

# ReFresh

+  
MEET US AT  
THE ANNUAL  
MEAT SALE  
PAGE 6

## BRUNCH

brings us together

+  
MAKING  
EVERY DAY  
EARTH DAY  
PAGE 3

**LETTER FROM THE GENERAL MANAGER**

**W**E'VE JUST ANNOUNCED THIS YEAR'S LAKEWINDS ORGANIC FIELD FUND (LOFF) RECIPIENTS. Part of Lakewinds' commitment to supporting local food in rural and urban communities, LOFF provides direct grants to small scale and organic farms for infrastructure needs. Now in its eighth year, our program has provided more than \$350,000 to over 50 local farms. We've helped with winter storage facilities, packing shed improvements, portable fencing for rotational grazing, seed drillers, organic certification, and many other projects.

We love it when LOFF recipients sell to Lakewinds, but we don't require them to. Many farms work best when they sell directly to consumers, usually at farmers markets or through CSAs (community supported agriculture). Other farms can support the scale necessary to sell directly or indirectly to Lakewinds. However their products get to our plate, organic farmers provide benefits to our local economy, our land, and our water. Plus, we get to eat great tasting, healthy food!

The local farms we feature in our produce and meat departments are only the most visible examples of how we support local food. Just as importantly, the packaged and refrigerated grocery products on our shelves and prepared foods in our delis come from local partners whenever possible.

We're proud of the fact that we, along with other Twin Cities co-ops, created markets for local, organic farms. Since our inception, this has been one of our core values. Today, we continue our commitment to supporting a food system where farmers can expect a fair price and make a living from their farms. Shoppers, too, can expect a fair price from a business that treats its staff and vendors equitably.

All of us at Lakewinds are grateful to be part of a business that values its staff, its partners, and its shoppers. Thank you, friends, for making the co-op a part of your life.



*Dale Woodbeck*

Dale Woodbeck



**GENERAL MANAGER**  
Dale Woodbeck

**EDITORS**  
Jena Olson  
*Senior Communications Manager*

Jennifer Dean  
*Community & Events Coordinator*

Baylee Meichels  
*Marketing Assistant*

**RECIPE/PRODUCT PHOTOGRAPHY & DESIGN**  
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



**JENNA'S TIPS FOR LOW-WASTE LIVING**

Each year, more of us are waking up to the benefits of a low-waste lifestyle, whether it's the urge to de-clutter our lives or a desire to clean up our planet. Whatever our motivations, Jenna Galarneau has something to teach us. She's a Wellness Associate at our Minnetonka store and has been striving for a zero-waste lifestyle with her family for three years. She shares advice for ways to reduce waste without stressing out your family.



**What's your zero-waste philosophy?**

I live by the "3 R's" – reduce, reuse, recycle – especially the first two. Reducing is key: waste less plastic, packaging, and food by only buying what you need, bringing your own bags, and getting more on one trip to reduce driving. Then reuse whatever you can for as long as you can. Only when something becomes unusable do I recycle it.

Also, remember the "3 P's": Proper Prior Planning – that is, planning ahead to reduce and reuse. Packaging is a great example. By buying larger quantities and planning when and how to use it up, we can eliminate single-use plastics. Simple things like that make a big difference.

**What is one of your family's goals to reduce waste?**

We first worked to eliminate plastic. It's hard but important, especially in this world of on-the-go convenience. Shopping at co-ops gives you lots of options to avoid plastic and other container waste. Like buying produce, spices, and wellness items in bulk: no package to throw away or recycle.

**Is a low-waste lifestyle attainable with small children?**

You have to make sacrifices. I try to be a "yes" mom. So when my son wants cookies or crackers in a little single-serve bag, sometimes I say "yes." But as often as possible, I provide options for him that are

packaging-free, like fresh fruit. Just keep trying – and don't be too hard on yourself or on each other when you're trying to cut back.

**Where should people start?**

It's not about being perfect! If you try to eliminate everything right at the beginning, it can be frustrating. Begin with small changes and build from there. First, bring your reusable shopping bags to the store. Eventually, switch over to reusable produce bags. After that, learn how to shop in the bulk aisle with containers from home. Every little choice helps!

**Waste Not**

Replace plastic baggies and paper lunch sacks with durable and stylish food containers and utensils. It's an easy way to reduce waste in your daily life.

