



ReFresh

It's time to

get cozy

+ WE ♥ WOMEN
POWER
PAGE 4

+ SIMPLY AMAZING
SAUCES
PAGE 6

+ SELF-CARE
INSIDE & OUT
PAGE 10

WINTER 2020



Hi Everyone!

Lakewinds is opening in Eden Prairie! In November, we announced that we'll be part of a site redevelopment at the corner of Prairie Center and Flying Cloud drives. The earliest possible opening date is October 2021, giving us ample time to plan for the newest Lakewinds store.

We're a big supporter of local farms, local ranches, local producers, and organic producers of all sizes. We play a key role in the local food system by providing a market for them to sell what they produce. As we grow our stores in our suburban communities, we give many local farmers and producers the opportunity to increase sales and grow their profitability.

As a co-op, we're interested in developing long-term relationships with our owners, shoppers, and suppliers. We nurture and develop relationships with farmers in Minnesota and western Wisconsin. Our organic farms build living soil, sequestering carbon, reducing water runoff, increasing yields, and resulting in more environmentally friendly, good food.

Lakewinds' growth is possible in part because of our 300-plus dedicated staff members who keep our shelves full. Our culture asks staff to make decisions that provide you with a great shopping experience every time you shop. Our goal is for all staff to feel like we make a difference every day with the small and large decisions we make.

The work of staff plus your commitment to shopping at Lakewinds equals three healthy stores and the financial strength necessary to add store number four. Our board of directors is committed to steady growth as part of Lakewinds' strategic direction.

You can be proud of the team of outside experts working on this project. Our architects, attorneys, CPA, store planner, and lenders are owners of Lakewinds. We have owners looking out for the best interest of the co-op.

All of us play a part in the growth and success of Lakewinds. Thank you for helping us strengthen the local food economy that produces the good food that feeds our families.



Dale Woodbeck

DALE WOODBECK,
General Manager



GENERAL MANAGER
Dale Woodbeck

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**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

THIS SEASON AT LAKEWINDS

JAN. 18-19

SUPPLEMENT SALE

Start the new year strong with 25% off all supplements in our wellness department. Save on multivitamins, probiotics, omega-3s, collagen, protein powders, and more products to help you feel your best when you shop our weekend Supplement Sale.



CHEESE of the MONTH

DON'T MISS A DELICIOUS DEAL
ON THESE CHOICE FLAVORS.



JANUARY
St. Pete's Blue
Sale price \$12.99/lb.
Reg. \$16.99/lb.
♥ LOCAL

FEBRUARY
Delice de Bourgogne
Sale price \$15.99/lb.
Reg. \$18.99/lb.

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

Responsible Choices All Around

Did you notice this issue of our newsletter feels a little different? There's a good reason: we've moved to using more post-consumer, recycled paper content, along with our usual nontoxic, plant-based inks. It's a modest change. But we know that many little choices add up to a big difference for our co-op's eco footprint.

We make all kinds of decisions on behalf of our co-op community and the planet we all share. Here are a few more:

- We recently **upgraded freezers and refrigerated shelves** at our Chanhasen store to be more energy efficient (and they look nice, too).
- We're moving to **recyclable TerraSlate signage** in our produce and meat shelves instead of plastic laminated signs.

- **New farmer signs** arriving at our stores have locally made wood frames and inserts made from recyclable materials.
- Our deli containers, to-go utensils, smoothie and coffee cups, and produce bags are either **compostable or recyclable**.
- Our Chanhasen store is **powered by a solar garden**, a move we're working to replicate at all our co-op locations.

Of course, there are ways for you to help as well, like the option to receive this newsletter via email instead of on paper. To switch to a digital version of ReFresh, go to lakewinds.coop/digital and change your preferences for communications. For all you do, thank you!

JANUARY

LOFF APPLICATIONS DUE

Lakewinds is now accepting grant applications for the Lakewinds Organic Field Fund. Now in its ninth year, LOFF promotes a more vibrant and sustainable local food system by helping small farmers transition to organic, get certified, or scale up their operations. Learn more and apply by January 31 at Lakewinds.coop/community.

MARCH

HELP US FIGHT HUNGER

We encourage you to round up at the register in March to support the MN FoodShare campaign. It's 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 all year long. Round up at our Richfield store to support the VEAP food shelf, at Chanhasen to support PROP, and at Minnetonka to support ICA. Thank you!



WOMEN POWERED!

International Women's Day on March 8 is an opportunity to celebrate the amazing contributions of women in our co-op community. This year, we're recognizing remarkable businesswomen who bring delicious, high-quality foods and products to our shelves. Meet the entrepreneurs behind three women-owned enterprises we love.



