



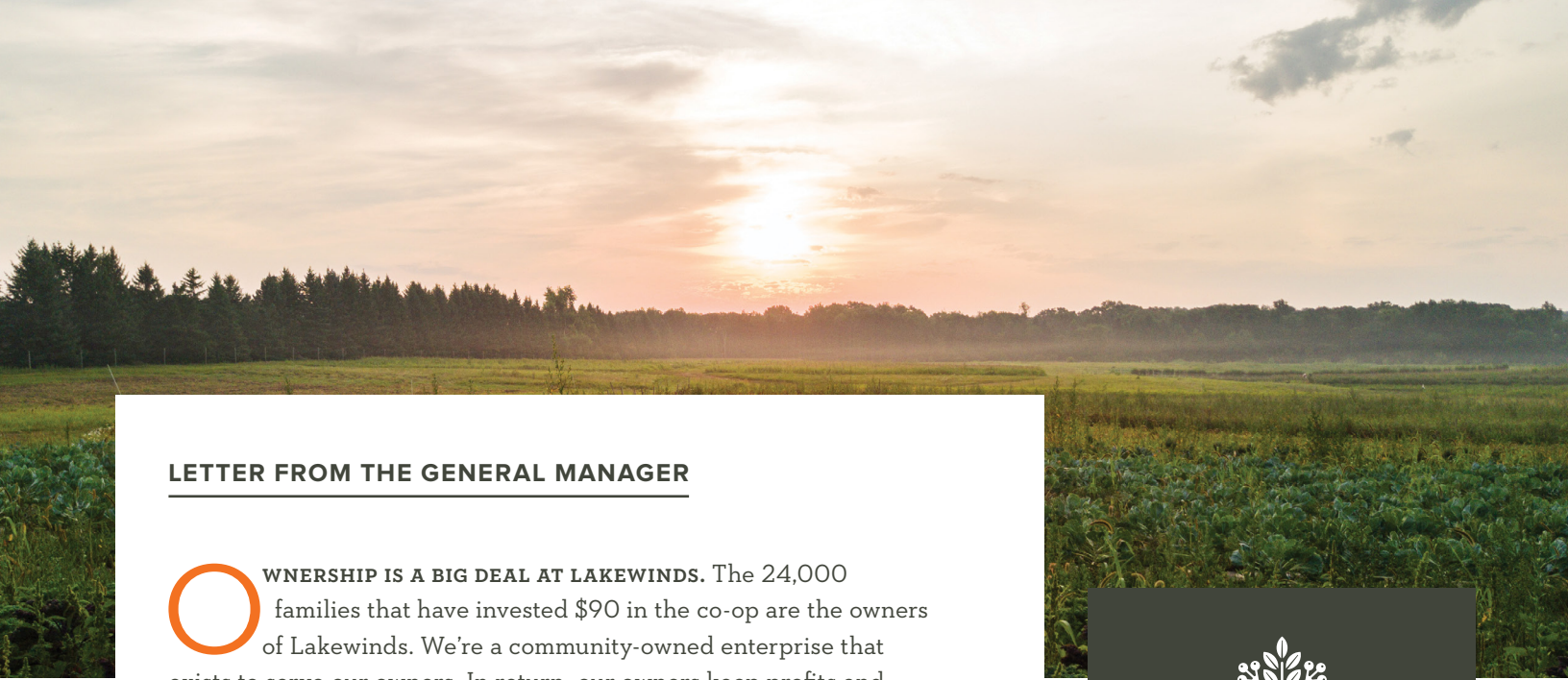
# ReFresh

## THE NEW NORTHERN CUISINE



- + ROOT VEGETABLE RUNDOWN
- + FALL WELLNESS
- + DIY SOUPS

FALL 2018



## LETTER FROM THE GENERAL MANAGER

**O**WNERSHIP IS A BIG DEAL AT LAKEWINDS. The 24,000 families that have invested \$90 in the co-op are the owners of Lakewinds. We're a community-owned enterprise that exists to serve our owners. In return, our owners keep profits and wages in our community and support a wide range of community organizations, small-scale agricultural producers, and programs like Maker to Market and Lakewinds Organic Field Fund.

The co-op system of returning profits to owners rewards you for shopping at the store you own—Lakewinds. You will have seen a letter detailing your annual patronage refund last month.

