



# ReFresh

SUMMER 2017



NAAN PIZZA ON THE GRILL • MAKER, MEET MARKET  
CLEAN SUMMER BODY CARE • FOOD SHELF GIVING MADE EASY

# Letter from the General Manager



Hi everyone!

June is a time of anticipation at the co-op. We've seen early local produce like ramps and nettles. Local salad greens have started to arrive. Our bounty of local produce will be in full swing for the next few months.

Meanwhile, our dairy, meat, seafood, prepared foods, and wellness departments continue to feature the high quality products you expect from Lakewinds, with grocery and bulk aisles rounding out our full-service experience.

As I walk our aisles, I am amazed at the variety of products available at our co-op. Reviewing our quality standards, I'm equally amazed by the care we take in selecting products for our stores. It is a not-so-great comment on our food system that we need to track and avoid so many undesirable ingredients. Our buyers and staff, who are also Owners and shoppers, share your desire for a cleaner, more transparent food system.

We're making progress. Large packaged goods companies are under pressure from consumers to move away from GMOs, embrace organic production, eliminate added sugar, and reduce the number of ingredients in their products. More shoppers are looking for unprocessed and fresh options, including easy-to-prepare produce and protein.

We continue to require our suppliers to meet high

standards for quality and freshness. Our buyers make decisions based on lengthy sets of criteria for their departments, including the promises we commit to co-op-wide:

- Lakewinds will only sell foods that are wholesome and safe to eat.
- We source fresh, local, organic foods and products whenever possible.
- All our products are thoroughly researched and evaluated. They will never contain artificial preservatives, colors, flavors, sweeteners, high-fructose corn syrup, added hormones, parabens or hydrogenated fats.
- We share good information about our products to help you choose wisely.
- We always put the health of our customers and our communities first.

Thanks, friends, for putting your trust in Lakewinds and shopping with your values. With your support, we're building a local food community united around the highest standards.

