



# Summer is Served

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SUMMER 2021



## Hello, Everyone!

We're gearing up for another season of great local food. We value our relationships with the many local farmers, ranchers, and food producers that help make Lakewinds such a special place to shop.

Local food production is never easy, even without the complications of a pandemic. Success for producers comes from the growing number of consumers that are shopping according to their values. We get fresher, higher-quality food from producers, who then employ people and support the rural and urban communities where they live and work.

Lakewinds is a leader in supporting local, small-scale, high-quality farms in Minnesota and western Wisconsin.

- We provide markets for lots of farms, ranches, and food producers through our retail stores, which provide them with millions of dollars of revenue each year.
- Over the past 10 years, our Lakewinds Organic Field Fund has invested more than \$600,000 in more than 60 farms. These grants help farms build infrastructure to gain efficiency as they scale their efforts.
- Our Community Giving Round Up at the register generates upwards of \$180,000 per year for nonprofits helping our local food system.
- We devote many hours of staff time working with local producers to find a home on our shelves for the food they produce. This work deepens relationships between Lakewinds and local farms, ranches, and food producers.
- Because of our strong and capable staff, I am able to spend time with a variety of organizations that work on different pieces of the local food system. Through these efforts, Lakewinds helps build a vibrant local food economy.

You can experience local food producers directly at the Co-op Farm Tour on July 10 between 10 and 4. This self-guided tour features 20 farms within easy driving distance from the Twin Cities. Go to [coopfarmtour.com](http://coopfarmtour.com) for details, including on-farm activities, suggested routes, and more information about the tour and participating farms. See where your food is produced and meet and talk with the farmers who grow local food.

Thank you, friends, for making all of this work possible. Thanks for shopping Lakewinds!



*Dale Woodbeck*

**Dale Woodbeck**  
Lakewinds General Manager



**LAKEWINDS**  
FOOD CO-OP

**GENERAL MANAGER**

Dale Woodbeck

**EDITORS**

Jena Olson

*Sr Communications Manager*

Renee Whisnant

*Marketing Manager*

Jennifer Dean

*Community & Events*

Baylee Meichels

*Social Media & Design*

Eric Young

*Marketing Assistant*

Ray Norris

*Marketing Assistant*

**DESIGN**

JB Design

**PHOTOGRAPHY**

Leigh Loftus

**RECIPES & FOOD STYLING**

SheCooks.Design



**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

## LAKEWINDS COMMUNITY CALENDAR



### CELEBRATE PRIDE MONTH

Happy LGBTQ+ Pride Month from your friends at the co-op! We affirm that all human beings have value and deserve equal rights – and recognize that there is still much work to do.

We strive to be welcoming and inclusive to everyone by:

- Designating all restrooms as gender-neutral
- Using preferred pronouns when they are known
- Making pronoun pins available to our staff, if they choose to wear them

Here's to creating a safe, welcoming work and shopping environment for all!



### CALL FOR BOARD CANDIDATES

Want to serve your co-op community in a big way? Consider running for a seat on the Lakewinds board of directors. Our board impacts how we operate by helping to guide financial decisions, collaborating on initiatives such as the Lakewinds Organic Field Fund (LOFF), and more. Board members meet monthly and serve terms of three years.

Apply online at [Lakewinds.coop/election](http://Lakewinds.coop/election) from June 1 to 30. You must be a Lakewinds owner in good standing to be eligible to run. Visit [Lakewinds.coop](http://Lakewinds.coop) for more information.



### SUMMER SUPPLEMENT SALE

Take a healthy 25% off clean supplements from July 29 - August 1 at our semi-annual Supplement Sale. Save on protein powders, omega-3s, probiotics, kids' vitamins, and other essentials. Lakewinds owners can combine their once-monthly 5% discount with sale prices for even bigger savings. Make your list and mark your calendar!



### VOTE IN THE BOARD ELECTION

Make your voice heard! Cast your ballot in store or online to elect three new members to the Lakewinds board in September. Watch your mailbox for our election mailer or go to [Lakewinds.coop/election](http://Lakewinds.coop/election) in late August to meet the candidates. Your vote will shape the future of our co-op for years to come.



