



# ReFresh

SPRING 2017



MEET OUR 2017 LOFF RECIPIENTS  
HOOKED ON SUSTAINABLE FISH • EARTH DAY EVERY DAY  
HELLO, MAKER TO MARKET • EDIBLE SPRING COLOR





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**HOURS**  
Open 7 a.m. to 9 p.m. Daily

**MOVING?**  
Email us at  
lakewinds@lakewinds.com  
with your new address.



## Letter from the **GENERAL MANAGER**

### **PLANTING SEEDS OF SHARED SUCCESS**

Spring is a time of intense planning at Lakewinds, when our budget season coincides with planting season. We're crop planning with key local farms to bring you a great selection of quality produce later in the season while working to expand our selection of local products in our meat, dairy, grocery, and deli departments.

At the same time, Lakewinds is engaged in long-term collaborations with local food makers and farmers to help make their dreams of success a reality. We've just announced this year's Lakewinds Organic Field Fund (LOFF) grantees, providing \$60,000 in grants to 11 local farms. These projects run the gamut: sheep, vegetables, anchotte (a traditional Oromo vegetable), apples, hazelnuts, and other ways to re-localize our food system. Read about their exciting projects on Page 10.

We've also picked winners for the first round of our Maker to Market program. In partnership with the non-profit food hub The Good Acre, Maker to Market provides food entrepreneurs with time in The Good Acre's commercial kitchen, support

services to help them go to market, and shelf space at Lakewinds to sell their products. It's a boost for local business, local food, and local farmers, while offering our customers something special. Learn more on Page 3.

You've told us you want more local and organic products, from fresh vegetables to prepared foods. Unique partnerships like LOFF and Maker to Market are one way we're making local happen. Our partner farms and the food makers say this support is necessary to their success.

We're doing a lot of good out there, friends. With your support, Lakewinds will continue to grow the local food economy and sow the seeds of shared success. The farms thank you, the makers thank you, and all of us at Lakewinds thank you for supporting this enterprise where we make good things happen together!

DALE WOODBECK



Lakewinds and The Good Acre launched Maker to Market in 2016 to strengthen our local food community in a big way. By providing kitchen space, retail consulting services, ingredients sourcing and distribution to budding food companies, we're creating a platform for business development while bringing exciting new options to our customers. Just as importantly, produce used by the new food companies is grown by the immigrant and low income farmers in The Good Acre's network. A win for everyone!

We're pleased to announce the winners of the 2017 Maker to Market program. Meet our community's newest food entrepreneurs and look for their products on Lakewinds shelves in the coming months.



#### **SEÑORAS DE SALSA**

Danielle Wojdyla, with Señoras de Salsa, started this small food business to empower immigrant women and share bold, authentic Chipotle Medium, Salsa Verde and Salsa Guajillo flavors with our customers.



#### **CALDO FOODS**

Mona Khemakhem's mission is to bring Mediterranean flavors to our community using local ingredients. Watch for Harissa (gourmet pepper blend), Smoked Harissa and Roasted Vegetable Dips in stores.



#### **GYST FERMENTATION BAR**

Sisters Mel and Ky Guse specialize in favorite everyday lacto-fermented vegetables to support and work with other artisanal producers, growers and farmers. We are excited to bring on their Daikon Radish, Red Radish and Golden Beet fermented products.



#### **LITTLE RED HEN FOODS**

Karen and Peder Schweigert created a cauliflower-crust frozen pizza to support the growth of natural and organic grocery items and to get more vegetables into everyday food. You can find their Cheese and Pepperoni Pizzas and Pre-Baked Crust in the frozen aisles.



