


Cookies

WITH A CO-OP SPIN

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Hello, Everyone!

Like many other Twin Cities food co-ops, Lakewinds got its start by providing markets for local, organic food when no other retail market would work with those farms. Today, we continue to do our part to develop a strong local food system that provides equity and income for local farmers.

That commitment shows. Of our produce sales, 21% are from local producers, remarkable in a place where the harvest season is only four months long. When it comes to meat, 75% of our sales are from local producers, and a majority of our dairy and cheese is local. Storewide, 25% of our sales are from farms, ranches, and other suppliers that have an impact in our region.

How can we increase that number? Artisan and heritage grains are part of the answer. Oats, barley, rye, millet, and flint corn (hominy and cornmeal) are all crops that can be grown in Minnesota. I talked to local food advocate and award-winning author Beth Dooley about the many benefits of these grains for farms and eaters:

- Artisan grains are a great-tasting substitute for white rice.
- Rolled and cut, they make wonderful breakfast cereals and add texture and flavor to baked goods.
- Milled into flour, artisan grains make terrific and nutritious breads, tortillas, cookies, and cakes.
- As complex carbs, these grains release more slowly into our system when eaten, helping to stabilize blood sugar and keep us feeling satiated.
- For growers, they provide a high-value alternative in row crop rotations, help prevent erosion and absorb water, and capture carbon.
- As more artisan grains are introduced into our farming system, infrastructure investment in milling, processing, and distribution will follow.

Lakewinds sells products from a number of artisan grain millers and processors in our region. I'm thinking of Whole Grain Milling, which grows high-lysine corn to make their popular tortilla chips, as well as Bakers Field Flour and Bread, Sunrise Flour Mills, and Great River Organic Milling.

Our focus on local grains helps support a vital Minnesota food economy year-round – and you can too. Consider taking the Local Food Is Essential "Eat Local" pledge to purchase one local item instead of a national brand next time you shop. You'll be supporting a resilient local food system that keeps dollars circulating in the region for the benefit of all. Thanks for choosing to shop the co-op!



Dale Woodbeck

Dale Woodbeck
Lakewinds General Manager



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THIS SEASON AT LAKEWINDS



LESLIE SVACINA
CYLON ROLLING ACRES
DEER PARK, WI
2020 Loff Recipient

JANUARY LOFF APPLICATIONS OPEN

Learn more at Lakewinds.coop/Community/LOFF

Applications for the 2021 Lakewinds Organic Field Fund (LOFF) are being accepted **January 1-31** on our website.

Each year, we award grants to local sustainable and organic farmers through LOFF. Growers can use LOFF grants to improve efficiency or safety, boost environmental stewardship, transition to organic, or for other projects that benefit the farm.

UPCOMING CHEESES OF THE MONTH

Winter is the perfect time to create hearty dishes featuring flavorful cheeses. We think you'll love our featured cheeses on sale each month throughout the winter.



DECEMBER

AMBER VALLEY
ENGLISH COTSWOLD

This savory cheese is sweet, buttery, and tangy, with onions and chives that provide an extra layer of flavor.

Sale Price: \$11.99/lb
(reg. \$16.99)



JANUARY

CAVES OF FARIBAULT
FINI CHEDDAR

The caves' humidity imparts floral notes that accentuate its sharpness and make it the perfect cheese for snacking.

Sale Price: \$7.99/lb
(reg. \$11.99)

♥ LOCAL



FEBRUARY

SHEPHERD'S WAY FARM
FRIESAGO

With a pleasantly mild flavor and a slightly nutty finish, this firm cheese is super versatile. Perfect for use in pastas.

Sale Price: \$19.99/lb
(reg. \$28.99)

♥ LOCAL



LAKEWINDS HOLIDAY HOURS

DEC 24 Open 8 am-4 pm
DEC 25 Stores are closed
DEC 26 Stores are closed
DEC 31 Open 8 am-6 pm
JAN 1 Stores are closed



2021 ROUND UP RECIPIENTS

The applications are in for our Community Giving Round Up program. Our selection committee is working hard to review them. We'll publish the full list of 2021 Round Up recipients online and in stores in January.



