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FALL 2021

Noreen Thomas

of Doubting Thomas Farm grows organic blue corn for Garden of Eatin' chips, shown on page 6, and rye for Baker's Field Bread, shown on page 11.

Hi, Everyone!

Welcome to the 2021 local harvest season! It's the time of year when we see the tangible result of Lakewinds' support of our local and regional food economy. With pandemic-induced supply disruptions, droughts, and wild temperature swings in the west and southwest, our relationships with local farmers, ranchers, and food producers have proven more important than ever.

Local food production is never easy, even without the complications of a pandemic. Success for producers comes from the growing number of consumers who shop according to their values. We get fresher, higher-quality food from local producers. And those producers employ people and support the rural and urban communities where they live.

We support local farmers, ranchers, and food producers in three major ways:

- **Buying from local suppliers through thick and thin:** We nurture relationships with producers who have been able to supply fresh food through the last two years with minimal disruption. We provide markets for lots of farms, ranches, and food producers through our retail stores. Sales in our stores provide millions of dollars in revenue to local food producers.
- **Investing in infrastructure:** Packing sheds, irrigation, and tunnels (high tunnels, low tunnels, caterpillar tunnels, and greenhouses) have become necessary tools for farms to achieve an appropriate scale for long-term profitability. Over the past 10 years, our Lakewinds Organic Field Fund has invested over \$590,000 in more than 70 farms for these kinds of improvements.
- **Partnering with organizations that support local food:** Our Round Up community giving program generates upwards of \$180,000 per year for organizations that are working to build a more equitable and sustainable food system.

Our enduring goal is to bring more local producers into all parts of our stores. Local producers are one of the keys to the health of rural and, increasingly, urban economies. These producers are our neighbors and colleagues in building communities that value high-quality food.

Thank you, friends, for making all of this work possible. Thanks for shopping Lakewinds!



Dale Woodbeck
Dale Woodbeck
 Lakewinds General Manager



GENERAL MANAGER

Dale Woodbeck

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



RICHFIELD

6420 Lyndale Ave. S
 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 EVENTS

LAKEWINDS COMMUNITY CALENDAR

1 Vote in the Board Election

SEPTEMBER 1 TO 19

Help shape the future of our co-op by casting your ballot in our annual board of directors election. Vote for your top three candidates in stores or online until Saturday, Sept. 18 at 8 pm, or at the Annual Owner Meeting on Sept. 19 until 1:10 pm. Election results will be announced at the meeting and in stores the following week.

Learn more at lakewinds.coop/election

2 Annual Owner Meeting

SEPT 19, 1 TO 4 PM

Join us at Gale Woods Farm in Minnetrista for this once-a-year celebration of our co-op community. Together we'll review highlights of the past fiscal year, hear about future plans, and share some family-friendly fun on the farm. Enjoy a light lunch, meet local cookbook author Beth Dooley, dance to children's rock band The Bazillions, and get to know some of our 2021 LOFF grant recipients. All Lakewinds owners and their households are invited.

Reserve your free tickets between 8/27 and 9/10 at lakewinds.coop/annualmeeting. You'll be prompted to select your meal preference (gluten-free, vegan, and kids' options available). Please bring an electronic or paper copy of your ticket to the event. Owners may attend the business meeting portion only, which starts at 1:15 pm, without a ticket.

Learn more at lakewinds.coop/annualmeeting.

3 Patronage Dividend Mailer

SEPTEMBER 26

In profitable years, a portion of profits are returned to shoppers who are owners as an annual owner patronage dividend. Look for information about your dividend to arrive in your mailbox in late September. If patronage dividends are approved by the board of directors, they'll be available at the register beginning Sept. 26.

4 Fall Body Care Sale

OCT 22 TO 24

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

5 Thanksgiving

NOVEMBER 25

Our stores will be closed on Thursday, Nov. 25 for Thanksgiving. As the holiday nears, see details about reserving your turkey or ordering a meal at

lakewinds.coop/thanksgiving.





Learn more about these growers at lakeswinds.coop/blog

CHARLIE JOHNSON
Whistling Well Farm

All in For APPLE SEASON

From Local Orchards, With Love

Apple fans, rejoice! The juiciest season is upon us. What makes these beautiful, locally grown, iconic fruits so wonderful? We get the “in-cider” scoop from local growers.