YASAMEEN & SHEILLA SAJADY

Co-founders of Maazah Chutney in St. Paul

Sisters Yasameen and Sheilla started making chutney a few years ago. “We come from a family of small business owners,” says Yasameen. “I guess business is in our DNA and so is our obsession with condiments. We love exploring new flavors and recipes, and we have a really great relationship, so starting a business together made sense.”

The sisters’ goal is to make it easy for people, tired at the end of the day, to create a delicious, flavor-packed meal. They recommend adding their chutney to eggs, pizza, grain bowls, and more. They’re looking to expand their vegan, gluten-free condiment line later this year.

“Most condiments are dark in flavor with a lot of sugar or have a heavy smoky taste,” says Yasameen. “Our line uses raw ingredients for a really fresh and light, yet full, flavor. We want to make it easy for people to eat healthy.”

When thinking about what led them to pursue a business related to food, Yasameen says, “We have a big and very loud family. One day we were at my parents’ house for lunch and everyone at the table was silently eating. The only words people said were ‘pass the chutney.’ We knew right away that this was it! Our original recipes were based on family recipes and the flavors we grew up with. Our mom, Fatima, was the main inspiration.”

Their path hasn’t been easy. “In the male-dominated food industry, there aren’t many people who look like us in grocery buyer or manager roles,” says Yasameen. “A women-owned ‘ethnic’ condiment line in Minnesota can be successful; we just have to find partners and people that understand the value in diversity and good food. We see roadblocks as learning opportunities to make things even better.”

PHOTOS: MAAZAH CHUTNEY BY TUCKER FOX | CITY GIRL COFFEE BY FRESH COAST COLLECTIVE
HARMONY VALLEY FARM BY KATIE KORANDA



ANDREA YODER

Co-owner of Harmony Valley Farm in Viroqua, Wisconsin

As she sees it, Andrea Yoder’s background as a dietician and chef is a natural complement to her life as a farmer. “I’m still a chef,” says Andrea. “My job now is to nourish people by growing organic food, but I also try to help individuals by giving them simple, achievable recipes.”

Farming may be perceived as a traditionally male-dominated industry, but Andrea has always felt valued at Harmony Valley Farm. “Despite the fact that our farm is male dominated, overall I have always felt accepted here while being recognized and valued for the unique skillset and experiences I contribute to the farm.”

The team at Harmony Valley focuses on organic vegetables that are carefully harvested, washed, handled, packed, and promptly cooled. And they’re continually testing new produce varieties. “Every year we do trials to find varieties that thrive in our environment and have the characteristics we’re looking for — which include not only being a vegetable that yields well, but also tastes good, has disease resistance, and is high in nutrients.”

Andrea is thankful for our shoppers. “We love our Lakewinds customers,” says Andrea. “And the produce teams at all three stores are beyond awesome—merchandising, believing in us, consistently promoting our product. We’re committed to growing the best, most nutrient-dense, delicious produce ... we want to provide nutritious, wholesome, safe food to as many people as we can!”

According to Andrea, one aspect that sets Harmony Valley Farm apart is their dedication to sustainable and organic farming practices and the wellbeing of their staff. “One of the things we strive for is educating the consumer so they understand what goes into growing the food. Paying a fair price prevents exploitation. Knowing where your food comes from drives a healthier food system. [Paying a] fair and living wage for our crew, benefits too, is important. Not just anyone can do this hard work and skilled labor. We aren’t willing to cut labor costs or sacrifice their wellbeing for bigger profit.”



ALYZA BOHBOT JAMES

Owner & CEO of Alakef Coffee Roasters and City Girl Coffee in Duluth

Before Alakef and its offshoot City Girl began connecting women-owned coffee growers and sellers around the world, it was a family business. Alyza’s father, who was born in Morocco, pined for a robust European style of coffee that wasn’t available in northern Minnesota in the 1980s. “So Mom bought him a coffee roaster and he started roasting in our kitchen,” Alyza says. Between his passion for the perfect cup, and a background in chemistry, Alakef Coffee Roasters was born.

When the time came for her parents to retire, Alyza couldn’t let the business leave the family. Inspired by a conference for women in the coffee industry she attended in 2014, she saw an opportunity to evolve the business and do good at the same time. Coffee, she learned, supports the livelihoods of 500 million people around the world — many of whom are women. Her idea for City Girl Coffee was “to source as much as possible from small, women-owned or -managed farms and co-ops,” she says. “We give a portion of every sale back to organizations that support the success of women in their country of origin.”

