France, here's Spain, here's Greece, here's Wisconsin. (Laughs.) This gives me a chance to keep expanding my quest to try, taste, and explore.

**Jayne:** It's fun to make recommendations to people having a party — and for them to come back and tell us it was a hit!

**Q.** What's your favorite cheese?

**Freya & Judy:** Shepherd's Way Sogn Tomme.

**Jayne:** Collier's Welsh cheddar at room temperature.

**Q.** What's your favorite cheese-related tip?

**Freya:** You don't need a whole lot of knowledge to make great food. You can cook by your instincts if you just listen to them a bit. Ask some questions, taste things, take a stab, and see what you like.

**Jayne:** Hard cheese has a different flavor when you serve it at room temperature — it makes all the difference in the world.

**Judy:** My tip is to try the beautiful dessert cheese, mascarpone — bring it to room temperature and mix it with fresh or frozen berries or a liqueur, like Cointreau, Grand Marnier, or Crème de Cassis. You can also add a local shrub, and serve it with lemon or almond shortbread cookies. I like Mother Rucker's or Walker's. Keep that on hand for guests, or for brunch or an afternoon tea.



“

There's a zest for life that's inherent in exploring and sharing food together.”

FREYA

Cheesemonger, Lakewinds Richfield

## Amazing ACCOMPANIMENTS

**Judy:** I love pairing cheese with Marcona almonds and olives, prosciutto or Olli salami. Hard cheese is wonderful with a quince paste, or cherry or plum jam.



Cherries



Figs

**Freya:** I love cheese and fruit. There's the classic cheddar and apple, but also try fresh fig, pear, persimmon, or champagne grapes.

**Jayne:** For a sheep cheese or Spanish cheese, try Marcona almonds. For dessert, I love the blueberry-vanilla goat cheese with Mother Rucker's lemon cookies.



Almonds

CHEESE of the MONTH

Sogn Tomme sheep milk cheese from Shepherd's Way

Discover a fabulous cheese at an irresistible price with curated monthly sales in our cheese department. Look for in-store signs or follow us on Facebook, Instagram, and Twitter to see what's on special. Throughout October, the award-winning, hand-made Sogn Tomme sheep milk cheese from Shepherd's Way is \$24.99/lb. (reg. price \$28.99/lb.)

# Gather 'Round

FESTIVE  
FEASTING  
*Made Easy*



*Keep it simple with ready-to-go sides from our deli*

*Let our deli make your homemade favorites! Our holiday sides are scratch-made, using local, sustainably grown, organic-when-possible ingredients. Get all the flavor and quality, without the mess or the stress. Find order forms at the deli counter.*

**ROASTED SQUASH, APPLE, BACON HASH**

Savory roasted squash with sweet apple and hickory-smoked bacon.

**\$17.99/LB**

**WILD RICE STUFFING**

Earthy wild rice flavored with fresh sage, sweet cranberries, and apples.

**\$9.99/LB**

**CHERRY COMPOTE**

Perfectly sweet with a touch of tart, serve with your turkey or on a cheese platter.

**\$8.99/LB**

**ROASTED BRUSSELS SPROUTS**

Roasted, savory Brussels sprouts with garlic and thyme.

**\$15.99/LB**





## Eat dessert first

Order your custom dessert tray, then personalize it with your favorites. Add berries, cake bites, dried fruit, or candy from the bulk bin, such as dark chocolate sea salt caramels, dark chocolate coconut chews, and Bergin dark chocolate cashews. Drizzle bars with local Groveland Confections' bourbon caramel sauce.



## Roast your turkey with herbs and ghee

*This easy, herb-seasoned turkey is perfectly tender, juicy, and delicious—a holiday crowd pleaser!*

**SERVES 12**

- 5 tablespoons Wholly Cow ghee, melted
- 1 tablespoon each chopped fresh rosemary, sage, and thyme
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground pepper
- 1 whole (10 to 12 pound) turkey, thawed
- 2 medium lemons, quartered
- 1 head garlic, halved
- 1 sprig each rosemary, sage, and thyme

1. Heat oven to 325°F. In a small bowl, mix the ghee with the chopped rosemary, sage, thyme, salt, and pepper.
2. Place turkey on a rack in a large roasting pan. Remove ovenproof plastic leg band if present. Discard giblets and neck or reserve for another use. Using paper towels, pat dry skin and interior cavity.
3. Working from the neck end, slide fingers under the skin until you reach the end of the breast, being careful not to tear the skin; rub 4 tablespoons of the

herb ghee under the skin. Fill the body cavity with cut-up lemon, garlic, and sprigs of rosemary, sage, and thyme.

4. Fold wings across back of turkey so tips are touching. Tie the drumsticks together with baker's twine. Brush with remaining 1 tablespoon melted ghee and herb mixture.
5. Bake turkey in the center of the oven 2 hours. When the turkey begins to turn golden brown, cut the twine holding the drumsticks together so the thighs will cook through. Place a tent of aluminum foil loosely over the turkey.
6. Bake an additional 45 minutes to 1 hour, until an instant-read thermometer inserted into the thickest part of thigh (avoiding bone) registers 165°F.
7. When the turkey is done, remove from the oven and let stand for 15 minutes before carving.



