



ReFresh

FALL 2017



ROOT VEGETABLE SEASON • GREEN BEAUTY PRODUCTS
LOCAL APPLES + CHEESE • 5-DAY FAMILY MEAL PLAN

Letter from the General Manager



Hi everyone,

Those of you that are regular readers of Lakewinds Refresh know about our passion for local farmers and product makers. You also know how the Co-op supports our communities with a variety of donation and contribution programs. We don't often take the chance to brag about ourselves—I'm going to do so now!

Lakewinds is able to support numerous producers of local foods, local farms and local communities because we have amazing staff members. None of the work we do is possible without the remarkable employees that come to Lakewinds every day and care so deeply about the values we share. Just imagine the work needed to keep a store operating every day:

- Unload trucks and move product to pallets, shelves, refrigerated coolers, freezers and bulk bins
- Prepare and cook fresh food for hot bars, salad bars, sandwich bars, the burrito bar, and pizza bars
- Prepare and display fresh produce, meat and seafood
- Provide positive experiences from the time a customer enters our parking lot until they leave it
- Clean inside/outside of the stores to strict sanitary standards
- Promote local vendors and food makers, organize store demos and events, and answer questions throughout the stores

Lakewinds supports our large family of employees by providing a variety of benefits, including:

- Gain Share (profit sharing)
- Grocery and product discounts
- Training programs (such as Lakewinds University)
- Full time employment (80% full time employees versus the grocery industry typical 20% full time employees)
- Availability of health insurance
- Paid time off for all employees
- Opportunities to advance within the Co-op
- Open Book Management (teaches the fundamentals of how to run a profitable business)
- The Five Promises Project (encourages employees to participate in defining and expressing the values of the business)

The result is a family of staff that is passionate about the Co-op and our local food system, communities, owners and shoppers. We are grateful for your support of Lakewinds and we, in turn, will continue driving our initiatives so you can purchase with purpose.


DALE WOODBECK

General Manager:
Dale Woodbeck

Sr. Marketing
Manager:
Amy Campbell

Editor:
Jaclyn Rainey

Design:
Jacqui Boyum

MINNETONKA

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

CHANHASSEN



435 Pond Promenade
Chanhasen, MN 55317
952-697-3366

RICHFIELD

6420 Lyndale Ave. S
Richfield, MN 55426
612-814-8000

We Appreciate You!

Your  purchases have helped fund local ,  school initiatives, and  startups.

To show our , we increased your  discount to **10% +** extra special **Owner-only deals.**

Thank you Owners.

NEW AT THE CO-OP

Our Buyers Handpicked the Newest in Local Foods



FIND IN DELI

Roasted Squash, Apple and Bacon Hash • \$17.99/lb

Our deli gathered fall favorites for a new, delicious, quick hash made with locally grown squash and apples (as the harvest permits). Warm up fast in a skillet and top with a fried egg for breakfast, or serve as a dinner side dish with pork or chicken.



Mama Doha Egyptian Jam • \$7.99

Mama Doha creates jams that are unique and delicious traditional delicacies, crafted using the time-honored traditions of Mama Doha's childhood in Cairo. We offer Tomato Clove, Date Walnut Cardamom, Cinnamon Banana and Mango Jams flavors. Try the versatile Tomato Clove Jam on savory sandwiches, as a glaze on meats or as a sauce.



Hoyo Sambusa • \$8.99

Hoyo, the Somali word for mother, was founded to employ and empower Somali women in the Twin Cities. These savory fried pastries are available in beef or vegan lentil.

Ommie Fruit and Seed Energy Bars • \$2.59

Ommie Fruit and Seed Energy Bars are handmade in Chanhassen with simple ingredients, minimal processing, and are formulated to be naturally free of nuts, tree nuts, soy, eggs, dairy and wheat. Ommie bars are made from a short list of ingredients: all-natural dried fruits, raw sunflower and pumpkin seeds—that's it! Choose from six delicious, wholesome flavors.



Martha's Pimento Cheese Spread • \$8.49

Martha's Pimento Cheese spreads are made in small, handcrafted batches using only aged white cheddar cheese from Red Barn Farms of Wisconsin. Great as an appetizer on crackers and baguettes or try it on a sandwich or baked potato. Available in Original and Jalapeno.



Taking Stock Bone Broth • \$7.99

Friends Maddy Kaudy and Molly Clark created an organic broth with collagen-rich structure, the best ingredients and a rich, meaty flavor. Find them in the frozen meat section in four flavors: ginger turmeric, classic, no salt classic and vegan mushroom ginger broth.