Alyza quickly learned that the coffee business was dominated by men from the field to the shelf. “When you’re a young woman CEO in a room of CEOs, it can feel like your input isn’t equally valued — like being seen as ‘emotional’ where a man might be seen as ‘having conviction.’” But Alyza also found advantages as a woman. “I was able to reach out to women in the industry to create alliances and partnerships. They’ve been there for me to learn from and lean on.”

In just 5 years, City Girl has grown to 16 employees, with products in co-ops and major grocery stores across Minnesota and the East Coast. She sees her success as part of a deeper relationship. “We want to be a part of the most important part of your day, the morning routine. For us, our why is you — the customer, and your experience.”

INTERNATIONAL WOMEN'S DAY 2020

Each year, International Women's Day highlights women's achievements, raises awareness about bias, and encourages us to take action for equality. This year's theme is “each for equal”: empowering people to challenge stereotypes and help improve the situation of women around the world.

We're inspired by the women we work with at the co-op. From the meat counter to management, from farmers and makers to our amazing customers, we appreciate your hard work, tenacity, and support every day. Thank you to women and those who support women — because we know we're stronger together.

THERE'S A Sauce FOR THAT

Take any meal you love this season – stir fry, veggie soup, toasted sandwich – and make your taste buds do a happy dance by adding a delicious sauce from the co-op. It's a simple way to make your dinners full of flavor, fast. Add spicy heat or tangy zing with these easy recipe ideas.

**CHUNKY BEEF &
VEGETABLE SOUP
WITH CHUTNEY**
RECIPE ON PAGE 8



MAAZAH CHUTNEY
Locally made in St. Paul, gluten free, with fresh flavors of cilantro and ginger, a women-owned company.
REFRIGERATED | \$9.99
♥ LOCAL



GRLK SAUCE
Local, vegan, gluten free, and so delicious! Grlk is a versatile sauce that can be used as a condiment, salad dressing, or marinade. Also available in Fresh Basil flavor.
REFRIGERATED | \$7.49
♥ LOCAL



Stuffed with chicken, kale, and goat cheese, these calzones are an easy weeknight dinner solution.

KALE PESTO & CHICKEN CALZONES

MAKES 6 SERVINGS

1 tablespoon olive oil
1/2 cup chopped onion
2 cups shredded green kale
2 tablespoons chicken broth or water
1 1/2 cups chopped rotisserie chicken from the deli
1 jar (6.5 oz) Freak Flag Foods kale pesto, divided
1-2 teaspoons Lost Capital mango habanero hot sauce
1/2 cup Stickney Hill crumbled goat cheese
1 container prepared pizza dough from the deli
1 egg, beaten
1/2 teaspoon salt
1/4 teaspoon pepper

1. Heat oven to 425°F. Line a baking sheet with parchment paper.
2. In a medium skillet, heat olive oil and onion over medium heat 4 to 6 minutes, stirring occasionally until tender. Add the kale and broth and cook 2 minutes, stirring frequently until the kale is wilted. Add the chopped chicken, 1/2 cup of the kale pesto and the mango habanero hot sauce. Stir and cook an additional 3 to 4 minutes until thoroughly heated. Remove from heat and stir in the goat cheese until evenly mixed; set aside.
3. Divide the dough into 6 equal portions and roll each portion into a ball. On a floured surface press the dough to a 4-inch round. If the dough springs back, let it rest at room temperature for 10 minutes.
4. Spoon scant 1/3 cup of the pesto, kale and chicken mixture on center of each dough round. Fold in half, gently stretching the dough over the filling.
5. Using a fork, press seams to seal. Place on the prepared baking sheet. Brush the dough with the beaten egg and sprinkle with salt and pepper.
6. Bake 15 to 20 minutes or until golden brown. Serve with additional kale pesto sauce for dipping and hot sauce for extra flavor.



LOST CAPITAL MANGO HABANERO HOT SAUCE

Locally made, fermented hot sauces crafted with care in small batches. Pack flavor, not just heat, into any dish.
REFRIGERATED | \$7.99

♥ LOCAL



FREAK FLAG KALE PESTO

Local, organic, gluten-free, vegan, with herby, earthy flavor.
GROCERY | \$7.49

♥ LOCAL



VEGAN



YAI'S THAI CURRY SAUCE

*Gluten-free, vegan,
Whole-30 approved.*
GROCERY | \$6.99

**RED THAI COCONUT CURRY
WITH WINTER VEGETABLES**

Even better than takeout, this vegetable-packed red Thai curry is a great quick weeknight dinner that starts with a flavorful simmer sauce.