DALE WOODBECK

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## MINNETONKA

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952-473-0292

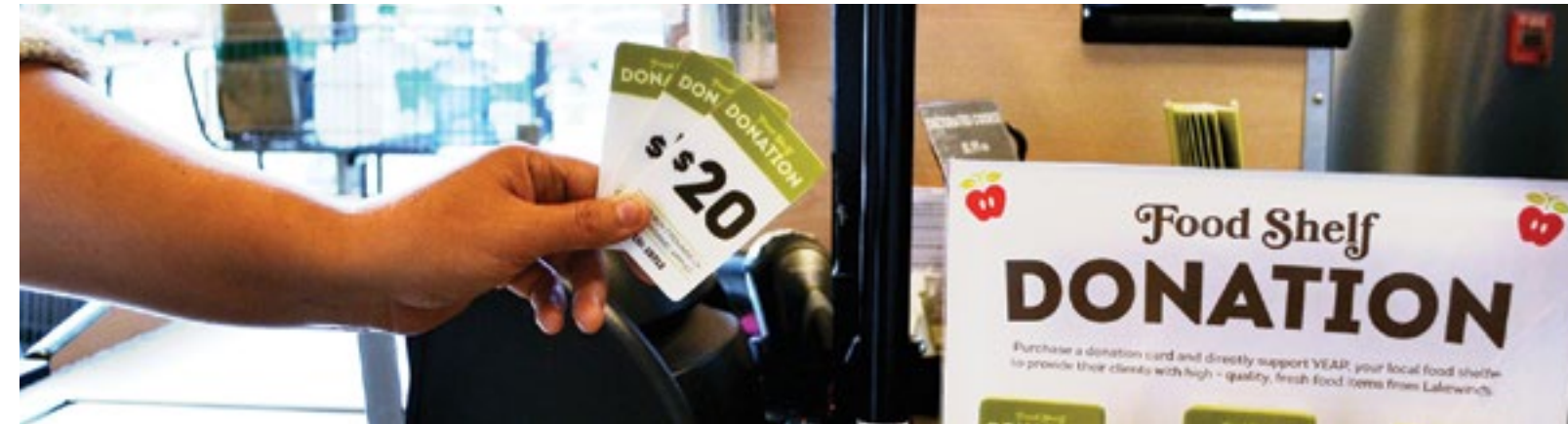
## CHANHASSEN

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

## RICHFIELD

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

# Community Connection FOOD SHELF GIVING MADE BETTER



"Care for Our Community" is a core value at Lakewinds. It inspires us to provide healthy food not only to customers, but to people in need across our community. Over the years, we've supported our local food shelves by providing food rescue from our stores, gathering donations for Minnesota Food Share month, and sponsoring local events.

In March, we began a program to expand access to the freshest, healthiest foods Lakewinds has to offer. Our new Food Shelf Donation Cards let owners and shoppers contribute directly to local food shelves and the people they serve. Simply pick up a card at the register and add it to your purchase, available in \$5, \$10 or \$20 increments.

This money is donated to our food shelf partners, including VEAP (Richfield), PROP (Chanhasen) and ICA (Minnetonka) to shop our co-op each month and flexibly meet their clients' needs. Food shelf buyers can choose from organic, seasonal produce, hormone- and antibiotic-free dairy and meats, and all-natural grocery items – the best things for people who experience food insecurity on a daily basis.

With help from our generous Owners, Lakewinds is helping to fight hunger in our community in a big way.

Thank You ❤️



## First Donation Card Shopping Trip

PROP: People Reaching Out to People

Employees and volunteers from PROP came to the Chanhasen Lakewinds to shop in May using funds raised through the food shelf donation card program. For a total of **\$974.08**, they were able to purchase fresh, organic produce and coffee for their clients in the Eden Prairie and Chanhasen communities.

## \$974.08 Translated to:

- 40 one-pound bags of coffee
- 72 pounds of peaches
- 105 pounds of cantaloupe
- 40 pounds of honeydew
- 36 mangoes
- 30 pounds of papaya
- 40 pineapples



# NEW AT THE CO-OP

LOCAL SUMMER MUSTS FROM SALAD TO S'MORES

## TEASOURCE TEA - \$39.99/LB

Bill Waddington started Roseville-based TeaSource to bring the world's finest teas to Minnesota. TeaSource creates irresistible blends perfect for iced tea as summer heats up. We recommend organic Mangoberry, a sweet, tropical taste with hints of strawberry, kiwi, mango, and pineapple that come together in this sweet and mellow herbal blend.

FIND IN BULK



## ARTISAN NAAN BAKERY BREAD & PIZZA - \$4.99-\$5.69

Artisan Naan Bakery in Saint Joseph, Minnesota, creates their soft breads in small batches using ingredients like King Arthur Flour, Smude Sunflower Oil and Whole Milk from Stony Creek Dairy. Try it as a sandwich or as a grilled Naan Pizza (recipes on page 6).

FIND IN DELI



## MOROCCAN CHICKEN WITH ZOODLES - \$10.99/LB

A perfect marriage of light summer flavors, our latest salad is Paleo-friendly and ready for your next picnic or cookout. It's made with flavorful veggie noodles, local Caldo Harissa for a smoky zing, and a lemon-honey dressing.

## NORTH MALLOW GOURMET MARSHMALLOWS - \$7.99

North Mallow's gourmet creations change how you look at this camping classic. Their all-natural, gluten-free "mallows" are made without artificial flavors, preservatives, or high-fructose corn syrup. Crafted in Minneapolis, available in three flavors.



## KLARBRUNN FLAVORED SPARKLING WATER - \$4.99

Sourced from an underground aquifer, Klarbrunn sparkling waters are purified using a reverse osmosis filtration system in Mankato, MN. Grab a 12-pack of Klarbrunn for a fun summer drink that goes anywhere, from beach trips to road trips to grillouts and picnics. Lakewinds carries five varieties.

