



ReFresh



Warm up!

- + THE POWER OF ROUND UP
- + SUPER SHROOMS
- + ONE-POT MEALS

These greens are grown year round right here in the Midwest by Superior Fresh. FIND OUT HOW ON PG. 5.

LETTER FROM THE GENERAL MANAGER

ONE OF THE GREAT PARTS OF MY ROLE AT THE CO-OP IS TO TALK ABOUT FOOD: the food we prepare, the food we source from local makers and chefs around the Twin Cities, and the food we buy from our farmers and suppliers.

I'm talking about partners like Superior Fresh, featured later in the newsletter. You've probably seen clamshells of Superior Fresh greens from Wisconsin in our produce cases. Did you know Superior Fresh also provides fresh salmon to Lakewinds as part of their aquaponic agriculture system? With growing pressure on wild-caught fish populations, we're excited to bring you sustainable alternatives like these sourced close to home.

But food isn't the only way Lakewinds is having an impact. Season after season, we're powering all kinds of necessary work in our community. You'll find us in schools, at food shelves, and at other non-profits, where we educate and build a community around food and good health. By rounding up at check-out, our owners and shoppers pitch in as well, providing thousands of dollars for everything from food banks to local classrooms.

This season, we're meeting with farmers to plan for the produce we'll need next summer. Two of our signature programs are revving up for a new year: Lakewinds Organic Field Fund, our grant program for local organic farmers, and Maker to Market, our homegrown food accelerator now in its third year.

Your decision to shop Lakewinds co-op is making a real difference in our community every day. For all you do, our sincere thanks.



Dale Woodbeck
Dale Woodbeck



GENERAL MANAGER
Dale Woodbeck

EDITORS
Jena Olson
Senior Communications Manager

Jennifer Dean
Community & Events Coordinator

Baylee Meichels
Marketing Assistant

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

LOCAL LOVE

Building a strong organic economy from the roots up

MAKER TO MARKET

Lakewinds is committed to building a healthy and vibrant local food system where local food makers can thrive and grow their business. That's why we partnered with local non-profit, The Good Acre, to create Maker to Market. Now entering its third year, our food accelerator helps entrepreneurs take their food business from home-based to retail-ready. Together with The Good Acre, we supply the network, new opportunities, expertise, and sourcing to help makers scale up their delicious ideas and get them into the hands of people who will love them.



THE LAKEWINDS ORGANIC FIELD FUND

At Lakewinds, supporting our local farming community is a mission that unites our shoppers, owners, partners, and employees. That's what the Lakewinds Organic Field Fund (LOFF) grant program is all about. Since its creation in 2011, LOFF has awarded \$374,391 in grants to more than 50 local farms. These contributions help build a local food system that values smaller scale agriculture, soil health, sustainability, and environmental responsibility—while satisfying our owners' desire for high-quality, organic food.



MAKER TO MARKET FOR FOOD ENTREPRENEURS:

- **Jan 14 – Feb 15, 2019**
Applications are open for submission
- **February 2019**
Samples and product pitch videos due
- **March 2019**
Taste tests and panel evaluation of products
- **April 2019**
Finalists notified

Program participation runs from April – Dec. 2019

► Learn more at makertomarketmn.com

BE PART OF OUR NINTH YEAR OF LOFF!

- **December 10, 2018**
2019 applications available online
- **February 1, 2019**
Applications due
- **March 2019**
LOFF recipients notified

► For more information or to apply to be a LOFF recipient, visit lakewinds.coop/community



NEW AT THE CO-OP

Look for LOCAL

Oh My Squash! Salad

DELI • \$12.99/LB

Whether you're a strict paleo or just curious, here's the hearty seasonal salad you've been waiting for. A savory blend of roasted parsnips and butternut squash, olive oil, parsley, garlic, sea salt and zesty Kalamata olives...cave-people never had it so good!



NEW ITEM: Le Souk Ceramique Pottery

HOME GOODS • \$8.49-\$35.99

Whether at the center of your special occasion or for everyday use, this hand-painted Tunisian pottery makes a striking and timeless statement. These certified Fair Trade and ethically made products make one-of-a-kind gifts, too.



Local Crate Meal Kits

MEAT DEPARTMENT
\$17.99-\$19.99

Check out the new offerings such as red curry coconut chickpea bowls with carrots, kale and rice; one-pot dijon roasted chicken with carrots and potatoes; and weeknight chicken pad thai with seared vegetables.