WHISTLING WELL FARM

Hastings, Minnesota

Situated in the rolling hills of Washington County, Whistling Well Farm was founded in 1972 by husband and wife, Charlie and Carol Johnson. The farm got its name from the whistling sound made when winds travel through rock fissures on the shores of the nearby St. Croix. “Today, we have 15,000 apple trees on multiple farm sites,” says Johnson. “The most popular varieties are ones developed

by the University of Minnesota – First Kiss, SweeTango, and Honeycrisp.”

“Our apples are grown using integrated pest management, a process of using minimum inputs to grow a quality crop,” Johnson says. “We’re proud to say the farm was awarded Outstanding Conservationist for Washington County in 2013. ... [S]oil and water conservation are extremely important to us.”

Charlie is also a children's book author, with a certain four-legged member of his farm family as the inspiration and star of his stories – Emmy the Springer Spaniel. Find farmer Charlie's children's books this fall at the co-op.

LOOK FOR:

Honeycrisp, SweeTango, McIntosh, Haralson, and SnowSweet



CEDAR HILL ORCHARD

Hutchinson, Minnesota

Family-owned Cedar Hill grows, packs, and ships their delicious apples directly to grocery stores, while operating a retail farm store on site during fall harvest. They use integrated pest management techniques and implement organic methods whenever possible.

LOOK FOR:

Haralsons and Honeycrisps



ORGANIC BREEZY HILL

Maple Lake, Minnesota

This enterprise has been growing organic fruit for over 20 years – and you can taste the dedication. Over time, grower Patrick Lynch has expanded from two to four orchards with about 15 acres dedicated to apples and pears.

LOOK FOR:

SnowSweet, SweeTango, and Honeycrisp

AUTUMN

with Everything On It

Fall for This Fully Loaded Seasonal Salad

Local produce continues to shine well into the fall. It all comes together in this veggie-forward salad, a fresh combination of locally grown kale, caramelized apples and shallots, cheese, and a lively vinaigrette made with local maple syrup. Top it with hemp seeds for extra crunch and nutrition.

WARM KALE SALAD WITH APPLES & CURRIED CASHEWS

Just under a 1/2 cup Tierra Farms curried cashews, *chopped (after toasting)*

2 Tbsp. Field Theory hemp seeds (*optional*)

1-2 Tbsp. Rochdale hand-rolled butter
2 large shallots (*or half red onion*), *thinly sliced*

Two bunches (12-16 oz) Lacinato kale, *well washed, stemmed, dried and sliced cross-wise into ribbons*

3 medium apples (*about one pound*), *in 1/4-inch slices*

2 oz. Brie or another soft cheese, *such as Alemar Bent River Camembert*

SHERRY VINAIGRETTE

1 Tbsp. B&E's maple syrup

2 Tbsp. sherry vinegar

1/2 teaspoon Dijon mustard

5-6 Tbsp. roasted walnut oil, *such as La Tourangelle*

Kosher salt and pepper to taste

WARM KALE SALAD



B&E'S MAPLE SYRUP

Produced by local tree farmers, this Bourbon-barrel-aged maple syrup is a flavorful addition to apple cider, dressings, glazes, and your favorite breakfast foods.

GROCERY | \$16.99-\$25.99 | LOCAL



FIELD THEORY HEMP HEARTS & SEEDS

Local, organic hemp hearts and seeds add a satisfying crunch to salads, oatmeal and more, not to mention loads of vitamins, minerals, and Omegas.

GROCERY | \$6.99-\$11.99 | LOCAL



ALEMAR BENT RIVER CAMEMBERT

This award-winning organic cheese is made in Minnesota. Savor the rich, buttery flavor and creamy texture.

CHEESE | \$26.99/LB | LOCAL

ARTFUL CARNITAS

Don't rush this robust fall flavor

CARNITAS



Francisco's Pico de Gallo



Deli Recipe Release!

Pastures a Plenty Pork Shoulder

Angelic Bakehouse Spinach Kale Wraps

Garden of Eatin' Blue Corn Chips

CARNITAS

KEEP ON GIVING

The best part of this dish just might be the leftovers. Here are four great ways to use any extras:



Wrap in soft taco shells with sliced radishes, chopped cilantro, and a squeeze of fresh lime juice.



Pile onto crusty bread or a pretzel bun with a slice of Swiss cheese and your favorite pickle chips.



Toss with quinoa, raw veggies and greens, and a spoonful of your favorite salsa.



Make a breakfast hash!



Angelic Bakehouse Spinach Kale Wraps

Vegan and free from most common allergens, these wraps are made in Wisconsin using whole, nutritious ingredients.

REFRIGERATED GROCERY | \$3.69 | LOCAL



Francisco's Pico de Gallo

Add a punch of flavor with this fresh pico de gallo made in small batches in Willmar, MN.

