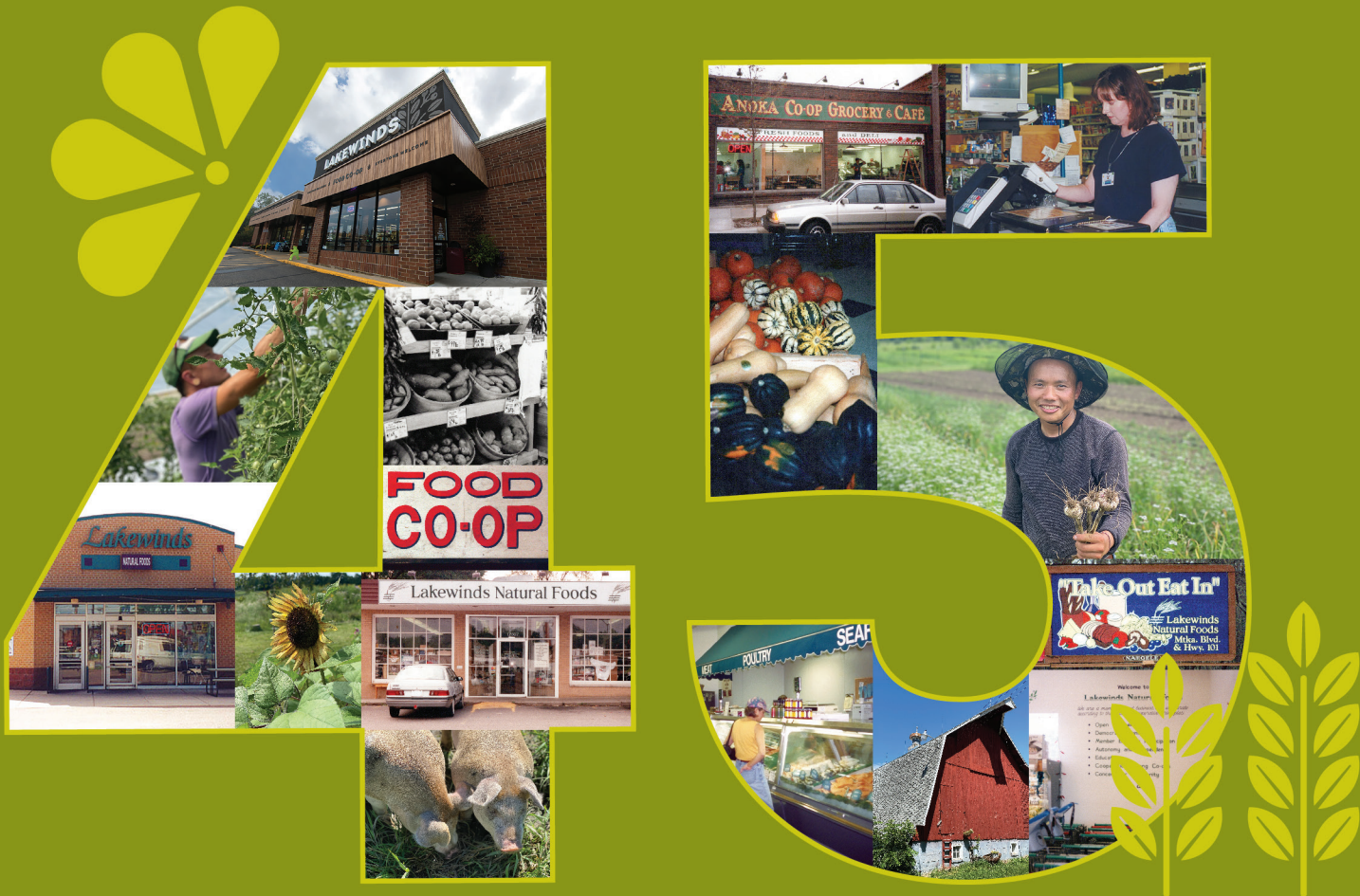




ReFresh



CELEBRATING



YEARS OF LAKEWINDS CO-OP

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Hi Everyone!