25% OFF SUPPLEMENT SALE

January 17-23

Save on all supplements all week long at all Lakewinds locations! From collagen chews to multivitamins, kids' gummies to probiotics to protein powders, everything in our wellness department that is designed to be ingested is 25% off.

Sale valid in-store only while supplies last. Sorry, no special orders or rain checks.

CO-OP
COOKIES

CLASSIC Cookies

WITH A CO-OP SPIN

Wintertime is baking time. For months, we look forward to the delicious smells that warm our hearts and make our mouths water. As you break out your beloved cookbooks, consider these co-op twists on favorite holiday cookies.

VEGAN LACEY COOKIE

This cookie may become your new family favorite. Fun to make and full of flavor, this vegan, gluten-free cookie is crispy and indulgent. Sure to please – and surprise everyone on your list.

VEGAN LACEY COOKIES

MAKES: 60-65 COOKIES

- 1/2 cup vegan butter
- 3/4 cup dark coconut sugar
- 1 Tablespoon dark or light agave nectar
- 3/4 cup almond flour
- 2 Tablespoons gluten-free flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- Pinch of nutmeg
- 1 teaspoon pure vanilla extract
- 3 ounces (1/2 cup) semisweet chocolate chips
- Coarse salt to garnish

Preheat your oven to 375° and line two baking sheets with silicone baking mats or parchment paper.

Heat the butter, sugar, and agave nectar together in a small saucepan over medium-low heat. Remove from heat once the butter has completely melted, and whisk in the almond flour, gluten-free flour, baking soda, salt, and nutmeg. Heat for about 1 minute until everything is well combined. Add vanilla and combine.

Drop about 1/2 teaspoon of batter per cookie onto your prepared baking sheets. Place them a few inches apart, the batter will spread and be very thin.

Bake the Laceys for 4-5 minutes until they are caramelized and bubbly, keeping a close eye on them while they are in the oven. Wait about three minutes for the crisps to cool and solidify before removing from baking sheet. They become very crispy as they harden, so be gentle!

For the chocolate drizzle: Melt the chocolate in the microwave in 30-second intervals, stirring thoroughly until completely melted and smooth. Using a fork, drizzle the chocolate all over the individual cookies, allowing to set before serving. Sprinkle with sea salt to garnish.

Store cookies in an airtight container in the fridge.



PINK GRAPEFRUIT SHORTBREAD

Try this new spin on classic shortbread cookies that features the flavors of citrus season. Rich, buttery texture meets sweet acidity in one delectable little package.

RECIPE

www.lakewinds.coop/recipes

SPECIAL DIET Swaps

Don't worry, you don't have to miss your favorite cookie recipes because you or a loved one is vegan or gluten free. Amend your recipes to fit dietary needs with these little tricks.



WHEAT SUBSTITUTE

GROCERY | \$4.69 EA

Create your own blend or use a premixed option in place of traditional wheat flour in your recipe.



EGG SUBSTITUTE

GROCERY | \$4.69 EA
& REFRIGERATED BULK | \$3.79/lb

For each egg needed, mix 1 Tbsp. of flaxseed meal with 3 Tbsp. of water until well combined. Chill in the refrigerator for 15 minutes, then use as you would a regular egg.



SUGAR SUBSTITUTE

GROCERY | \$4.99 EA

Stevia, monk fruit, coconut sugar, honey, and maple syrup are all great alternatives to traditional sweeteners for folks keeping an eye on blood sugar.

Wonderful

WINTER CITRUS



ROCK FISH

WITH ORANGE ESSENCE & FENNEL

This one-pan meal makes a great weeknight dinner. It's tangy, flavorful, and loaded with vitamins, too.

Our Alaskan rock fish is wild-caught by a cooperative of fishermen and women.

Get the recipe at lakewinds.com/recipes



Seasonal citrus fruit delivers the burst of color, flavor, and vitamins we crave in wintertime. For every occasion, there's a perfect pick. Get inspired with this rundown of tart, tangy, and tasty options.



1. SOUTH TEXAS RIO STAR GRAPEFRUIT

Semisweet, strong flavor that's great for eating raw or juicing. They're high in nutrients and vitamins, but low in calories and sugar.

2. MEYER LEMONS

Sweeter than regular lemons, with moderate acidity. The skin has a spicy bergamot flavor that's almost herb-like.

