

ReFresh

LOCAL
LAMB,
GLOBAL
..... FLAVOR

Spring
2018

WOMEN FOOD MAKERS
TO WATCH

HONORING
EARTH DAY

MEET
FORTUNE FISH

HOMEGROWN
SPRING FLAVORS

Community Connections

LETTER FROM THE GENERAL MANAGER

IT'S TIME AGAIN TO ANNOUNCE THE RECIPIENTS OF LAKEWINDS ORGANIC FIELD FUND (LOFF). This is the eighth year for LOFF, our grant fund for local and regional organic farms. You'll see a list of recipients and short descriptions of their projects later in this issue of *ReFresh*.

The good news about LOFF is that we can provide money, no strings attached, to farms that need capital to improve their infrastructure. We all benefit as these farms become more efficient and meet more stringent regulatory requirements. The bad news is that profits are so slim in local, small scale, organic farming that LOFF is needed to provide otherwise unavailable capital for farm improvements.

More good news is that we'll see a direct connection between LOFF and the shopping experience at Lakewinds this summer. Each of our three stores will feature produce from farms that have received LOFF grants. You'll hear and see more about these farms as we move into the growing season.

Lakewinds' ability to fund LOFF is entirely due to the commitment each of you makes by shopping at Lakewinds. Thank you for your support of the co-op as we support our many, many local farmers and producers!

All of us on staff at Lakewinds are also working to respond to the feedback from last summer's shopper survey. You told us you'd like more local, more organic, and continued work on prices. Here's what we're doing:

- Directing our purchasing resources for all departments to sourcing local partners.
- Expanding Maker to Market, our accelerator program that brings local food entrepreneurs' products into Lakewinds.
- Offering compelling deals every week in every department.

The tightrope we walk at Lakewinds is to keep our pricing competitive in the market while remaining true to our mission and values. We're committed to equity for our farmer and producer partners. We're committed to equitable pay and benefits for our staff. We're committed to providing knowledge and service to our shoppers.

It's a complex and ever-changing puzzle, but it's also a powerful recipe for moving our food system and our society to a better place.

Thanks for supporting Lakewinds.



Dale Woodbeck



General Manager
Dale Woodbeck

Sr. Marketing Manager
Amy Campbell

Editor
Kate Kearns

**Recipe/Product
Photography & Design**
Quincy Street Kitchen



RICHFIELD
6420 Lyndale Ave. S
Richfield, MN 55423
612-814-8000

CHANHASSEN
435 Pond Promenade
Chanhasseen, MN 55317
952-697-3366

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

UPCOMING AT LAKEWINDS

APRIL

LOCAL FOOD FEST

Saturday, April 21st
11:00AM - 3:00PM

All Lakewinds Locations

MAY

ANNUAL MEAT SALE

Saturday, May 19th

All Lakewinds Locations

JUNE

BEAUTY SALE

Saturday, June 16th
Save an additional 10% on
all body care items.

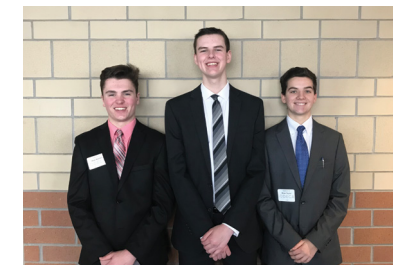
All Lakewinds Locations

Student engagement

Education is at the heart of our mission at Lakewinds. Whether it's exposing students to the organic food business or mobilizing young people around food-based issues, we're proud to use our know-how and resources to uplift the communities we call home. Two recent projects show what a difference it can make.

CHANHASSEN HIGH SCHOOL DECA PROGRAM

DECA is an international association that introduces students to opportunities in marketing, management, and entrepreneurship. When Chanhasseen High School's DECA chapter entered a competition to raise awareness around suburban hunger, Lakewinds saw a chance to help. Our stores became a staging ground for a series of events to support a local food shelf. Students' efforts included a pop-up shop at Lakewinds, the "CHANhasseen food drive," and a fundraiser with an ice golf course. Chanhasseen store manager Katie Lewsader mentored students in marketing, planning, and communication to make the events successful. The DECA team finished 6th in the state competition but scored even higher at home, where they gave the food shelf a boost and brought visibility to an important cause.