REFRIGERATED GROCERY | \$5.99 | LOCAL



Pastures a Plenty Pork Shoulder

This local family farm in Clara City, MN, raises meat holistically, with hogs grazing in pasture during the growing season.

MEAT | \$5.99/lb | LOCAL



Lakewinds Poblano Pepper Crema

While most of our deli-created recipes are proprietary, we just had to share our crema with the world! Perfect on tacos or as a dip with chips.

GET THE RECIPE AT lakewinds.coop/recipes

INGREDIENTS

- 2 lbs. bone-in Pastures a Plenty pork shoulder
- Siete seasoning packet, *divided*
- 4 poblano peppers, *seeds and ribs removed, sliced*
- 1 large onion, *sliced*
- 5-6 cloves garlic, *sliced*
- Three 3-inch orange peels*
- Juice of one orange (*about 1/2 cup*), *divided*
- 1-2 Tbsp. Epic Duck Fat (*optional*)
- 4-6 Angelic Bakehouse tortillas
- Poblano Crema (*see recipe*)
- 4 Tbsp. Francisco's Pico de Gallo
- Lime wedges

DIRECTIONS

- In a slow cooker, layer in poblanos, onions, garlic, orange peel, and about a 1/4 cup of orange juice. Season the pork with one tablespoon Siete seasoning. Place pork on top of the vegetables.
- Cook on low for 6 to 8 hours, until fork-tender.
- Move pork to a large cutting board and discard the bone and orange strips. Strain off cooking liquid, keeping the onions and poblanos. With two forks, shred the pork into 2-inch pieces, then return to the slow cooker and stir in the remaining seasoning and orange juice. Turn to low until ready to serve.

- In a large cast iron skillet, over medium-high, heat 1 Tablespoon Epic Duck Fat. Add about one-third of the meat to evenly cover the bottom of the pan. Don't move it around until it's browned and crispy. Turn a few times to crisp up, then repeat with the other meat servings.

- Warm the wraps over a flame or in a skillet. To assemble, place meat on the wrap, add a spoonful of poblano crema and a spoonful of Pico de Gallo. Serve with a wedge of lime.

**Use a vegetable peeler to remove only the top layer of orange skin (you don't want any white pith). Try to keep peels in one piece to retrieve after slow-cooking.*

SLOW COOKER PORK CARNITAS

Serves 4-5

Want mouth-watering meals for days? A pot of rich and savory carnitas is just the thing. Made in a slow cooker, you gently simmer a locally raised pork shoulder over an afternoon for perfectly moist, fall-off-the-bone flavor. With carnitas seasoning mix from Siete, you get authentic flavor with much less prep time.

FALL IN A BOWL

Autumn is the time for comfort foods and in-season root vegetables. You get the best of both with this soothing, nourishing soup – a rich blend of roasted carrots, parsnips and the flavors of chipotle and hazelnut. Serve with local One Love sourdough bread and your favorite gruyere for a perfect dinner pairing.

ROASTED CHIPOTLE CARROT & PARSNIP SOUP

- 1 1/2 lbs. carrots, ends trimmed, cut into sticks (1/2 inch by 3-to-5 inches)
- 1/2 lb. parsnips, ends trimmed, peeled and cut into sticks (1/2 inch by 3-to-5 inches)
- 3/4 lb. onion (one large), peeled and cut into 8 wedges
- 6 cloves garlic, peel left on
- 2-3 Tbsp. olive oil
- 1 1/2 teaspoons kosher salt
- 1-2 Tbsp. canned chipotle in adobo sauce
- 5-6 cups chicken (or vegetable) stock
- 1 Tbsp. raw, unfiltered apple cider vinegar
- 2 Tbsp. tamar pepitas
- 2 Tbsp. American Hazelnut oil
- One Love sourdough bread slices, toasted
- Comte Gruyere slices

Preheat oven to 425°. On a baking sheet, add the carrots, parsnips, onion wedges and garlic, and toss with oil and kosher salt. Pile the garlic cloves nestled in the center of the vegetables so they won't burn. Place on middle rack of oven and roast for 40-45 minutes, tossing occasionally, until vegetables are tender and a bit browned or charred on the edges.

Slip the skins off the garlic, then add it, the roasted vegetables, and the chipotle to a blender. Puree, adding



FALL RECIPES

Meet Lisa
DELI CATEGORY MANAGER
AT LAKEWINDS

American Hazelnut Oil

Add nutty flavor to soups and salads while supporting a local company.

