

RE FRESH

WINTER 2017



Community Giving
Soup Season
Budget Hacks
Supplement Savings



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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

MAKER TO MARKET

It is always wonderful to get your feedback on the co-op. I see many of you in the stores and I get a little thrill when we talk about food and the place Lakewinds occupies in your lives. We were able to get a more detailed view of your thoughts and ideas in the shopper survey that we conducted last summer.

In that survey, we asked what would encourage you to do more of your shopping at Lakewinds. We are using your responses to create our priorities at the co-op. We heard from you that you'd like to see a wider selection of local products and organic products throughout the store. The co-op has a new partnership that will be one program to help move us in that direction.

We are pleased to announce Maker to Market is an innovative program that will provide assistance to local companies that are making fresh and shelf-stable products in the Twin Cities metro area. These products will often be made with locally sourced produce, herbs, and meat. Through a partnership with The

Good Acre in Falcon Heights, Lakewinds is providing commercial kitchen time and technical resources to up and coming product makers. We expect to see many of these products in the stores, which will increase the number of local products available to you every day. Watch our website and social media sites for up-to-date information on this effort.

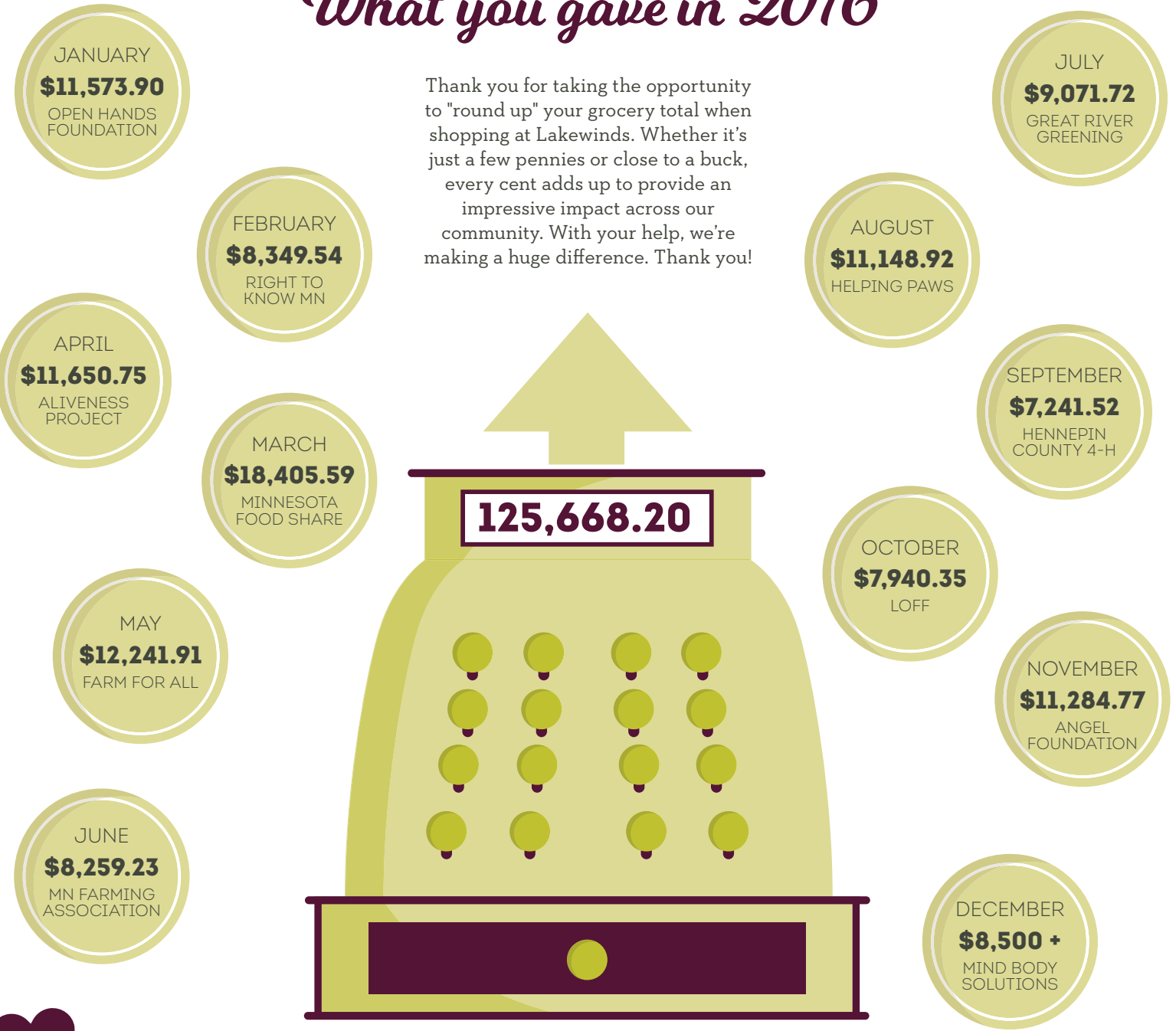
We're doing a lot of good out there, friends. With your support, we will continue to create unique and innovative partnerships to support the local food community and bring you products that meet the high standards you expect from Lakewinds.