# NEW AT THE CO-OP

## True Homegrown Taste



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2



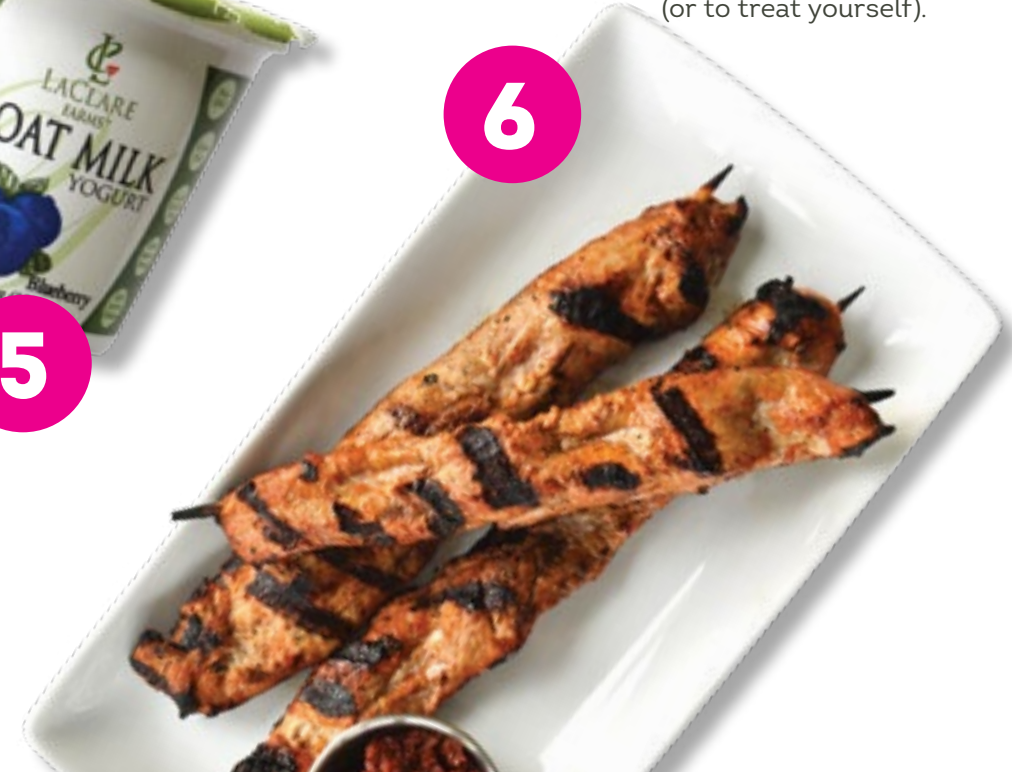
3



5



6



4

### 1. Szczutkowski Orchard Organic Applesauce

**\$4.29** (Packaged Grocery)

Ed and Lori Martin purchased an abandoned apple orchard in Richland Center, Wisconsin, to pursue their dream of bringing local and organic apples to their community. Their applesauce is as pure and simple as it gets – just organic apples and water, no added sugar ever.

### 2. The Kombucha Shop Brewing Kit

**\$39.99** (Packaged Grocery)

Ready to brew your favorite kombucha at home? Start with this kit, which comes with all the ingredients and equipment you need to brew your first batch and keep your culture going for a lifetime. The organic culture and liquid starter tea are from Wisconsin-based NessAlla and the organic tea blend comes from Rishi Tea, also from Wisconsin.

### 3. Annmade in Minnesota

**\$19.99** (Wellness)

Ann Aas of Chanhassen creates her one-of-a-kind necklaces by adding beautiful layers of glass onto a copper base using a torch. Just the thing for Mom on Mother's Day (or to treat yourself).

### 4. Clock Shadow Creamery Quark

**\$6.99** (Cheese)

Part of a welcome rise in urban creameries, Clock Shadow Creamery is Milwaukee's first and only cheese factory. By popular demand, they started producing quark, a versatile cow's milk cheese available in Maple Syrup and Garlic Dill. Put it on crackers for an easy appetizer.

### 5. LaClare Farms Goat Milk Yogurt

**\$1.99** (Refrigerated Grocery)

Established in 1978 by Larry and Clara Hedrich, La Clare is a family-run business located in Pipe, Wisconsin. Their goat's milk yogurt is creamy with a sweet, mild and tangy flavor. Give all their varieties a try: original, blueberry, vanilla and strawberry.

### 6. Honey Harissa Pork Tenderloin Satay

**\$11.99/lb** (Meat)

Yummy satay ready to grab and grill, made with local pork, local Minnetonka Gold honey and a zesty harissa rub. Bonus: Did you know we offer free rubs on selections from our full-service meat case? Ask about our twelve delicious kinds and get grilling.



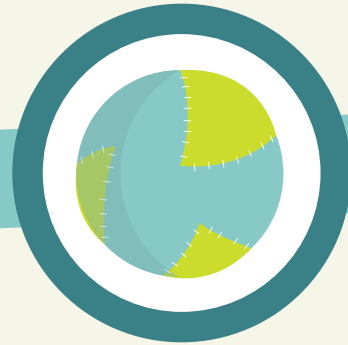
### MEET WHO MAKES IT: MINNETONKA GOLD HONEY

For more than seven years, Jeff Dankey of Minnetonka Gold has provided quality raw honey to Lakewinds stores. Their wildflower honey is small batch harvested from apiaries around Lake Minnetonka and the surrounding prairies.