October is Owner Appreciation Month at Lakewinds. It's a time where we give even more attention to celebrating owners and expressing our gratitude for your ongoing patronage. In October, your usual 5% monthly discount is doubled to 10%. We also have many owner-only sale items as a way of saying thanks!


All of us on staff at Lakewinds appreciate your ownership at the co-op. We know you have many options for where you spend your grocery budget. We also know our product knowledge and great service are key to creating the Lakewinds experience our owners enjoy.

Your shopping dollars help us cultivate a resilient local food system, while rewarding you year after year with discounts and patronage refunds. What a great setup!

**Thank you for supporting the co-op with your ownership.**



Dale Woodbeck



**General Manager**  
Dale Woodbeck

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**Editor**  
Kate Kearns

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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

## COMMUNITY CONNECTIONS



### Empowering new farmers, assisting families in need.



#### BIG RIVER FARMERS

##### MAY LEE

May was the first Hmong farmer in Minnesota to be certified organic. Her farm, Mhonpai's Garden, continues to be one of the few organic operations run by a Hmong farmer. An integral part of Big River's farm incubator, May became a greenhouse trainer three seasons ago and moved into the Farmer Mentor role in 2015. She is committed to helping other farmers make progress, from her participation on the Emerging Farmers Conference planning committee to conducting outreach to the Hmong farming community.

##### LUE AND KIA LOR

Lue Lor grew up in Laos in a family with a small farmstead. After losing his mother and siblings in the Vietnam War, Lue, just ten years old, escaped to Thailand. Fifteen years later, Lue arrived in the US and made his way to Minnesota. Now the father of six children, Lor is returning to his farming roots. His goals are to complete the farmer training program and acquire a farm of his own, enabling him to give back to the community and provide for his growing family.

##### AUNG THIN

Aung Thin is living out his dream of becoming a happy old farmer. It hasn't been an easy road. During a long period of war, Aung Thin's father left him, his mother and siblings alone in Burma. It was there he got his start tilling rice on land from his grandparents until dangerous conditions drove him to seek resettlement in the US. A member of the Karen cultural group, he came to Minnesota, where he connected with other Karen people and got a grant that allowed him to learn farming on small tract of land. Now at Big River Farms, he plans to acquire his own farm where he can rent plots of land to other Karen refugees and share all he's learned.

**B**IG RIVER FARMS IS A 150-ACRE CSA AND ORGANIC FARMING INCUBATOR near the picturesque river town of Marine on Saint Croix, Minnesota. This social enterprise has an ambitious vision: to help diverse farmers, especially those from immigrant and refugee backgrounds, become part of a sustainable organic economy. Each season, Big River provides up to two dozen farmers with land access, training, and sales and marketing support to help get them established and find customers for their crops beyond the CSA.

That's where Lakewinds comes in. This year we are partnering with the Food Group (the parent of the Minnesota Farming Association, which created Big River Farms) to provide funding for Big River farmers to grow kid-friendly crops destined for high-need food shelves. Our investment of \$7,567 will yield over 4,000 lbs. of vegetables—3,388 servings of fresh produce for food insecure families.

The farmers at the heart of this effort have inspiring stories to share. Many came to Minnesota fleeing hardship to create a better life for themselves and their families. Meet three growers who are helping to grow a more capable and compassionate food system.



# New at the Co-op



**Superior Fresh Atlantic Salmon**

MEAT DEPARTMENT • \$17.99/LB

Think “Local Midwest Salmon” is an oxymoron? Superior Fresh of Wisconsin will change your expectations. Their advanced aquaculture facility, one of the world’s largest, turns a once coastal delicacy into a local favorite. Instead of traveling thousands of miles to reach our dinner tables, these whole salmon are harvested and cleaned locally by expert craftsmen. Simply put, it’s the most sustainable farm-raised salmon you can purchase—with exemplary flavor that’s love at first bite.



## Pranarom Kids Essential Oils

WELLNESS • \$9.99

With the new line of kid-friendly essential oils from Pranarom, aromatherapy is a family affair. Their unique blends—including Play, Sleep, and Purify—start with sustainably harvested organic plants, and end with a more harmonious home.



## Sauce Anna Lisa

PACKAGED GROCERY • \$8.99-\$9.99

Founder Lisa O’Connell created her slow-simmered and surprisingly sweet sauces to bring Old World Italian flavors to eager Minnesota families. Available in Traditional, Spicy, Olive, and Truffle varieties... just the thing to top off pastas, pizzas, and so much more.