MAKES: 4 SERVINGS

- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 1 small butternut squash, peeled and cubed (about 1 1/2 cups)
- 1 medium carrot, peeled, cut into matchsticks (1/2 cup)
- 1 bunch broccolini, cut into bite-sized pieces
- 1 medium red bell pepper, cored and sliced
- 1 cup shredded red cabbage
- 1 jar (16 ounces) Yai's Thai Red Thai Coconut Curry
- Cooked jasmine rice, for serving
- Lime wedge and fresh cilantro, for serving

1. In a medium saucepan, heat coconut oil over medium-high heat. Add onion and butternut squash and cook, stirring frequently, for 5 minutes.
2. Add broccolini and carrots and sauté for 4 minutes. Add bell pepper, red cabbage, and Yai's Thai Red Curry and simmer uncovered for 10 minutes, stirring occasionally until the mixture has thickened slightly.
3. Serve over rice with a lime wedge and cilantro, if desired.

Co-op Cozy

Winter's the perfect time for cozy contentment and simple wellbeing. We've gathered our favorites to help you stay warm and well all season, from cuddly scarves to fresh-baked goodies.

MEET DUNYA,
OUR RICHFIELD
STORE MANAGER!

RISING TIDE SCARVES

Made from recycled fiber, beech tree modal fiber, or organic cotton. A portion of sales is donated to clean water, housing, health care, and education in India and Nepal.
WELLNESS | \$23.99 - \$46.99

FROM PREVIOUS PAGE

CHUNKY BEEF & VEGETABLE SOUP WITH CHUTNEY

This hearty and satisfying soup packed with vegetables, beans, and beef is topped with Maazah Chutney for a fresh, bright flavor.

MAKES: 4 SERVINGS

- 2 tablespoons olive oil
- 1 1/2 pounds Peterson Meats dry-aged Limousin beef top round steak, cut into 1/2-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium onion, chopped
- 2 teaspoons original Grik Lebanese garlic spread
- 1/2 cup red wine (or reduced beef broth)
- 5 cups beef broth
- 1/2 cup North Bay Trading Co. 32-Bean & 8-Vegetable Dry Soup Mix from the bulk aisle
- Maazah Chutney for serving

1. In a 4-quart Dutch oven, heat 1 tablespoon olive oil over medium-high heat. Sprinkle beef with salt and pepper. Cook beef about 5 minutes, stirring occasionally until browned; drain. Set beef aside.
2. In the same Dutch oven, heat the remaining 1 tablespoon olive oil over medium heat. Add onions; cook and stir until onions are tender. Add garlic spread and cook an additional 1 minute.
3. Add the wine, stirring to loosen browned bits from bottom of the pan. Stir in broth and dry soup mix. Bring mixture to a boil and cook 5 minutes. Reduce heat to medium-low; add in reserved beef. Cover and cook 2 to 2 1/2 hours or until the beans are tender.
4. Serve with Maazah Chutney spooned over the top.

Easy as pie



Need a quick meal option for those all-too-short winter evenings? Take Mostly Made shepherd's pie filling, add tater tots (regular or sweet potato), and you have a meal that's delicious, toasty warm, and ready in no time.

FROZEN SECTION
\$10.99



SCENT FROM NATURE CANDLES

Minnesota maker Linda crafts beautiful beeswax candles and runs an educational dog-sledding business! Her beeswax is locally sourced, nontoxic, non-allergenic, clean-burning, and her business is solar-powered.

WELLNESS | \$1.99 - \$24.99

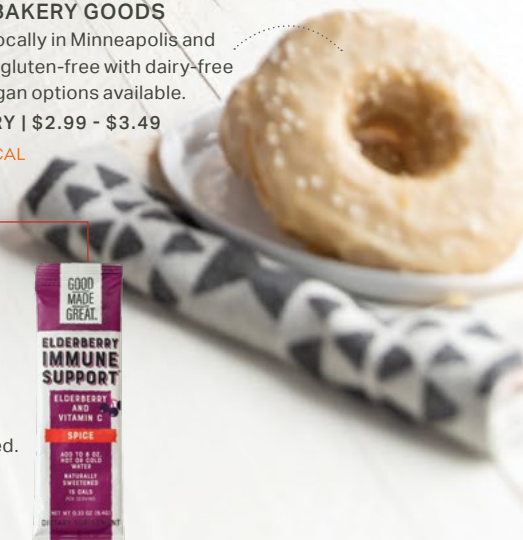
LOCAL

SIFT BAKERY GOODS

Made locally in Minneapolis and always gluten-free with dairy-free and vegan options available.