MINNETONKA HIGH SCHOOL VANTAGE PROGRAM

In the VANTAGE program, students work as a team to solve real-world problems under the direction of teachers and local professionals. For their latest project, Lakewinds gave VANTAGE students in Minnetonka the opportunity to explore data-driven marketing. Using raw data from Lakewinds stores, students analyzed customer locations, buying habits, and social media interactions to create recommendations for Lakewinds' marketing strategies. The result was a lot of learning, experience delivering a professional presentation, and some smart ideas for increasing sales.





Spirit Creek Farm Probiotic Brines

REFRIGERATED GROCERY • \$4.99 ♥

Andrew and Jennifer of Spirit Creek Farm combine locally sourced organic vegetables with solar evaporated sea salt to create these lacto-fermented brines. Take a shot for gut health, or use as a base for salad dressings and marinades. Made in Cornucopia, WI, the brines are available in Purple Kraut and Kimchi.



Goat Shine Soap & Lotion

WELLNESS • \$4.99-\$8.99 ♥

In search of a natural alternative to steroids to soothe their son's eczema, Ed and Tracy discovered the wonders of goat milk. This miracle substance has deeply moisturizing qualities and is easily absorbed into the skin. And so Goat Shine was born. Based in Glencoe, Minnesota, the couple tend a herd of Nigerian Dwarf Goats to create their signature lotions and soaps, just the thing to renew sensitive skin for spring.



Rice Bowls

DELI • \$8.99 EACH

When you're craving flavors off the beaten path, drop by our deli for globally inspired rice bowls, all made in house. Our Korean Beef Bowl has flavorful bulgogi, grilled bok choy, and spicy kimchi, with Sriracha sauce to drizzle or dip. The Cilantro Lime Chicken Bowl features chicken marinated in Maazah cilantro chutney, fresh lime, garlic, and black beans, and is served with Uncle Simon's picante and a relish of red onion and radish. And don't miss the Vegan Moroccan Rice Bowl, a smoky rich blend of Harissa, garlic, chickpeas, and squash.



Rebel Green

PACKAGED GROCERY • \$4.99-\$12.99 ♥

Headquartered in Mequon, Wisconsin, Rebel Green is a leader in safe and sustainable cleaning products. They believe clean water, air, and food are a human right. Rebel's USDA-Certified Organic Laundry Detergent uses plant-based essential oils to clean clothes without synthetic fragrances, phosphates, phthalates, parabens, or dyes. For more Rebel goodness, try their Fruit & Veggie Clean product, a safe way to scrub up foods with no residual taste.



Lakewinds Exclusive

Puros Pies

REFRIGERATED GROCERY • \$2.99 ♥

Brian and Jessica of Chanhassen created Puros Pies to satisfy their family's sweet tooth without all the bad-for-you ingredients. Made with coconut milk, cashews, dates, and no refined sugar, their yummy pies are gluten-free, vegan, and Paleo-friendly. It's the perfect on-the-go snack or single-serving dessert, available in Cocoa Espresso, Carrot Curry, Almond Butter, Strawberry, and more.



QUICK DINNER IDEA!

Moroccan Lamb Meatball

MEAT DEPARTMENT • \$1.79 EACH ♥

Liven up your spring menu with herb-seasoned Moroccan Lamb Meatballs, made in house with lamb from The Lamb Shoppe in Hutchinson, Minnesota. Pair meatballs with yogurt sauce for dipping or serve with couscous and harissa tomato sauce (try local favorite Caldo Harissa) for a satisfying main course.

Local BUZZ



Pollinators are the small but mighty heroes of our food system. To keep their population healthy—so they can do their important job—bees need help from sustainable beekeepers, which is why Lakewinds features honey from trusted local producers. Our stores are stocked with single-source raw honey, honey spreads, and other products from suppliers including Ames Farm, Bare Honey, Beez Kneez, Homestead Apiaries, Marquette Farms, Minnetonka Gold, and The Honey House. Buying honey from local suppliers isn't just better for bees: consuming raw honey from within 10 miles of where you live helps build immunities to pollen specific to the area.