Whistling Well Farm

Lakewinds welcomes Whistling Well Farm into our stores with their delicious Sweetango® apples from the St. Croix River Valley. Charlie and Carol Johnson planted their apple trees in 1980, and along the way, Charlie wrote two kids books: Emmy of Whistling Well Farm and Emmy and the Rude Rooster (\$16.95). Available in stores, along with plush, huggable animals (\$16.99 - \$24.99).



WARM UP WITH TRADITIONAL LAOTIAN LARB

Using local lamb from our new farm, The Lamb Shoppe, ensures the best quality, taste and care of the earth. The farm is home to over 500, 100% grass-fed, pasture-raised sheep and uses holistic farming methods and biological practices to foster soil life and re-mineralize their fields. Their farming philosophy believes healthy animals come from the ground up—and we agree!



Warm up with a larb recipe made with seasonal vegetables and local chiles from Sin Fronteras farm.

Lamb Larb

- 2 Tbsp grape seed or peanut oil
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 1 lb ground lamb
- 1 green or red chili, finely diced
- Juice and zest of 1 lime
- 1 Tbsp fish sauce
- 2 tsp brown sugar
- 1 Tbsp soy sauce

Serve with:

- Cooked white rice
- Lime wedges
- Butter lettuce leaves
- Cilantro
- Chopped dry roasted peanuts
- Additional chiles

In a large skillet, heat oil over medium heat, add onion and sauté 5 minutes. Add garlic and lamb, cooking until lamb is nearly cooked through. Add green or red chili, lime zest and juice, fish sauce, brown sugar and soy sauce. Reduce heat and cook 5 more minutes until flavors blend. Serve in bowls over rice or in lettuce cups.

A BETTER MASH

We declare it root vegetables season! Mash up some new combinations that amp up the flavor and nutrition.

The Essentials:

Tools

Masher or food mill, pot, steamer basket

Fat

Butter, vegan butter or coconut oil

Liquid

Cream, milk, vegetable broth, coconut milk, buttermilk, whole milk yogurt

Seasoning

Salt and pepper, fresh or dried herbs, spices, aromatics like onion or garlic

Sweet Potatoes with Curry Spice



Vegan

Turnips with Sautéed Turnip Greens and Thyme



Nutrition Powerhouse

Potatoes and Beets with Ricotta and Rosemary



Instagram Worthy

Carrots and Parsnips with Sage



Kid-Fave

Root to Seed Celery Root with Sautéed Celery



Basic method: place vegetables in large pot and cover with cold water. Bring to a boil and reduce to simmer until tender. Mash with liquid, fat and seasonings. Don't forget the salt!

Tips:

- 1.) Swap potatoes for half the root vegetables
- 2.) Cut all pieces the same size for uniform cooking
- 3.) Save a bit of the starchy cooking water to thin to puree consistency
- 4.) Add green tops to hot mash—they will wilt naturally



SO FRESH, SO CLEAN, SO GREEN

Top beauty picks from our Wellness staff.

1. *Andalous Naturals 1000 Roses CC Cream* - \$17.99

"This perfect CC cream is hydrating, gentle and has just the right amount of coverage for summer and winter wear. Plus, it contains zinc oxide to provide SPF 30. The scent is rosy and as an added bonus, it's gluten free, non-GMO and vegan!"

- Lauren, Wellness Category Manager

2. *Good Karma Skincare Four-in-One Face Cream* \$47.99

"I have fallen MADLY IN LOVE with Good Karma Skin Care! The 4-in-1 Face Cream is AMAZING! Are you kidding, 4-in-1? Not only is it a GREAT savings; it really works! Day Cream, Night Cream, Eye Cream AND Refining Serum ALL IN ONE PRODUCT! My skin has never been better!"

- Becky, Body Care Replenisher

3. *Veriditas Rose Hydrosol* \$16.99

"One of my favorite products! It is very hydrating and helps any moisturizer you use glide on and absorb better. It smells fantastic and is very calming! This is a local product which I love to support."

-Teri, Wellness Associate

4. *InVitamin Cleansing Micellar Water* - \$11.99

"The best for low maintenance and committed skincare routine enthusiasts. Will remove all traces of makeup, even mascara, with no irritation! Use in the morning to refresh skin without over-drying"

-Mallory, Wellness Associate



LOCAL PAIRINGS

That Hit the Right Notes



In-season apples and cheeses are a juicy-but-savory flavor match, made even better by being locally grown or crafted. Welcome fall with the tastes of mouth-puckering crispness paired with sharp cheesy bites by following our flavor pairings, or let your combinations roam freely.