It's harvest time for our local farmers. This has been a particularly tough year for growers in our region who rely on farmers markets and sales to restaurants, schools, and other institutions. CSA farmers and Lakewinds suppliers have had an easier time of it, but the overall food system is stressed.

Our support of the local food system in this difficult environment has taken several forms.

In 2020, the Lakewinds Organic Field Fund supported the infrastructure needs of 15 local farms with over \$100,000 in donations to help them remain viable and competitive.

LEAFF (the Local Emergency Assistance Farmer Fund) is a collaboration between Lakewinds, The Good Acre, Hmong American Partnership, Latino Economic Development Center, Mill City Farmers Market, The Food Group, and the MN Department of Agriculture. LEAFF purchases produce from BIPOC (Black, Indigenous, and People of Color) farmers who have lost their markets due to COVID disruptions. That produce is delivered free of charge to community sites where people have few options for fresh produce.

The "Local Food is Essential" campaign asks shoppers to substitute one local food item when they shop to increase sales for local farmers and makers. On the campaign website, you'll find resources to find and use local foods from across the region.

We continue to support a variety of local food organizations through our Community Round Up program. When you round up at the register, you help keep our local food economy thriving.

Through our Local Food Resiliency Working Group, we focus on growing regional livestock and meat processing capacity, providing technical assistance to farmers, and helping farmers enroll in emergency relief programs.

We know small-scale farmers and producers play a crucial role in the well-being of urban, suburban, and rural communities. Lakewinds is leading the way to help rebuild the local food economy — work that's only possible because of our owners and shoppers.

Expressing gratitude is more important than ever. From all of us at Lakewinds, thank you for supporting the co-op!



Dale Woodbeck

DALE WOODBECK,
General Manager



GENERAL MANAGER
Dale Woodbeck

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**RECIPE/PRODUCT
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Quincy Street Kitchen



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

EVENTS CALENDAR

JOIN OUR ANNUAL MEETING NOW ONLINE!

SUNDAY, SEPTEMBER 20, 2020
LIVE PORTION BEGINS AT 1 PM



Join us for our first virtual Annual Meeting. Celebrate the co-op and reflect on the past year as we come together safely and remotely as a community. Though we can't meet in person, we'll be sharing content and programming featuring local chefs, farmers, and partners, details about the co-op's community outreach programs, and more.

Visit Lakewinds.coop/annualmeeting on Sept. 20 at 1 pm to attend. Because this is an online event, there's no charge to attend and no ticket is necessary.

Not able to gather with us online?

We'll give you access to the Annual Meeting on our website through October. You can also find our annual impact report online and in stores — swing by the customer service desk to learn more.

VOTE IN OUR BOARD ELECTION

SEPTEMBER 1 THROUGH 20

Help shape the future of your co-op for years to come. Lakewinds' annual board election takes place in September. Ensure your voice is heard by casting a ballot to fill three open board seats. Vote in stores at the customer service desk September 1 through 19 or online until noon on Sunday, September 20.



Results will be announced first at our virtual Annual Meeting, then in stores and online.



NOTE FROM LAKEWINDS

Hosting Events in Uncertain Times

As this newsletter goes to print, uncertainty continues around when and how we'll resume in-person events at Lakewinds. We are reformatting and rethinking in-store events to engage with our community in the safest way possible.

Please follow us on social media or check our website for information and updates related to events and celebrations normally held at the stores.

@LAKEWINDSFOODCOOP



CHEESE of the MONTH

Attention cheese lovers: You'll relish these selections from our favorite local cheesemakers. A different cheese is on sale each month all autumn long. Don't miss a morsel!