BAKERY | \$2.99 - \$3.49

LOCAL



Spiced Elderberry Oatmilk Latte

This subtly sweet and spiced latte is dairy-free and packed with vitamin C for a comforting and healthful winter weather drink.

In a mug, stir together 2 ounces hot water and 1 packet (0.33 ounces) **GOOD MADE GREAT SPICED ELDERBERRY POWDER** until dissolved. In a small saucepan, heat and stir 1 cup **ELMHURST BARISTA BLEND MILKED OATS** over medium-low heat (do not boil). Remove from heat, use a frother or whisk to froth, then pour over elderberry mixture.



Winter Wellness

INSIDE & OUT



DIY RECIPE

Avocado & Honey Hair Mask

This DIY deep conditioning hair mask will leave your hair soft, smooth, and moisturized.

- 1 ripe avocado, peeled and pitted
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2-3 drops lavender essential oil

Blend all ingredients in a food processor until smooth. With a clean pastry or paint brush, spread the mask onto damp hair, focusing on the ends. Use a comb to evenly work the mixture through hair. Wrap hair in a towel and let stand for 30 minutes. Rinse and wash hair as usual. Discard any leftover hair mask.



When January's chill leaves you feeling less than your best, take steps to replenish. Get moisture back into your skin and hair and hydrate from the inside with collagen-rich bone broth or protein bars. This winter, it's all about taking care of you.

TAKING STOCK FOODS DRINKABLE BROTH

Local, gluten-free, certified organic, created by women makers. Get all the flavor and comfort of homemade broth without any of the work. Simply heat and enjoy, or use as a base for your favorite soups.

GROCERY | \$8.99



SANTOSHA SKIN CARE

Locally made by a Wisconsin family, Santosha contains sustainably foraged native plants and soothing, clean ingredients to care for your skin gently and effectively.

WELLNESS | \$27.99-41.99



BULLETPROOF BARS

Somehow, even with 0 grams of added sugar, these bars taste just like shortbread. A perennial staff favorite, we love that you can get collagen and protein in such a tasty package.

GROCERY | \$3.29



More Than a Grocery Store

HAVE YOU EVER WONDERED WHAT YOUR LIFE WOULD BE LIKE WITHOUT LAKEWINDS? I've been a board member for just over a year, and a co-op owner for more than five. When I think back on how I shopped and ate before becoming an owner, the difference is striking. I would split my purchases between a number of grocery stores, depending on where I was and what I needed. I ate more processed foods, didn't know where my food came from, and bought lesser-quality meat and produce. If I needed a gift, I would make an extra stop at a gift store.

Shopping at Lakewinds allows me to live a healthier lifestyle year-round. I absolutely love the fresh fruit and produce section, so much so that I never want to buy produce elsewhere. The bulk section is also a must-stop. You can bring your own containers, buy the amount you need, and it all stays fresh. It took me longer to realize the health and beauty section has nearly everything I need, from makeup to Darn Tough socks. My new favorite area is the children's books and gifts section.

Lakewinds continues to innovate for our benefit while supporting local food makers. They do this on many levels: by providing us with locally sourced foods, as well as by supporting producers through programs such as Maker to Market and LOFF. But the key for me is the employees. They help nurture the sense of community that makes Lakewinds unique. I not only hear about their dedication from behind the scenes as a board member, I see it every time I shop.

Together, the employees and the product offerings at Lakewinds allow us all to live a healthier, more joyful life. And for that, I am grateful.



—SARAH BERG,
Board of directors member



Busy mornings? Think bulk bin.

When life gets hectic, it's especially important to start your day with a healthy breakfast. Make these breakfast bars for the nutritious energy you need to keep going — wherever the day takes you.

GET THE RECIPE FOR THESE BULK BIN BREAKFAST BARS AT LAKEWINDS.COOP/RECIPES

MADE WITH

AMERICAN HAZELNUT FLOUR

Made locally in Gays Mills, WI, using sustainable practices including regenerative and diversified agriculture.

GROCERY | \$15.99



SAUCES FROM THE CO-OP MAKE
YOUR DINNER FULL OF FLAVOR!
SEE RECIPES ON PAGE 7

\$4 off

One American Hazelnut Co. flour or oil

Valid Jan. 1 to March. 31, 2020

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

PLU 20312



\$2 off

One Mostly Made shepherd's pie or
enchilada filling

Valid Jan. 1 to March. 31, 2020

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

PLU 20314



\$3 off

One Santosha body care item

Valid Jan. 1 to March. 31, 2020

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

PLU 20315



\$2 off

One City Girl coffee

Valid Jan. 1 to March. 31, 2020

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

PLU 20317