Apothecare Elderberry Osha Syrup

WELLNESS • \$17.99 ♥

Crafted by local herbalists, this sustainably sourced syrup blends osha root with elderberry for an irresistibly sweet and earthy experience that gives your immune system a boost.



Forage Kombucha

REFRIGERATED GROCERY • \$2.59 ♥

Naturally low in sugar and acidity, Forage Kombucha is a light, smooth, and refreshing drink any time of day. Now available in recyclable cans, it's perfect for that winter outing, ski adventure or sledding day. Available in Raspberry, Ginger, Peach, and Tropical flavors.

CV Sciences CBD Gummies

WELLNESS
30 CT. \$39.99
60 CT. \$64.99

Hemp Hemp Hooray! Wishing for the relaxing effects of CBD in your life but don't like the flavor of hemp oil? These tasty gummies are just the thing. Gluten-free, dairy-free, soy-free, and gelatin-free...what's not to love?



GET TO KNOW

SUPERIOR FRESH

NOW HERE'S SOMETHING EXTRAORDINARY: DELICIOUS, ORGANIC ATLANTIC SALMON RAISED RIGHT HERE IN THE MIDWEST. SEEM IMPOSSIBLE? THAT'S THE MAGIC OF SUPERIOR FRESH.

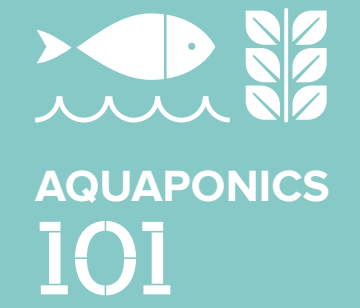


The first Atlantic salmon farm in the U.S., Superior Fresh, has built one of the world's most advanced aquaponics growing operations for organic foods. Their facility includes a 40,000-square-foot steel fish building and a 123,000-square-foot greenhouse in West Central Wisconsin. There, they raise local salmon along with a range of greens: baby arugula, spinach, romaine blend, spring mix, and more. Look for their products year-round at Lakewinds in our produce and meat departments. Greens are \$3.99 for a 4.5 oz package and salmon is \$17.99/lb.

Superior Fresh is on a mission to make healthy, sustainable food accessible to everyone—and to do it responsibly. Their state-of-the-art facility achieves 99.95% water recirculation and uses only a tiny fraction of water needed for conventional farming. Instead of discharging production water into lakes and streams, it's used to irrigate their organic alfalfa and hay fields. When the sun isn't shining, their greenhouses use energy-efficient LED lights.



Superior Fresh sits on 720 acres of conventional farmland that is now in the process of restoration, growing native wildflowers and distributing the seeds for free while restoring soil health. That's what you call a symbiotic relationship, inside and out.



AQUAPONICS 101

Aquaponic farming is a symbiotic system between fish, beneficial bacteria, and plants. Water from an aquaculture fish-raising system is fed to a hydroponic growing system for plants. The by-products from the live fish are broken down by bacteria into nitrates. In turn, the nitrates are used to fertilize plants and clean water is recirculated back to the aquaculture system to raise more fish. The result? Healthy food and virtually zero waste.

Salmon Farro Salad with Creamy Wasabi Dressing

This delicious pan-seared salmon is packed with flavorful citrus, soy, and wasabi. Served on a light farro and fresh greens salad with a light drizzle of creamy wasabi dressing, it's the perfect hearty lunch or quick dinner.

▶ [RECIPE AT LAKEWINDS.COOP/RECIPES](https://www.lakewinds.coop/recipes)



SUPER SHROOMS

As one of Mother Nature's most subtly amazing creations, mushrooms elevate almost any dish, from scrambles to casseroles. Their healthful properties are legendary: known to boost the nervous system, promote digestive health, and much more.