SEPTEMBER

MILTON CREAMERY'S PRAIRIE BREEZE CHEDDAR
Aged white cheddar with a crumbly, yet creamy texture and overflowing with flavor. Perfect on salads, soups, or your favorite sandwich.
\$11.99/lb (REG. \$16.99/lb)
♥ LOCAL

OCTOBER

MARIEKE FOENEGREEK GOUDA
Made in Wisconsin with milk from the Penterman family farm and using traditional Dutch methods, this delightful seasonal gouda features foenegreek seeds for a nutty, maple-like taste.
\$14.99/lb (REG. \$19.99/lb)
♥ LOCAL

NOVEMBER

ALEMAR BENT RIVER CAMEMBERT
Organic cow's-milk cheese with a complex flavor profile that moves from bright and acidic to earthy as it ages. Spread it on crusty bread or pair with fresh grapes as a snack.
\$21.99/lb (REG. \$26.99/lb)
♥ LOCAL



THANK YOU, OWNERS!



A MONTH OF EXTRAS AND APPRECIATION FOR OUR CO-OP OWNERS.

October is owner appreciation month at the co-op! As a cooperative business, we simply couldn't do what we do without the amazing support of our community. By becoming a Lakewinds owner, you affirm the importance of wholesome food, sustainable agriculture, and a healthy local food system. Your support allows us to grow as an organization and give back through community giving and outreach programs.

From longtime co-op owners to our newest members, we are grateful to all of you. That's why we set aside an entire month each year to celebrate existing owners and encourage new ones to join.

NEW OWNER DRIVE

In October, Lakewinds shoppers and employees have extra incentives to take the plunge and become owners. Last year, we signed up 222 new owners in October — a huge increase above our normal monthly totals. Have a friend or family member you think should join the Lakewinds community? Your referral could be worth \$25. See below for details.

HERE'S WHAT YOU CAN LOOK FORWARD TO IN OCTOBER...

EXTRA DEALS: Look for special Owner Deals throughout the store on some of our favorite products — for co-op owners only.

DOUBLE DISCOUNTS: Your once-monthly owner discount will double from 5% off to 10% off in October. Just let the cashier know when you'd like to use it.

MORE WAYS TO SAVE: Don't forget that your discount can be applied to multiple shopping trips on the (one) day of your choosing. What's more, your discount stacks with other benefits, including Senior Tuesday and Wellness Wednesday discounts and other coupons or sale prices. Please note: Owner Deals and monthly discounts are available for in-store shopping only.

REFER A FRIEND & BE REWARDED

Help us grow our co-op community. Our refer-a-friend rewards program is open to all existing co-op members in the month of October. Here's how it works.

Earn a \$25 Lakewinds gift card for each friend or family member you refer who becomes an owner in October — up to a \$200 total reward (limit eight referral bonuses per participant).

To receive your referral bonus, the new owner must join our co-op with a one-time \$90 stock purchase, which provides a lifetime membership for one household. At sign-up, they must provide your first and last name and the last 3 digits of your owner number. Sorry, no exceptions.

You will be notified of your reward in November. Participants can pick up gift cards at the customer service desk from mid-November until the end of February. Unclaimed gift cards will be donated to each store's local food shelf.



PHOTOS BY SARAH MANN

MORE THAN EVER, WHERE OUR FOOD COMES FROM MATTERS

The COVID-19 pandemic has created unexpected challenges across the economy, but especially for local food growers and makers. They face reduced markets as a result of restaurants, schools, corporate campuses, and other buyers being closed. That's why Lakewinds has joined with other food-minded organizations to create "Local Food is Essential," a campaign to encourage local eating and help small-scale farmers get through this crisis.

"We're trying to serve the land and serve people by giving them the best nourishment to help their bodies and their whole selves," says farmer Elizabeth O'Sullivan, of Auntie Annie's Fields, a 2020 LOFF recipient. "Support from the community is important to us in practical ways, but also in an emotional way. Farming is hard, but it makes a big difference to feel like our community believes in what we are doing."