## Local Crate Meal Kits

MEAT DEPARTMENT • \$17.99-\$19.99

Streamline your dinner plan with simple delicious meal kits built for two, featuring fresh, regionally-sourced ingredients in chef-designed recipes that change with the seasons. Now in our stores, look for Roasted Chicken Shawarma Bowl, Char Siu Chicken Tacos by Chef Yia Vang, Creamy Sun-dried Tomato Parmesan Chicken, Carne Asada Bowl with Chimichurri & Zucchini, and Steak Skewers with Saffron Rice by Chef Tim McKee.

## a2 Milk

REFRIGERATED GROCERY • \$4.49

A2 milk protein was once present in all dairy herds until a natural mutation occurred thousands of years ago. Today, milk from goats, sheep, camels, buffalo, yaks, and donkeys is either mostly or completely a2, while cow’s milk usually has a mixture of a1 and a2 proteins. Delicious a2 Milk is from dairy cows that naturally produce milk rich in a2, raised with no growth hormones, rBST, or antibiotics.



Some milk-intolerant people find a2 Milk easier to digest and enjoy.



## Spicy Sesame Cucumber Salad

DELI • \$9.99/LB

This produce-packed Pad Thai salad is the instant answer to early fall blahs. It’s brimming with flavor from its tender pad thai noodles, fresh organic vegetables, and spicy peanut sauce. Go ahead, heat up your taste buds as the weather cools down.

# Maker To Market Showcase

Original concepts from local food entrepreneurs.

## Jen’s Jars

\$8.99-\$16.99

Jen’s organic plant-based soups and spreads come in a spectrum of mouthwatering flavors: Spinach Pesto, Cannellini Bean Hummus, Minnesota Sweet Corn & Jalapeño Chowder, and Carrot, Tomato & Basil Soup. Yum!



## ProCured

\$11.99

Made from wholesome fresh Portobello and oyster mushrooms, mushroom jerky is a flavor-packed snack everyone can enjoy. In three fun varieties: Original Spicy, Teriyaki, and Sesame Ginger.



## Lost Capital Foods

\$6.49-\$7.49

Find these fresh and fermented raw hot sauces in refrigerated grocery, with a variety of flavor-forward heat levels for all Minnesota palates: Overdraft, Pyramid Scheme, and Another Bad Investment.



## 3 Bear Oats

\$6.99

Ready to heat and eat, these hearty grain bowls are available in the freezer section in flavors that please everyone at the table: Little Bear’s Breakfast, Petite Canadienne, Orso Toscano, and Cottage Garden.



# Hot Takes.

DELICIOUS DIY SOUPS IN A JAR—JUST ADD WATER.

Noodling what to bring for lunch? Here's just the thing: a warm, delicious meal made in a mason jar from whatever's in your fridge—or prepped ahead for the week to come. The formula couldn't be simpler: just add your ingredients to the jar with a dollop of bouillon paste, then fill with boiling water when it's time to eat. Super easy, super tasty. **Find the recipes at [Lakewinds.coop/recipes](https://Lakewinds.coop/recipes)**



Vegan option

## Tofu and Veggie Noodle

**ADD IN:** Pre-spiraled veggie noodles, found in Lakewinds' produce department.

## Lemon Pesto Chicken Noodle

**ADD IN:** Jen's Jars Spinach Pesto, a Maker to Market original.



## Thai Coconut Curry with Shrimp

**ADD IN:** Tofu noodles are quick to soften in hot water. Cook them in the jar with no advanced prep necessary. Also add ProCured Mushroom Jerky, which rehydrates in the broth.

### JAR SOUP TIPS and TRICKS

#### PERFECT PASTE

Bouillon paste is the secret to creating a hearty soup in no time. With bouillon as your soup base, all you need is boiling water.

#### LESS WASTE

Those trusty mason jars used for canning are just the ticket for lunches to go. Easy to pack and carry, with no wasted packaging.

#### ADD THIS AND THAT

Toss in dinner leftovers, like noodles, veggies, and proteins to build your soup. Kadejan Farms rotisserie chicken is a great choice.

#### OUR KIND OF BAR FOOD

Hit Lakewinds' salad bar to grab pre-cut vegetables, marinated tofu, and other scrumptious soup additions.

#### GET SAUCY WITH IT

Hot sauce, toasted sesame oil, fish sauce, and so many of your refrigerator door dressings can add depth and flavor to a simple lunch.