Don't miss their "Buckwheat Buzz" honey from central Minnesota, where hundreds of acres of Buckwheat are harvested each year. Minnetonka Gold Wildflower Honey is available in 16oz (\$8.49) and 24oz (\$11.99) bottles. Buckwheat Buzz is available in 16oz (\$8.49) bottles.

# EARTH DAY EVERY DAY

To mark Earth Day this month, we are focusing on seemingly simple acts that have a big impact on our stores, local shoppers, the community and the earth – from reusable bags to recyclable packaging. Read on for ways to participate with Lakewinds and tag your own #smallacts to share how you make every day a little greener.



## PATCH THE PLANET

For every reusable bag you shop with at Lakewinds, we give you a patch. This spring, your patch donations go to the Land Stewardship Project, which works to promote sustainable agriculture and sustainable communities.

April 22nd is Earth Day. If you're **one of the first 100 Lakewinds shoppers**, you'll receive a free reusable tote bag.

- 
1. BRING YOUR OWN BAG
  2. RECEIVE GREEN PATCH FOR EACH BAG
  3. LAKEWINDS DONATES 5¢ PER PATCH TO ENVIRONMENTAL GROUPS



You help save over **200,000 bags** from landfills



You help raise **\$10,000** in donations



## WASTE DIVERSION

Our delivery boxes, product packaging, store displays and shopping bags are all made with a percentage of recycled material. Our Environmentally Friendly Practices Committee is always looking for ways to waste less, save more and be a leader of daily positive change. Each year our in-store waste diversion practices keep 90% of our waste out of the landfill through composting, bulk buying, recycling, and upcycling.

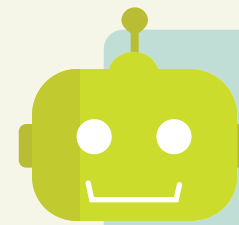


90%



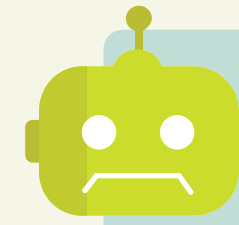
## TECH DUMP: RECYCLING EVENT

At the 2016 Tech Dump event, our shoppers got rid of **16,000** pounds of electronics – lets top that in 2017! Tech Dump hires adults facing barriers to employment, helping them gain valuable work experience. Want a responsible way to recycle your junk technology? Bring it to any Lakewinds location on **April 8th between 9 a.m. and 1 p.m.** and we'll help you dispose of it safely. All devices are wiped clean for your security.



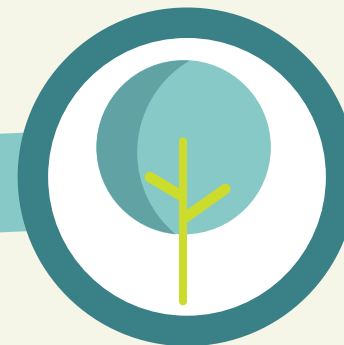
### BRING

- Desktops / Netbooks / Laptops / Chromebooks
- Mouse / Keyboards / Cords
- Harddrives / Motherboards
- Cellphones / Smart phones
- iPads / Tablets
- MP3 players / iPods / iTouch
- Cords / chargers / cables
- Christmas lights
- Ink and toner cartridges



### DON'T BRING

- Televisions / Computer Monitors
- Small household electronics (Blenders / Coffee Makers / Vacuum Cleaners / Fans / Lamps)
- Speakers / Receivers / Boomboxes / VCR or DVD players
- Printers / Scanners / Fax Machines
- Appliances



## ROOM TO BLOOM

One more way shopping at Lakewinds helps: more trees in our community. Through Neighborhood Forest, Lakewinds funds 3,000 trees to students in our community. Expanding the ecosystem for animals, absorbing harmful gasses, and creating a day's supply of oxygen for four people.



3,000 Trees



3 Schools



Cleaner Air

(Groveland Elementary, Chanhassen Elementary, Richfield STEM)



# Edible Spring Color

Move over Food Pyramid: ROYGBIV is the best way to know you're getting maximum nutrition from the foods you eat. A multi-colored meal gives you the diverse nutrients needed for a healthy, balanced diet. So fill your fridge with these super foods and read up on the benefits of a more vibrant menu.

## A KALEIDOSCOPE OF FLAVOR

Vegans and Paleo eaters alike can rejoice and kick off their Birkenstocks over this salad. Its bright colors, maximum crunchability and toasty flavor come with an overflowing dose of essential nutrition.