## TURN UP THE HOLIDAY CHEER



*Simplify your party with prepared dessert, veggie, cheese, and charcuterie trays from the Deli. We'll customize them for you, just give us 48 hours notice, please. Here are ideas for personalizing our trays with your favorite flavors.*

### VEGGIE TRAY

Add Jen's Jars creamy cannellini & garlic hummus, Kiss My Cabbage giardiniera, Spirit Creek fermented beets, Westby organic French onion dip, Kite Hill non-dairy chive cream cheese, Miyoko's vegan Cheers to Cheddah, or Freak Flag Foods kale pesto.

### CHEESE BOARDS

Add honey, olives, Tierra Farm organic mixed nuts (from the bulk section), Pam's Pepper Jams, fresh herbs (for color and aroma), strawberries, blackberries, dried fruits, or nuts.

### CHARCUTERIE

Add Atlas Provisions popped lotus seeds, olives, crackers, duck or rosemary pheasant pâté, truffle mousse, toast squares, dates, cranberry coconut artisan crisps, fruit or dried papaya spears, or artisanal cheese.

# GOOD GIVING

LAKEWINDS SUSTAINABLE GIFT GUIDE  
• 2019 •

*Thoughtful gifting is easy when you shop at the co-op. Look for locally and sustainably sourced garments, toys, self-care products, and more in all our stores this holiday season. Don't miss our Season of Gifting flash sales running each weekend from November 22 through December 22.*

Hand-harvested, small-batch herbal **Sacred Blossom** tea is grown in Mondovi, Wisconsin. \$10.99

Mugs from **Studio 2 Ceramics** are handmade in Northeast Minneapolis using recycled materials. \$24.99

**Wood From the Hood** makes cutting boards and cribbage sets from reclaimed trees sourced from across the Twin Cities. \$14.99-57.99

Encourage kids to get outside with **A Year of Forest School**, which has fun games, crafts, and activities for every season. \$16.95

**North Naturals** skincare products are hand-crafted in small batches in Minnetonka, MN. \$5.99-13.99

One-of-a-kind **Scarf Shop** scarves are hand-dyed in Minneapolis, using low-impact materials and methods. \$31.99

**Green Toys** are made in the U.S.A. from 100% recycled plastic. \$8.99-29.99

**Fair Anita** Fair Trade jewelry offers timeless designs made by women artisans from nine countries. \$13.99-35.99







# Hand-Crafted Gift Guide

Need a special something for the person on your list who has it all? Create unique consumables, crafted with love using local and seasonal ingredients from our shelves.



## Cranberry Cardamom & Ginger Cordial

*This flavorful cordial is made with seasonal fruits and spices. Serve it drizzled over ice cream or mixed with hot tea, sparkling water, or prosecco.*

**MAKES: 4 1/2 CUPS**

- 16 ounces fresh cranberries
- 8 ounces pomegranate seeds
- 2 1/2 cups water
- 1 1/2 cups honey
- 1 1/2-inch knob fresh ginger, thinly sliced
- 10 cardamom pods, crushed
- Zest and juice from 2 lemons

1. In a large saucepan, combine the cranberries, pomegranate seeds, water, honey, ginger, and cardamom. Bring mixture to a simmer over medium heat and cook 10 to 12 minutes or until cranberries have burst and mixture has thickened. Remove from heat, stir in the lemon zest and lemon juice.
2. Let the mixture cool completely, for 1 to 2 hours. Strain through a fine-mesh strainer into a jar or resealable container. Store in the fridge for up to 3 weeks.
3. To serve, add 1 part cordial to 5 parts chilled still or sparkling water.

**▶ TIP:** When fresh pomegranate seeds or cranberries are not in season, use frozen as an easy replacement.



## Flavored Salts

*These simple combinations of herbs, spices, and salts are a flavorful and easy DIY holiday gift!*

### SAVORY

Mix together 1/2 cup coarse salt + 2 teaspoons crushed dried mushrooms + 2 teaspoons dried onion flakes + 2 teaspoons dried minced garlic. Store in a resealable container.

### SPICY

Mix together 1/2 cup coarse salt + 2 teaspoons crushed dried chile peppers + 2 teaspoons dried lime zest\* + 1 teaspoon smoked paprika. Store in a resealable container. \*Dry the lime peel in a low oven (150-200°F) for 10 minutes, stirring every 2 to 3 minutes.

### CURRY KICK

Mix together 1/2 cup coarse salt + 2 teaspoons garam masala + 2 teaspoons curry powder + 2 small bay leaves. Store in a resealable container.



## Good Morning Diffusion Blend

Gift this eye-opening blend of essential oils. Add equal parts of Pranarom bergamot, grapefruit, sweet lime, and spearmint essential oils in a bottle and gently shake to mix. Diffuse 8 drops in a home diffuser.



## EMPLOYEE CRAFTED RE:MADE MITTENS

A member of our Lakewinds team, Rachael Eide, loves making comfy woolen mittens in her spare time, using sweaters that she finds at thrift stores and garage sales.