HARALSON

*Whistling Well Farm**

Pair with: The Robin Colby from Artisan (Wisconsin)

Taste Profile: Firm texture with a complex, tart flavor

HONEYCRISP

Cedar Hill Farm

Pair with: Prairie Breeze by Milton Creamery

Taste Profile: The most crisp, sweet and very juicy

SWEET TANGO®

*Whistling Well Farm**

Pair with: Big Woods Blue by Shepard's Way

Taste Profile: Juicy, mouth-puckering acidity

ZESTAR!®

*Whistling Well Farm**

Pair with: Chevriotte by Montchevre

Taste Profile: Crisp, juicy texture/zesty flavor with a hint of brown sugar

**Read more about our new apple farm on Page 5*



5-DAY FAMILY MEAL PLAN



Familiar ingredients that feature nutritious vegetables, protein, healthy grains, and are ready to eat in 30 minutes or less! Lean on pre-prepped ingredients from our produce and deli departments. Weeknight dinner—done.

Chicken Nugget Salad with Honey Mustard Dressing

- 1 bag Applegate chicken nuggets, baked according to package directions
- 2 heads romaine lettuce, chopped
- 2 cups cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 1/2 lb bacon, cooked and chopped
- 2 avocados, sliced

Dressing:

- 3 Tbsp Dijon mustard
 - 3 Tbsp honey
 - 2 tsp apple cider vinegar
 - 2 tsp oil
- Add salt and pepper to taste and whisk together in a small bowl

In a large bowl: Arrange lettuce, tomatoes, onion, bacon and avocado slices. Drizzle with half the dressing. Top with chicken nuggets and remaining dressing.

BBQ Meatball Kebabs

- 1 package Shelton Turkey pre-cooked meatballs (about 20) - thawed in refrigerator overnight
- 1 red bell pepper, cut in 1 inch pieces
- 1 zucchini, sliced 1/2 inch thick
- 1 yellow squash, sliced 1/2 inch thick
- 1 cup barbecue sauce

On metal or wood skewers alternate meatballs, peppers, zucchini and squash pieces. Place on parchment-lined baking sheet and

brush with barbecue sauce. Bake in 400° oven for 10 minutes, turn and brush on more sauce, then bake for 10 minutes more.

TIP: Try another favorite sauce like peanut, teriyaki or salsa. Swap out vegetables for anything in season.

Butternut Squash Chickpea Curry with Quinoa

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 1 Tbsp curry powder
- Salt and freshly ground pepper
- 2 cups vegetable broth
- 1 15 oz can diced tomatoes
- 3 cups cubed butternut squash
- 1 15 oz can chickpeas, drained and rinsed
- Juice of 1 lime
- 1 cup frozen peas
- 3 cups cooked quinoa, for serving

In a Dutch oven or large pot, heat oil over medium heat. Add onion, bell pepper and garlic and sauté 5 minutes. Add curry powder, salt and pepper, cook for 2 minutes more. Add broth, tomatoes, squash and chickpeas and stir to combine. Bring to a simmer and cook for 15 minutes until squash is tender. Stir in lime juice, peas and kale and heat through. Season with additional salt and pepper to taste then serve in bowls over quinoa.

Find the rest of the recipes on our blog:
lakewinds.coop/blog/tag/family-meal

UNDEAD BREAD

Today's carbs are often, well, dead. They come overly processed from cheap, fast-growing grains and are frequently the culprits for weight gain and quick energy slumps.

But a back-to-heritage trend has been sprouting up amongst local bread makers, farmers and millers. Heritage and sprouted grains, traditionally harvested grasses and less processed bread-making techniques are all rising together to bring life back to carbs. These new breads and flours have dramatically elevated nutritional value and lasting energy—and much better flavors. Bring bread back to your table and make it a staple of your meals with these nutrient-dense options.

.....
Angelic Bakehouse Sprouted Mash 7-Grain Flatza®

KC's Best Hand Harvested Wild Rice

Sunrise Flour Mill Turkey Red Heritage Whole Wheat Flour

Whole Grain Milling Co. Hi Lysine Cornmeal

Whole Grain Milling Co. Harvest Grains Pancake Mix

Baker's Field Forefront Wheat Bread Flour

Baker's Field Complete or Seeded loaves

Lakewinds Trail Bread

.....

"Whole Grain"

Pair grains with protein and fat to feel full longer with more energy.

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Keep breads on the counter or in the freezer. The fridge dries them out quickly.

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High-quality grains have much more flavor and fill you fast. You don't need much! (Think one slice or 1/2 a cup)

.....

Look for visible grains, seeds, rough textures and darker coloring in breads.

.....

Grainy or seedy bread textures are better once toasted—The overall crunch helps hide new textures (especially great for kids).