3. CARA CARA ORANGES

Sweet and slightly tangy, cara caras have a hint of berry flavor. Eat as is or add to salads or smoothies.

4. LIMES

High acidity and bitterness with an unmistakable floral aroma. Perfect for salad dressings and marinades.

5. NAVEL ORANGES

The classic eating orange. Keep a few on the counter for midwinter snacking.

6. CLEMENTINES

Like a sweet, easier-to-peel tangerine, this mandarin orange variety is a lunchtime staple this time of year.

7. BLOOD ORANGES

Sweet and a bit dry. Pigments common to many flowers imbue them with floral notes – delightful in salads and cakes.

8. KUMQUATS

Tiny, grape-sized fruits that burst with sweet-tart flavor when you eat them, rind and all.

SWITCH IT UP

Resolutions around this time of year. But, instead of depriving ourselves, what if instead we choose to swap IN things? Once you try these four swaps, you may never go back.

1. Swap in Grains

Farro, quinoa, wheat berries and other grains are easy swaps for white rice or pasta. They add nutty, chewy flavor and texture to your dish – along with vitamins, minerals, fiber, and a low glycemic index.

2. Try Alternative Hops

Hoplark tea is a handcrafted, brewed tea with hoppy flavor and notes of chamomile, black, and green tea. It's brewed without sugar, additives, or fermentation, so you can enjoy craft IPA flavors, without the alcohol.

3. Think Plant-Based

Most Americans eat more meat than recommended. A great alternative is plant-based proteins, like those from Ruth's Gourmet. Made in Two Harbors, Minnesota, Ruth's crumbles, patties, and balls are made with oats, eggs, cheese, and breadcrumbs – no meat or fillers.

4. Revamp Your Sweets

Not all sweets are created equal. Smart Sweets gummies have up to 92% less sugar than traditional candy, thanks to plant-based sweeteners and natural fruit flavoring. Chocolate lovers can try Hu organic chocolate bars, which are vegan and gluten-free, and Hacienda San Jose chocolate, made from sustainably grown Ecuadorian cacao, which is rich in flavanols.



WINTER WELLNESS

Find six more ways to support your health and happiness in 2021 at lakewinds.com/blog/10Additions

Think Plant-Based
Ruth's Gourmet
FROZEN | \$4.99-\$9.99 | LOCAL

Try Alternative Hops
Hoplark Tea
REFRIGERATED | \$2.99

Revamp Your Sweets
San Jose Chocolate
GROCERY | \$3.99

Revamp Your Sweets
Smart Sweets
GROCERY | \$3.29

Swap in Grains
Farro
GROCERY | \$5.99 24 OZ
& BULK | \$2.99/lb

Revamp Your Sweets
Hu Chocolate
GROCERY | \$5.99

WINTER WELLNESS

SELF-CARE INSIDE & OUT

Carving out time to soothe our bodies and minds can transform how we feel each day. Stay cozy and resilient this season with these co-op-approved winter wellness recommendations.

1. NY Puzzle Co.

Stuck indoors? Keep your brain active with these unique, artistic puzzles, made in the U.S. using soy inks and recycled chip board. NY Puzzle Co. donates 1% of profits to environmental causes.

2. North Naturals

Keep your skin feeling happy and hydrated with skin and body care handmade in small batches not far from our Minnetonka store. North Naturals products are 100% vegan and free from parabens, preservatives, and synthetic ingredients of any kind.

3. Cookbooks

Winter is the perfect time to try out new recipes and techniques. Get your creative culinary juices flowing with cookbooks from the co-op. The selection is ever-changing, but you'll always find options for special dietary needs and works by local chefs and authors.

4. Hand Warmer Mugs

A warm beverage on a cold day is one of winter's greatest pleasures. Pick up a mug worthy of your favorite coffee, tea, or cocoa at the co-op. We love the hand-warming mugs from Clay in Motion, which have a built-in pocket to keep fingers toasty.



TONY CHANHASSEN
WELLNESS MANAGER

Cookbooks
GIFTS | \$14 & UP

North Naturals
WELLNESS | \$5.99-\$19.99 | LOCAL

NY Puzzle Co.
WELLNESS | \$7.99-\$17.99

Clay in Motion
GIFTS | \$20.99

GIVING BACK IN A BIG WAY

Since spring, Lakewinds has refocused our donations budget to provide food and supplies to organizations and programs serving communities affected by COVID-19 and community unrest. Here are a few of the community partnerships and donations you're supporting as a Lakewinds owner.