Mushroom, Arugula & Tomato Baked Eggs

4 SERVINGS

- 2 tablespoons butter
- 2 packages (3.5 ounces each) Forest Mushrooms shiitake mushrooms, sliced
- 1/2 teaspoon salt
- Pinch red pepper flakes
- 2 cloves garlic, finely chopped
- 2 ounces Superior Fresh arugula
- 3 tomatoes, seeded and chopped
- 4 large eggs
- 1/3 cup Hidden Springs feta cheese, crumbled
- 4 tablespoons heavy cream
- Crusty French bread, for serving

1. Heat oven to 325°F. In a medium skillet, melt the butter over medium-high heat. Add sliced mushrooms, salt, and red pepper flakes. Cook, stirring frequently, 5 to 7 minutes or until mushrooms are tender. Stir in garlic and cook an additional minute, stirring frequently until fragrant. Remove from the heat and set aside.
2. Lightly grease a 1-quart baking dish or ovenproof skillet with olive oil. Layer the arugula, chopped tomatoes and cooked mushroom mixture in the baking dish.
3. With the back of a spoon, make four slight indents in the mushroom mixture. Carefully crack eggs over the mushroom mixture into the indents. Top with the crumbled feta. Slowly pour 1 tablespoon of the heavy cream over each of the eggs and season with additional salt and pepper.
4. Bake 18 to 25 minutes, rotating the baking dish halfway through baking until egg whites are set but yolks are still runny. Serve warm with crusty French bread, if desired.



THIS BREAKFAST BAKE WILL MAKE YOUR WEEKEND!



GET YOUR SUPERFOOD FIX AT LAKEWINDS WITH THESE MUSHROOM-INFUSED PRODUCTS.



NEW
at the Beverage Bar in Richfield



Grab a fungi-friendly pick-me-up on your next Lakewinds run. "Hug In a Mug" is a warming blend of Four Sigmatic Golden Latte (shiitake mushrooms and turmeric base), oat milk, maple syrup, and ginger juice. Find it at our in-house Beverage Bar in the Richfield store. Yum! \$5.00



HOST DEFENSE LION'S MANE

This coveted mushroom with the peculiar name is known to aid mental clarity, focus, and memory. Made with the mycelium of certified-organic U.S.-grown mushrooms, Host Defense capsules are a simple way to enjoy the benefits of lion's mane mushrooms daily.

30 CT. \$18.99
60 CT. \$29.99



FOUR SIGMATIC DRINK MIXES

Ready to energize, focus, and relax your mood? Drink up with Four Sigmatic's warming mushroom beverages. From coffees to matchas to hot cacao to multi-mushroom blends, it's a tasty way to enhance your day.

SINGLE PACKETS \$1.59-\$1.99
10 CT. BOX \$14.99-\$36.99

MUSHROOM-POWERED CHOCOLATE BARS!



PRIMORDIAL CHOCOLATES

Premium chocolate infused with active superfood ingredients derived from Reishi, Chaga, Lion's Mane, and Cordyceps mushrooms. 100% organic and vegan, these ethically sourced treats come in great flavors like Peruvian Pink Salt and Dark Mint. \$4.99 EACH

One-pot WONDERS

WHEN IT COMES TO WINTER DINNERS, START WITH MOUTH-WATERING SEASONAL INGREDIENTS FROM LAKEWINDS, TOSS THEM IN A POT, AND COOK SLOWLY FOR A MEAL EVERYONE WILL LOVE—WHILE SIMPLIFYING PREP AND CLEAN UP. ROASTS, CARROTS, CHOPS, POTATOES, APPLES...THE POSSIBILITIES ARE ENDLESS. START HERE, THEN MIX IT UP.



Sweet Potato and Kale Stew

Make quick work of dinner with this flavorful one-pot stew packed with sweet potatoes and kale. Serve it with rice, peanuts, cilantro, and a lime wedge for a hearty vegetarian dish that's even better the next day!

RECIPE ON PG. 10



Braised Pork Shoulder with Apples and Parsnips

This comforting one-pot meal is the perfect hearty dish for a cold winter night. The onions, sweet apples, and earthy parsnips cook together into a flavorful confit to serve with tender pork shoulder.

RECIPE ON PG. 10

LOW *and* SLOW

Quick MEAL FIX

*
TIGHT ON TIME?
Pick up this Andouille Sausage Bake for just \$7.99/lb or enjoy one of the other easy sheet pan dinners from our meat department!