U-KONSERVE · \$2.79–24.99  
Save \$4 on products over \$10  
(see coupon on back cover)



**EARTH WEEK: LIVE GREEN**

JOIN US FOR A WEEK OF ECO-CONSCIOUS IDEAS, PRODUCTS, AND INSPIRATION

Earth Day is Monday, April 22. But why stop there? Lakewinds is hosting a celebration of sustainable learning, shopping, and living all week long. Join us each day for free demos, samples and giveaways, and practical tips for improving your life while shrinking your environmental footprint. For full event details, visit lakewinds.coop, or drop by Customer Service on your next visit.



**SUNDAY**  
April 21  
**WE'RE OPEN**  
7 AM-9 PM  
**ON EASTER**



**MONDAY**  
April 22  
**EARTH DAY!**  
**& MEATLESS MONDAY**



**TUESDAY**  
April 23  
**LOCAL FOODS DAY**



**WEDNESDAY**  
April 24  
**REDUCE**



**THURSDAY**  
April 25  
**REUSE**



**FRIDAY**  
April 26  
**RECYCLE**



**SATURDAY**  
April 27  
**LOVE GREEN DAY!**



## BOLTON BEES HONEY

Chiara and Travis Bolton have beehives throughout Minnesota, extracting and jarring location-specific honeys at their facility in Menahga, Minnesota. Their journey began in China, where Chiara learned the ropes working on a rural beekeeping project. When she returned to the U.S., she honed her new-found passion for beekeeping. Her husband soon joined her, learning to breed queen bees in Texas, and they made the jump to beekeeping and selling their amazing honey full-time.

Bolton Bees is part of a unique partnership between solar energy companies and landscape restoration organizations who create pollinator-friendly habitats. Chiara and Travis place their hives in areas where pollinator-friendly plants have been planted around solar arrays instead of turf or gravel. This helps rebuild the soil around the array while creating a habitat where bees can flourish. SolarHoney® is honey with a mission—to promote better land use practices, solar energy, pollinator habitat, and local beekeeping.

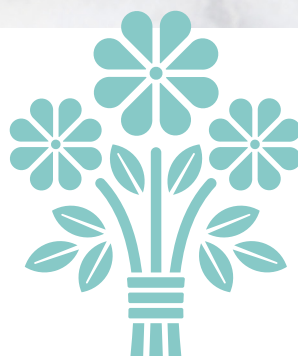
- SOLARHONEY® (6 OZ) • \$7.99
- MARTINI HONEY (10.5 OZ) • \$14.99
- FRANK'S HONEY (10.5 OZ) • \$14.99
- Save \$3 (see coupons on back)



LEMON HONEY  
EARL GREY COOKIES  
RECIPE AT  
LAKEWINDS.COOP/RECIPES

## FLOWER POWER

Want to help the bees? Chiara and Travis say to leave those dandelions alone! Pollinators depend on dandelions as an early source of nectar in the spring. So don't pull or spray them, but let them nurture bee colonies instead.



## MARIEKE GOUDA



GOUDA PESTO CROSTINI  
RECIPE AT LAKEWINDS.COOP/RECIPES



A VARIETY OF  
FLAVORED GOUDAS  
AVAILABLE  
IN THE CHEESE  
DEPARTMENT  
FOR \$19.99/LB



Growing up in rural Holland, dairy farming was Marieke Penterman's original passion. She and her husband emigrated to Thorp, Wisconsin in the early 2000's to start a farm of their own. The idea for Marieke Gouda was born when Marieke, missing the flavorful cheeses she grew up with, was inspired to make some herself.

Marieke studied cheese-making, worked with the Dairy Business Innovation Center to grow her idea into a business, and travelled to Holland to learn the art of Dutch Gouda. That was 2006. Now she runs a destination cheese store in Thorp with an on-site dairy farm that educates visitors on all things Gouda. Led by the Penterman family and three female licensed cheese-makers, the company uses traditional methods to create authentic Old World-style Gouda, as well as seasonal flavors like Honey Clover and Foenegreek. Marieke's extraordinary Goudas have been highly awarded right from the start. Try a sample in our cheese department and you'll understand why!