### LAKEWINDS ANNUAL MEETING

Don't miss our co-op's annual meeting on Sunday, September 19. It's an exciting opportunity for our owners to reflect on an unforgettable year, hear about upcoming plans, and celebrate the community we're building together. Find the details starting in July at [Lakewinds.coop/AnnualMeeting](http://Lakewinds.coop/AnnualMeeting).





JD Rivers Children's Garden

Appetite for Change

Frogtown Farm

Urban Roots



Fox & Fawn Farm



Thousand Hills



Sacred Blossom



Sogn Valley Farm



Ferndale Farm & Market



Women's Environmental Institute

## You're Invited to a Day at the Farm!



Get to know your local organic farms as they open their doors for a full day of learning and discovery, brought to you by Lakewinds and other food co-ops.

This year, 20 urban and rural farms are participating, so plan your stops and make a day of it! Look forward to farming demonstrations, goods for sale, food trucks, games, and pick-your-own berries. This is a free, self-guided event – no reservation needed.

July 10 • 10 am to 4 pm

# Fun IN THE Sun

PRODUCT SPOTLIGHT

## Entertaining Essentials for the Backyard and Beyond

It's been a long (long) wait, but the season of sun-soaked socializing is finally upon us. When you're able to gather safely, your backyard or a nearby park can be the perfect place to bring people together. Find summertime essentials at the co-op and make the most of your time outside.

### BEACH TOWELS

Dock & Bay towels are made from 100% recycled materials. They're quick-drying, light and compact, and they repel sand, too.

SEASONAL GIFTS | \$26.99

### GARDEN INCENSE STICKS

These Fair Trade incense sticks from Nantucket are made with essential oils that help repel flies and mosquitos. They're easy to light, put out and reuse, with each stick lasting 90+ minutes.

WELLNESS | \$13.99

### PRANAROM HYDROSOLS

Keep cool with a misting spray of local hydrosol. Try out refreshing scents like lemon balm, lavender, and rose otto.

WELLNESS | \$4.99-\$16.99 | LOCAL

### JOHNNY POPS

Local favorite JohnnyPops has new flavors this summer: Watermelon and "Red White and Boom" (cherry lemonade), each made with wholesome ingredients and real fruit.

FROZEN | \$5.99 | LOCAL

### BADGER SUNSCREEN

Get broad-spectrum protection with this line of natural sunscreen, which has the highest safety and efficacy rating from the Environmental Working Group.

WELLNESS | \$13.99-\$16.99

## Healthy Hydration ON THE GO

On steamy summer days, hydration is the name of the game. Quench, refresh, and enjoy every sip with these grab-and-go beverages.



Northstar Kombucha BEVERAGES | \$6.99 | LOCAL



Guayaki Yerba Mate BEVERAGES | \$2.69-\$2.99



Superior Craft Elixirs BEVERAGES | \$2.39 | LOCAL

### NEW IN 2021



Meet more farmers with fewer stops at the Driftless Grown vendor fair, hosted by Hoch Orchard and Blue Fruit Farm in southeastern Minnesota. At these two locations, you'll find a variety of farm stands featuring goods from other wonderful farmers and makers in the area.

For more information and to plan your day of fun at the farms, visit [coopfarmtour.com](http://coopfarmtour.com). Check back regularly for updates and grab a tour guidebook at our stores.



# Build Your Own

## Burger Bar

We're all for the classic cheeseburger. But with many weekends of summer grilling ahead, we recommend switching up the formula. Here's a fun way to bring DIY flavor to your next cookout: a burger bar! Tee up a variety of tasty options and see what delicious combos come together.

### FETA OLIVE BURGER

- + Maazah aioli
- + Sliced heirloom tomato
- + Feta bulgaria cheese
- + Pretzilla pretzel bun

### No 3 Condiments

Don't skip the classics like ketchup, mustard and pickles. But you can also spice things up with fermented kimchi and an assortment of other spreads, sauces, and nut butters.



BURGER BAR

### No 4 Buns

Make sure you have buns worthy of your burger: from the classic wheat to brioche rolls to lettuce wraps. With vegan and gluten-free bread options on hand, everyone can join in.

### No 2 Toppings

**Cheeses:** Pick a favorite – or several. Cheddar, Swiss, blue, or brie are fabulous, and each brings something different to your burger. Plus, cheese alternatives are a treat for dairy-free eaters.