LAKEWINDS
ORGANIC
FIELD FUND

2018 GRANTEES

\$63,167 in grants was awarded to 10 farms in Minnesota and western Wisconsin.

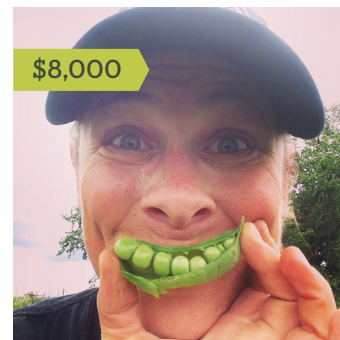
On February 20, the Lakewinds Organic Field Fund selection committee came together and awarded the 2018 LOFF grants. The committee is made up of 14 people passionate about local organic and sustainable agriculture, including Lakewinds board members, staff, and a previous LOFF grant recipient. We're proud to announce this year's recipients, and we wish them great success as they work on their projects.



Sin Fronteras Farm & Food
STILLWATER, MN

Purchase essential tractor equipment to improve weed and pest control without endangering soil structure.

\$8,000



\$8,000

Alternative Roots Farm
MADELIA, MN

Construct a walk-in cooler for fruit and vegetable storage that incorporates "passive cooling" technology.



\$8,000

Racing Heart Farm
COLFAX, WI

Construct a packing and storage facility to meet food safety standards, increase storage capacity, and extend the season.



\$4,000

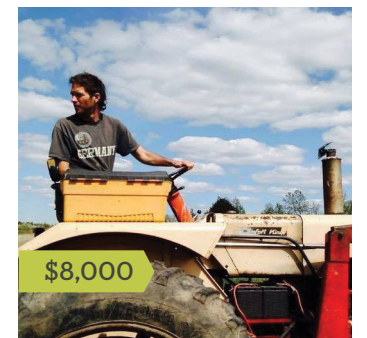
Pettit Pastures
FOLEY, MN

Plant a windbreak of 300 hybrid hazelnut shrubs and 30 red oak trees to prevent erosion, allowing for soil quality restoration.

Loon Organics
HUTCHINSON, MN

Construct a winterized greenhouse as the final phase of a pack shed improvement and season extension project.

\$5,330



\$8,000

Twin Organics
NORTHFIELD, MN

Repair greenhouses to increase quality and production of vegetables, and to offer greenhouse space to beginning growers.

Johnson Family Pastures
CENTURIA, WI

Install fence, water lines, and shelters to convert a fallow hay field to a three-acre pig pasture.
\$5,387



\$1,750

Solar Fresh Produce

BUFFALO, MN

Improve and upgrade cold storage facility to increase produce quality and safety.



\$8,000

Spring Wind Farm
NORTHFIELD, MN

Upgrade a greenhouse with energy efficient in-floor heat to increase product quality and introduce a winter CSA program.

Prairie Drifter Farm
LITCHFIELD, MN

Purchase a barrel washer and install an overhead door as phase one of a pack shed expansion and improvement project.
\$6,700



SUSTAINABLE SHOPPING GUIDE

April 22nd is the day we come together to honor Mother Earth. But at Lakewinds we believe in making planet-friendly choices all year round. Every day is an opportunity to take less, reuse more, and shrink our environmental footprint. Here are just some of the ways we make sustainable shopping easy for owners and shoppers.



Local Loyalty

Of the many reasons to love Midwest-made products, environmental impact is one of the biggest. By decreasing the number of miles products travel to our shelves, we cut down on fossil fuel use and the impacts that go with it. There's an economic impact as well: local sourcing is a boon for innovative growing practices such as aquaponics and hydroponics, so Minnesotans can enjoy locally grown and raised foods even in winter. It's all part of our commitment to building a thriving organic food community.