One-Pot Sweet Potato and Kale Stew

6 SERVINGS

- 1 tablespoon olive oil
- 1 onion, chopped
- 1/4 cup Freak Flag Foods Kick'N Curry Mole
- 2 large Driftless Organic sweet potatoes, peeled and cut into 1-inch cubes
- 2/3 cup creamy peanut butter
- 4 cups vegetable broth
- 1/2 teaspoon salt
- 4 cups roughly chopped kale
- Cooked rice, for serving
- Fresh cilantro, roasted peanuts, and lime wedges, for serving



1. In a 5-quart Dutch oven, heat oil over medium heat. Add onions, cook 4 to 6 minutes, stirring occasionally, until softened. Stir in the Kick'N Curry Mole sauce, cook stirring constantly for 1 minute.
2. Add the sweet potatoes, peanut butter, broth, and salt. Heat to boiling. Reduce heat to medium-low; simmer uncovered 18 to 20 minutes stirring occasionally or until the sweet potatoes are tender. Add the chopped kale and cook an additional 10 minutes or until the kale is wilted.
3. Serve over rice and garnish with cilantro, peanuts, and lime wedge.

One-Pot Braised Pork Shoulder with Apples and Parsnips



4 SERVINGS

- 2 1/2 pounds bone-in pork shoulder, trimmed
- 1/2 teaspoon coarse Kosher salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 2 large yellow onions, cut into wedges
- 1 cup chicken or beef stock
- 1/3 cup Clover Valley Garlic Infused Rhubarb Vinegar
- 2 tablespoons Clover Valley Rhubarb-Rosemary Honey Mustard
- 3 large parsnips, peeled, cut into 2-inch pieces
- 2 Granny Smith apples, unpeeled, each cut into 6 wedges
- 2 sprigs rosemary
- Additional Clover Valley Rhubarb-Rosemary Honey Mustard for serving, if desired


1. Heat the oven to 325°F.
2. Pat the pork shoulder dry with a paper towel and season with salt and pepper. In a large oven-proof pot or Dutch oven with a lid, heat the oil over medium-high heat. Brown the pork shoulder on all sides. Remove from the pot; set aside.
3. Drain all but 1 tablespoon of the fat from the pork shoulder. Reduce the heat to medium, add the onions. Cook 4 to 6 minutes, turning frequently until browned.
4. In a 2-cup glass liquid measuring cup, stir together the chicken stock, rhubarb vinegar, and honey mustard. Add stock mixture to the onions.
5. Add the parsnips, apples, and rosemary. Bring to a simmer. Return the pork to the Dutch oven, nestling it into the onions, parsnips, and apples. Cover the Dutch oven with a lid and transfer to the oven.
6. Bake covered 2 1/2 to 3 1/2 hours or until the pork is very tender. Serve the pork with the onion, parsnip, apple confit, and additional mustard, if desired.

► Caramelized onions, sweet apples and rich pork are a classic combination. The parsnip, vinegar and mustard add an earthy depth and sharpness to this hearty dish.

BROTH Two WAYS

WHETHER TO BOOST YOUR IMMUNE SYSTEM OR WARM YOURSELF FROM THE INSIDE OUT, BROTH IS A DELICIOUS AND HEALTHY ANSWER. WHIP UP YOUR OWN AT HOME WITH THESE TWO GREAT RECIPES. PERFECT FOR SIPPING OR AS A BASE FOR YOUR FAVORITE DISH.




Kombu seaweed paired with the vinegar provides a great source of calcium and minerals for a vegetable-based nutritional boost to your broth.

► **NO TIME TO MAKE BROTH?**
Let Lakewinds deli do the cooking with rich, satisfying broths that are ready when you are.
GRAB-AND-GO BONE BROTH \$6.99 PER 30 OZ CONTAINER
HOT AND READY-TO-SIP BONE BROTH \$5.00 PER 12 OZ CUP


Eggshells paired with the vinegar provide a great source of calcium and minerals.

Vegan

This vegan broth gets its rich flavor from roasted vegetables. Use this broth to flavor grains you're cooking or as a starter for vegetable-based soups.

GET BOTH RECIPES AT [LAKEWINDS.COOP/RECIPES](https://www.lakewinds.coop/recipes)

Chicken

This flavorful and versatile broth is made with chicken bones, vegetables, and herbs, and can be used in everything from soups to rice and pan sauces.



