



# ReFresh

SUMMER HARVEST WITH OUR  
LOFF RECIPIENTS



+  
MAKE YOUR  
VOICE HEARD!  
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NURTURING LOCAL  
COMMUNITY GARDENS  
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SUMMER 2020



## Hi Everyone!

We've had a lot of time to consider what constitutes a community. At Lakewinds, our community is primarily about food — those who grow it, those who make things with it, those who consume it. It's a big community. Still, we want to expand that community. We think about school gardens — places that include the eaters and producers of tomorrow. We think about community gardens — places where we grow food for others and ourselves. Growing our own food informs how we think about food that is grown for us. If nothing else, we learn how much hard work goes into producing the food we want to eat.

Lakewinds supports those communities, along with food shelves and other organizations that work to make local food more prevalent in the food system. Lakewinds also directly supports small-scale agriculture through our Lakewinds Organic Field Fund (LOFF). Thanks to our owners and other shoppers, LOFF provided over \$100,000 in direct grants to farms all over Minnesota and western Wisconsin. These funds help local farmers build the infrastructure necessary to be successful local food producers. You'll read all about them in this newsletter and on our website.

We're proud of the work we do at Lakewinds in all of our communities. We are grateful to our owners for supporting our efforts by shopping local at the co-op. Thanks to you, friends, we're making a difference.



*Dale Woodbeck*  
**DALE WOODBECK,**  
General Manager

### STAY SAFE, STAY INFORMED

As this issue of ReFresh goes to press, there's still uncertainty about what guidelines will be in place in the coming weeks due to COVID-19. To learn about changes to our event schedule and operations, please see our website and in-store communications. We monitor and follow recommendations from federal, state, and local officials to ensure the safety of everyone in our community.



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COVER PHOTO CREDIT:  
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PEARSON ORGANICS FARM

# SHAPE THE FUTURE OF YOUR CO-OP

Two ways to use your voice as a Lakewinds owner

## 1 Democracy in Action: Exercise your right to vote

By selecting new members for our board of directors, Lakewinds owners collectively help build the future of our co-op. It's an important responsibility with an impact on many aspects of our community, inside stores and out.

For example, our board of directors is responsible for hiring and overseeing the general manager, who helps guide decisions on employee compensation, charitable giving and grant awards, environmental practices, and how we support local farmers and makers.

We encourage you to use your voice! Voting is open in stores and online to all owners from September 1 to 19. Cast your vote at the customer service desk in our stores, online at [Lakewinds.com/annualmeeting](https://Lakewinds.com/annualmeeting), or at our annual meeting on Sunday, September 20.



JOIN US FOR THE  
**LAKEWINDS  
ANNUAL MEETING**

**SUNDAY, SEPTEMBER 20  
1 TO 4 PM**

Gale Woods Farm  
Minnetrista, Minnesota

Get your tickets online  
September 1-10 at [lakewinds.coop](https://lakewinds.coop)

*No ticket needed to attend the  
business meeting portion of the event.*

## 2 Call for Candidates: Apply to run for a seat on our board

Ready to step up your commitment to the Lakewinds community? We welcome your knowledge, expertise, and engagement as a prospective board member. Our board has a direct impact on how Lakewinds operates for years to come. Board members help guide financial decisions, such as how much money is contributed to the Lakewinds Organic Field Fund (LOFF) and other key initiatives. Lakewinds board members serve a three-year term and meet on the third Monday of each month.

Board applications are accepted online at [lakewinds.coop](https://lakewinds.coop) from June 1 to 30. To learn more about our current board of directors, visit the About Us page on the Lakewinds website.

### LETTER FROM THE BOARD

**A**s a board member of Lakewinds, I am tremendously proud of our community. In this unprecedented time of change, we have seen the foundational impact that nourishing food has on us all. We have seen how vital essential workers are in supporting our daily needs.

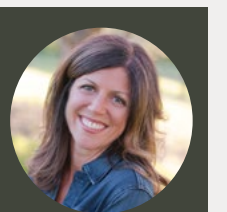
Our co-op is made of members of our local communities — owners, shoppers, employees, farmers, and producers. We serve our neighbors both inside the walls of our co-op and outside in the community.