When people buy locally grown food instead of food shipped from far away, it has many positive impacts, such as:

- ▶ Reducing carbon footprints by minimizing "food miles"
- ▶ Ensuring the meat, produce, grains, and dairy products we eat are as fresh, safe, and delicious as possible
- ▶ Supporting the ongoing survival of farms and farmers in our community and the long-term food security they provide
- ▶ Strengthening the local economy by helping local farmers and makers earn a living and, in turn, boost the businesses they support
- ▶ Preserving farmland and ensuring green, healthy, open spaces are here for generations to come

"Having many family farmers producing our food supports rural communities — schools, hospitals, businesses — while also increasing the accountability and safety of the foods we consume," says Anne Schwagerl, owner of Prairie Point Farm. "As a farmer, it's rewarding to produce meat and grains to the highest quality and ethical standards I am able. And then in turn, sell these to a community of eaters that we have developed over the years."

The bottom line, says Schwagerl: "Local food builds resiliency and transparency in our food system and communities." That's something we should all support.



THE EAT LOCAL PLEDGE

Ready to step up your support of local farmers and food makers? That's what the Eat Local Pledge is all about. Commit to swapping out some foods you buy that come from far away with ones grown or made locally.

At the co-op, you'll see local options in every aisle. We have Superior Fresh aquaponic greens and hydroponically grown tomatoes, cucumbers, and herbs. Our meat, dairy, and cheese cases are filled with local products — like Sassy Cow and Organic Valley milk, Peterson beef, Pastures a Plenty pork, and Kadejan chicken. Our grocery aisles abound with local, including Great River Milling flours, American Hazelnut Company oil, locally roasted coffees, and more.

Take the pledge and see more ideas for food swaps throughout the year at localfoodisessential.org.



CELEBRATING 45 YEARS

Lakewinds officially became a cooperative grocery store in 1975, bringing local, organic foods to a fast-growing corner of the Twin Cities suburbs. In the decades since, we're proud of how our co-op has flourished and transformed alongside the communities we serve. Here are some highlights from our first 45 years.

The Lakewinds story began in 1972. Three women with a passion for natural food — Edie Green, Helen Davis, and Edith Stodola — created the Minnetonka Buying Club, an effort to support local farmers and bring nourishing, earth-friendly choices to their neighbors.

Lakewinds Natural Foods made it official in 1975, opening as a registered co-op in the “red shack” behind St. Luke’s Church in Minnetonka. In 1983, we moved into a nearby shopping center, eventually settling in the corner spot (now the restaurant Spasso).

It’s been 15 years since our second store opened in Chanhassen, with Lakewinds Minnetonka moving to its current home shortly after. Our Richfield store arrived in 2014, built using environmentally responsible methods and materials. Exterior renovations to our Chanhassen and Minnetonka stores soon followed, using the same guidelines.

With stores in three wonderful communities, and a fourth on the way in Eden Prairie, Lakewinds has become a force for positive change in our regional food economy. Today our 300+ dedicated employees and our 28,000+ owners carry on our founders’ passion for local, sustainably grown food.

Though our mission doesn’t waver, how we live that mission changes with the times. As we learned more about the benefits of organic and pesticide-free food, we adopted standards to reflect that. We turned away from single-use plastics when possible and adopted reusable and compostable containers. As the harmful effects of conventional agriculture have come to light, we’ve doubled down on regenerative farming and land stewardship practices in our partnerships.

We will continue to grow our impact across our communities, from farm to table to food shelf and beyond. What will the next 45 years bring? We’re excited for it all.

EMPLOYEES THEN AND NOW

We cherish our employees at Lakewinds — and love it when they stick around. Here’s a snapshot of two of our longest-serving team members then and now.



THEN NOW

PARIS

One way the co-op stands apart is the dedication of people like Paris, who started working for Lakewinds in 1998. She’s had a few different roles at the co-op, including as a grocery department manager, replenisher, and category manager.