↑ ↑ ↑
 The Power of
ROUND UP

When asked “Would you like to round up today,” Lakewinds owners and shoppers have answered a resounding, “YES!” By rounding up to the nearest dollar at check out, you've donated over **\$166,000** to local non-profit organizations during our last fiscal year. That money goes directly to groups that support families in need, protect the environment, and promote a more sustainable food system. Thank you for your donations, and know that those extra cents are having a significant impact on your community. Here are just a few ways it adds up.

CORNERSTONE helps build communities where individuals and families are safe and children can thrive by directly serving victims of abuse, violence, trafficking, and crime. **\$13,533** in Round Up donations were used for Cornerstone’s Emergency Services Program, which provides 24/7 crisis intervention, emergency safe housing, and all basic needs for adults and families in imminent danger. It’s literally a lifesaver for families in threatening situations.

THE DIFFERENCE YOU’RE MAKING
 In the first six months of 2018, Cornerstone provided 130 children and adults with 5,269 nights of safe housing and 15,807 meals and fielded 1,723 calls to Cornerstone’s Crisis Line, ensuring callers receive appropriate support, information, and resources.


130
 children & adults received safe housing and meals in the first six months of 2018 through Cornerstone.



\$11,179
 from Lakewinds Round Up helped offset therapy costs to keep clients’ expenses as low as possible at We Can Ride.



WE CAN RIDE offers physical, emotional, cognitive, and occupational equine therapy to children and adults at their facility in Medina, Minnesota. The **\$11,179** from Lakewinds Round Up was used to offset the cost of therapy sessions—keeping the expense to clients as low as possible.

THE DIFFERENCE YOU’RE MAKING
 After eight weeks of therapy at We Can Ride, a 9-year-old client on the autism spectrum who has severe anxiety was able to come off of medications. After a session, she took her mom’s hand on her own for the first time ever.



THE FOOD GROUP is a food bank serving more than 250 food shelf partners across Minnesota and Wisconsin. With the support of **\$13,736** in Round Up donations, their Harvest for the Hungry program bought excess fruit and vegetables from local farmers and donated them to their network of food shelves and hunger relief agencies free of charge—supporting local farmers, helping families, and reducing waste at the same time.

THE DIFFERENCE YOU’RE MAKING
 Last fall, one local food shelf had a bounty of cucumbers from The Food Group. One food shelf patron is a father whose three young children had never tasted a cucumber. He took one cucumber home and soon returned for more—each child was thrilled to be able to have their own cucumber.

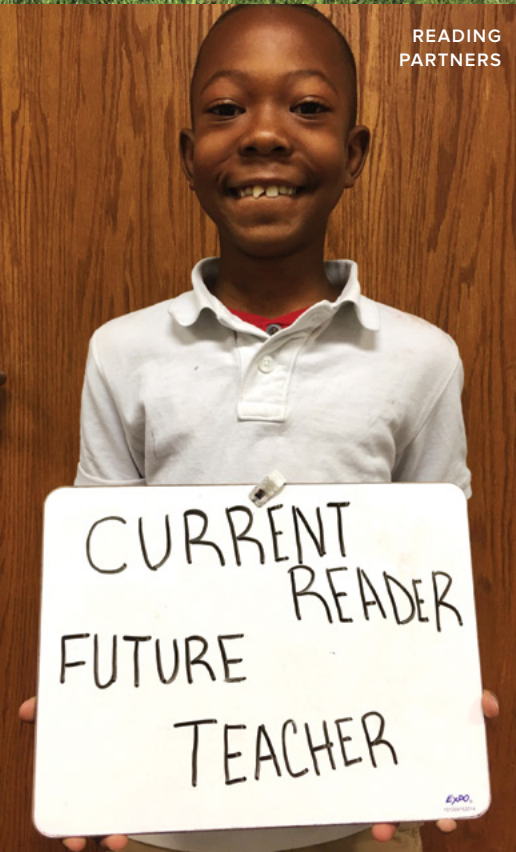
\$13,736
 in Round Up donations were given to The Food Group to support their food shelf networks.



READING PARTNERS is active in 11 local schools to provide individualized instruction to children who are reading below grade-level. Their goal: to help kids become lifelong readers by providing instruction with measurable results. Lakewinds shoppers pitched in **\$11,959 as well as 564 books** during our September book drive for Reading Partners.