## COCONUT WHISK BAKING CO.



Myles Olson and Bella Lam both love to bake. But as busy students, they were short on time, and couldn't find baking mixes that fit their dietary needs. That problem led to a partnership. They founded Coconut Whisk in 2018 to produce deliciously easy gluten-free, vegan, and allergen-friendly baking mixes. Interest grew quickly as their recipes took first place at the Minnesota State University Mankato Youth Entrepreneurship Fair in April, followed by a blue ribbon at the 2018 Big Ideas Challenge.

Powered by their winning concept, some business mentorship, and a little seed money, Olson and Lam have jumped from farmers markets to retail shelves. Look for Coconut Whisk baking mixes at all Lakewinds Co-op locations. This dynamic duo plans to expand organically, spreading their allergen-friendly baked goods to more people while donating 5% of profits to organizations that aid animals and kids in need.

- COOKIE MIX CHOC CHIP • \$8.99
- MUG CAKE MIX • \$4.99
- COOKIE MIX SNICKERDOODLE • \$8.99
- PANCAKE MIX • \$7.99



COCONUT WHISK  
WAFFLES WITH  
LEMON-BERRY COMPOTE  
RECIPE ON PG. 10

# MEAT YOUR PROTEINS

Lakewinds' much-anticipated annual meat sale is almost upon us! Get your creativity flowing with tasty new ways to enjoy all that amazing beef, chicken, and meatless meat.



## GROUND BEEF: BREAK AWAY FROM THE BURGER

HOW MUCH FLAVOR CAN YOU FIT ON A TORTILLA? FIND OUT WITH THESE ADOBO BEEF AND MUSHROOM TACOS AT LAKEWINDS.COOP/RECIPES



PAIR WITH LIME CHILI QUINOA DELI • \$9.99/LB

### Annual Meat Sale Saturday, May 18

It's that time of year again! Save big when you stock up on humanely and sustainably raised meats and seafood—from chicken breasts to grass-fed ground beef to salmon fillets.



## HOW TO SHOP THE MEAT SALE

First time at the sale? Follow these tips to make the most of your visit May 18th.

1

### Plan Ahead.

Grab a price list at the Meat Counter or Customer Service Desk in early May. Consider saving your monthly discount for the Meat Sale for even bigger savings.

2

### Make Room.

Before you hit the sale, clean out your freezer to make space for your haul. It's a good chance to use up what you have on hand.

3

### Arrive Early.

With deals like this, expect a crowd. Drop by on the early side to avoid the line and get the best selection.

4

### Try Meatless!

Whether you're vegan, vegetarian, or just a fan of Meatless Mondays, save a bundle on the best plant-based meat alternatives.



PAIR WITH ASIAN SESAME SLAW DELI • \$9.99/LB



### WHAT DO I DO WITH ALL THIS CHICKEN?

TRY THIS SPICY LEMONGRASS CHICKEN FOR A ZINGY PICK-ME-UP FOR YOUR TASTE BUDS.



### MEATLESS MUCH?

GO FOR THIS MEAT-FREE "CHICKEN" LENTIL AND AVOCADO SALAD AT LAKEWINDS.COOP/RECIPES.



PAIR WITH RADISH SLAW DELI | \$11.99/LB

### Spicy Lemongrass Chicken

4 SERVINGS

- 1 small shallot, finely chopped
- 3 tablespoons finely chopped fresh lemongrass
- 3 tablespoons soy sauce
- 2 tablespoons fresh lime juice
- 2 tablespoons honey
- 1 tablespoon olive oil
- 3 cloves garlic, finely chopped
- 2 teaspoons freshly grated ginger
- 1 tablespoon chili garlic sauce
- 4 boneless skinless chicken breasts (about 1 1/2 pounds)
- 1 tablespoon olive oil
- Cooked white rice, cilantro and lime, for serving