### Toasted Hippy Salad

An artful and free form arrangement of vegetables and seeds with a zingy dressing.

#### Salad Ingredients

Green kale, torn  
Purple cabbage, shredded  
Mushrooms, sliced  
Radishes, sliced  
Yellow bell pepper, cut into strips  
Shredded carrots  
Micro greens or sprouts

Toasted seeds: A handful of hemp seeds, pepitas, sunflower seeds; toast in a skillet over medium heat for 2-3 minutes, stirring to avoid burning.

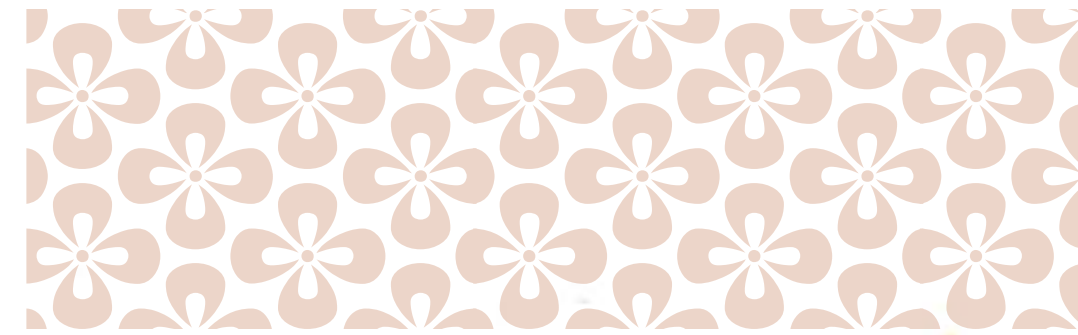
#### Dressing

1 clove garlic  
1 avocado  
2 tablespoons apple cider vinegar  
2 tablespoons fresh lemon juice  
2 tablespoons extra virgin olive oil  
6 tablespoons water  
¼ cup each fresh parsley and dill  
¼ cup chopped scallions  
1 teaspoon salt  
½ teaspoon sugar

Combine all ingredients into blender and blend until smooth.

### Tip: Great Dip

This dressing makes a great sandwich spread or dip for vegetables, pita, chips or spoons



#### KALE

Cruciferous vegetables, such as broccoli and kale, provide compounds called indoles and isothiocyanates that rev up the production of enzymes that clear toxins from the body.

#### PURPLE CABBAGE

Studies show anthocyanins in purple and red foods may prevent degenerative diseases. They also contain tons of vitamins C and K, fiber and potassium.

#### RADISHES

Blue, purple and deep-red fruits and vegetables are full of anthocyanins and proanthocyanins, antioxidants associated with a healthier heart and more capable brain.

#### CARROTS

Alpha and Beta Carotene are phytochemicals that our bodies convert into actively used vitamin A, helping us maintain strong vision and a healthy immune system.

#### MUSHROOMS

These magical foods contain high amounts of iron and vitamin D. Even with their subdued colors, mushrooms contain nearly as many antioxidants as bell peppers.

#### YELLOW BELL PEPPER

This sunshine-y veggie has the highest vitamin C content of all bell peppers. It's packed with B-6 and folate, which help regulate skin, hair, and mood.

#### MICRO GREENS

Unlike sprouts, micro greens absorb high concentrations of important nutrients from the soil, helping us stay healthy as they add great flavor and texture to any dish.

#### HEMP SEEDS

Hemp seeds are exceptionally rich in omega-3s and omega-6s. 25% of the calories are from high-quality proteins that provide necessary amino acids.

#### AVOCADO & OLIVE OIL

These foods are high in healthy saturated fats, which help ensure nutrient absorption, as well as anti-inflammatory Omega 3s and 6s, which boost your mood and keep cells and hormones balanced.







LAKEWINDS  
ORGANIC  
FIELD FUND

2017 GRANTEES

A TOTAL OF

**\$57,985**

in grant funds was awarded to a group of 11 farms and farming associations. This committee is made up of 16 people passionate about organic and sustainable agriculture. We're proud to announce this year's recipients and we wish them much success as they work on their projects.



**SOGN VALLEY FARM**

Insulate and install washable walls within existing packing shed to bring wash and pack operation into full compliance with GAP standards, improving production for CSA and potted-plant sales.

**\$8,000**



**\$7,000**

**WHETSTONE FARM**

Plant and maintain high-quality forage for 100% grass-fed lamb farm to improve overall health and weight of lambs and make infrastructure improvements.



