



# ReFresh

## GREENS SEASON

IT'S HERE AT LAST!

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## Hi Everyone!

We recently announced the recipients of the ninth year of our Lakewinds Organic Field Fund (LOFF). LOFF provides direct grants to small scale and organic farms for infrastructure projects. Over the years, Lakewinds has provided over \$440,000 to more than 50 farms. We've helped build winter storage facilities, improve packing sheds, install portable fencing for rotational grazing, purchase seed drillers, obtain organic certification, and complete many other projects. LOFF is part of Lakewinds' commitment to supporting local food in rural and urban communities.

We do not require that LOFF recipients sell to Lakewinds. We love it when they do, but our objective is to help build a vibrant local food economy. It works better for some farms to sell directly to consumers, through CSAs (consumer supported agriculture shares) or at farmers markets. Others are able to support the scale necessary to sell directly or indirectly to Lakewinds. Whatever the channel, organic farmers provide benefits to our economy, our land, and our water. And we benefit by eating healthy, delicious food!

You'll see how we support local farms in our meat department throughout the year, and in our produce department, particularly as the weather gets warmer and local produce ramps up. Our stores also support local food with packaged and refrigerated grocery products, and in the prepared foods in our delis.

Lakewinds has provided a market for local and organic farms since our inception. Part of our origin story is that we, along with other Twin Cities co-ops, create markets for local, organic farms. We continue our commitment today to create a market for these farms where farmers can expect a fair price so they can make a living. 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 this unique cooperative, which values its staff, farmers, vendor partners, and shoppers. Thank you, friends, for making the co-op a part of your life, too.



*Dale Woodbeck*

**DALE WOODBECK,**  
General Manager



**GENERAL MANAGER**  
Dale Woodbeck

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**RICHFIELD**  
6420 Lyndale Ave. S  
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612-814-8000

**CHANHASSEN**  
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Chanhasen, MN 55317  
952-697-3366

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

## THIS SEASON AT LAKEWINDS

MARCH 11, APRIL 8 & MAY 13

### WELLNESS WEDNESDAYS

On the second Wednesday of every month, stock up and save with 10% off all supplements and body care products. As a Lakewinds owner, you can choose to combine that savings with your 5% off monthly discount — just let the cashier know.



APRIL 22-25

### EARTH WEEK

Join us for our annual celebration of environmental stewardship. Drop in for special activities, demos, product giveaways, and more as we honor our planet and share our commitment to sustainability.

MAY 16

### ANNUAL MEAT SALE

One of our favorite days of the year! Stock up and save a bundle on select humanely and sustainably raised meat and seafood at our annual Meat Sale — one day only!



MAY 2-3

### BODY CARE SALE

Just in time for warming weather, save 25% on the best body care, from soaps, lotions, and Epsom salts to hair care, personal hygiene, and much more. Discover clean, nourishing products for the whole family.



#### ON THE COVER

**NOW DESIGNS COCONUT UTENSIL SALAD SERVERS**  
Made from reclaimed fallen palm trees, these salad servers are an eco-friendly, durable option.

GROCERY | \$16.99



### CHEESE of the MONTH

Each month, sample wonderful featured cheeses at an irresistible price, from local picks to selections from around the world.

#### MARCH

Pleasant Ridge  
Reserve Gruyere  
Sale price \$24.99/lb.  
Reg. \$28.99/lb.

♥ LOCAL

#### APRIL

Il Forteto Pecorino  
Toscana Fresco  
Sale price \$15.99/lb.  
Reg. \$18.99/lb.

#### MAY

Deer Creek  
The Robin Colby  
Sale price \$8.99/lb.  
Reg. \$10.99/lb.

♥ LOCAL





# SHARED BOUNTY

Arm in arm with our wonderful community partners, Lakewinds is building a more sustainable, equitable food system and opening access to healthy foods for those in need. Here's the good you support every time you shop the co-op.