**Veggies:** Heirloom tomatoes, local lettuce, and organic onions are a must. Grilled veggies like mushrooms and peppers lend burgers an extra smoky flavor.

### No 1 Protein

Beef patties are just the start. Great burgers can be made from ground chicken, turkey, salmon, pork, or sausage. Try veggie and bean patties for plant-based gourmets. Inviting a crowd? Offer a couple of options.

# Custom Combos

Our housemade burgers start with sustainably raised meat, ground fresh daily. Next, spices, cheese, bacon, or other ingredients are added to create signature patties, such as the olive & feta or cowboy burger. Discover your new favorite beef, turkey, and salmon patties ready to grill in the meat department (\$6.49-\$11.99/lb), then mix and match your favorite toppings, buns, and sauces. Here are two tasty, unconventional combos to help inspire your own creations!



**SALMON BURGER** | Start with a housemade salmon burger from our meat department.



#### BREADSMITH HONEY WHITE BURGER BUNS

Made fresh every day, these buns are the perfect vessel for just about any burger.

BAKERY | \$4.75/6 PK  
♥ LOCAL



#### KISS MY CABBAGE CURRY KIMCHI

Fermented kimchi gives the right amount of curry & kick to your burger.

REFRIGERATED | \$11.99  
♥ LOCAL



#### FAIR TRADE SLICED AVOCADO

Add flavor and creamy texture to your burger with Fair Trade avocados.

PRODUCE | \$2.99/EA  
♥ LOCAL



#### K-MAMA KOREAN HOT SAUCE

Fermented gochujang sauce that can be used as a marinade or a condiment.

GROCERY | \$5.49  
♥ LOCAL

**WALNUT BURGER** | Start with a Trempealeau Walnut Burger found in frozen foods.



#### SUPERIOR FRESH BUTTER LETTUCE

Grown alongside Atlantic salmon in their Wisconsin-based aquaponic farm.

PRODUCE | \$4.99  
♥ LOCAL



#### URBAN GREENS BASIL LEAVES

Local, hydroponically grown basil, available fresh all year round.

PRODUCE | \$3.99/.75 OZ  
♥ LOCAL



#### LACLARE HONEY GOAT CHEESE

This Wisconsin goat cheese has just a touch of honey to balance out its pleasant tartness.

CHEESE | \$4.49/EA  
♥ LOCAL



#### DIVINA FIG SPREAD

Earthy and sweet, this Mediterranean spread is a wonderful complement to anything savory.

CHEESE | \$5.49



## Get Saucy

When it comes to saucing up your burger, think outside the ketchup bottle! Consider adding the flavors of Hoyo basbaas, Freak Flag Organics coconut curry mole, or Maazah aioli – a delicious blend of creamy aioli, jalapenos, and a hint of lemon. These locally made sauces add international flavor, while supporting local small businesses.

\$7.49-\$8.99 | ♥ LOCAL



# BLISS IN A STICK



QUICK FIX

## HOUSEMADE KABOBS

Freshly made kabobs from our meat department give you more backyard bliss with less prep time, featuring organic veggies and your choice of all-natural chicken breast or grass-fed sirloin.

Season with salt and pepper, a dry seasoning blend or marinade of your choice, then toss on the grill.

Complete your spread with sides and salads from the deli – deliciously easy.

MEAT | \$6.99-15.99/LB | LOCAL

When it comes to kabobs, the magic is in the mix. For our Southeast Asian-inspired Pork Tenderloin Kabobs, juicy cubes of garlic-ginger marinated pork and flame-kissed onions, peppers, & zucchini create a rainbow of delightful summer flavors melded into one bountiful meal. Skewer, sizzle, and savor summer flavors.