CRAIG

Craig has been working in the Minnetonka deli since 1996. A lot has changed since then, but the spirit remains the same: great, local food made by dedicated and friendly people, like Craig!



THEN NOW

GROWING TOGETHER

Lakewinds wouldn’t be here without our tried and true producers. Their commitment to quality and sustainability inspires our own.

FEATHERSTONE FARM

For over a decade, we’ve sourced organic veggies from this sustainable family farm, beloved for its quality, land stewardship, and ridiculously sweet carrots.

FERNDALE MARKET

This family-owned turkey farm in Cannon Falls is a long-time partner. For many of us, a free-range Ferndale bird on Thanksgiving is non-negotiable.

WHOLE GRAIN MILLING

Makers of organic flour, oats, and other milled foods, not to mention the best tortilla chips in the state. They use simple, time-tested techniques — and it shows.

HOPE CREAMERY

Renowned dairy providers since 1920, Hope is a staple of our local food economy, with butter that people go out of their way for (as we have for 10+ years).

ALAKEF COFFEE ROASTERS

Alakef has been roasting fair trade coffee beans from their cafe in Duluth for over 30 years. We’ve been proud to carry their delicious coffee for much of that time!



OUR TIMELINE



1972

Lakewinds story begins (created as the Minnetonka Buying Club)



1983

Original store opens in Minnetonka



2010

Dale Woodbeck becomes the co-op’s third general manager



2014

Richfield store opens



2018

Farm to Food Bank program launched by Lakewinds and The Food Group



2022

Eden Prairie store coming soon



1975

Lakewinds Natural Foods officially opens behind St. Luke’s Church in Minnetonka



2000

Reached 5,000 owners



2005

Store opens in Chanhassen
Minnetonka store moves to its current location



2011

Lakewinds Organic Field Fund (LOFF) grant program launches



2015

First year of Community Giving Round Up program



2020

300+ dedicated employees
28,247 active owners

Lentilize It

Please your palate and your wallet with family-friendly meals made with this nourishing plant-based protein. One pot of lentils gives you options for days. Start with the base recipe to try these three fresh meal ideas.



TAKING STOCK BONE BROTH

Organic, slow-simmered bone broth that tastes homemade and is full of nutrients and protein. GROCERY | \$8.99

♥ LOCAL



FREAK FLAG ORGANICS CURRY MOLE SAUCE

Local, organic, gluten-free, dairy-free—but full of the rich, earthy flavors of curry and mole, a touch sweet with a kick.

GROCERY | \$7.49

♥ LOCAL



BASE RECIPE

Lemony Marinated Lentils

This big batch of flavorful lentils are healthy and delicious on their own but can be used as a base for tasty meals with minimal effort all week long.

MAKES ABOUT 9 CUPS

INGREDIENTS

- 6 cups bone broth
- 3 cups dried French green or black beluga lentils sorted, rinsed
- 2 carrots, finely chopped
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 tablespoons olive oil, divided
- ¼ cup red wine vinegar
- 2 tablespoons lemon zest
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 2 teaspoons pure maple syrup
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 bunch green onions, thinly sliced
- ½ cup fresh parsley leaves, finely chopped

1. In a medium saucepan, heat broth and lentils to boiling. Reduce heat; simmer lentils until they are just tender yet hold their shape and have absorbed most of the broth, 18 to 22 minutes; drain well.

2. Meanwhile, in a medium saucepan, heat 1 tablespoon of the olive oil over medium heat, add the carrot, onion, garlic, and cook stirring frequently 5 to 6 minutes or until tender.

3. In a large bowl, whisk together the remaining 3 tablespoons olive oil, vinegar, lemon zest, lemon juice, mustard, maple syrup, salt, and pepper. Add the cooked lentils, carrot mixture, green onions, and parsley and gently toss to combine.

4. Serve immediately, or let cool slightly and then cover and marinate in the fridge for a couple of hours or overnight. Stir well before serving.