I am humbled by how well Lakewinds has embraced each segment of our community when next-day needs aren't always clear. Thank you to my fellow owners for your patience and flexibility, supporting the safety of each other and our co-op team. Thank you to our local farmers and producers who are navigating a new growing season with determination and care.

Thank you, even though that doesn't seem enough, to our dedicated team at Lakewinds, which has gone beyond expectations to deliver high-quality, brave service in an ever-changing environment.

Thank you to our community members who extend their reach to serve vital food initiatives, such as our local food shelves, Loaves & Fishes, The Sheridan Story, Hopkin's School District, Connect to Care, MN FoodShare Month, and the 2020 Lakewinds Organic Field Fund.

In June, applications for our board of directors are open, followed by the board election in September. I encourage your engagement in this element of our community process. We are in this together and we all make a difference. Stay well and stay safe.



**CHRISTINA  
MEYER-JAX**  
Board of directors  
member



# GROW, FEED, LEARN

## Nurturing Local Community Gardens

*At Lakewinds, giving back to our communities takes many forms: from promoting sustainable agriculture to supporting local makers to protecting our planet. By partnering with local school and community gardens, we accomplish all three. These gardens open opportunities for people of all ages to engage with food and the environment in a meaningful way.*



KIDS GET GROWING AT BLUFF CREEK ELEMENTARY AND LEARN WHAT IT MEANS TO HAVE A GREEN THUMB!

### SCHOOL GARDENS

#### Hydroponic Tower Gardens

Bluff Creek Elementary in Chanhassen, MN  
Groveland Elementary in Minnetonka, MN  
Kenny Elementary in Minneapolis, MN

In 2015 and 2016, Lakewinds donated 9 hydroponic “tower gardens” to 3 elementary schools near our stores. These tower gardens provide students the opportunity to plan, grow, document, and harvest plants using sustainable hydroponic methods. From tracking pH levels and recording data to experimenting with light and nutrient levels, tower gardens are an engaging opportunity to learn by doing.

Lakewinds staff members visit tower garden classrooms and talk to students about the methods and challenges they face. Jennifer Dean, our events and community coordinator, teaches students basic nutrition and helps kids create salads using the leafy greens and herbs grown in their gardens. The salads (and classroom-made dressings) are usually a big hit, even with kids who “never eat” vegetables.

At Bluff Creek Elementary in Chanhassen, gardening is a school-wide operation. Meghan Holmes, garden coordinator of the BCE garden, reports that, “We have both a school garden and hydroponic grow towers utilized by all students at our elementary school. Our garden program interacts with classrooms throughout the year, bringing lessons about seeds, monarch butterflies, and ways to learn where our food comes from.”

KIDS MAKE SALADS USING THE LEAFY GREENS THEY GREW IN THEIR CLASSROOM TOWER GARDENS AT GROVELAND ELEMENTARY.



#### La Academia in Chaska, MN

This Spanish immersion elementary school built a new school garden in 2018. Lakewinds has been a supporter from the start, donating organic seeds and starter plants and helping create a pollinator garden last spring. La Academia’s garden teaches kids about healthy eating habits and where food comes from while reinforcing their math and science lessons.

The school’s garden includes outdoor classroom space and raised beds for increased accessibility. Students and families sign up to tend the garden over the summer and are invited to take home produce grown at the school, with extra food donated to local food shelves. Kari Crane, garden coordinator says, “We’re grateful for all of the outdoor learning our garden provides, and we couldn’t do it without community partnerships like Lakewinds!”



TOP: PLANTING DAY AT LA ACADEMIA. BOTTOM: INDOOR GARDEN TRANSPLANTING AND AQUAPONIC GROWING SYSTEM AT INTEGRATED ARTS ACADEMY.

#### Integrated Arts Academy in Chaska, MN

IAA is a public high school focused on personalized, inquiry-based education. With donations of seeds and plant starts from Lakewinds, high school seniors in IAA’s horticultural program plant the school garden each year. These students choose the layout, growing methods, and plant types, then join teachers and parent volunteers tending the garden throughout the summer. Most harvested food is used in IAA’s student culinary program, with excess produce shared with students. IAA also has an aquaponics classroom operation where students learn about sustainable growing systems — like raising praying mantises and other beneficial insects for natural pest control.