#### 3, 2, 1...

Soup's on at [Lakewinds.coop/recipes](https://Lakewinds.coop/recipes).

# Know your roots.

VIVID FLAVOR AND VITAMINS IN ABUNDANCE, FROM BEETS TO RUTABAGAS.

Sure, we're sad to see summer produce phasing out. But don't despair. A new bounty has arrived: root vegetables! Not sure where to start with these earthy seasonal treats? With sky-high nutrition and amazing flavor, you can't go wrong—roasted with butter, slow-cooked, in a soup or chili, or crunched in the raw (think carrots). We are lucky to grow tons of delicious root vegetables right here in Minnesota, supplying us with local produce well into the fall. Let's dig in!

## Rainbow Carrots

A FALL FAVORITE—SWEET AND EARTHY FLAVORS PACKED WITH LOTS OF VITAMIN A.

## Parsnip

WHITE CARROT LOOK-ALIKES WITH FLAVORS OF CINNAMON AND NUTMEG.

## Turnip

GOOD THINGS COME IN SMALL PACKAGES: THE SMALLER THE TURNIP, THE SWEETER THE FLAVOR.

## Rutabaga

A CROSS BETWEEN CABBAGE AND TURNIPS WITH CRISP, JUICY, AND SLIGHTLY BITTER FLAVOR.

## Red Beet

THIS NUTRITIONAL POWERHOUSE HAS B VITAMINS, IRON, POTASSIUM, AND MORE.

## Golden Beet

A SWEET AND COLORFUL ADDITION TO ANY DISH WITH A TASTE THAT'S LESS EARTHY THAN RED BEETS.

## Chioggia Beet

FUCHSIA ON THE OUTSIDE, PINK AND WHITE STRIPES INSIDE, AND CHOCK FULL OF FIBER.

## ROOT VEGETABLE RATATOUILLE

SERVES 6

2 teaspoons olive oil  
3 medium tomatoes, seeded, chopped  
1 medium onion, chopped  
3 garlic cloves, finely chopped  
2 tablespoons tomato paste  
2 teaspoons fresh thyme leaves  
1 teaspoon salt  
Pinch red pepper flakes  
1 rutabaga, very thinly sliced  
1 sweet potato, very thinly sliced  
1 medium zucchini, very thinly sliced  
2 small red potatoes, very thinly sliced  
1/2 cup freshly grated Parmesan cheese  
2 tablespoons butter, melted  
2 teaspoons fresh thyme  
1/2 teaspoon salt  
1/4 teaspoon black pepper

Heat oven to 400°F. Lightly grease a 2-quart round baking dish; set aside.

In a 12-inch skillet, heat the olive oil over medium heat. Add the tomatoes, onions, and garlic. Cook 6 to 8 minutes, stirring frequently, until the onion is tender. Stir in tomato paste, thyme, salt, and red pepper.

Spoon and spread the cooked tomato and onion mixture evenly into the bottom of the prepared baking dish.

In a large bowl, toss the rutabaga, sweet potato, zucchini, and red potato slices with the Parmesan, butter, thyme, salt, and pepper to coat. Place the sliced vegetables in the baking dish on top of the tomato mixture alternating the vegetables in a circular pattern.

Bake 35 to 45 minutes, until the vegetables are fork tender and golden brown. Serve warm.



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# IN SEARCH OF NORTHERN FOOD

**THE TRULY GREAT CUISINES OF THE WORLD ALL SHARE DEEP AND NUMEROUS CONNECTIONS TO BOTH AGRICULTURE AND WILD FOODS. HERE, THREE OF MINNESOTA'S BEST CULINARY MINDS REDEFINE NORTHERN FOOD BY EXPLORING THE STREAMS, LAKES, FIELDS AND FORESTS THAT SURROUND US. THAT'S WHERE THE BEST STORIES (AND THE TASTIEST DISHES!) COME FROM.**

For most of the 20th Century, the North has been dining on food that's an echo of other places—of Paris, of New York, of Tokyo. But over the past 15 or 20 years things have begun changing, slowly at first with the appearance of more farmers' markets and farm-to-table restaurants and now in a torrent. We're seeing a new embrace of local expressions of global traditions, of seasonal agriculture, and of food with deep connections to our sense of place that has begun bringing a once fuzzy concept of "Northern Food" in sharp focus.