MEAL IDEA 1

Sweet Potatoes with Lentils & Tahini Dressing

MAKES 4 SERVINGS

INGREDIENTS

- 1 ½ pounds small sweet potatoes (about 4-6), washed
- 2 tablespoons olive oil, divided
- 1 shallot, finely chopped
- ¾ cup chicken bone broth
- 4 cups packed kale, washed and trimmed and roughly chopped
- 1 ½ cups Lemony Marinated Lentils (recipe to the left)
- ½ cup water
- ⅓ cup tahini
- 4 teaspoons fresh lemon juice
- 1 clove garlic, finely chopped
- ¼ teaspoon salt
- Pinch pepper

1. Heat oven to 400°F and line a rimmed baking sheet with parchment paper. Place the sweet potatoes on the lined baking sheet and prick each several times with a fork. Bake 45 to 60 minutes, until fork-tender.

2. In a large skillet, heat 1 tablespoon of the olive oil over medium heat. Add shallot and cook 3 to 5 minutes until transparent, stirring frequently. Add the chicken broth and kale, cook 3 to 4 minutes, stirring frequently until liquid evaporates and kale is tender. Season with salt and pepper, if desired.

3. In a medium bowl, whisk together water, tahini, lemon juice, 1 tablespoon of the olive oil, garlic, salt, and pepper until smooth. Add additional water 1 teaspoon at a time until desired consistency.

4. To serve, cut each sweet potato in half and mash the flesh with a fork. Place two halves on each plate. Top with kale, lentils, and a drizzle of tahini dressing.



MEAL IDEA 2

Lentil and Cauliflower Tacos with Avocado

MAKES 8 SERVINGS

INGREDIENTS

- 1 medium head cauliflower (2 lb), trimmed, separated into florets
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 8 yellow corn tortillas, heated as directed on package
- ¼ cup Freak Flag Foods Curry Mole Sauce
- 1 ½ cups Lemony Marinated Lentils (recipe to the left)
- ½ medium avocado, pitted, peeled and coarsely chopped
- ¼ cup chopped fresh cilantro

1. Heat oven to 425°F. Place cauliflower florets in a large bowl. Drizzle with 2 tablespoons oil; sprinkle with ½ teaspoon salt, cumin, and chili powder. Stir until evenly coated. Arrange on a large cookie sheet. Bake 15 minutes; stir. Bake 15 to 20 minutes longer or until cauliflower is tender and browned.

2. Spoon sauce on each tortilla; top with about ½ cup roasted cauliflower and 2 tablespoons marinated lentils and avocado. Garnish with fresh cilantro, if desired. Serve with remaining lentils.



MEAL IDEA 3

LEMONY MARINATED LENTILS WITH WALNUTS AND GOAT CHEESE
VISIT LAKEWINDS.COOP/RECIPES

EMPLOYEE PICKS

The Best Defense

There's no time like fall to give your body's immune system an extra boost. Our staff hand-picked their favorite products from our wellness department to support your well-being and feel your best — from tinctures to tonics to broths.



"Four Elements herb tinctures are delicious and easy to use by adding to tea, water, or juice. The Minus Sinus tincture helps sinuses stay open and supports respiratory health during the cold winter months."
— Tony, Chanhassen wellness department manager

FOUR ELEMENTS HERB EXTRACT TINCTURES
in Andrograph, Astragalus, and Echinacea
WELLNESS | \$11.99



Vegan Mushroom Matcha Latte

MAKES 1 SERVING **VEGAN**

INGREDIENTS
1 ¼ teaspoons matcha powder
1 cup Laird Superfood Mushroom creamer, divided

1. In a mug or a small bowl, whisk together the matcha powder and 1 tablespoon of the creamer until completely dissolved.
2. In a small saucepan over medium-low heat, gently bring the remaining creamer to a simmer. Pour over the matcha powder mixture and stir until smooth and creamy.