**\$4,835**

**SLEEPY ROOT FARM**

Convert existing shed into a full functional, GAP-certifiable vegetable packing shed for organic CSA farm.



**\$5,500**

**ROMÉ ORGANIC FARM**

Scaling-up production of Anchotta, a tropical root crop native to Ethiopia. Expand produce sales to local and national community.



**\$4,000**

**RED CLOVER HERBAL APOTHECARY FARM**

Construct greenhouse to increase growth and production of culinary and medicinal herbs sold at co-ops and farmer's markets.



**\$4,800**

**FARM FARM**

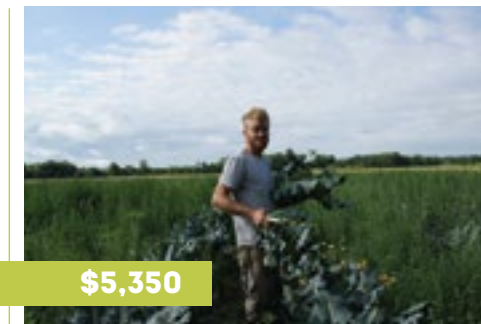
Purchase equipment and building materials to improve pack shed and post-harvest production of vegetables for wholesale.



**\$5,000**

**MANA GARDENS**

Purchase cooler, tiller and mulch layer to scale-up production for organic CSA and market farm.



**\$5,350**

**FRESH STARTS FARM**

Begin multi-year agroforestry project, includes establishing an apple and hazelnut orchard.



**\$6,000**

**PAT GREGOR FARM**

Purchase a no-till drill to aid in planting cover crops for grazing cattle and to protect and enhance soil quality, and offer till usage to neighboring farms.



**\$4,000**

**SWEET BEET FARM**

Complete pack shed construction on organic vegetable farm for organic CSA farm.



**\$3,500**

**ORGANIC BREEZY HILL**

Purchase and operate weather station data logger and software to evaluate growing season moisture patterns and combat apple scab infection on organic fruit and vegetable farm.



# Quick Tips



## BUY U.S.:

U.S. farm-raised seafood has some of the strictest regulations on fishery management, environmental impact and food safety.



## BUY SMALL:

Larger fish accumulate more mercury in their systems from the aquatic food chain. Consuming smaller fish helps limit the levels of mercury in your body.



## JUST ASK:

Talk to the experts at Lakewinds meat counters when you need guidance.

And download the Seafood Watch app to learn more about what's good in seafood.

# Nice Catch

## HOOKED ON SUSTAINABLE FISH

Want to be savvier about seafood? Navigating the waters is easy at Lakewinds. Our buyers bring you a bounty of delicious choices you can feel good about. All our fish are wild-caught or farm-raised using responsible aquaculture practices recommended by Monterey Bay Aquarium and the Marine Stewardship Council. As environmental conditions and fishing practices change, we adjust our purchasing accordingly, always giving you the best and most responsible selection. Mason Piehler, our Richfield Meat Manager with a strong background in fisheries management, gave us insider advice for smart and sustainable fish shopping.

"Farm-raised seafood is raised in a controlled environment.

**Our standards of sourcing farm-raised seafood are much more strict than that of the large-chain grocery stores.**

Among some of our requirements are low stocking densities, clean living areas, environmentally conscious waste management, and low impact on the surrounding natural ecology."

## WILD VS FARM-RAISED

### Sustainably Wild-Caught

- Can have a larger carbon footprint due to transport from boat to truck to market
- Fish may be exposed to more toxins and metals in their natural food sources

### Farm-Raised

- Makes up nearly 50% of the global fish supply for human consumption
- 500 species of fish are now farm-raised
- Relieves stress on depleted fisheries
- Less resource-intensive than producing cattle or chicken
- Environmentally sustainable aquaculture systems are improving every year
- Often more fat in their diet producing a more tender fish

### Both

Some fish are wild-caught then farm-raised into adulthood, resulting in risks and benefits from both methods.

## HOW DO YOU LIKE YOUR FISH?

Get the flavor and texture you love.

### On the Grill

**Benefits:** Smoky flavor, crisp edges

**Varieties:** Firm filets like salmon, swordfish, tuna; whole fish like snapper, trout

**How:** Gas or charcoal grill on medium heat, well oiled grate or specialized fish-grill pan. Top with dill and cipollini onion.