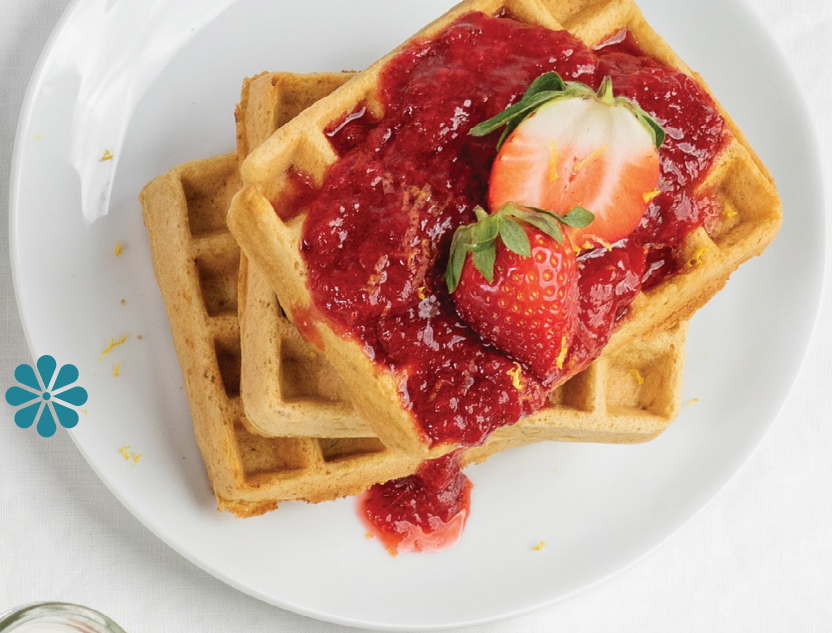
1. In a large bowl, stir together shallot, lemongrass, soy sauce, lime juice, honey, 1 tablespoon olive oil, garlic, ginger and chili garlic sauce; set aside.
2. Between pieces of waxed paper or plastic wrap, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 3/4-inch thick.
3. Add chicken to marinade and turn to evenly coat. Marinate 30 minutes at room temperature or up to 24 hours in the refrigerator. Remove chicken from marinade, discard marinade.
4. In a 12-inch nonstick skillet, heat 1 tablespoon olive oil over medium heat. Add chicken; cook 7 to 9 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (165°F) and outside is deep brown. Serve chicken over rice with cilantro and lime.



ST. PAUL BAGELRY BAGELS & MIYOKO'S VEGAN UNLOX YOUR DREAMS CREAM CHEESE



COCONUT WHISK WAFFLES WITH BERRY COMPOTE RECIPE ON PG. 10



SASSY COW CREAMERY ORGANIC MILK

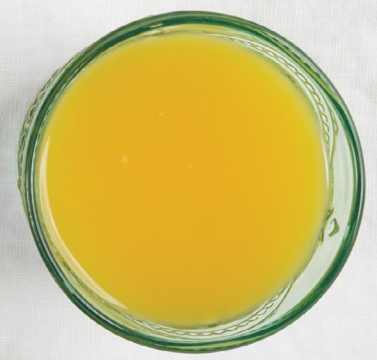


WHATEVER YOU LOVE TO CELEBRATE THIS SEASON, BRUNCH BRINGS PEOPLE TOGETHER. SAVOR THE OCCASION WITH DISHES TO SHARE.

# LET'S BRUNCH



SPRING ASPARAGUS AND LEEK FRITTATA RECIPE ON PG. 10



SEEDED QUICK BREAD WITH A SPREAD OF GUNFLINT TRAIL JAM RECIPE ON PG. 10



# THINK SPRING

LIVEN UP YOUR GET-TOGETHER WITH ARTFUL SEASONAL TASTES.

## SPRING ASPARAGUS AND LEEK FRITTATA

SERVES 6

- 10 large eggs
- 2 teaspoons fresh thyme
- 1 1/2 teaspoons Dijon mustard
- 1 teaspoon coarse Kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon Wholly Cow Organic Ghee
- 8 ounces leeks, rinsed, trimmed and chopped
- 1 pound asparagus, trimmed, cut into 2-inch pieces
- 1/4 cup Miyokos Double Cream Chive Vegan Cheese Wheel

1. In a large mixing bowl, whisk together eggs, thyme, mustard, salt, and pepper until well blended, set aside.
2. In a large oven-safe skillet, melt ghee over medium heat. Add leeks, cook 3 to 5 minutes until tender and softened. Add in asparagus and cook an additional 3 to 4 minutes, stirring frequently, until crisp-tender.
3. Pour egg mixture into hot skillet with the vegetables. Crumble vegan cheese and gently fold into eggs. Reduce heat to medium-low and cook 2 to 3 minutes, scraping bottom of pan until eggs are just beginning to set.
4. Set oven to broil. Place frittata on a rack in the top third of the oven for about 2 minutes or until light golden brown.