MAY LEE,  
FARMER MENTOR  
AT BIG RIVER FARMS

## FARM TO FOOD BANK

Now in its third year, our Farm to Food Bank program is fighting childhood hunger and providing markets for produce grown by emerging, local, organic farmers. In this partnership between Lakewinds, Big River Farms, and The Food Group food bank, historically underrepresented farmers (immigrants, people of color, women, and veterans) participate in the Farmer Education program at Big River Farms. The farmers grow organic, kid-friendly produce, such as cherry tomatoes, bell peppers, cucumbers, and carrots. Lakewinds buys the produce, but we don't sell it — we donate it to The Food Group, which delivers it to local food shelves that serve a large population of families with children and struggle to keep enough fresh produce on their shelves. Since its start in 2018, the program has distributed more than 8,400 pounds of fresh produce to Metro area food shelves, free of charge. It's a winning partnership for all involved!

## Food Rescue Programs

We're always looking for ways to reduce food waste and support healthy food access. One way is through "food rescue." Due to our high standards, we cull food items that may have cosmetic imperfections — but that are still perfectly safe and tasty to eat. From day-old bread to oddly-shaped produce to boxes and bags with packaging flaws, we divert select food items to our food access partners. Volunteers from PROP, ICA, and VEAP food shelves, along with other organizations such as TC Food Justice and Loaves & Fishes, pick up our unsalable produce, bread, and grocery items free of charge. This food lands directly in the hands of those in need, either by supplementing meal programs or by stocking food pantries.



ARTHUR DAHLQUIST AND JOANNE  
EHREN DAHLQUIST, TC FOOD  
JUSTICE FOOD RESCUE VOLUNTEERS

You may recall last January when TC Food Justice was our Round Up recipient. Using Round Up funds generously donated by Lakewinds shoppers like you, TC Food Justice launched their Priceless Produce program, which delivers free, fresh produce and bread directly to public housing residents in the Twin Cities. Each weekend, TC Food Justice volunteers pick up unsalable produce and bread from our Richfield store for free distribution. Your donations and support help make it possible!



## March is MN FoodShare Month

MN FoodShare is the largest grassroots food and fund drive in the state, bringing together nonprofits, businesses, faith communities, and individuals to keep hundreds of food shelves stocked year-round. Lakewinds participates in the campaign by rounding up at the register to support local food shelves.

Throughout March, you can round up your grocery bill at our Richfield store to support the VEAP food shelf, in Chanhassen to support PROP, and in Minnetonka to support ICA. Support these food shelves anytime by purchasing donation cards at the register (in \$5, \$10, or \$20 denominations).

# WILD-SOURCED WONDERS

For those who love connecting with their food and enjoying nature, foraging brings it all together. You don't need a lot of training to harvest delicious fiddlehead ferns, morel mushrooms, or wild nettles. But if you don't have the time or the resources, Lakewinds has you covered. Wild-sourced spring veggies are in our produce department for a short time during the spring growing season — watch closely for their arrivals!



△  
**FIDDLEHEADS**

When steamed or sauteed, these green shoots of the ostrich fern have a leafy and nutty taste, somewhere between asparagus and spinach. To maximize their flavor, blanch them for a few minutes, then sauté in oil or butter until fork-tender.



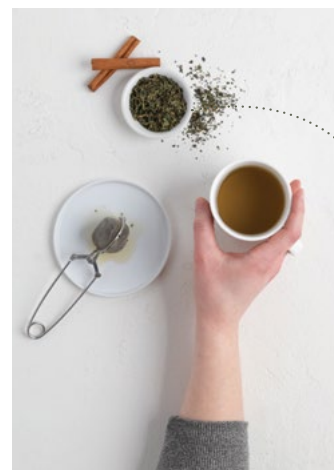
△  
**NETTLES**

Well known to hikers as trail-side hazards, when prepared correctly nettles are a delicious food source with numerous health benefits. They have more protein than wheat and are brimming with calcium and fiber. Just make sure you handle raw nettles with care, as the leaves and stems can still sting. Nettles can be boiled, steamed, or sautéed like any leafy green, or dried and made into tea. Any method of cooking will remove their sting and make them safe to eat.



**RAMPS**

Also known as wild leeks, ramps are available for only a few weeks in early spring. These veggies are highly sought after for their unique flavor profile, similar to garlicky scallions. You can grill them whole, toss the leaves into a salad, or slice the whites and sauté them in olive oil. Fry them in a skillet with eggs for a savory treat.