## K-MAMA SAUCE - \$11.99

When KC moved to Minnesota and couldn't find quality Korean food and sauces, he created his own. Initially sweet with a rich and buttery middle and a spicy burn at the end, it adds an authentic, delicious kick to appetizers, salads, soups, and entrees of any style.

FIND IN GROCERY



# TOP IT LOCAL

## GRILLED NAAN PIZZAS

Cooking in a sweltering kitchen during Minnesota's summer heat? No thank you. Take it outdoors with this amazing (and amazingly easy) pizza plan. These five grilled pizzas are made with bread from Minnesota-based Artisan Naan Bakery. No heavy cheese or sauce here, just light, summer-fresh flavor and your choice of seasonal toppings featuring the best of local produce. Think appetizers, brunch, or a quick dinner on the deck. Hungry yet?

### 1. BLACKBERRY & GOAT CHEESE

2 naan breads  
8 oz goat cheese crumbles  
½ pint blackberries  
1 tablespoon local honey  
Black pepper  
Pea shoots

Arrange berries and goat cheese on naan breads. Sprinkle with freshly cracked black pepper and drizzle with honey. Grill on medium heat for 3-5 minutes. Remove from heat and top with pea shoots.



1

2

3

4

### 2. LEMON, ASPARAGUS & ARUGULA

2 naan breads  
8 ounces fresh ricotta cheese  
Zest of 1 lemon  
Juice of 1 lemon  
Kosher salt and black pepper  
8 stalks asparagus, cut into 1-inch pieces and blanched for 2 minutes  
3 tablespoons olive oil  
4 cups fresh arugula

Mix ricotta, lemon zest and 1 tablespoon lemon juice in a bowl, season lightly with salt and pepper. Spread on two naan breads, arrange asparagus pieces. Grill on medium for 4-5 minutes. Whisk together remaining lemon juice, olive oil and a bit more salt and pepper. Toss arugula in dressing and add to pizzas before serving.

### 3. BRUSSELS & HARISSA

2 naan breads  
15 halved Brussels sprouts, blanched for 5 minutes  
1 cup tomato sauce  
2 tablespoons Caldo Foods Smoky Harissa  
Green olives, halved  
1 preserved lemon, thinly sliced  
½ cup crumbled feta cheese  
Pinch of chili flakes

Stir harissa into tomato sauce, spread on naan breads. Top with sprouts, olives, preserved lemons, feta and chili flakes. Grill on medium 5-7 minutes.

### 4. SMOKED SALMON AND DILL

2 naan breads  
½ cup Clockshadow Creamery Garlic Dill Quark  
¼ cup thinly sliced shallots  
½ cup thinly sliced English cucumber  
½ cup thinly sliced radishes  
4 ounces smoked or cured salmon  
Fresh dill for garnish

Spread naan breads with quark and add sliced shallots on top. Grill on medium for 4-5 minutes. Remove from heat and arrange cucumber, radishes and salmon on top, garnish with fresh dill.

# SAFE SUMMER BODYCARE



## SUPER-CLEAN CHOICES FOR SKIN, BEAUTY AND PEACE OF MIND

A good ingredient list should be short and familiar. That's especially true with bodycare products, which are notorious for No-Nos like artificial fragrances, parabens, synthetic preservatives, petrochemicals, and other chemical additives. After all, what we put on our bodies should be as safe as what we put in. So keep it clean! With Lakewinds, you don't have to worry. We choose all our products based on strict standards for quality and safety. Here's our Summer "It List" of ingredients and products we love.

### SKIN & BODY STAPLES

Hardworking all-natural ingredients to soothe ailing skin.