BYOBAGS

Lakewinds stopped offering plastic grocery bags because of the harm caused by plastic production and improper disposal. But paper bags aren't much better: the US cuts down 14 million trees a year to make paper bags, and they take 13% more energy to produce than plastic. With only 20% of paper bags in the US getting recycled, reusable bags are still the most sustainable option. Toss one in your trunk or purse so you never shop without it.



Lakewinds Environmentally Friendly Practices Committee

Lakewinds is committed to making a positive environmental impact wherever we can in keeping with our five Co-op Promises. In 2017, we amped up our waste diversion practices, driving huge improvements in store composting and recycling each quarter. Diversion rates measure what proportion of our waste avoids a landfill, either by going to recycling centers or being composted into black useable soil.

WASTE DIVERSION BY LAKEWINDS LOCATION

RICHFIELD
93%

CHANHASSEN
71%

MINNETONKA
79%

Bulk Up

The bulk aisle is one of the best places to reduce waste on your co-op run. Buy exactly what you need, so less goes unused. And with 23% of landfills taken up by food packaging alone, shopping the bulk aisle can be an important piece of reducing packaging waste. Lakewinds has you covered across the co-op with bulk produce items like basil, mushrooms, and dates, and bulk eggs from Larry Schultz Farm. And remember, you can bring your own bulk containers from home to eliminate the need for bags.



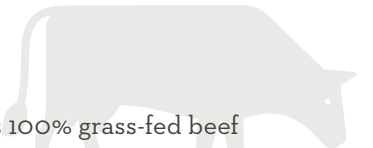
TARE TIP

Before you hit the bulk bins, know the weight of your empty containers, also known as the tare. You can weigh containers at customer service or at the scale in the bulk aisle. At checkout, your cashier subtracts the tare weight from the total weight of the product. You only pay for what's inside!



Go Grass-Fed

Lakewinds brings customers 100% grass-fed beef and dairy products whenever possible to support our strict environmental standards. 100% grass-fed meats eliminate the need for corn feed, which requires copious amounts of fossil fuels to grow. By rotating animals' access to pasture year-round, the practice lessens pollution as animal waste is naturally cycled into the earth. What's more, 100% grass-fed meats are lower in fat and higher in omega-3s—as good for people as they are for the planet.





MEAT COUNTER CONFIDENTIAL

GET TO KNOW Fortune Fish & Gourmet

A local institution, Coastal Seafoods has supplied Lakewinds with the highest quality fish and seafood for many years, while helping us uphold the ethical and sustainable practices our owners expect. Last year, Coastal was purchased by Fortune Fish & Gourmet, a Chicago-based distributor committed to the same high standards and practices. While Coastal's South Minneapolis storefront still bears the name, now Fortune is supplying our fish.

In a business where what's sustainable changes season to season, Fortune works hard to bring our customers safe and responsible options. They're a founding member of Sea Pact, an alliance of companies dedicated to driving continuous improvement in the global seafood supply chain, like using their purchasing power to help suppliers improve their fishery and aquaculture practices.

In evaluating fish farms, Fortune focuses on environmental impact. They partner with farms that operate inland (in ponds or recirculating tank systems) or in farms and pens with a low fish density. Partners must minimize waste, prevent farmed fish from escaping into the wild, and avoid spreading diseases to wild fish populations. Fortune's farmed fish carry high marks from certification groups including Best Aquaculture Practices, the Monterey Bay Seafood Watch Program, and the Aquaculture Stewardship Council.

ADVICE from FORTUNE'S FISH EXPERTS



Learn to love frozen. Just like canning veggies from the summer farmer's market, buying fish caught during peak season and flash-frozen is a great way to enjoy your favorite catch year-round. Ask our meat counter experts for recommendations the next time you're at the co-op.

Meat & Match

Four ways to make the most of whatever cuts you have on hand this spring.

1 Boneless skinless chicken breasts

Make a satisfying breakfast hash with leftover cooked chicken, cubed sweet potatoes, hot or sweet peppers, red onion, and black beans. Top it off with a fried egg.

2 Grass-fed ground beef

Brown several pounds at once, divide into portions, and season with taco seasoning, curry powder, garlic, soy, smoked paprika, or onion. Freeze and use in rice bowls, tacos, soups, and lettuce wraps.