Baker's Field Seeded Bread

Lakewinds Trail Bread

OUR FAVORITE COMBOS:

Cream cheese, toasted walnuts, local maple syrup and a pinch of cinnamon

Sharp cheddar cheese and sliced tart apples

Velvet Bees Honey Butter

Whole milk ricotta, arugula, thickly sliced tomato

Goat cheese, fresh or dried figs, prosciutto

Baker's Field Complete Loaf

Rounding Up



Rounding Up Small Change for Big Community Impact

In April of 2015, Lakewinds launched a new community-giving program. Each month, owners and shoppers have been asked to round up their grocery totals at the registers to the nearest dollar. Your generously donated 17 cents, 39 cents, 3 cents and more have multiplied by hundreds of shoppers and resulted in funds that change lives.

Since that day two years ago you have helped raise \$286,223. This incredible impact is appreciated by the diverse organizations chosen by our committee each year.

**SINCE APRIL 2015
YOU'VE HELPED RAISE
\$286,223**

RECORD BREAKING ROUND UP

This July we raised a record monthly amount of **\$14,903** for the Pinky Swear Foundation! This amazing organization works directly with families affected by childhood cancer, meeting physical, financial and emotional needs during their most difficult time.

As a small non-profit that receives more requests than we can meet, the donations provided by Lakewinds shoppers increases the number of families we can help, and makes a meaningful impact on the lives of families with kids with cancer. Thank you to everyone who rounded up at the register to support Pinky Swear Foundation!

—From the Pinky Swear Foundation

The Board View



Thank you for Helping Us Change Lives:

- Feed the hungry
- Fund homeless youth shelter
- Sponsor job trainings and education
- Save pollinators and their habitats
- Provide resources for families dealing with cancer
- Plant gardens
- Sponsor adaptive yoga trainings
- Give comfort to those living with HIV/AIDS
- Serve at-risk kids and young adults
- Train service dogs
- Fund organic farming



When I began shopping at Lakewinds 17 years ago I was in search of healthy food and knew little about cooperatives. Over the years my passion for feeding my family organic food and supporting our local community and Co-op grew. It did not take me long to notice that the experience of shopping at Lakewinds is different from other grocery stores. In addition to a great selection of well-sourced healthy food and an enjoyable physical environment in which to shop, I notice the difference in our staff. They are friendly and helpful, engaging easily in conversation. When you ask where something is located, rather than simply telling you, they often show you. The human interactions make shopping at Lakewinds a great experience.

Since joining the board last September, I have become aware of the many contributions made by staff working behind the scenes. Departments like Finance, Human Resources, Information Technology, Operations, Purchasing and Marketing make significant contributions in our organization.

Our entire Lakewinds' staff is knowledgeable and invested in ensuring that each member-owner or shopper's experience is positive. In visiting with staff, you find shared values, like a desire for quality food and wellness products and a desire to support our local community and local farmers. Their efforts directly impact our ability to this.

At the July board meeting, our General Manager, Dale Woodbeck, shared an "Ends Report" that describes the many successes of the Co-op, for fiscal year 2017. We have met and exceeded the goals set for the Co-op! The board is aware that all of these accomplishments are not possible without the exceptional staff at Lakewinds. We as a board salute you all for a job well done!

With gratitude,
Nancy Twidwell

WE'RE HIRING!

Lakewinds is always looking for employees who are passionate about great food, their community and how we treat the planet. Lakewinds provides a fun and supportive workplace guided by our Five Promises and strengthened by our practice of Open Book management. Employee benefits include 15% off groceries, paid holidays, 401K plans, health care plans and gain sharing.

Our Five Promises to our staff and customers are:

**Awesome Workplace | Community Partnerships | Environmentally Friendly Practices
Local, Healthy Foods | Irresistible Stores**

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



COMING UP

OCTOBER

Owner Appreciation Month

Enjoy 10% off your entire purchase one time in October.

BULK DAY

November 11th

10% off everything in the bulk department.

2018 LOFF APPLICATIONS

Early December

Lakewinds' Organic Field Fund grant program is open to all local farmers and farming associations. Applications are due February 2, 2018.

\$1 OFF

ANY 4 OZ VERIDITAS HYDROSOL

VALID: SEPT 20 - NOV 30, 2017

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

PLU 20222



\$1 OFF

HOYO SAMBUSA

VALID: SEPT 20 - NOV 30, 2017

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

PLU 20223



\$1 OFF

1 LB OF LAMB

VALID: SEPT 20 - NOV 30, 2017

Valid one-time use per member-owners only. Not valid on prior purchases. Must purchase 1 lb. Valid at all Lakewinds Locations.

PLU 20224



\$1 OFF

ANY MAMA DOHA'S EGYPTIAN JAM

VALID: SEPT 20 - NOV 30, 2017

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

PLU 20225