- **Aloe:** Widely used to soothe sunburns and skin wounds, it also can remove makeup, improve complexions and makes a great shave gel.
- **Coconut Oil:** From low-SPF sunscreen to diaper cream to hair treatments, coconut oil is the bodycare product that truly does it all.
- **Tea Tree Oil:** This ancient remedy has been used for thousands of years to relieve all kinds of rashes, skin irritation and even fresh piercings without mysterious chemicals.

### SUN & BUG PROTECTION

Natural options that are kind to your skin and the environment.

- Goddess Garden Organics - \$12.99-\$19.99
- ThinkSport - \$13.99
- Badger Anti-Bug Balm - \$10.40-\$11.99
- Veriditas Bug Off! Bug Repellent - \$13.49

### ANTI-AGING

Boost radiance and fight wrinkles with these nourishing plant-based extracts.

- MyChelle Remarkable Retinal Serum - \$34.99
- Andalou Natural Instant Lift & Firm Face Mask - \$5.29
- Vikas Essentials Anti-Wrinkle Serum - \$36.99

### BEST VEGAN PRODUCTS

Free of beeswax, lanolin, carmine, and never tested on animals (like all of our products).

- Acure Day Cream - \$16.99
- Evan Healy Rosehip Treatment Facial Serum - \$28.49
- Mineral Fusion Nail Polish - \$8.99

### BEST PRODUCTS FOR MEN

Healthy choices for him, from hair care to shaving musts.

- The Grandpa Soap Co. Charcoal Soap - \$4.49
- Dr. Bronner's Shaving Gel, Organic, Unscented - \$7.99
- Herban Cowboy Body Wash - \$7.99

### BEST CLEAN COSMETICS

Cover up wisely with clean make up made with natural ingredients.

- MyChelle Dermaceuticals Sun Shield Liquid Tint SPF 50 - \$22.99
- Mineral Fusion Lipstick Butter - \$12.99
- Andalou 1,000 Roses CC Cream - \$17.99



## OUR STANDARDS

- NO PARABENS
- NO ALUMINUM
- NO PETROCHEMICALS
- NO PHTHALATES
- NO TRICLOSAN

## JUNE 17th

all day sale

DEMOS  
& IDEAS 11-3

10% OFF  
SKIN & BODY  
CARE

Save on safe sunscreen, bug solutions and summer skin care. Along with:

- Essential Oils
- Shampoo/Conditioner
- Soaps
- Lotion
- Facial Care
- Toothcare
- Natural Deodorant
- Beauty Products

ALL LOCATIONS!

# POTLUCK TIME!

Summer's on! Ditch the dining room and take the party outside. Think casual charm for the perfect picnic. These picnic recipes are quick to make and easy to tote. They hold up in the heat and are easy to serve. Suns out, breezes are soft, and you don't want to miss a minute of these glorious days and luxurious evenings. Pack it up and get going – This season won't wait.

## SUMMER SOBA NOODLE SALAD WITH TAHINI DRESSING

BY: BETH DOOLEY  
PHOTO BY: METTE NIELSON

SERVES 4 TO 6

Make this in the high heat of summer when the vibrant colors from the summer squash and zucchini take over the garden and the corn is super sweet. Don't skimp on the fresh garden basil. This dish is easily doubled or tripled.

12 oz soba noodles  
¼ cup tahini  
3 tablespoons fresh lemon juice  
3 to 4 tablespoons water  
1 teaspoon honey  
2 cloves garlic, minced  
Generous pinch red pepper flakes

Salt and freshly ground black pepper, to taste  
1 small zucchini  
1 small summer squash  
1 red bell pepper  
1 cup fresh corn kernels  
½ cup sliced basil leaves

cut into matchstick sized pieces

Bring a large pot of lightly salted water to a boil. Add the soba noodles and cook according to package directions, until al dente. Drain and set aside.

While the pasta is cooking, whisk together the tahini, lemon juice, water, garlic and red pepper flakes. Add more water if the mixture seems too thick. Season with salt and pepper and set aside.