There is no one authority out there for defining what is and isn't "Northern" or what "Northern" really means. But it is becoming increasingly clear that the process is more complex than just putting a frame around a dozen different northern European folk foods and calling it a day. There's a much bigger conversation taking place, and a much more diverse collection of foods and peoples are staking their claim to this place where we live, to the benefit of all of us.

The process of building a cuisine resembles assembling a quilt. You're patching together a square representing hotdish, sure, and another square representing seasonal fruit pies, but then here comes a square representing smoked fish—a food with rich histories in both the Scandinavian and

American Indian traditions. Pho gets a square, and so does banh mi—both the hyper-traditional recipes you can taste up and down University Avenue and Eat Street, and the new innovative versions that are cropping up at trendy restaurants.

And as we stitch together a picture of what Northern Food looks like, we're answering questions as we go. Along with the what—the sweet corn, the rhubarb, the wild mushrooms—there's the "why," too. Why are our taquerias so plentiful and excellent? Why does grass-fed beef and dairy taste more profoundly rich than silage-fed? Why are apples such a rich tradition around here, and why is there so much apple innovation taking place at the University of Minnesota? Why do Minnesota and Wisconsin produce such profoundly good cheese?

This image of Northern Food, then, is a many-faceted picture that is never quite finished. It's always growing and always unfolding new and old traditions to reflect the best that the land and the people have to offer. It's an embrace of the complexity of where we live today, and it's a hopeful glance forward at the place we hope to live tomorrow. And most importantly: it's what's on our table when we sit down for dinner with our families and friends.

INTRO BY JAMES NORTON



**ANN KIM**  
Chef/Owner  
of Pizzeria Lola,  
Hello Pizza and  
Young Joni

► The world is changing, and so is our perspective on food. Our new Northern food is built on the fact that we have vibrant, diverse immigrant populations that have settled here. The food is a reflection of those communities—it is what the people who live here are cooking and eating.

The new Northern food is bolder, and has flavors that are spicy and not shy. Menus have become more adventurous. A restaurant is no longer just an Italian restaurant or a Chinese restaurant—their menus are a continuing conversation between cultures. Fusion was the word 20 years ago, now we just call it really good food.

## ON PRESERVING

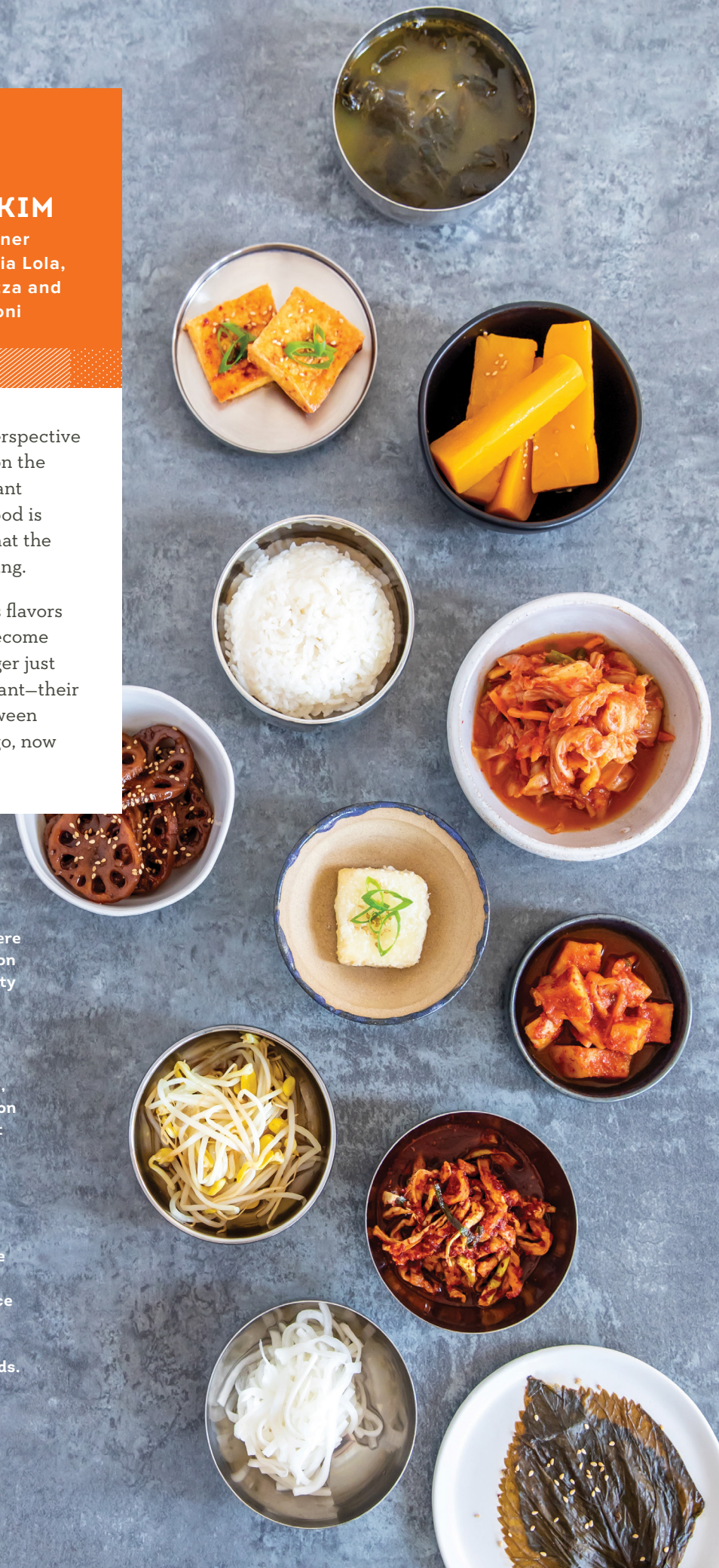
I grew up eating a lot of Korean ingredients that were fermented, preserved foods. There is also a tradition of pickling here in the North to hold on to the bounty of the growing season.