To make tea from nettles, hang fresh nettles upside down to dry. Crush, add hot water, sweeten, and enjoy!

## Happy Hunting

There's nothing like the taste of freshly harvested produce. But before you venture into the woodland, basket in hand, read these simple tips.

**Follow the rules:** Only harvest in areas where you have permission. Most state parks and protected wilderness areas allow picking of wild berries and mushrooms, but many ban the harvesting of whole plants.

**Take only a little:** Leave any specimens or colonies you find healthy enough to thrive. Here are some rules of thumb. When picking wild mushrooms, leave 90% or more of the colony intact. Take fiddleheads from no more than 10% of the ferns in a given area. When harvesting ramps, cut the stem and leaves but leave the bulb intact and in the soil.

**Know your plants:** An internet search of your targeted plant to forage can provide you with specific rules and instructions. While most foraged foods are safe and easy to identify, some species of mushroom can be deceptive. So bring a guidebook or smartphone to help identify what's edible.



# GREENS SEASON

Spring is here and local, fresh greens and veggies are just beginning to flourish. Get more greens onto your plate with these flavorful recipes that highlight the best Minnesota's brief but brilliant spring has to offer.



## HAVE A FIELD DAY

Shopping at the co-op on a budget is easy when you look for the Field Day brand. Field Day products are not just affordably priced, they're usually organic, always non-GMO, and meet our strict ingredient standards. Learn more about our product standards at lakewinds.com (select *In Store* and click *Grocery & Bulk*).



### FIELD DAY EXTRA VIRGIN OLIVE OIL

*This organic olive oil is a pantry staple, made from hand-picked olives with wonderful flavor that won't break the bank.*  
GROCERY | \$6.99/HALF LITER, \$12.99/LITER



### FIELD DAY PENNE PASTA

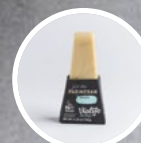
*Made with 100% organic durum wheat semolina and handcrafted in Italy, Field Day organic Italian penne has great flavor and texture.*  
GROCERY | \$1.99

## SAY CHEESE



### CELLO PARMESAN

*This European-style artisanal cheese is packaged in-house in bulk form, shredded or grated, so you can grab just the amount you need in our deli.*  
CHEESE | \$9.99/LB.



### VIOLIFE PARMESAN VEGAN

*Non-GMO certified and soy free, this vegan cheese substitute is a perfect stand-in for traditional Parmesan in both flavor and texture.*  
REFRIGERATED | \$5.49 FOR ONE 5.3-OZ. WEDGE

## Spring Herb & Vegetable Pasta

MAKES 6 SERVINGS

### LEMONY DRESSING

- 1 ½ teaspoons finely grated lemon zest
- ¼ cup fresh lemon juice
- ½ small shallot, finely chopped
- ¾ teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ½ cup olive oil

### SPRING PASTA SALAD

- 1 bunch (about 1 pound) asparagus, trimmed, cut into thirds
- 1 cup fresh shelled green peas or frozen, thawed
- 1 cup fresh snap peas, trimmed and halved
- 1 package (16 ounces) uncooked Field Day Penne Rigate pasta
- 3 green onions, thinly sliced
- 3 radishes, thinly sliced
- ½ cup parsley, roughly chopped
- ½ cup basil leaves, thinly sliced
- 2 tablespoons shredded or shaved Parmesan cheese

1. In a small bowl, blend together the lemon zest, lemon juice, shallot, mustard, salt, pepper, and oil with a whisk or fork; set aside.
2. Place a large bowl of ice water on the counter.
3. Bring a large pot of salted water to a boil over medium-high heat. Add the asparagus and cook for 2 minutes. Add the shelled peas and snap peas to the water and cook for an additional 1 minute. With a slotted spoon, transfer the asparagus, peas, and snap peas to the ice water to cool completely; drain and set aside.
4. Bring the salted water back to a boil. Add the pasta, cook, and drain according to package directions. Transfer drained pasta to a large bowl and toss with half of the dressing to lightly coat.
5. Add the asparagus, peas, snap peas, green onions, radishes, parsley and basil to the pasta. Toss to combine. Top with Parmesan cheese and serve with additional dressing. Store in a sealed container in the fridge for up to 5 days.