From the bottom of my heart, thank you for supporting the co-op.

DALE WOODBECK

REAL CHANGE

What you gave in 2016



Thank you for taking the opportunity to "round up" your grocery total when shopping at Lakewinds. Whether it's just a few pennies or close to a buck, every cent adds up to provide an impressive impact across our community. With your help, we're making a huge difference. Thank you!



2017 DONATION PARTNERS

- JANUARY** - Hammer Residences
- FEBRUARY** - Gardening Matters
- MARCH** - Minnesota Food Share
- APRIL** - North Country Food Alliance

- MAY** - Mashkiikii Gitigan 24th Street Community Urban Farm
- JUNE** - Wilderness Inquiry
- JULY** - Pinky Swear Foundation
- AUGUST** - The Food Group - Harvest for the Hungry

- SEPTEMBER** - We Can Ride
- OCTOBER** - Lakewinds Organic Field Fund
- NOVEMBER** - Urban Ventures CityKid Farm
- DECEMBER** - Greater Minneapolis Crisis Nursery

Eating GOOD FOOD On a Budget



Pile your pantry with high quality, affordable and organic products from Field Day. These cupboard essentials are non-GMO Project Verified, and come in BPA-free packaging. Along with the non-perishable staples ranging from mac and cheese and salsa, to chicken broth and canned beans, you can find many high-quality household products so you can clear your conscience and stay on budget. Recycled paper products and detergents free of added dyes and synthetic fragrances, to keep your house clean and the environment green.

Budget-friendly organic groceries, every day.

PORK SHOULDER & TOMATO SOUP WITH CREME FRAICHE

A hearty, but fresh soup that is perfect for short winter days. Serve crusty bread slathered with cultured butter on the side. For a bit of heat, add a spoonful of sriracha at the end.

Serves 4 generously

- 2 lb boneless pork shoulder, cut into 1 inch pieces
- sea salt
- 2 Tbsp Field Day extra virgin olive oil
- 1 large onion, diced
- 8 garlic cloves, minced
- 2 tsp smoked paprika
- 1 cup dry sherry
- 1 jar Field Day marinara sauce
- 2 cups Field Day chicken broth
- freshly ground pepper
- 4 tbsp crème fraiche
- fresh marjoram leaves, for serving

Brooke Martin

Quince Catering & Events

Season pork with sea salt. In a large pot, heat olive oil until hot. Add pork and let brown on all sides. Remove from pot and set aside. Add onion and saute until softened and starting to caramelize. Add garlic and paprika and stir for 1 minute. Stir in sherry and cook for 2 minutes or until slightly reduced. Add marinara, chicken broth, 1 tsp sea salt and freshly ground pepper to taste. Bring to a boil, reduce heat and simmer, covered for 1 hour. To serve ladle soup into large bowls and top with crème fraiche and marjoram leaves.