### HARMONY VALLEY ASPARAGUS AND RAMPS

This family-owned organic farm in southwestern Wisconsin has been growing asparagus, broccoli, sweet corn, and more for over 40 years. For a unique taste of spring, go for their ramps. With a flavor profile somewhere between a green onion and garlic, ramps are in season only for a short time. Substitute ramps for leeks in this freshly baked frittata recipe when they're available! Look for them in our stores in late April.

## SEEDED WHOLE WHEAT QUICK BREAD

MAKES 1 LOAF

- 1/3 cup unsalted sunflower seeds
- 1/4 cup golden flaxseed
- 3 tablespoons unsalted pumpkin seeds
- 3 tablespoons sesame seeds
- 2 cups whole-wheat flour
- 1 cup rolled oats
- 1 tablespoon baking powder
- 2 teaspoons salt
- 1/2 teaspoon baking soda
- 3 large eggs, lightly beaten
- 3 tablespoons honey or pure maple syrup
- 1 2/3 cups buttermilk
- 2/3 cup avocado oil



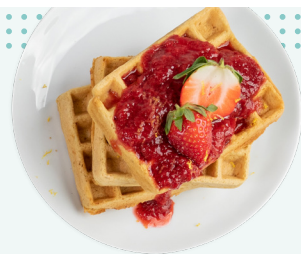
### GET YOUR FLOUR IN BULK!

Whole Grain Milling Whole Wheat Bread Flour  
BULK • \$1.49/LB

1. Heat oven to 350°F. Line 9x5-inch loaf pan with parchment paper. Lightly grease parchment paper.
2. In a 10-inch skillet over medium-low heat combine sunflower seeds, flax seeds, pumpkin seeds, and sesame seeds. Cook, stirring constantly 5 to 7 minutes or until lightly browned.
3. Reserve 2 tablespoons of the seed mixture in a small bowl; transfer the remaining seeds to a large bowl. Add flour, oats, baking powder, salt, and baking soda to the large bowl; whisk to combine.
4. In a medium bowl, mix together the eggs and honey until well blended. Add the buttermilk and oil until combined. Pour the wet ingredients into the flour and seed mixture; stir and fold until well combined. Spoon the batter into the prepared pan. Sprinkle the reserved seeds on top.
5. Bake 1 hour to 1 hour 15 minutes or until golden brown and a toothpick inserted into the center of the loaf comes out clean. Let cool in the pan for 10 minutes; carefully remove from pan and place on cooling rack. Cool completely, about 2 hours, before slicing.

## LEMON-BERRY COMPOTE

In a large saucepan over medium-high heat, combine 3 cups hulled strawberries, 1/4 cup water and 1/2 cup sugar, and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until the berries have broken down and the mixture is thickened, about 30 minutes. Stir in 1 tablespoon lemon juice and 2 teaspoons vanilla extract. Let the compote cool for about 1 hour before serving.



### Lakewinds Quiches

DELI • \$16.99-19.99

Our mouthwatering quiches are made from scratch with organic ingredients, available anytime at Lakewinds Deli. Just the thing for a no-fuss Sunday Brunch. Choose from four quiche flavors: Spinach Feta, Quiche Lorraine, Lakewinds Signature, 3-Cheese. Save \$3 on any deli quiche (see the back cover).



### Sassy Cow Creamery Organic Milk: Whole, 2%, 1%, Skim

DAIRY • \$3.99-\$6.39

Run by small-scale, organic family farmers in Wisconsin, Sassy Cow produces fresh and delicious milks from a herd of 250 organic cows. 100% delicious and rBGH-free.



### Wholly Cow Ghee

Ghee is clarified butter where the casein has been removed, making it easier to digest than traditional butter. Women- and minority-owned, Wholly Cow slow-cooks their ghee in small batches in their South Minneapolis kitchens. The process, which takes five hours and plenty of watchful patience, results in flavorful nuttiness with hints of caramel.