GROCERY | \$13.99 | LOCAL

Featherstone Carrots

Customers rejoice when these sweet, crunchy carrots arrive each fall.

PRODUCE | LOCAL
\$4.99 PER 2-LB BAG, \$9.99 PER 5-LB BAG

One Love Sourdough Breads

These chewy, flavorful sourdoughs go great with soup.

BREAD | \$6.99 | LOCAL

stock if necessary (1-2 Tbsp. at a time) until smooth. Add this mixture, the rest of the stock, and vinegar to a large saucepan to reheat, stirring occasionally. Season with salt and pepper to taste. Ladle into bowls, drizzle with hazelnut oil, and sprinkle with pepitas and carrot crisps. Serve with toasted bread and cheese.

CARROT CRISPS

Heat 1/4-inch oil in a cast iron (or other heavy) skillet. Using a vegetable peeler, peel thin strips of carrot, turning the carrot after every few shaves. Pat dry on a paper towel, then carefully lower strips into the hot oil, keeping chips in a paper-towel-lined plate. Fry for 2-3 minutes until golden. Remove with a slotted spoon to a paper towel-lined plate and sprinkle with salt and pepper.

FALL FLAVORS



Ames Honey

Local, award-winning, single-source honey that shows the exact sourcing of each jar down to the location of the hive.

GROCERY | \$6.99 - \$11.99
LOCAL

Four Elements

Soaps, salves, and tinctures made from locally grown organic herbs. Produced by Jane and David Stevens, MOSES 2020 Organic Farmers of the Year.

WELLNESS | \$7.49 - \$19.99
LOCAL

WellCova Tea

Handcrafted local tea blends created by an integrative physician to support sleep, digestion, or energy.

WELLNESS | \$14.99
LOCAL

COMFORT IN A CUP

As the days get shorter and the evenings stretch out, we look forward to quiet moments curled up with a good book and a mug of something delicious. If you love aromatic organic ingredients, we have your perfect nighttime beverage.

Start with a spoonful of the Dreamweaver blend from Minnesota-based WellCova Holistic Tea, made with fragrant chamomile and vanilla. A dash of honey from local Ames farm brings a burst of sunny sweetness. For the finishing touch, add Hypnotic Sleep Aid tincture from local maker Four Elements, an organic herbal extract made from rose petals and passionflower. It's a recipe for calming comfort and deep, restful sleep.

RESTFUL BEDTIME TEA

Makes one serving

- 8 oz. water, freshly brought to 212°
- 2.5g WellCova Dreamweaver Tea
- 1 teaspoon Ames Honey
- 20 drops Four Elements Hypnotic Sleep Aid tincture

Steep tea in freshly boiled water for about 5 minutes. Add honey and tincture and stir well. Sip, relax, and sleep tight.

Consult your healthcare provider prior to use if you are pregnant or nursing, taking any medication, or if you have a medical condition.



Tea for Your Tub

Mrs. Kelly's Bath Tea is a blend of sage, French lavender, and calendula blossoms that tastes great hot in your mug – but remember to brew extra to pour into the bath. This soothing herbal mixture relaxes body and mind, inside and out. Buying in bulk lets you buy just the amount you want. One cup of this tea costs about 20 cents.

BULK | \$29.99/lb | LOCAL



Dream of Wild Health



Sustainable Farming Association



Greater Minneapolis Crisis Nursery

HITTING THE MARK TOGETHER

\$1 MILLION IN ROUND UP DONATIONS

You likely hear it every time you shop at the co-op: "Would you like to round up today?" But do you ever wonder what effect these donations really have? Those small acts of generosity do more good than you may realize. Since it began in 2015, our Community Giving Round Up donation program has become a robust engine of community giving, connecting our shoppers to local nonprofits doing important work. Donations are used to improve food access, build a healthy and equitable local food system, and support sustainable agriculture in our region.

Thanks to the many donations of Lakewinds shoppers, we reached a major milestone this summer – over \$1 million in Round Up donations in the program's history! Here's what that means to a few of the community organizations you've helped support.

1 Dream of Wild Health
Recipient June 2020
\$13,504

Funds were used to support youth programs and offset unexpected expenses due to COVID-19, ensuring the produce grown on their farm was safely harvested and distributed to the community.

"We were able to safely host youth programs on site over the summer, which many youth reported as incredibly impactful since they had been out of school and many other programs were canceled. We are grateful for the support of Lakewinds and your members!"