### COMMUNITY GARDENS

#### The Sheridan Story

The Sheridan Story fights hunger in Minnesota by filling the gaps to food access that many children face during weekends, summers, and extended breaks. Lakewinds donates organic seeds and plant starts to two urban gardens that provide fresh produce for The Sheridan Story’s food access programs during the growing season. These thriving community gardens are tended by volunteers from Dangerous Man Brewing and Surly Brewing, with produce distributed throughout the summer. The Sheridan Story serves children in urban, suburban and rural communities across MN.

#### Appetite for Change

Serving the communities of North Minneapolis, Appetite for Change creates a more equitable food system through urban farming, healthy food workshops, youth development programs, and sustainable economic growth. This spring, Lakewinds donated organic seeds and plant starts for AFC’s five urban farm plots across the north side. The plots are tended by community members and AFC youth, who learn everything from planning to planting to harvest to culinary applications. The fresh fruits and vegetables they grow supply AFC’s Breaking Bread Café and are available to community residents at the West Broadway Farmers Market.

#### BRCC Cottageville Garden

Located in a city park in Hopkins, this garden was founded by the Blake Road Corridor Collaborative as part of an effort to improve safety and engage the community. The garden and park were remodeled a couple of years ago, which is when Lakewinds began donating organic plant starts and seeds to this volunteer-tended garden. Produce grown at the Cottageville Garden is distributed to the ICA food shelf and neighborhood residents for free.

LEFT: APPETITE FOR CHANGE TEAM IN THE GARDEN. RIGHT: VOLUNTEERS FROM SURLY GROW FOOD FOR THE SHERIDAN STORY.







PEARSON ORGANICS



FARM FARM

# SEEDING SUSTAINABLE PROGRESS



Lakewinds is committed to building a stronger, more sustainable food system. For years we've worked to nurture and support local sustainable and organic farmers. In 2011, that commitment entered an exciting new phase with the creation of the Lakewinds Organic Field Fund, or LOFF. Now in its ninth year, the LOFF grant program invests in local farms to help strengthen their operations, including obtaining organic certification and increasing safety, efficiency, and sustainability. To date, Lakewinds has awarded over \$600,000 in grants to more than 60 local, sustainable and organic farms. In 2020, we awarded a record \$109,601 to 15 farms in Minnesota and Wisconsin. Meet this year's grant recipients and learn about the strides they're making toward a sustainable organic economy.



NORTHERN HARVEST FARM

TOTAL LOFF GRANTS AWARDED FOR 2020:  
**\$109,601**



LITTLE BIG SKY FARM

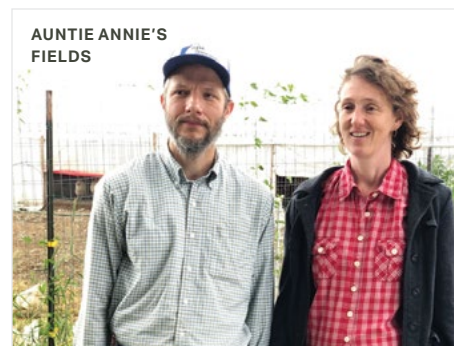


RACING HEART FARM



CYLON ROLLING ACRES

## MEET THE 2020 LOFF GRANTEES



AUNTIE ANNIE'S FIELDS

### Auntie Annie's Fields

Dundas, MN | LOFF Grant: \$8,000  
 This poultry farm is adding an automated feeder and improved water system to their brooding barn, which will streamline feeding and provide cleaner water to chicks.

### Cylon Rolling Acres

Deer Park, WI | LOFF Grant: \$8,000  
 Cylon is purchasing a refrigerated trailer for safely transporting processed goat meat. This new asset will provide them with new wholesale opportunities.

### Early Frost Farm

Embarrass, MN | LOFF Grant: \$6,205  
 Early Frost is drilling a new well to irrigate their two hoop houses, vineyard, and an adjacent field, with the goal of scaling up their vegetable production.

### Echo Acres

Aniwa, WI | LOFF Grant: \$8,000  
 Funds will be used to purchase a tractor with a bucket attachment for safer, more efficient day-to-day operations on their organic dairy farm.