GROCERY  
8 OZ. • \$10.99  
13.5 OZ. • \$13.99



## FEATURED PRODUCTS



### St. Paul Bagelry Bagels & Flavored Cream Cheese

DAIRY • \$4.59 FOR 8 OZ. CREAM CHEESES  
GROCERY • \$4.99 FOR 5 CT BAGELS

This family-owned and operated bagel shop bakes over 3,000 New York-style bagels from scratch daily in our Capital City and a second location in Minneapolis.

### Miyoko's Vegan Creamery

DAIRY • \$5.99-8.99

Miyoko's organic cashew nut milk cheeses give you the flavor and texture of traditional dairy products in plant-based form. Smother their delicious dairy-free cream cheese alternative on your favorite bagels.



NEW! UNLOX YOUR DREAMS CREAM CHEESE SPREAD  
8 OZ. FOR \$5.99

### Gunflint Trail Jams and Syrups

GROCERY • \$5.99-7.99

Made with all-natural ingredients grown or gathered in northern Minnesota, these thick and vibrant handmade jams and syrups are loaded with blueberries, raspberries, and blackberries. Simply perfect on toast, bagels, or pancakes.

# Organic Process

Now in its eighth year, the Lakewinds Organic Field Fund (LOFF) has awarded over \$350,000 in grants to more than 50 farms working to sustain organic agriculture in our region. Grantees tell us LOFF funds give their operations a critical lift: helping them move toward organic certification, improve their facilities, and make choices that support healthy land, air, and water. See how our 2018 grantees are nurturing the local organic economy from the soil up.

## PRAIRIE DRIFTER FARM



**LOCATION:** Litchfield, Minnesota  
**LOFF GRANT:** \$6,700  
**PROJECTS:** Building a lean-to, garage door, and purchasing a barrel washer

The family farmers at Prairie Drifter grow vegetables, herbs, fruits, and flowers and raise a small herd of livestock on their picturesque acreage in Central Minnesota. Funded in part by a LOFF grant, their new facilities allow them to maintain better sanitation, enhance airflow, and speed up production. Primarily a CSA farm, Prairie Drifter faced a big demand for more carrots and other root crops. With a new barrel washer, they can clean more produce in fewer batches and serve more customers each month. The work was completed last summer using local contractors and suppliers, contributing to the regional economy as well as their organic business.

## ALTERNATIVE ROOTS FARM



**LOCATION:** Madelia, Minnesota  
**LOFF GRANT:** \$8,000  
**PROJECT:** Create a walk-in cooler for apple storage

Now in their seventh season, Alternative Roots grows an astounding 25 varieties of organic apples, sold to customers through farmers markets and CSAs. LOFF funds helped them build a walk-in cooler to take their business to the next level. Completed last summer, the new facility lengthens the time they can store their apples, allowing them to extend fall and winter CSA programs and put the pieces in place for an on-site farm store. Extending their late-season CSA has increased sales by 170% and grown their CSA shares three-fold. With the help of the LOFF grant, Alternative Roots' ability to wholesale apples has already doubled from their best year on record, and they only expect it to improve from there.

## RACING HEART FARM

**LOCATION:** Colfax, Wisconsin  
**LOFF GRANT:** \$8,000  
**PROJECT:** Concrete, grading, and site prep for a new pack shed

Known for their perfect carrots, tomatoes, and melons, Racing Heart Farm raises mainly vegetables, with a few chickens and sheep on their 36-acre farm outside Eau Claire. Before the new pack shed, they'd done everything at a small outdoor washstand area exposed to the elements. A LOFF grant helped them build a new shed that saves them time and labor, increases safety and productivity, and provides storage for cold-sensitive crops later into the fall. A drainage swale was also created to divert runoff toward a pond, making a habitat for native creatures and increasing the farm's biodiversity. Additionally, Racing Heart uplifts people by providing a space for visitors to experience nature with a focus on serving the LGBTQ community and being a resource to other LGBTQ sustainable farmers.