– Eartha Borer-Bell, Dream of Wild Health

2 Sustainable Farming Association (SFA)
Recipient April 2021
\$17,480

Funds from the most recent Round Up campaign were used toward SFA's Soil Health for Fruit and Vegetable Growers program, which offers tools to beginning & emerging farmers and experienced fruit and vegetable growers to nourish the soil and regenerate the environment.

"Congratulations to Lakewinds Food Co-op on reaching the \$1 million mark! Your Round Up support has made a difference in farmers' lives and on eaters' plates."

– Theresa Keaveny, Sustainable Farming Association of Minnesota

3 Greater Minneapolis Crisis Nursery
Recipient December 2021
\$16,770

Funds were used to provide healthy meals and snacks to children who stayed at the nursery. Your donations also provided monthly supplemental food pack distributions for families in their home visiting program.

"At the Nursery, we believe in a strong, healthy, connected community. We were honored to be a Round Up recipient and were blown away by how all of you stepped up to help neighbors. Thank you for filling bellies, strengthening families, and building up our shared community!"

– Emily Burck, Greater Minneapolis Crisis Nursery Association of Minnesota



A hearty Thank You, Lakewinds owners, for your continued support of our community giving program. Read more about the good your donations are doing at Lakewinds.coop/blog.

THE BOARD VIEW

TRUE CO-OP COLORS

Autumn is my favorite season. Cooling temperatures, bursting colors, and autumn harvests are some of the reasons to celebrate. In my family, apples are a perennial favorite, but as we continue experimenting with new flavors, squashes and gourds are becoming tough competition for the number one spot.

I love walking into Lakewinds in the fall and immediately seeing all of the pumpkin and squash colors. There are bright oranges, deep greens, and many hues of beiges filling up the produce bins. Whether it is a butternut squash inside homemade ravioli or a classic pumpkin pie with acorn squash, I am always looking for ways to integrate these autumnal delights.

Shopping at Lakewinds allows me to focus on my next recipe, not where the ingredients originate, because I know their commitment to supporting local farming. That commitment starts with sourcing, giving customers a great selection of recognizable food direct from trusted growers. Further, Lakewinds continues its local support by fostering strong partnerships. An example of this is the Lakewinds Organic Field Fund – a grant program dedicated to impacting local farming and organic food by making regional farms more sustainable.

Lakewinds' dedication to the community is one of the many reasons I choose to shop the co-op, and I can't wait to get back to the store and find my next butternut squash.



Ryan Reichenbach
Board Member since 2017

"My favorite breads are Baker's Field 'Good 'Wich of the North' and Breadsmith."

FALL IN LOAF

Must-try local breads.

Breadsmith

Artisan handcrafted European-style breads baked fresh each day across the Twin Cities. Try their baguettes, sandwich loaves, and delicious dipping breads.

BREAD | \$0.55 - \$6.50
♥ LOCAL

One Love

Delivered fresh from their country bakery in Withee, Wisconsin. One Love bakes an array of flavorful sourdoughs. Perfect for dipping in soups or mopping up the last drop of leftovers.

BREAD | \$6.99
♥ LOCAL

Baker's Field

Baker's Field breads are made using stone-milled flour, from whole grains grown locally at farms like certified organic Doubting Thomas Farm (cover photo).

BREAD | \$6.99
♥ LOCAL



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

CHEESE OF THE MONTH

SEPTEMBER

MILTON CREAMERY PRAIRIE BREEZE CHEDDAR

Award-winning aged cheddar with a creamy texture that pairs well with fall apples.

Sale Price: \$12.99/lb
(reg. \$17.99)

♥ LOCAL

OCTOBER

ODYSSEY FETA

Feta made with Wisconsin cow's milk for a richer, creamier take on the goat milk classic.

Sale Price: \$6.99/lb
(reg. \$8.99)

♥ LOCAL

NOVEMBER

RENY PICOT ST. ROCCO TRIPLE CRÈME BRIE

Old World-style brie made using 60% butterfat for a melt-in-your-mouth texture.

Sale Price: \$4.99/ea
(reg. \$6.99)



SPECIAL OWNER-ONLY COUPONS

\$2 OFF

One WellCova tea

Valid Sept. 1 to Nov. 30, 2021

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

PLU 20612



\$1 OFF

One Angelic Bakehouse item

Valid Sept. 1 to Nov. 30, 2021

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

PLU 20616



\$3 OFF

One B&E's maple syrup

Valid Sept. 1 to Nov. 30, 2021

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

PLU 20610



\$1 OFF

Per pound pork shoulder roast

Valid Sept. 1 to Nov. 30, 2021

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

PLU 20614



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