Turn the vegetables in a large bowl, toss in the cooked hot pasta, and add enough of the dressing to generously coat the ingredients. Toss in the basil and serve at room temperature.

FIND THE REST OF THESE RECIPES ON OUR BLOG:  
[WWW.LAKEWINDS.COOP/BLOG/TAG/PICNIC-FAVORITES/](http://WWW.LAKEWINDS.COOP/BLOG/TAG/PICNIC-FAVORITES/)

## SUMMER POTLUCK TIPS

- 1 Make it easy. Pick dishes that can be made in advance, or assembled from simple ingredients. Most salads are better on day 2 or 3.
- 2 Make it abundant. Outdoor potlucks boost appetites. Plan for hungry kids and adults alike.
- 3 Make it safe. Forgo ingredients and dishes that can spoil quickly, opt for vegetable and grain-based dishes, vinaigrette dressings.
- 4 Make it portable. Skip the fragile cookies and delicate greens. Opt for hearty and sturdy ingredients that travel well.
- 5 Hydrate! Infused water, natural tea and fresh lemonade can quench thirst in a delicious and fresh way.



CHOCOLATE CHERRY BISCOTTI

CHICKPEA & CILANTRO SALAD

SUMMER SOBA NOODLE SALAD

"NOT SO AUTHENTIC" BAHN MI

TASTY POTATO SALAD WITH FERMENTED VEGGIES



# MAKER TO MARKET



## Caldo Foods

Caldo Foods brings a zesty taste of North Africa to Minnesota. Try their delicious harissa as a rub for meats before they hit the grill, stir into mayonnaise for a sandwich spread, or add to tomato sauce and lamb meatballs.



## Gyst

Natural fermented pickles made from the freshest seasonal produce. Serve on a buttered baguette, add to tacos, bowls or pizzas, or make them the star of a cheese and meat board with mustards and local honey.



By now we hope you've heard about our Maker to Market program. We launched this unique venture in 2016 to bring exclusive local products to our owners and shoppers. In February, four food entrepreneurs were selected for the program. They were given time in The Good Acre's commercial kitchen to develop their products and will be partnered with immigrant and low-income farmers to source their ingredients.

These brand new companies made their debut in April at Lakewinds Local Food Fest. No surprise, they were a huge hit! Now all their products are available for purchase. Look for these exclusive products on Lakewinds shelves – and save on your next visit with the coupons on the back of this issue.



## Little Red Hen

A tasty new option for gluten-free pizza lovers, this cauliflower crust pizza is made with simple ingredients. Try their cheese pizza or top with your favorite meats or veggies.



## Señoras de Salsa

Flavorful traditional salsas from authentic family recipes, great with chips or vegetables and much more. Try stirring them into soups, add a splash to a breakfast quesadilla, or as a condiment with grilled meats or fish (vegan).



# Co-op Calendar



## 10% OFF BODY CARE EVENT

Saturday, June 17th

10% off all Lakewinds Body Care items. Great chance to stock up on essential oils, sunscreen and more!



## TWIN CITIES PRIDE PARADE

Sunday, June 25th

Look for Lakewinds marching with our diverse and inclusive co-op community.



## CO-OP FARM TOUR

Saturday, July 15th

Explore local farms as they open their doors for a day full of fun and discovery.



## KID'S FOOD FEST

Saturday, August 19th

Join us for healthy lunchbox inspiration, easy meal ideas, and an excuse to wear your superhero gear to the store.



## LOCAL CHEESE SALE

September 9th & 10th

Discover new or stock up on your favorites.



## ANNUAL OWNER MEETING

Sunday, September 17th

Join fellow Lakewinds Owners and partners at Gale Woods Farm for our annual gathering. Tickets available in our stores in mid-August.