### Pork Tenderloin Kabobs

1 1/2 lbs. pork tenderloin (trimmed of silver skin) cut in 2-inch cubes (about 16-18 pieces)

#### For the Marinade:

- 2 teaspoons sesame oil
- 2 Tablespoons soy sauce
- 2 Tablespoons The Ginger People ginger juice (or 1" grated fresh ginger)
- 2 cloves of garlic, minced
- 2 Tablespoons brown sugar
- 1 Tablespoon unseasoned rice vinegar
- 1 Tablespoon Sriracha (optional)

#### For the Kabobs:

- 4 green onions, cut in 3" pieces
- 2 zucchinis, ribboned or thinly sliced
- Red bell or sweet peppers
- San-J Thai Peanut dipping sauce
- Toasted sesame seeds
- 4-6 12" wooden\* or metal skewers

In a glass baking dish or bowl, mix the ingredients for the marinade and add the pork. Cover with a plate and refrigerate for at least 4 hours (up to 12).

When ready to serve, remove the pork from the fridge and skewer the pork, alternating each with a piece of green onion, a folded ribbon of zucchini, and a red pepper. Place on a rimmed sheet pan until ready to grill.

Preheat grill on high, then reduce to medium-high. Clean grill grates well to prevent sticking. Place the skewers on the grill. Cover and grill for a total of 10-12 minutes, turning the skewers every few minutes. Remove from the grill, place on a platter, and sprinkle with sesame seeds. Serve with Thai peanut dipping sauce.

### PORK TENDERLOIN KABOBS

**\*TIP**  
Soak wooden skewers in water 1 hour before grilling

### PEANUT DIPPING SAUCE

# 100% SUMMER READY

## DELI SIDES, SALADS & SMOOTHIES MADE FROM SCRATCH

Whatever's on your summer menu, Lakewinds has sides to match. We make everything from scratch in our deli using the same high-quality ingredients you find throughout our stores. Pick up flavor-packed salads, fruity smoothies, and other delicious ways to round out your cookout (or just treat yourself).

### Mediterranean Mezze Salad

This lively and colorful salad comes tapas-style with scratch-made quinoa tabouli, hummus, veggies, and a tangy tzatziki sauce.

DELI | \$7.99/LB | LOCAL

### Santorini Artichoke Salad

A tantalizing side dish that pairs with anything and pops with bright Greek flavors, including bell peppers, artichoke hearts, Kalamata olives & feta.

DELI | \$10.99/LB | LOCAL



Meet Susie  
Richfield deli manager at Lakewinds

## SMOOTHIE CENTRAL

Need an easy meal or snack on the go? Let us mix you up a smoothie. Start with one of our tried-and-true blends, like the Turmeric Mango Tango, or customize one to your taste. Smoothies start at \$7, with protein powder and other add-ons optional. Yum!



Mediterranean Salad

SANTORINI ARTICHOKE SALAD

### ARTISAN NAAN

Turn your summer side salad into a main dish with locally made pocket bread. Artisan Naan breads are hand-tossed and made fresh in small batches in St. Cloud.

BREAD | \$4.49-\$5.99 | LOCAL



# FARMER POWERED

The local growing season is upon us! Meet a few of the amazing people behind the farms that feed our co-op community.



## DAWN 2 DUSK Cambridge, MN

This family-run, organic farm is only a few years old, but their commitment to mentorship is beyond impressive. Owners Moses Momanyi and Lonah Onyancha help emerging farmers, many from East Africa, gain the skills they need to start their own thriving organic ventures.

Learn more and sign up for their CSA at [dawn2duskfarm.com](http://dawn2duskfarm.com). Find information about their mentorship program, Kilimo MN, at [kilimominnesota.org](http://kilimominnesota.org).



## FEATHERSTONE FARM Rushford, MN

Featherstone carrots have a reputation as some of the sweetest in the state. This 250-acre organic farm grows a remarkable 70 varieties of fresh fruits and vegetables. Focused on long-term sustainability, they work to build soil health, create renewable energy alternatives, and protect natural resources.

Featherstone is also dedicated to being a great place to work, with fair and transparent employment practices.



## DRIFTLESS ORGANICS Soldiers Grove, WI

Brothers Josh and Noah Engel started their careers at the tender ages of 9 and 11. They planted 20 potato varieties on a quarter acre of their family's organic dairy farm and discovered a lifelong passion. Today they're still growing spuds, plus a full array of organic produce. The Engels named their farm for the Driftless region where they've found a community of fellow organic pioneers, back-to-the-land farmers, and conservationists.



## HARMONY VALLEY Viroqua, WI

A longtime Lakewinds partner, Harmony Valley has been growing peerless organic produce for over 40 years. These pioneering farmers are always researching and testing the latest practices to improve soil health, support wild perennials, and keep pollinators healthy.