At Young Joni we preserve a lot of vegetables into kimchi, not just cabbage or daikon radish. We repurpose things that might otherwise go to waste, such as cauliflower stems left over from preparation of one of our most popular dishes. We also ferment Brussels sprouts into kimchi so we can enjoy them as a side dish out of season.

## ON WINTER SQUASH

Koreans love all varieties of squash and often serve it as a part of banchan, the small side dishes that accompany a meal. One preparation is to thinly slice thin soft-skinned squash, such as delicata squash, then sauté it with garlic, ginger, and brine shrimp (for umami in lieu of salt), and top with sesame seeds.

ANN KIM PORTRAIT BY THE RESTAURANT PROJECT  
BANCHAN PREPARED BY K AMERICA FOUNDATION



## WILD RICE PILAF STUFFED SQUASH

Thanks to Mother Nature's wisdom, two delicious indigenous foods—wild rice and winter squash—are ready for harvest at the same time. Winter squashes in all their glorious hues make striking containers for wild rice pilaf. Their sugary notes and velvety texture are a fine contrast to the woody, nutty flavors of the rice. One squash, the size of a large grapefruit, is ideal for two people. While acorn squash is the favorite, try red kuri, sweet dumpling, and delicata squashes as well. Bring the taste and beauty of autumn to the table with elegance and ease.

Find the recipe at [Lakewinds.coop/recipes](http://Lakewinds.coop/recipes)



**BETH DOOLEY**  
Cookbook Author

► As a New Jersey transplant, it's taken me forty years to fully appreciate what it means to live in this region that gives its food so reluctantly. Unlike moderate climates, our dramatic weather shapes our physical and emotional landscapes. We celebrate the year's changing riches: autumn's crisp air, brilliant colors, and snappy apples; winter's bluster and those simmering and warming stews. We yearn for spring's tender greens and pink rhubarb and delight in summer's golden corn. We take so little for granted. By understanding where our food comes from and how it is grown I fully appreciate its real value and the role it plays in my life.



## AUTUMN HARVEST SAMBUSAS & KALE SALAD WITH APPLE MAPLE CORN VINAIGRETTE

Find the recipe at [Lakewinds.coop/recipes](http://Lakewinds.coop/recipes)



**LACHELLE CUNNINGHAM**  
Chef/Owner of Chelles' Kitchen

► Healthy Roots is my food philosophy about reclaiming the narrative of soul food. Food touches every part of our lives. Food nourishes us physically. It comforts us emotionally. It influences us mentally. Food is embedded in our spiritual customs. It reflects our society and culture.

When we say "soul food," we are digging deeper than the countless clichés and stereotypes. Soul food is really the vehicle for our unification; it connects us on a deeper level. When bread is communally broken, magic happens that brings people together and levels the playing field. Yes, it's about filling people with delicious foods. But it is also about reconnecting with our food—knowing where it comes from, and knowing the history of our food system.