GROWING LOCAL ALL YEAR LONG

Finding fresh, locally grown foods during the winter months can be next to impossible in our Northern climate. The hydroponic innovators at Localize want to change that.

This urban farm started with a single basil crop in 2013.

Now they've expanded into a bigger location to grow a large assortment of herbs for the Twin Cities. We talked to Ryan Sweeny, the founder of Localize and current Lakewinds board member about the company's approach and exciting, upcoming plans.

How did you get started?

It began when I stumbled on a company called Freight Farms that makes shipping containers for hydroponic farming. I was their first customer. I started with two shipping containers, but the economics of this system made it hard to expand. So I partnered with another company to develop the towers and system we use today. We got into our current building in September 2016. So, it's still very new.

Why did you start with basil?

Basil is easy to grow and was already a proven crop in test farms. Since then we've added parsley, dill, sage, thyme, oregano, mint, chives (I'm super pumped about chives), cilantro and savory. In the future we're looking at adding tarragon and bay leaves.

Are there challenges to expanding to other herbs?

Each herb has its own different preferences for temperature, humidity, and light. The biggest issue is that we run only one nutrient reservoir, but each herb has a little bit different nutrient requirements. Our challenge is to find the happy medium to feed all the plants.

What technology and treatments do you use?

We use one piece of software to control temperature, humidity, CO2 concentration, and light exposure and another program to monitor the nutrient content, PH level and temperature of the water. Unlike conventional farming, hydroponic crops are grown in a consistent environment, with no droughts, pests or storms to deal with. Because of that, we do not have to do any foliar applications or pesticides.

How will hydroponics affect the future of farming?

While it's still an emerging market, I see it growing immensely in the next 10 years. As the population grows and food is scarcer, I see hydroponics as the way to fill those gaps. Big agriculture is so industrialized, it will be at least 10 to 20 years before they can catch up to the trend.

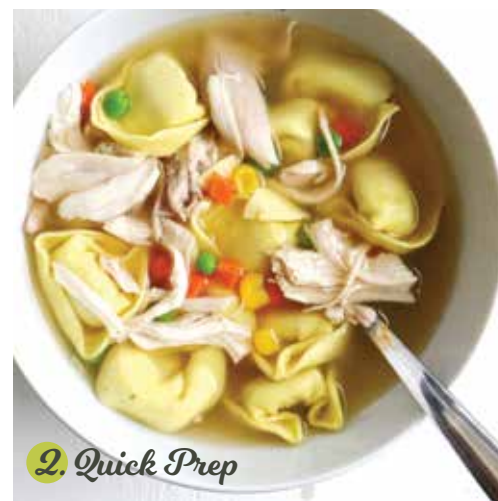
What is the future of Localize?

We want to help decentralize agriculture so every community has a little farm like this. We have people across the country interested in signing up under the Localize brand. We're getting ready to bring new farmers on board, give them the knowledge and tools to get started, and even collaborate on the marketing end. The more people we get, the better buying power we have.

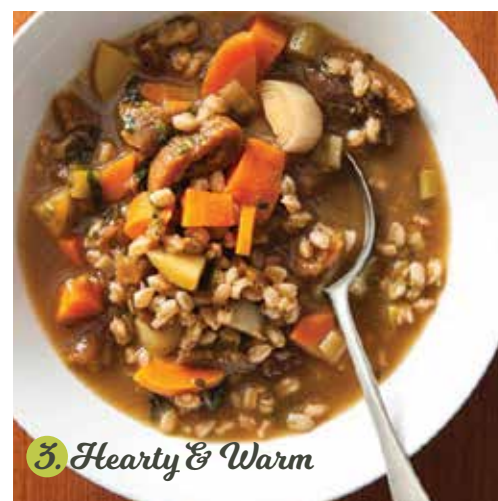
Amy Haggerty
Marketing Specialist



1. *Grab & Go*



2. *Quick Prep*



3. *Hearty & Warm*

Photo Credit: Mette Nielsen

SOUP SEASON WARMING WINTER FLAVORS

Soups are the new juice. Whether it's a quick homemade broth or a hearty soup made with care on a weekend afternoon, this is one winter standby we can't live without.