## TWIN ORGANICS & SEEDS FARM Northfield, MN

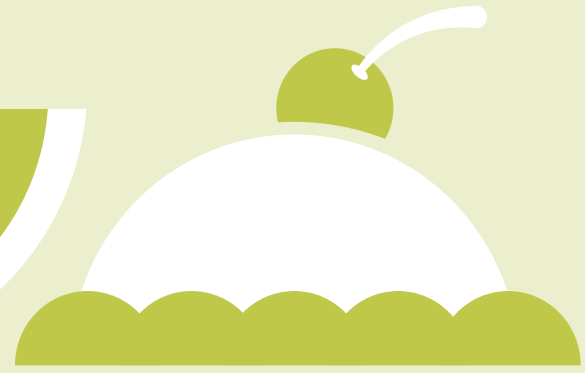
These two organic farms have partnered for several seasons to provide fresh, organic produce to markets across the region. Brothers Jacob and Andrew Helling of Twin Organics and Becca Carlson of Seeds pool their resources and expertise to provide a full array of seasonal fruits and veggies to our co-op.



## HAFSA St. Paul, MN

The Hmong American Farmers Association is a research and incubator farm located 15 miles south of St. Paul. HAFSA assists Hmong farmers with the knowledge, equipment, and resources to build their own sustainable farms.

Look for their beautiful flowers at Lakewinds and sign up for their CSA at [hmongfarmers.com/csa](http://hmongfarmers.com/csa).



This year (and last) has been a time of global challenges and struggles. The COVID-19 pandemic required us to be more flexible and adaptable than ever. I am currently in the last few months of my two terms as a board member of Lakewinds. I'm so grateful to have been a part of the board for the last 6 years, including during this incredibly tumultuous time. I've gained a deeper appreciation for the amazing staff and leadership at Lakewinds, as they quite seamlessly navigated us through remarkable changes, dealing with a million moving parts and overcoming this completely unexpected hurdle. Staff selflessly showed up for work in an ever-changing environment to serve the needs of Lakewinds members and keep us connected and safe. As a leader of people and strategy in my life outside of Lakewinds, I've learned so much from watching the Lakewinds leadership team. They've worked tirelessly to deliver on their commitment to the members and team at the co-op, simply because that is what they do, regardless of circumstance.

It is with mixed emotions that I leave the board this year. The most overriding emotion, though, is pride. I am proud to have served Lakewinds, to have been part of a board with diversity of thought, and to have participated in the growth of Lakewinds over the last 6 years. I strongly encourage anyone who feels passionately about Lakewinds to apply to be a candidate in the upcoming board election. I believe that you too will be proud of how our co-op operates, serves its members, and cares for our community.



**Kari Broyles**  
Lakewinds Board Member



## LEMON-BASIL ANGEL FOOD CUPCAKES WITH BLUEBERRIES

For a light yet indulgent summer dessert, look no further. These cupcakes feature fresh, seasonal flavors like luscious berries and tart citrus, with the unexpected savory, aromatic notes of basil. It's light, fluffy angel food plus bright lemon curd and sweet berries. What a way to celebrate the start of summer!

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





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

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## CHEESE OF THE MONTH

1. JUNE

### BUF MOZZARELLA

Soft, slightly salty, and perfect for pasta.

**Sale Price: \$7.99/lb**  
*(reg. \$9.99)*

2. JULY

### BEEMSTER GRASKAAS

Seasonal release, rich and creamy.

**Sale Price: \$13.99/lb**  
*(reg. \$16.99)*

3. AUGUST

### ATALANTA HALLOUMI

Soft, sheep's milk cheese, perfect for grilling.

**Sale Price: \$7.49/lb**  
*(reg. \$10.49)*

## \$2 OFF

Per pound of Lakewinds housemade burgers

June 1 to August 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20596



## \$2 OFF

One package Trempeleau walnut burgers

June 1 to August 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20600



## \$2 OFF

One package Nantucket incense sticks or bug spray

June 1 to August 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20598



## \$2 OFF

One Deli purchase of \$10 or more

June 1 to August 31, 2021

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.  
PLU 20602