What they do: Food shelf, free community meals, and fresh produce distribution from their urban agriculture programs.

What we did: Donated 850 lbs. of fresh, organic produce and over 400 organic plant starts with the help of our vendor partner Albert's.



What they do: Food shelves, free community meals, food box delivery.

What we did: Donated fresh produce, eggs, hygiene products, reusable shopping bags, and nonperishable foods to their food pantries with the help of vendor partners Equal Exchange and Larry Schultz Organic Farm. Donated ingredients and helped serve a community meal for 500 people with the help of vendor partners Thousand Hills and Angelic Bakehouse.

What they do: Help meet unprecedented demand for relief services related to food and housing insecurity.

What we did: Ramped up our regular donations and partnership efforts through targeted, extra donations of items on their most-needed lists, including fresh, organic produce, hygiene products, and nonperishable foods.



What they do: Provide food access through the Horizons Unlimited food pantry on Lake Street.

What we did: Donated personal hygiene products and other items from their most-needed list with the help of vendor partners Kiss My Face, The Honey Pot, and Green Goo. Lakewinds also donated 60 pairs of over-the-counter prescription eyeglasses, which were distributed to elders in the local Native community.



What they do: Community Cooks meal boxes bring fresh ingredients, home cooking, and nutrition outreach to folks in the safety of their own homes. AFC hopes to continue this 16-week pilot program going forward.

What we did: Contributed organic diced tomatoes and organic olives for more than 260 meal boxes as part of one of their Community Cooks recipes.

ALL IN FOR IMMUNITY



Immunity is something that's easy to take for granted – as long as our immune systems are keeping us healthy. But now in our first winter with COVID-19, immune health is much more top of mind. Finding ways to bolster our immune systems benefits us as individuals and our families, friends, and neighbors as well.

I recently completed a 21-day virtual wellness “reset.” In preparation for the experience, our holistic wellness instructor recommended products to have on hand. I chuckled when I saw the products she suggested. They were all available at Lakewinds, including some I already had in my pantry. Check one for the home team!

Lakewinds is a great resource for items that support immunity. Of course that includes a healthy diet of fresh vegetables and fruits. But there are many other layers you can add to promote immune health. For example, start your day with warm lemon water to hydrate and aid digestion (squeeze half a fresh lemon into a cup of warm water). Or try adding elderberry syrup to your water bottle to get more vitamin C. Want to reduce your coffee intake? Replace it with a powdered mushroom drink packed with immunity-supporting micronutrients. In the evening, a cup of chamomile tea is a great way to de-stress and prepare for a good night's sleep – crucial elements of immune health, as are regular exercise and enjoying time outdoors.

Want more suggestions?

Talk to the knowledgeable staff in the Lakewinds wellness department.

Be well this winter!



Sarah Berg
Lakewinds Board Member



JOIN THE LAKEWINDS TEAM

Join the dream team! Pick up an application at the customer service desk or online at lakewinds.coop/jobs.

PORK CHOPS

WITH CRANBERRY CITRUS CHUTNEY

Locally raised, bone-in pork chops are browned and baked, then topped with a flavor-packed, cranberry orange chutney.

Get the recipe at lakewinds.com/recipes



SPECIAL APPRECIATION GOES OUT TO THESE VENDORS FOR THEIR SUPPORT:





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

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



ON THE COVER
KILNER BOWL &
USA PAN COOKIE TRAY
*Find them in stores for
your holiday baking!*

\$1 OFF

one Rapha Farms goat milk soap

Valid Dec. 1, 2020 to Feb. 28, 2021

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

PLU 20552



\$2 OFF

one produce purchase of \$10 or more

Valid Dec. 1, 2020 to Feb. 28, 2021

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

PLU 20556



\$2 OFF

per pound of rock fish

Valid Dec. 1, 2020 to Feb. 28, 2021

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

PLU 20554



\$1 OFF

one package of Great River Organic Milling flour

Valid Dec. 1, 2020 to Feb. 28, 2021

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

PLU 20558