3 Pork loin chops

Cut into strips, then marinate in teriyaki sauce, thread on skewers with pineapple, and grill for a quick dinner.

4 Ground turkey

Lighten up with a California turkey burger topped with hydroponic lettuce and tomato, sliced avocado, and a drizzle of red wine vinegar.

Annual Meat Sale
Saturday, May 19

It's that time of year again! Get ready to stock your freezer with meats free of growth hormones and antibiotics, from boneless chicken breasts to grass-fed ground beef to salmon fillets.

lomi lomi salmon

With its clean ingredients and bright, bold flavors, this Hawaiian culinary staple will have you dreaming of warm waters and sandy beaches.

- INGREDIENTS**
- 1 cup coarse Kosher salt
 - 1/2 cup sugar
 - 1 large handful fresh cilantro
 - 1 pound fresh salmon filet, skin removed
 - 2 Roma tomatoes, seeded and diced
 - 4 scallions, thinly sliced
 - 1/4 cup diced red onion
 - 1/4 cup chopped fresh cilantro
 - 1 jalapeño pepper, seeded and diced
 - 1 tablespoon avocado or sunflower oil
 - 2 teaspoons toasted sesame oil
 - Juice from 1 lime
 - 1/4 cup chopped macadamia nuts

PREPARATION

In a small bowl, mix salt and sugar. In a glass baking dish, layer half of the fresh cilantro and half of the salt mixture. Top with salmon, remaining salt mixture and cilantro, making sure the salmon is completely covered with salt. Tightly wrap the baking dish with plastic wrap and refrigerate for 24 hours.

Unwrap salmon; discard salt and cilantro. Thoroughly rinse salmon to remove all salt. Pat salmon dry and cut into 1/2-inch cubes. In a medium bowl, toss the salmon and remaining ingredients except the macadamia nuts. Refrigerate until well chilled. Garnish with macadamia nuts and serve.

Curing the salmon in salt draws out moisture and inhibits the growth of microorganisms. This keeps it safe to eat, even without cooking!



WOMN POWER



Here in Minnesota, female food makers are a powerful force in our booming local food economy. They are combining personal passion, global flavors, and local organic ingredients. Meet some of the women entrepreneurs whose innovative products are lighting up the shelves at Lakewinds.



Maazah Chutney
SHEILLA & YASAMEEN SAJADY



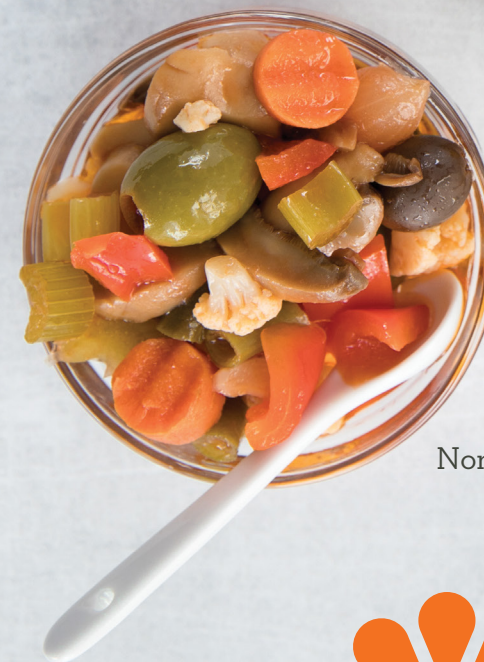
Kiss My Cabbage
ADRIENNE LOGSDON



Hoyo Sambusas
& Basbaas Salsa
MARIAM & HLIMA MOHAMED



Uncle Simon's Traditions
Colombian Picante
CLAUDIA FENN



Nonna's Best Antipasto
DINA SWANSON



About the Makers

Hoyo Sambusas and Basbaas Salsa

“Hoyo” is the Somali word for mother, and motherhood is the inspiration for this Bloomington-based startup. Mariam Mohamed, Hlima Mohamed, and their business partner Matt Glover started Hoyo to craft traditional Somali foods that simplify life for busy families while bringing more Somali women into the workplace. Their delicious meat- or lentil-filled sambusas are crafted in small batches. Try them with Basbaas sauce (a bright-tasting combination of jalapeño, cilantro, onion, and lemon) for an authentic Somali feast.