1.) Spoon Optional

Nancy Fink agrees. Her passion for clean, healthy foods led her to leave the corporate world and develop a line of portable, sippable soups that she aptly named "Spoon Optional." Made with only real, recognizable ingredients, these soups are 100% organic, vegan and gluten-free. Look forward to new varieties and fresh seasonal flavors in the future.

2.) DIY Tortellini Soup

With these easy ingredients on hand, you simply chop, throw it all in a pot, heat and eat.

Field Day chicken broth
Frozen vegetables
Tortellini
Rotisserie chicken

3.) Dried Apricot Soup with Faro by: Beth Dooley

Serves 6

This is a soup to season to taste; vary the ingredients using what you have on hand; it makes good use of leftovers.

3 tbsp extra-virgin olive oil
1 cup thinly sliced shallots
1 cup faro, rinsed and drained
5 to 7 cups vegetable or chicken stock
1 cup chopped apricots
1/2 lb Yukon Gold potatoes, scrubbed and cut into 1-inch pieces
1/2 lb carrots, scrubbed and cut into 1-inch pieces
1 tbsp fresh thyme, or 1 teaspoon dried thyme
1 tsp salt

1/2 tsp freshly ground black pepper, or more to taste

1/4 tsp ground cumin, or more to taste

1/4 tsp ground cardamom, or more to taste

1/4 tsp coriander, or more to taste

generous pinch red pepper flakes, to taste

1 cup cooked or canned garbanzo beans, rinsed and drained

1 tbsp orange zest

juice of 1 large orange

1/2 cup mixed fresh chopped mint, cilantro and parsley

Set a large heavy pot over medium-high to heat the oil, add the shallots, lower the heat, and cook, stirring until translucent, about 3 minutes. Add the faro and stir to coat with the oil then add the stock. Bring to a boil, reduce the heat to a simmer, and add the dried apricots. Cook until the faro is just tender, about 15 to 20 minutes. Add the potatoes, carrots, thyme, salt, pepper, cumin, cardamom, coriander, and pepper flakes and add more stock as needed to cover the vegetables. Continue simmering until the vegetables are tender, about 10 minutes. Stir in the garbanzo beans, orange zest and juice. Taste and adjust the seasoning. Serve garnished with the fresh chopped herbs.



Local Food Trends

On the menu today. On everyone's list tomorrow.



Plant Butchery

Eating your veggies is hip. As we seek to eat more veggies, the flavors will get more exciting. Chefs will pair them with vinegars and spices and stores will do the prep work to make meals easier. Watch them take center plate as noodles are replaced with beets ribeyes with cauliflower.



Ayurvedic Food

Ayurveda is the ancient mind-body medical system of India designed to help people stay vibrant, healthy and balanced. Foods that align with Ayurvedic elements like fenugreek, turmeric and maca will make their way into dishes and products to provide a more balance, less stress state of mind.



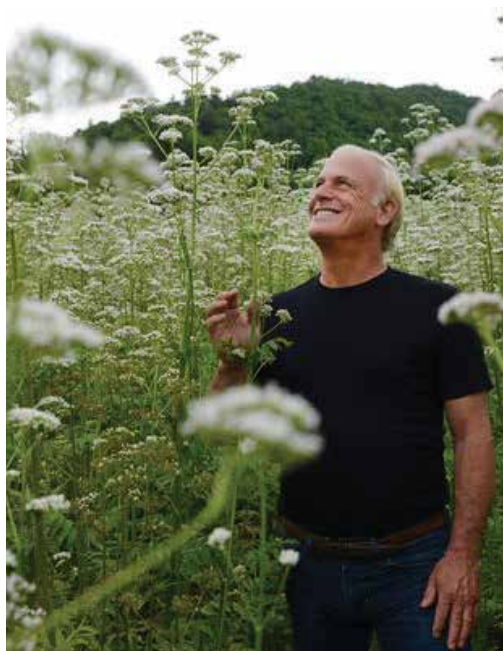
Craft Mocktails

Lighten up your happy hour routine with sparkling waters, fresh herbs and aromatic whole spices, paired with locally made shrubs and vinegars. We won't mock you if anything else makes its way into these refreshing bevs. You do you

Soup is the New Juice

Those that love to juice will take it one step further to seek out more texture and variety from their fruits and veggies. From sipping on bone broths to gazpachos, souping has high nutritional value with detoxifying benefits, plus it is more filling.