### SUSTAINABLE KITCHEN TIP

#### Saving Fresh Herbs

When recipes call for only a small amount of fresh herbs, don't let leftovers go to waste. Finely chop the excess, put them in an ice cube tray, and pour extra virgin olive oil or melted, unsalted butter over the top. Cover and freeze, then pop them out and transfer to a freezer-safe container to be stored until needed.





## Sirloin Steak with Pesto & Asparagus

Start with local Peterson beef — sustainably raised and dry-aged so it's tender and full of flavor. Add locally grown garlic scape pesto for zing, and local, organic asparagus. Create a spring dish with the flavor, texture, and yum factor you've waited for all season.

### MAKES 2 SERVINGS

- 2 Peterson top sirloin steaks (about 4 ounces each)
- 1 bunch (about 1 pound) thick asparagus, trimmed
- 3 tablespoons Escape Garlic Scape Pesto, divided
- ½ teaspoon salt
- ¼ teaspoon pepper

1. Remove steaks from the refrigerator and bring to room temperature. Heat gas or charcoal grill to high heat. In a large bowl, toss asparagus with one tablespoon of the pesto.
2. Pat steak dry with paper towels, sprinkle with salt and pepper.
3. Place steak and asparagus on the grill. Cook the steak and asparagus 4 to 5 minutes per side, turning once until a thermometer inserted into the thickest part of the steak registers 125°F for medium-rare or desired doneness and asparagus is crisp-tender.
4. Rest the steaks on a cutting board 5 minutes before slicing. Serve steaks and asparagus with additional pesto.



Annual Meat Sale  
Saturday, May 16

Mark your calendar  
and clear space in  
your freezer!

### IN THIS RECIPE

#### ESCAPE GARLIC SCAPE PESTO

This seasonal specialty is made from scapes and basil grown at Seven Songs Organic Farm. This pesto is free of gluten and nuts and full of flavor.

FROZEN | \$12.99 LOCAL



#### LIMOUSIN SIRLOIN STEAK

This steak from local Peterson Craftsman Meats remains tender thanks to its dry-aging process. This rotationally grazed beef has robust flavor, even without marinating.

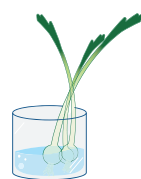
MEAT | \$13.99/LB. LOCAL

#### HARMONY VALLEY ASPARAGUS

Locally grown, organic asparagus arrives in stores in late May, depending on spring growing conditions. Nothing better!

PRODUCE | \$7.99/LB. LOCAL

#### SUSTAINABLE KITCHEN TIP



#### New Life for Food Scraps

Regrow veggie scraps right on your kitchen counter. When you trim heads of leafy greens, celery, green onions, fennel, leeks, and similar veggies, leave about an inch above the roots. Place them root-down in a shallow dish or saucer with a half-

inch of water and place in a sunny window. Freshen the water daily and soon your veggies will regrow new leaves and stalks. The same technique works with root veggies like beets, turnips, and carrots. Trim about an inch below the green top, use the root portion and greens as you normally would, and regrow the greens to use again in salads, sautés, and sauces.

#### Using Root Greens

Those leafy tops from beets and carrots make delicious additions to soups, stir-fries, or sautéed dishes. So don't toss them! Simply cut the stems from the root, rinse thoroughly and shake dry, then wrap in a paper towel and store in a reusable bag in your fridge vegetable drawer until ready to use.



### Pistachio Crusted Salmon with Wilted Greens

Pairing fish with greens is a fantastic way to build a dish. Buttery Atlantic salmon crusted with sweet pistachios is served over a bed of wilted ramps and beet greens, finished with a splash of Clover Valley garlic infused vinegar. Ingredients are sourced locally from Superior Fresh Farms and Harmony Valley.

RECIPE AT  
LAKEWINDS.COOP/RECIPES



# EARTH DAY, EVERY DAY

## The Lakewinds Low-Waste Shopper's Guide



## CLEAN, GREEN CONTAINERS

These beautiful, eco-conscious storage supplies make it easy to avoid single-use plastics.



#### NATURAL HOME MESH PRODUCE BAGS

Single-use produce bags? No need. These reusable mesh bags are washable and durable, with fabric that allows produce to breathe to avoid spoilage. Find them near the other bags in the produce department.