### Farm Farm

Princeton, MN | LOFF Grant: \$5,555  
 In order to reduce waste and conserve energy, funds will be used to buy nursery tables and eco-friendly cell flats for vegetable transplants, as well as for high-quality greenhouse plastic to partition the heated greenhouse and conserve energy.

### Graise Farm

Faribault, MN | LOFF Grant: \$8,000  
 Graise is building a new duck coop to help them meet growing demand for eggs. The new coop will increase productivity and efficiency and allow for easier feeding.

### Little Big Sky Farm

Henderson, MN | LOFF Grant: \$8,000  
 Funds will be used for a small pack shed for post-harvest production needs, including a greens washing station, spray table, sink, new drainage system, and storage facilities.

### North Circle Seeds

Vergas, MN | LOFF Grant: \$7,250  
 The farm will install two hydrants to provide much-needed irrigation to their fields and high tunnel, allowing them to scale up seed and vegetable production.

### Northern Harvest Farm

Wrenshall, MN | LOFF Grant: \$8,000  
 Having outgrown their facilities, Northern Harvest is building a new pack shed and walk-in cooler, which will allow the operation to significantly scale up.

### Pearson Organics

Rochester, MN | LOFF Grant: \$8,000  
 Funds will be used to purchase washing and packing equipment to improve post-harvest food safety and handling. New equipment includes a barrel washer, brush washer, feed belt, inspection conveyor, and rotary sorting table.

### Pine Creek Farm

Plainview, MN | LOFF Grant: \$7,251  
 This five-acre organic vegetable farm will expand and improve its produce storage systems with a new walk-in cooler and cooler trailer, enabling them to expand sales to CSAs, farmers markets, and wholesale accounts.

### Racing Heart Farm

Colfax, WI | LOFF Grant: \$8,000  
 Racing Heart is installing a deer fence to protect 17 acres of vegetable crops, pasture, and a regenerative orchard. The fencing is crucial for their crop production.



GRAISE FARM

### Rising Sun Farm & Orchard

River Falls, WI | LOFF Grant: \$3,849  
 Funds will cover efficiency upgrades to their greenhouse, including leveling the floor and new irrigation and heating systems.

### TC Green Farm

Marine on St. Croix, MN  
 LOFF Grant: \$7,491  
 The purchase of a two-wheel, walk-behind tractor, including a basket weeder and seeder attachments, will help scale up the farm's productivity and increase yields for organic vegetables.

### Walter Organic Family Farm

Villard, MN | LOFF Grant: \$8,000  
 By installing new automatic take-offs in the milking parlor, this organic dairy farm will greatly improve efficiency and product quality.



RISING SUN FARM & ORCHARD

## HOW ARE LOFF GRANTEES SELECTED?



Each winter, local sustainable and organic farmers apply for grants of up to \$8,000 to help fund projects they hope to complete in the coming season. After applications are submitted in January, our selection committee — made up of Lakewinds staff, board members, local sustainable farmers, and others — meets to select recipients. The committee carefully considers the projects, weighing how they will benefit the farm and the land.




## SUMMER ACCOMPANIMENTS

Don't miss our Cheese of the Month! Savor a few of our favorite cheeses at an irresistible price, from local gems to selections from around the world.

### JUNE

#### SARTORI PARMESAN

The mellow, nutty flavor of this award-winning Wisconsin cheese is a perfect pairing with crusty bread, savory crackers and nuts, or shaved on top of your favorite pasta.

\$9.99/LB. (REG. \$11.99/LB.)  LOCAL

### JULY

#### BUF FRESH MOZZARELLA - BURRATA

Fresh mozzarella encases a softer curd and cream. Drizzle with olive oil, sprinkle with salt and pepper, and scoop onto hearty bread. Or top it with fresh berries, melon, or stone fruit and drizzle with balsamic reduction for a bright summer appetizer.

\$7.99 EA. (REG. \$9.99 EA.)

### AUGUST

#### NUESTRO QUESO COTIJA

Zesty, salty, and firm, this cheese makes a lively garnish for dishes like refried beans, burritos, salads, pasta, or chili.

\$7.59/LB (REG.\$9.59/LB.)



## \$3 off

deli purchase of \$15 or more

Valid June 1 to August 31, 2020

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

PLU 20526



## \$2 off

produce purchase of \$10 or more

Valid June 1 to August 31, 2020

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

PLU 20522