THE DIFFERENCE YOU’RE MAKING
 These donations are used to support classroom programs that serve an average of 50 students at each of the 11 local schools where they operate. Donated books go into the Take Reading Home program, which lets kids take books home to keep, building their literacy and love of reading. Last year, Reading Partners gave away close to 13,000 books in this way.

Lakewinds shoppers helped by donating **564** books during the September book drive for Reading Partners.



READING PARTNERS



WE CAN RIDE

Healthy New Year!

As holiday breaks wind down and life zooms back to normal, yummy snacks and sips are a lifesaver. Keep these bold, original flavors handy for whenever you're hankering for a healthy treat.

1



Warm it Up

SERVE HOT WITH A SLICE OF LEMON, CINNAMON STICK, AND DRIZZLE OF HONEY.

FLORA GINGER LEMON APPLE CIDER VINEGAR

Wellness shots, coming up! This great daily tonic is made with fresh-ground turmeric, cinnamon, ginger, and other cleansing herbs. Vegan, caffeine-free, and gluten-free, it's a riot of flavor: sweet, citrusy, spicy, and tangy!

2



HUMBLE NUT BUTTERS

Pair these sweet and savory nut butters with a variety of foods, from crackers to fruit. Locally made in Minneapolis, Humble comes in surprising flavors like Sundried Basil Cashew, Truffle Herb Walnut, and Spiced Maple Pecan.

3



ATLAS PROVISIONS POPPED LOTUS SEEDS

For a popcorn-like crunch without the hull getting stuck in your teeth, try popped lotus. Delightfully snackable with lots of magnesium and potassium, Atlas snacks are crafted with hand-chosen ingredients and are 100% Gluten-Free, Non-GMO, and Vegan.

FIZZEOLOGY FOODS KICKAPOO CURTIDO

Made with ingredients sourced from local, organic farms in the Driftless Region, this Latin-style fermented relish is fermented in oak barrels and glass jars for a clean crunch and tangy flavor.

4



Blue Ribbon Winner
2018 WISCONSIN STATE FAIR

THE BOARD VIEW



ILLUSTRATION: NATE JOHANNES

THE FOOD EXPERTS IN OUR CORNER

WHEN I CONSULTED WITH MY WIFE ABOUT WHAT TO SHARE for the Refresh Owner Newsletter, she immediately said, "purple potatoes." She was referring to Freida Stoke's Organic Purple Sweet Potatoes that are a weekly staple for us. Although I could write an entire article on these delectable vegetables and how our young children have come to think of them as a special treat, I won't. Instead, her comment reminded me how lucky we are to have a dedicated Lakewinds team to source and stock the best organic and, in many cases, local foods.

As a panel judge for Lakewinds' Maker to Market food accelerator, I was able to experience our co-op's commitment to local food first hand. I was responsible for tasting and scoring numerous delicious, homegrown products. But what I or other panelists thought of the taste was only a small part of the decision. There are so many other factors: shelf life, packaging, sourcing, pricing, and category. As I listened to the deliberations, I was grateful the process was managed by the most qualified people for the job—the Lakewinds team.

My family is fortunate because Lakewinds' standards are our standards. When one of my children puts a product into our cart, I don't have to turn the box over and wade through a list of ingredients to know if it's good. Being able to rely on the experts is especially important as we look to the future of our food supply. As commercial food practices continue to focus on global production and standardized flavor profiles, I'm happy to know my co-op supports our unique, local economy.

As we enter the new year, I can't wait to see what Lakewinds will bring to the stores—including my family's favorite Minnesota-grown purple potatoes! Whether it's organic kumquats or a local turkey, I feel good knowing the food will not only taste amazing, but align with my family's values and expectations.



—Ryan Reichenbach
Lakewinds Board Member

We're Hiring!

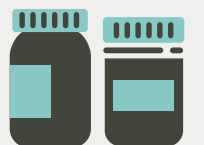
Join the dream team! Pick up an application at the customer service desk, or online lakewinds.coop/jobs



SUPPLEMENT SATURDAY

Save 25%

on all supplements
Saturday, January 19





\$3 off

Any Fizzology Ferments product

Valid January 1 - April 5

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

PLU 20278



\$3 off

Any Humble Nut Butter product

Valid January 1 - April 5

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

PLU 20280



\$4 off

Any Local Create product

Valid January 1 - April 5

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

PLU 20276



\$4 off

Any Anonika product

Valid January 1 - April 5

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

PLU 20282