TIP: THIS MATCHA LATTE CAN ALSO BE MADE COLD OVER ICE. SIMPLY ADD ALL INGREDIENTS PLUS A HANDFUL OF ICE TO A JAR, COVER, AND SHAKE VIGOROUSLY TO COMBINE.



LAIRD SUPERFOOD CREAMER
Non-GMO, vegan, and gluten-free, this coconut creamer has a touch of sweetness to lighten your favorite coffee or tea.
REFRIGERATED | \$4.99



OM MIGHTY VEGGIE MISO OR BEEF BONE BROTH

Organic broth with mushrooms, including shiitake, lion's mane & reishi to support immunity.
WELLNESS | \$2.49-\$29.99



"I always have zinc on hand for immune support. I keep a bottle in my car, purse, or both, thanks to its affordable price!"

— Lauren,
wellness category manager

COUNTRY LIFE CHERRY ZINC LOZENGES
WELLNESS | \$8.99



"I like the fireside honey tonic because it's locally made from all-natural ingredients. It can help relieve sore throats and congestion, and offers immunity support during the cold and flu season."

— Sarah, wellness team member

MICKELBERRY GARDENS FIRESIDE HONEY TONIC
WELLNESS | \$5.99-17.99



Local Emergency Assistance Farmer Fund

Wa Kou Hang | TC Green Farm

2020 HAS BEEN A CHALLENGING YEAR FOR MANY IN OUR COMMUNITIES, but especially for small farmers, whose sales were hit hard by the pandemic. That's why I'm excited to fill you in on an innovative project that Lakewinds is helping to lead. The LEAFF program, which stands for Local Emergency Assistance Farmer Fund, is a collaboration between The Good Acre, Lakewinds Food Co-op, Latino Economic Development Center, Hmong American Partnership, Minnesota Department of Agriculture, Mill City Farmers Market and The Food Group.

LEAFF supports small farms in our region that have had their normal sales channels impacted by COVID-19. Here's how it works. Our coalition purchases produce directly from farmers at a fair market price, and then we distribute that produce at no cost to communities facing food insecurity.

The program purchases up to \$5,000 of produce per farm, with a focus on supporting farmers who are Black, Indigenous, and People of Color. The program is already working with 28 farms to deliver produce on a weekly basis to The Good Acre food hub in Falcon Heights. In the first two months LEAFF started working with farmers, the program bought and donated over 70,000 pounds of produce that otherwise would have gone to waste!

If you are interested in learning more about LEAFF, or would like to make a financial donation, visit the program website at thegoodacre.org/leaff.

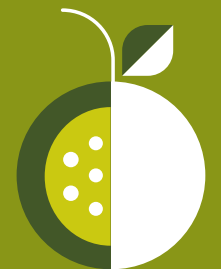


—ARIEL PRESSMAN,
Board of directors member

WAYS TO GROW AT LAKEWINDS

Did you know the average Lakewinds employee has been with us for over four years? There's a reason for that longevity. We encourage our team members to grow their careers by exploring the many opportunities within the co-op. In 2019, 85 employees moved into new roles in recognition of their dedication to our mission.

Taking on new responsibilities is challenging, but the rewards are enormous: from gaining new skills and friendships to helping feed the community and improve our food system. Whether it's a deli cook who wants to learn to cut meat, or a cashier who aspires to work in human resources, we strive to help employees find their next career within our community.





\$2 off

per pound of roast

Valid Sept. 1 to Nov. 30, 2020

Meat must be labeled as pork or beef "roast" for coupon to apply.
Valid one-time use per member-owner only. Not valid on prior purchases.
Valid at all Lakewinds locations.

PLU 22051



\$2 off

any bulk purchase of \$10 or more

Valid Sept. 1 to Nov. 30, 2020

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

PLU 22053



25% off

one container of deli soup

Valid Sept. 1 to Nov. 30, 2020

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

PLU 22055



\$3 off

one supplement purchase of \$10 or more

Valid Sept. 1 to Nov. 30, 2020

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

PLU 22057