Rachael upcycles nearly every scrap of the sweaters—even the buttons—to create her stylish designs. What began as a DIY

Christmas gift has become a cottage business, with an array of sizes and styles available. Pick up these one-of-a-kind mittens for a zero-waste gift that warms hands and hearts alike. **\$21.99-29.99**



# IT ALL ADDS UP

## Turning spare change into life-changing impact

Through our Round Up community giving program, shoppers donated a remarkable \$173,503 to local organizations during the '18-'19 fiscal year. By rounding up your grocery bill to the nearest dollar, you provided opportunities for local youth, ensured access to healthy food, and helped create a new food pantry. A few cents here and there add up to major impact for people across the metro!



### TC FOOD JUSTICE

FUNDS RAISED IN JANUARY:  
**\$13,827.42**

**About TC Food Justice:** TC Food Justice works to reduce hunger and food waste in the Twin Cities by redistributing unsalable produce and bread from farmers markets, bakeries, and grocery stores—including our Richfield store—to those in need.

**How funds were used:** Funds helped launch Priceless Produce, a pilot program that delivers fresh produce and bread to families in public housing. In April, they began serving a housing complex in Minneapolis with around 190 units. They regularly serve 50 families, including many who lack transportation and say they've never had steady access to produce in their lives. Autumn, TC Food Justice's executive director, says, "Thank you so much! A few cents at a time really does make a difference. This means fresh food for a family who wouldn't normally have it."

### DIVISION OF INDIAN WORK

FUNDS RAISED IN APRIL:  
**\$14,578.31**

**About DIW:** The Division of Indian Work (DIW) has been a key contributor to the Native community for more than 65 years. Their mission is to empower urban American Indians through culturally based education, counseling, advocacy, and leadership development.

**How funds were used:** DIW purchased a van to transport its Youth Leadership Development group to cultural events and tutoring programs. The van also brings food and supplies to elders in the community and picks up food for the food shelf located at DIW. Remaining funds are being used to create a backyard community garden to grow culturally relevant produce and plants for the DIW food shelf and to be used in ceremonies.

### TUBMAN

FUNDS RAISED IN JUNE:  
**\$15,715.02**

**About Tubman:** Tubman's mission is safety, hope, and healing. For more than 40 years, they've served survivors of violence and trauma by providing safe shelter and housing, legal services, a licensed outpatient clinic for mental and chemical health services, youth programs, and more.

**How funds were used:** Many Tubman clients lack access to fresh, healthy food. Funds helped build a new food pantry at the Chrysalis Center in south Minneapolis, which offers outpatient health and legal services. Dr. Birgit Olsen Kelly, director of clinical services, says, "We believe that healing practices are most effective when we treat the whole individual, mind, body, and spirit. A food pantry will support us to do this in a real-time, practical way."



## Renewable Energy for Lakewinds

**A**S A MEMBER OF LAKEWINDS, I'm proud of the way our co-op serves our broader community. We support a healthier food system through diverse community partnerships while striving to employ environmentally friendly practices in all that we do.

We have a new opportunity to have a positive environmental impact by using renewable energy.

Lakewinds recently committed to buying energy that's generated by a solar garden for our Chanhassen location. When the solar garden is completed, it will have the capacity to provide up to 120 percent of the current electricity used at our Chanhassen store.

According to Xcel energy, solar gardens must be located in your current or an adjacent county. We've found a solar garden adjacent to Carver County, where our Chanhassen store is located. We're actively searching for solar gardens that can serve our Minnetonka and Richfield stores, which are located in Hennepin County.

A lack of rooftop space prevents us from meeting our current energy needs using solar panels on top of our buildings. But through this unique partnership, Lakewinds can be part of a larger shift toward renewable sources.

We're experienced in building community. We are bringing that experience to build a unique relationship between the co-op, solar developers, and electric utilities to evolve power production in the Twin Cities. It's just one more reason to be proud of our co-op.



—NANCY TWIDWELL,  
*Board Vice-President*

Northern Harvest Crisp



Wallflour waffles

### TASTE THEIR CREATIONS

Maker to Market class of 2019 products will soon be on our shelves! Look for Wallflour Liege-style waffles and Northern Harvest Crisp take-and-bake desserts in the frozen section this fall. Sweeten your purchase with the coupons on the back cover.

► To learn more, visit [lakewinds.coop](http://lakewinds.coop), click Community, and choose "Maker to Market Accelerator."



**\$1 off**

One package of Wallflower waffles

Valid Oct. 1 to Dec. 31, 2019

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

**PLU 20302**



**\$2 off**

One Northern Harvest Crisp

Valid Oct. 1 to Dec. 31, 2019

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

**PLU 20304**



**\$3 off**

One Pranarom essential oil kit  
(reg. price \$14.99-\$19.99)

Valid Oct. 1 to Dec. 31, 2019

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

**PLU 20306**



**25% off**

One Lakewinds Deli chicken pot pie,  
shepherd's pie or Moroccan stew

Valid Oct. 1 to Dec. 31, 2019

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

**PLU 20308**