Healthy Roots is about connecting all of these factors. Ultimately, my mission is to impact people through food and to normalize healthy eating in my community. It is to impact the economy of the Twin Cities African-American community and the greater community by educating ourselves, as well as developing food enterprises that generate revenue, increase jobs, and raise property values—which addresses economic disparities.

ROOTS ESSENTIAL  
HAIR CARE (LOCAL)  
\$9.99

ANDALOU NATURALS  
FOR MEN  
\$8.99-\$12.99

# Self-Care Refresh

NATURAL WAYS TO FEEL AND  
LOOK YOUR BEST THIS FALL.

FRAU FOWLER  
TOOTH POWDER  
\$7.99

MINERAL FUSION  
LIQUID EYE LINER  
\$16.99

PACHA SOAP  
\$1.25/OZ

MINERAL FUSION  
EYESHADOW TRIO  
\$26.99

SEAWEED BATH  
DETOX CREAM  
\$13.99

KATE'S MAGIK  
ANOINTING OIL  
\$14.99

KATE'S MAGIK  
AURA MIST  
\$14.99

MINERAL FUSION  
NAIL POLISH  
\$8.99

HERE IN MINNESOTA, WE LOVE OUR ROUTINES. But as the season changes, our body care regimen should too. Reset body and mind (and your bathroom cabinet) with Lakewinds' exceptional body care options, perfect for natural renewal and rejuvenation from head to toe.

As always, we seek out products that use renewable and fairly traded ingredients, free of genetic engineering or artificial fragrances.

## THE BOARD VIEW

ILLUSTRATION: NATE JOHANNES



AS YOU WALK THROUGH THE LAKEWINDS aisles during this harvest season, take a moment to appreciate the vibrant colors, textures, smells, and tastes found this time of year. Your options are fresh and delicious, healthy and plentiful. The seeds have long been sown, the harvest is in full force, and the days are quickly growing shorter. These fading moments of summer are the perfect time to delight in the yields from all the hard work of our local farmers and producers.

As you hunt for that perfectly ripe sun-kissed tomato or begin to stock up for some cozy autumn stew, you can take pride in the fact that your purchases support local farmers and help to make healthy food more accessible and abundant throughout our communities. Lakewinds' partners are dedicated to providing us with fresh, nourishing food and they serve as stewards of the land in the process. By shopping at Lakewinds you

are supporting local food shelves, community and school gardens, our Food Group partnership, and initiatives like Lakewinds Organic Field Fund and Maker to Market.

The harvest season is a time to celebrate food and farmers and share delicious meals with family and friends. Being a member of the co-op means you get to do so while also supporting great causes. All the more reason to stock up and use your canning jars and freezer to capture some of that fleeting summer freshness for winter days to come!



—Anne Sheridan  
Lakewinds Board Member

## Fall Body Care Sale

SAVE 25% ON ALL  
BEAUTY & BODY CARE  
SATURDAY,  
SEPTEMBER 22



## Bulk Day Sale

SATURDAY, NOVEMBER 10







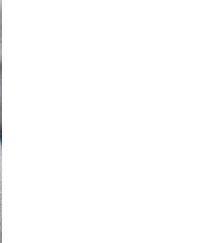
6321 Bury Drive, Suite 21  
Eden Prairie, MN 55346  
lakewinds.coop

**LAKEWINDS**  
FOOD CO-OP

**Thank YOU for being a Lakewinds owner.**

Without our owners, we wouldn't be the thriving co-op that we are. You give us the opportunity to grow our passion for real, local, healthy food and nurture our community relationships with like-minded farmers and nonprofit organizations.

To show our appreciation for your continued support, we have replaced your monthly 5% discount with a 10% discount in the month of October.



**\$1 off**

**Any Jen's Jars soup or spread**

Valid September 15 - November 30, 2018

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

PLU 20254



**\$1 off**

**Any Lost Capital Foods hot sauce**

Valid September 15 - November 30, 2018

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

PLU 20258



**\$1 off**

**Any ProCured mushroom jerky**

Valid September 15 - November 30, 2018

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

PLU 20256



**\$1 off**

**Any 3 Bear Oats frozen bowl**

Valid September 15 - November 30, 2018

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

PLU 20260