Learn what goes in to our supplements and herbs... and how to get more out.

Why trust nutritional supplements from Lakewinds? So many reasons. All our supplements are of the highest quality, evaluated for potency and safety according to strict FDA guidelines. We focus on ingredients that are clinically tested to be effective and seek out manufacturers who require third-party testing for ingredient identification and purity.

We prioritize our suppliers that can certify their products as USDA Organic, Non-GMO, or Gluten Free and support brands that support a better world. We love sharing stories about the products we carry and the work these brands are doing to improve the lives of the people who help to grow the plants, manufacture the products, and improve the health of our bodies and planet. Here are a few you should know.

ORGANIC INDIA

This outstanding company embraces regenerative agriculture techniques that go well beyond organic, with a goal of improving the health of the earth. These practices benefit the farmers, as their yields increase, and they are less vulnerable to drought, erosion and pests. Regenerative agriculture uses seed collecting, water management, composting, crop rotation, cover cropping and low-till/no-till farming methods with amazing results - more carbon is sequestered in the

soil, biodiversity increases, and soil is more fertile. ORGANIC INDIA's social programs focus on regenerating communities as well, offering access to clean water, health care, and training to empower some of the most at-risk groups of people in India.

Gaia Herbs

Gaia takes transparency to the next level. Their 250-acre farm in the Blue Ridge Mountains is one of the leading growers of organic herbs in the U.S. They produce over 5 million individual plants each year, tracking, studying and incorporating best practices from seed selection through manufacturing. Gaia bottles have a unique ID number that allows you to see the purity, integrity and potency testing for that specific batch, along with some gorgeous pictures of where your herbs grew up.

Wishgarden Herbs

This woman-owned, family-run company rocks our herb world. When we introduced the line earlier this year, their formulas for immunity, pregnancy, mood and digestion became staff and customer favorites overnight. To create their phenomenally effective blends, Wishgarden's trained herbalists and midwives combine organic and wild-harvested ingredients, folk wisdom, clinical science, and a deep understanding of biology and safety. You can actually feel these remedies working.

Lauren Bartel
Wellness Buyer

25% OFF



ALL VITAMINS & SUPPLEMENTS

SATURDAY, JANUARY 21

Mix it Up

Don't settle for a handful of capsules: make our healthy supplements part of your smoothies, snacks and meals.

Here are two places to start.



Fire Cider Honey Mustard

(from saltfatwhiskey.com)

- 5 tbsp organic yellow mustard seeds
- 3 tbsp organic brown mustard seeds
- 3 tbsp whiskey
- 2/3 cup Shire City Herbals Fire Cider
- 1/2 tsp local honey
- 1 1/2 tsp sea salt

Combine mustard seeds, 1/3 cup water, whiskey and fire cider in a jar and stir well. Cover and soak at room temp for 3-5 days, shaking once per day, until the seeds meet the liquid level. Pour the mixture into a blender, add the honey and salt, and blend until smooth. Store in a sealed jar in the refrigerator.



Vega Oatmeal Cookie Smoothie

- 1 scoop Vega vanilla protein
- 1 cup almond or coconut milk
- 1/3 cup rolled oats
- 1 tsp maple syrup
- 1/2 cup ice

Place all ingredients in blender, blend on high until smooth.

New at the Co-op

LOCAL FORAGER

Takeover



Nurish Green Energy

St. Louis Park, MN • \$38.99

Locally grown greens, naturally freeze-dried and ready for your next smoothie or juice.