PRODUCE | 75¢-\$1



#### SHOR BEESWAX WRAPS

Made in Minnesota, reusable Shor wraps are perfect to store cheese, produce, sandwiches, and more. They're made using beeswax, pine resin, and jojoba oil. After a year of heavy use, toss them in your compost pile and pick a new design.

CLEANING | \$15.99 FOR A 3-PACK

LOCAL



#### ECO JARZ LIDS

Give those wide-mouth canning jars a new purpose by attaching Eco Jarz lids, made from stainless steel and silicone. Turn your jars into drink carriers, soap pumps, and more.

BULK | \$7.99-\$15.99

#### GREEN CITY LIVING SANDWICH & SNACK BAGS

Handmade in the U.S., these versatile zipper bags keep lunches and snacks fresh without wasteful baggies. Food-safe laminated cotton is a breeze to clean in the dishwasher or washing machine.

CLEANING | \$9.99-\$11.99



#### FULL CIRCLE COMPOST BINS AND BAGS

Want an easy way to compost? Try paper scrap sacks from Full Circle. Made from kraft paper with a vegetable-based liner, these compost bags can stand alone on your counter and go directly into your curbside compost. If you prefer bins, check out the Full Circle countertop compost bin. Try it for a week; you'll see a big drop in landfill waste.

CLEANING | \$14.99-\$19.99



## FIVE HABITS FOR SUSTAINABLE SHOPPING

Being a sustainable shopper isn't an all-or-nothing endeavor. Start with changes that are convenient and then expand gradually. Lower-impact living may be easier than you think!

**1 Consider the food miles.** When shopping, think about the distance products travel to get to your plate. The closer it's made, the fewer resources it needs. By eating seasonal, locally grown produce when possible, you reduce your food miles and carbon footprint. As a bonus, local produce is usually more flavorful and nutrient-rich.

**2 Minimize packaging and plastic.** Look for food options with the least packaging and recyclable, reusable, or compostable containers. A good first step is to avoid plastic whenever possible. Though it may be recyclable, plastic requires energy and uses materials that are not environmentally sustainable.

**3 Buy in bulk.** When you shop the bulk aisle, you reduce packaging and food waste and save money. Get only what you need when you need it, so you can avoid throwing out extra food. Start with bulk spices, which taste stronger and fresher than the prepackaged kind and cost less. Don't forget your reusable containers!

**4 Add in plant-based options.** Plant-based proteins take far fewer resources to produce than meat. Tofu and tempeh are just the start — you'll find many delicious plant-based alternatives at the co-op. Try working nuts, beans, legumes, and protein-rich grains like quinoa and amaranth into your meal rotation. Add plant-based proteins into a few meals a week. Soon it will be a habit.

**5 Bring those bags.** Paper and plastic shopping bags produce tons of waste, much of it not easily recyclable. While paper is lower impact, it still takes resources to make and recycle. So opt for reusable! Lakewinds offers a 5¢ credit for each reusable bag you use. Get into the routine by storing reusable bags in your trunk.



# REFRESH+REUSE

## Sustainable Spring Cleaning

*It's finally time to throw open the windows, shake out the rugs, and welcome that fresh springtime feeling back into our homes. When it comes to your seasonal cleanup, Lakewinds is your one-stop shop. Skip the harsh chemicals and unnecessary disposables with our assortment of nontoxic cleaners, reusable tools, and paper products made from recycled materials.*

### WOOLZIES REUSABLE DRYER BALLS

Ditch those disposable dryer sheets with reusable wool dryer balls. They're good for 1,000 loads, eliminate static and wrinkles, and help reduce drying time. For fresher smelling clothes, add a few drops of essential oil directly to the dryer balls.

CLEANING | \$12.99

### FULL CIRCLE KIND CLOTHS

Made from organic cotton, these cloths are naturally dyed using pomegranates, tea leaves, and aster flowers.

CLEANING | \$6.99

### FULL CIRCLE WALNUT SCRUBBERS

The perfect alternative to excess in the kitchen, this dish scrubber is free from synthetic fibers and toxic dyes that run off with use, and is made from a renewable resource.