2019  
 RECIPIENTS

Auntie  
 Annie's  
 Fields  
 —  
 \$8,000

Awaken  
 Moon Farm  
 —  
 \$8,000

Cherry  
 Tree House  
 Mushrooms  
 —  
 \$8,000

Hope  
 Organic  
 —  
 \$8,000

Humble Pie  
 Farm  
 —  
 \$6,171

LTD  
 Farm  
 —  
 \$8,000

Sacred  
 Blossom  
 Farm  
 —  
 \$5,000



Seeds  
 Farm  
 —  
 \$8,000

Turnip Rock  
 Farm  
 —  
 \$8,000





# HEMP, HEMP, HOORAY!

AN AMERICAN STAPLE, BACK IN THE LIMELIGHT

In 2018, cultivating hemp became legal in the U.S. for the first time in nearly 50 years. Hemp History Week (June 3-9, 2019) is a time to celebrate this versatile crop, which is a boon to farmers, the environment, and us as consumers — finding its way into everything from clothing to paper to food to CBD oil. Look for high-quality hemp products at Lakewinds and learn more about the plant that can't be kept down.

### EVO HEMP HEARTS

These USA-grown, non-GMO hemp hearts are rich in omega-3s and omega-6s. Hemp hearts add great crunch and a protein boost to smoothies or salads. Grown in partnership with the Lakota people from the Pine Ridge Reservation in South Dakota, Evo Hemp helps to create new opportunities in rural communities. **\$12.99 for 8 oz.**

### SUNSOIL CBD TINCTURE

100% organically grown and extracted into organic coconut oil, Sunsoil CBD is an exceptionally high-quality product at a very competitive price. Add a few drops to your smoothie for a balanced mind and body. **Chocolate Mint flavor \$29.99 for 30 ml** Save \$4 on any Sunsoil full size item (see the back cover).



## THE HISTORY OF HEMP IN THE U.S.

<b>1776</b>	<b>1937</b>	<b>1942</b>	<b>1957</b>	<b>1970</b>	<b>1999</b>	<b>2018</b>
Early drafts of the U.S. Declaration of Independence are printed on hemp paper.	Hemp is strictly regulated by the Marijuana Tax Act, largely due to confusion with other kinds of cannabis.	The U.S. Army encourages farmers to grow hemp to make textiles and rope for the war effort.	As demand falls after the war, the last commercial hemp fields are planted in Wisconsin.	Congress effectively makes all cultivation of cannabis, including hemp, illegal.	North Dakota, Minnesota, and Hawaii legalize industrial hemp production at the state level.	The Farm Bill is signed into law legalizing hemp production in the U.S.



**I**N THE MODERN FOOD WORLD we have overwhelming options and choices. Research has shown we make roughly 250 decisions about eating every day! With those decisions there are many factors we filter through when choosing what to eat. Taste is always king, but other attributes swirl in our minds such as: healthfulness, convenience, cost, sustainability, and so much more (like will my teenagers actually eat what I bring home?!)

In my food and nutrition work life I have seen how each food decision made, from an individual and community level, translates into significant impact over time. Human and planetary health really are decided in a collective “one fork at a time” model.

With all the factors at hand, I am grateful for Lakewinds dedication to filtering many of these difficult choices for me. Through the mission and vision of our co-op I see the

consideration in purchasing, supporting organizations, and developing programs that are dedicated to a healthy food system. It certainly makes it easier for me to bring food to my table. Maybe I am now below the 250 food decision average? Ha!

I am so grateful to shop with you all at Lakewinds where we make food choices that ultimately benefit the food system. Just like the super tiny mustard seed that grows to a large shrub, each of us has the opportunity to expand our reach for a better food system one shopping cart at a time!



—Christina Meyer-Jax  
Lakewinds Board Member

### UPCOMING EVENTS

<p><b>Earth week</b> APRIL 21-27</p> <p>Join us for a week of eco-conscious ideas, products, and inspiration.</p> 	<p><b>Meat Sale</b> SATURDAY, MAY 18</p> <p>Save big on humanely and sustainably raised meats and seafood.</p> 	<p><b>Wellness Wednesday</b> APRIL 10, MAY 8, &amp; JUNE 12</p> <p>Save 10% (an increase from 5%) on the second Wednesday of every month.</p> 
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**\$3 off**

**Any Bolton Bees Honey**

Valid April 1-June 30

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

PLU 20288



**\$3 off**

**Any Whole Lakewinds Deli Quiche**

Valid April 1-June 30

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

PLU 20286



**\$4 off**

**Any \$10+ U-Konserve Product**

Valid April 1-June 30

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

PLU 20284



**\$4 off**

**Any Sunsoil Full Size Item**

Valid April 1-June 30

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

PLU 20290