### Sautéed/Seared

**Benefits:** Quick cooking, crisp exterior, moist interior

**Varieties:** Medium filets such as tilapia, arctic char, tuna, and cod

**How:** Cast iron or stainless sauté pan, medium/high heat with olive oil. Try sesame seeds, daikon, sprouts, toasted sesame oil.

### Roasted

**Benefits:** Meal-in-one sheet pan with vegetables, simple clean up

**Varieties:** Medium to firm fish such as salmon, cod or steelhead trout

**How:** Put seasoned fish, aromatics, root vegetables and herbs on an oiled sheet or pan, roast on 375° for 15-30 minutes. Try tomato, olives and scallions.

### Baked in Parchment

**Benefits:** Cooked with tender veggies and herbs, maximum flavor and moisture

**Varieties:** Tender fleshed fish such as sole or snapper

**How:** Place filet plus dill, fennel and lemon in parchment pouch, bake at 400° on a sheet or pan for 15 minutes. Top with fennel fronds.



On the Grill



Roasted



Sautéed



Baked in Parchment



# CO-OP CALENDAR



## THE BOARD VIEW

### THE CREAM OF THE CROP

Six months into my term as a board member for Lakewinds, I had the privilege of reviewing applicants for this year's Lakewinds Organic Field Fund (LOFF). My experience as a member of the LOFF committee reinforced, in a big way, my pride in being a Lakewinds member and why I chose to run for a position on the board. It was truly an inspiring experience.

Our committee included representatives from marketing, customer service, produce and grocery departments, management and the board of directors. Our Lakewinds employee representatives were just as enthusiastic about the mission of the co-op as the employees I encounter when I shop. Rounding out the spectrum of backgrounds, interests and experiences was a former LOFF grant recipient, whose contribution was invaluable. The program's impact on local farmers and farm organizations was clear.

In preparation for the grant review, each member received a thick binder of

applications representing many long, hard hours of work by our applicants. It was exciting to dig into the stories about how each local farm was started, their short and long-term goals, the challenges they've overcome, and the projects they hope to accomplish with the help of this grant.

The quality and quantity of applicants gave me great hope for the environmentally responsible and sustainable food system we're working to build.

You can be certain I will be first to the table to learn about our applicants next year. As a member, you can take a bow for your role in supporting LOFF farmers in bringing high-quality food to our communities that also enriches the earth. Thank you.

**WARMEST WISHES,**  
Gretchen Enniga

#### BOARD OF DIRECTORS

- Tim Reese (President)
- Sarah Carroll
- Ryan Sweeney
- Karyn Penn
- Kari Broyles
- Naomi Sadighi
- Gretchen Enniga
- Nancy Twidwell
- Rahul Deep

#### 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](mailto:board@lakewinds.com) to let them know you'll be attending or to share your thoughts about the co-op.

Note: May session is closed



#### EDITOR'S NOTE

Oops! In the last issue we had a naming error in referencing Edith Stodola's 100th birthday.



4/8

### TECH DUMP ELECTRONICS RECYCLING EVENT

Saturday, April 8th · 9:00 a.m. – 1:00 p.m.  
All Lakewinds Locations



4/29

### LOCAL FOOD FEST

Saturday, April 29th · 11:00 a.m. – 3:00 p.m.  
All Lakewinds Locations



5/20

### ANNUAL MEAT SALE

Saturday, May 20th  
While Supplies Last  
All Lakewinds Locations



6/17

### BEAUTY & SKIN CARE EVENT

Saturday, June 17th  
Save an additional 10% off of all body care items. While supplies last.  
All Lakewinds Locations



**TAQUERIA and PIZZA BAR  
NOW OPEN IN CHANHASSEN**







**LAKEWINDS**  
FOOD CO-OP

6321 Bury Drive, Suite 21  
Eden Prairie, MN 55349  
lakewinds.coop

# Taqueria & Pizza Bar

now open at the  
Chanhasen Deli

Authentic Mexican specialties made from scratch. Housemade pizza dough topped with local mozzarella.



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

16 // Lakewinds Owner Newsletter

## \$5 OFF

RSVP STAINLESS  
STEEL COMPOST PAIL



**VALID: APRIL 3 - JUNE 30, 2017**

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

**PLU 20209**

## 50¢ OFF

SZCZUTKOWSKI  
ORCHARDS ORGANIC APPLESAUCE



**VALID: APRIL 3 - JUNE 30, 2017**

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

**PLU 20210**

## \$2 OFF

ONE LB OR MORE OF  
SCOTTISH FARM RAISED SALMON



**VALID: APRIL 3 - JUNE 30, 2017**

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

**PLU 20211**