CLEANING | \$3.99 (2-PACK)

### REBEL GREEN CLEANING SUPPLIES

This Wisconsin-based company makes environmentally friendly household supplies for the kitchen, bath, laundry, and more.

CLEANING | \$3.69-\$13.99 ♥ LOCAL

### FULL CIRCLE BE GOOD BRUSHES

These dish brushes are made from recycled plastic and renewable bamboo.

CLEANING | \$4.99



SHELLY FROM THE CHANHASEN WELLNESS DEPARTMENT IS OUR RESIDENT EXPERT ON ESSENTIAL OILS.

“These naturally occurring substances found in plants have the power to kill bacteria and prevent mold. By mixing essential oils like tea tree and peppermint with soap and water, you can create your own nontoxic surface cleaners that smell wonderful while thoroughly cleaning.”

### HOW TO MAKE IT

Fill a 1-quart jar or spray bottle almost to the top with water, then add:

- 13 drops tea tree oil
- 6 drops lavender oil
- 6 drops peppermint oil
- ½ tsp dish soap

Top jar or bottle with lid or spray attachment and shake to mix. Voila!

### Co-op Cashiers' Favorite Cleaner

Ditch the single-use plastic bottles full of hard-to-pronounce chemicals! Fill reusable spray bottles with this homemade cleaning formula. Just the thing for everyday kitchen cleanups, this simple recipe makes surfaces gleam without harsh chemicals or landfill waste.



ILLUSTRATION BY NATE JOHANNES

## Doing Our Part this Growing Season

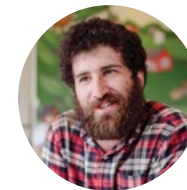
**W**ITH THE DARK DAYS OF WINTER FINALLY BEHIND US, my mind turns to the local farmers who are already warming up their greenhouses. It may seem hard to believe, but the vegetable farming season starts in earnest well before the snow melts, bringing the first local ramps and salad greens to Lakewinds stores.

Across the Midwest, farmers are finishing their spreadsheets, waiting for seeds to arrive, and training employees. As our partner farmers get their plans underway, it's a good time for us as consumers to also get organized.

What concrete steps can we take to support our local farming community, and in turn our broader community, this growing season? If you're not sure where to start, take small steps. Can you replace one imported item per week with a locally grown item? What about one per day or one per meal? With hundreds of amazing choices from local producers, Lakewinds

makes it easy. Sheep's milk cheese, pastured pork, new apple varieties, heirloom tomatoes, even carrots that are many colors, not just orange. Try letting your kids do the produce shopping at least once this season with two rules: only local, and cover every color in the rainbow.

We are incredibly lucky to have one of the most diverse communities of local producers in the country. That's because of the commitment of people like you who shop at Lakewinds. Remember, our local community is the sum of all of our support, no matter how big or small.



—ARIEL PRESSMAN,  
Board of directors member

### KIND TO BODY AND PLANET

*What we put on our skin is as important as what we put in our bodies. Our wellness department is full of clean skin care products and supplements that are safer for us and the planet.*



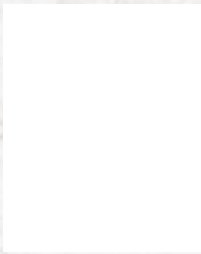
**RAPHA FARM SOAP** comes from a local mother-daughter team who raise their own goats on a sustainable farm to make their small-batch creations. This goat's milk soap gently cleanses and moisturizes skin.  
WELLNESS | \$5.99 ♥ LOCAL



**HANDMADE BOODA BUTTER ECO BALM** is vegan lip balm made from organic ingredients and packaged in a biodegradable paper push tube.  
WELLNESS | \$5.99



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



SPRING INTO  
SEASONAL PRODUCE!  
RECIPES INSIDE

**\$4 off**

per pound of Superior Fresh Salmon

Valid March 1 to May 31, 2020

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

PLU 20518



**\$3 off**

SHOR Beeswax Wraps

Valid March 1 to May 31, 2020

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

PLU 20520



**\$2 off**

purchase of \$10 or more of produce

Valid March 1 to May 31, 2020

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

PLU 20522



**\$3 off**

Escape Garlic Scape Pesto

Valid March 1 to May 31, 2020

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

PLU 20524