## EMPLOYEE SPOTLIGHT: HUNTER

Counter Supervisor at Minnetonka

Zodiac Sign: Aquarius

Favorite Lakewinds Pizza: Margherita

### How long have you been with Lakewinds?

I've been with Lakewinds for almost two and a half years. It is by far the best place I've ever worked. There's a greater sense of purpose than you find with a typical grocery or retail store. We strive to make a positive impact on society.

### What is your favorite part of working here?

The incredible staff! I've never seen a friendlier and more knowledgeable group of people under one roof. Where else could you find a world-class birdwatching expert working alongside a heavy metal drummer under a British-American manager?

### What changes have you put in place since becoming supervisor?

I strive to create a climate of better employee communication, and make sure we practice our co-ops mission with pride and purpose. The area I'm most excited about is the new and local items in our burrito bar. We've introduced Fish Taco Fridays, which have not only been a hit with our customers but we've seen sales and customer count steadily improve.

### What do you like about making pizzas?

When I first started, I made pizzas 40 hours a week, every week, for almost a year. I learned a lot about our quality ingredients and acquired valuable kitchen skills from prepping all the ingredients. Creativity was not only allowed, but encouraged. Some of our best-selling pizzas have been created from scratch from inventive deli counter employees.

# The Board View



One night driving home I was thinking about the struggle many of us feel balancing our commitments to work, family and community. While I find great fulfillment in my career and personal life, I felt I could be doing more for my community. The next day I got the sign I was looking for – literally. As I walked through Lakewinds' door, I saw a notice of upcoming elections for the Board of Directors. In that moment, it clicked: here was an opportunity to champion my professional and personal values through a food cooperative grounded in my community. I applied... and I'm so happy I did.

Being on the Lakewinds Board perfectly aligns with my values. I work at Life Time Fitness, where we promote a healthy way of living in everything we do, so I feel a sense of synergy with Lakewinds' drive to help people eat and live better every day. As a mom to two girls, I teach them to make choices that promote a lifetime of

health and wellness. My involvement with the Lakewinds' Board deepens our family's commitment to these principles.

Lakewinds supports our community in so many ways. The Lakewinds Organic Field Fund helps fund small, local farmers to expand their organic production and grow food we can trust. Thanks to our members' generosity, the "Round Up" program is donating significant money to deserving, local charities – over \$125,000 in 2016. And those are just two examples.

Lakewinds is now accepting applications for three new board member positions, each for a three-year term. If you feel passionate about Lakewinds and want to support its future success, I encourage you to apply. Your commitment to community has a place here!

KARI BROYLES

## Board Updates

### BOARD OF DIRECTORS

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

### CALL FOR BOARD CANDIDATES

Are you a potential candidate? Applications to become a board member are open until **June 30th**. There are three board positions for three-year terms. Candidates must be a Lakewinds Owner in good standing. Learn more at [lakewinds.com](http://lakewinds.com) or pick up an application in store.

### BOARD ELECTIONS

Owners vote for new board positions August 25th through September 17th. Election results will be announced at the Annual Owner Meeting, on Sunday, September 17th at Gale Woods Farm.

### 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.





**LAKEWINDS**  
FOOD CO-OP

6321 Bury Drive, Suite 21  
Eden Prairie, MN 55346  
[lakewinds.coop](http://lakewinds.coop)



## Small Farms, Big Values

We planned all winter to source the highest quality produce from local farms. Grab a basket and veg out.



**\$1 OFF**

ALL CALDO ITEMS

**VALID: JUNE 12 - AUGUST 31, 2017**

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

**PLU 20213**



**\$1 OFF**

ALL GYST ITEMS

**VALID: JUNE 12 - AUGUST 31, 2017**

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

**PLU 20214**



**\$1 OFF**

ALL SENORAS DE SALSA ITEMS

**VALID: JUNE 12 - AUGUST 31, 2017**

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

**PLU 20215**



**\$1 OFF**

LITTLE RED HEN PIZZA

**VALID: JUNE 12 - AUGUST 31, 2017**

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

**PLU 20216**