Kiss My Cabbage

Adrienne Logsdon’s business grew out of a love of vegetable gardening, healthy cooking, and a passion to serve the public. Kiss My Cabbage produces a range of vibrant fermented foods: Red Curtido Kraut, Lemon Dill Kraut, Curry Kimchi, and a tasty giardiniera. Most of her veggies are grown by Burning River Farm in Frederic, Wisconsin, with the rest sourced from local certified organic farmers. Try it for the flavor, then stock up for health benefits like improved digestion and increased vitamin and mineral absorption.



Maazah Chutney

Sheilla and Yasameen Sajady’s mother taught them that good food comes from good ingredients. These sisters from a large Afghani family took the lesson to heart, transforming their mother’s chutney recipe into a thriving small business. Named for the word “flavor” in Farsi, Maazah Afghani green chutney is produced in small batches in Minneapolis. Try it on grilled meats like lamb or chicken kebabs, or put a splash on pizza, fish tacos, rice, eggs—anything that could use a fresh kick of flavor.



Nonna’s Best Antipasto

Like many of our featured entrepreneurs, Dina Swanson keeps her food business in the family. She jars her grandma’s traditional Italian Antipasto recipe (Nonna means grandmother in Italian) in Maple Grove, Minnesota. Sold at local farmers markets and co-ops, Nonna’s blend of spicy pickled vegetables is delicious straight out of the jar and just as great on pizza, tossed with pasta, or topping grilled Italian bread.



Uncle Simon’s Traditions Colombian Picante

After years of bringing home suitcases full of her uncle’s picante sauce from her native Colombia, Claudia Fenn decided there was a better way. Channeling her uncle’s zest for life and his beloved traditional recipes, Fenn created Uncle Simon’s Traditions spicy picante sauces and green chimichurri that enliven all kinds of foods, from eggs to fish to soups. Based in Eden Prairie, her authentic Colombian recipes are a must-try.



ON THE COVER

Afghani Lamb Kebabs with Maazah Chutney

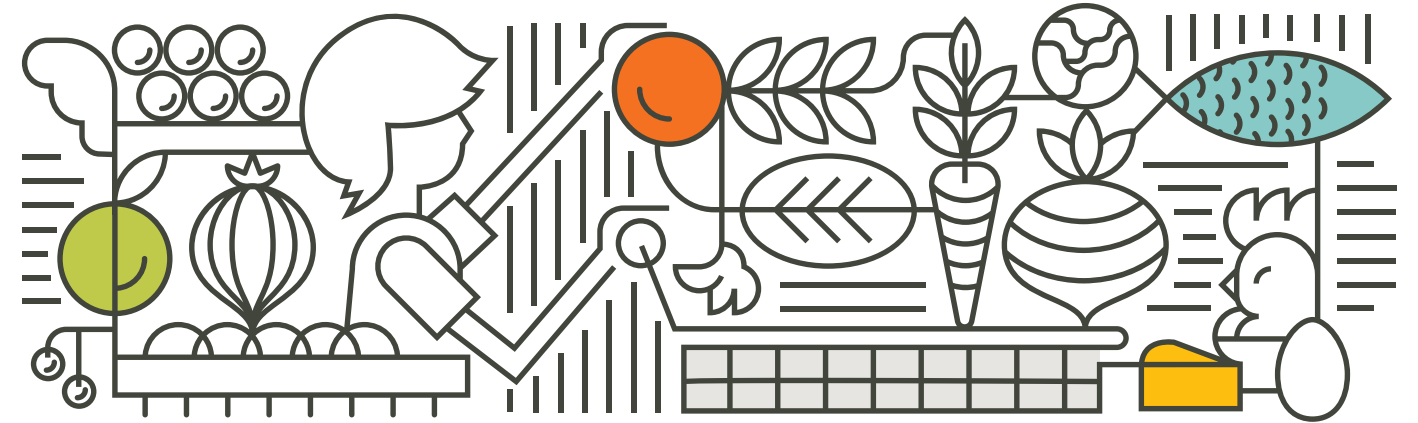
INGREDIENTS

- 3/4 cup plain whole milk yogurt
- 2 tablespoons lemon juice
- 3 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 pounds lamb from The Lamb Shoppe, cut into 1-inch cubes
- 1 cup Maazah Chutney

PREPARATION

In a medium bowl, combine the yogurt, lemon juice, garlic, cumin, turmeric, salt, and pepper. Add cubed lamb and toss well to coat. Refrigerate for 4 hours, or overnight. Thread the marinated lamb onto skewers and grill over medium-high heat until lamb is cooked through, but still slightly pink in the center. These can also be broiled in the oven. Serve with a drizzle of Maazah chutney (plus a bowl for dipping), over rice, or with warm naan bread.

THE BOARD VIEW



WE JOINED LAKEWINDS IN 2007. We had started doing a CSA in 2005 in an effort to find fresh, local food, but needed a grocery store for unexpected needs and specific things. Our friends had “found” this great store that had mostly organic and locally sourced produce, and we were hooked.

I always liked going to Lakewinds. I had figured the layout in the first 5 trips and knew exactly which places to stop at and get what we needed. It used to be a 10-15 minute trip. For me, that was the right amount of time to be in a shop. And then we had our son...

In 2009 we were blessed with a baby boy and, after a few months of total hibernation, we ventured forth back into the world with a baby dangling from a baby carrier. At about 2, I decided to take him out his carrier and let him push along one of the kid’s carts in the Chanhassen store. The first time was nerve wracking, as I made sure he did not hurt himself, others, or shelves as he navigated his way through the store. Soon going to the grocery store became a father and son activity.

Over the next two years something strange happened. My son, quite bored with my routine of stopping at specific places, started to play games with me where he would sneak random things into his cart. One time I found baby bok choy at the check-out. We never had bok choy before. Not wanting to make a scene, I bought it. After looking through recipes at home, we made a simple ginger bok choy dish, loved it, and now we do it once a week.

Over the last few years we have added a lot of new things to our food repertoire—bok choy, rutabaga, Swiss chard, oregano, fennel, things from the bulk bins. We now know 22 different apple varieties and make sure we sample all of these through the year, along with 12 varieties of oranges.

Whatever our son picks out at the grocery store, he participates in cooking and is very enthusiastic about eating. He has actually improved our eating habits—apples are our favorite snack and we go through 3-4 lbs. of oranges a week. Bok choy, asparagus, and broccoli are family favorites.

I attribute all this to the fact that he was so interested in the grocery store and grocery shopping. I think we have accidentally landed into a great parenting philosophy that is leading to great eating habits—get kids involved in grocery shopping!

And, one of the key ingredients in that it is the right kind of grocery store—one that is easy to shop in, supports sustainable agriculture, and supports local farmers. It makes for great teaching moments and conversations with kids, creating values to perpetuate this in the future. Dale and his team do a wonderful job of making that happen. I often say that there is something about Lakewinds that just makes grocery shopping a pleasure. My son agrees.

—Rahul Deep

Lakewinds Board Member



Join Us for Board Meetings

Co-op owners are welcome to attend board meetings, usually held the last Monday of the month at 6:30 p.m. at the Lakewinds business office (6321 Bury Drive, Suite 21, Eden Prairie). Please email the board at board@lakewinds.com to let them know you’ll be attending, or to share your thoughts about the co-op.



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

\$1 off

Any local honey

Valid March 23 - June 22, 2018

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

PLU 20230



\$1 off/lb

Alaskan Cod

Valid March 23 - June 22, 2018

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

PLU 20232



\$2 off

Kiss My Cabbage

Valid March 23 - June 22, 2018

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

PLU 20236



\$1 off

Lakewinds reusable bag

Valid March 23 - June 22, 2018

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

PLU 20234