Rishi Turmeric Ginger Chai

Milwaukee, WI • \$6.49

Wild new flavors from this award-winning teamaker, all organic and fair-trade certified.



You Betcha Kimchi

Minneapolis, MN • \$9.99

A Minnesota twist on the Korean classic, made from locally grown vegetables.



Mayana Chocolates

Spooner, WI • \$6.99

Custom-crafted chocolates that take “candy bars” to a new level.

On the hunt for extraordinary local products? We have you covered. Here’s a rundown of the latest and greatest local food and wellness items on our shelves. Track them down in the refrigerated section, the frozen aisle and everywhere in between.

Jill Holter

Community & PR Specialist



Gray Duck Chai

Minneapolis, MN • \$8.99

Check out their stimulating new variety featuring local honey and rooibos tea.



Punk Rawk Labs Shishito Gold Mustard

Minneapolis, MN • \$5.99

Made from Shishito peppers grown on Sin Fronteras Farm in Minnesota.



Lucille's Kitchen Garden Caramel Sauce

St. Paul, MN • \$6.99

Organic jams and sauces with intriguing flavors made from locally grown ingredients.



Levi Foods Pizzas

Starbuck, MN • \$6.99

Delicious frozen vegetarian pizzas made with simple ingredients.



Dumpling & Strand Noodles

St. Paul, MN • \$6.99 - \$7.99

Always fresh, single-batch noodles made from a variety of heritage grains.



Shamim's Pantry Ghee

St. Paul, MN • \$23.99

Small batch hand-crafted ghee made from pasture-raised local butter.



Herban Cowboy Body Wash

Minneapolis, MN • \$7.99

Organic grooming at its finest. Made of clean, vegan, and cruelty-free ingredients.



Spirit Creek Farm

Cornucopia, WI • \$7.99 - \$10.29

Stop by our salad bar to taste the difference “a cornucopia of live cultures” makes.



Col. Pabst Worcestershire Sauce

Milwaukee, WI • \$15.99

Try this all-malt amber-lager sauce to up your sauce game.

LOOK FOR THE LOCAL SIGN



to discover the best of the midwest.

CO-OP BUDGET HACKS

As a smart shopper, you care about what you buy—and what you spend. Lakewinds is on your side. With a little planning and these insider tips, you can eat well without emptying your wallet.



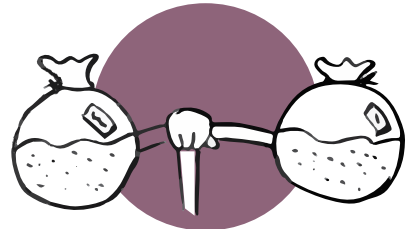
1. SHOP THE SALES

Nearly 1,000 items are on sale every day throughout the store. Take a peek online before you shop and make your meal plan around these specials. Don't miss the coupons on shelves!



2. FALL IN LOVE WITH FIELD DAY

Field Day is the co-op equivalent of a store's "private label" brand, only with higher standards. These family-friendly staples are organic, non-GMO and made in the USA.



3. BUY IN BULK

Why buy a 12-ounce package of walnuts when you only need a quarter cup in your recipe? With bulk, you get just the amount and variety you need without paying for excess packaging.



4. KEEP IT IN-SEASON

There's a reason Minnesota-grown tomatoes in July cost less than California tomatoes in January: airfare. When we buy fruits and vegetables grown nearby (which is only possible when they're in season), they travel fewer miles and cost less, too.



5. CASE DISCOUNTS

Go through a lot of kombucha or canned tomatoes? This owner-exclusive perk gives you 10% off case quantities of products. Just place your order through customer service.



6. NEW! FREE SEASONING IN OUR MEAT & SEAFOOD DEPT.

Here's a great way to liven up your meals at no extra cost. Our butchers offer free seasoning on any item you'd like. Ask to see our menu of flavors next time you're in.



7. DELI SECRETS

Did you know small portions of delicious cheeses can be found in the wee bits basket? It's a low-cost, low-risk way to find new faves. And stop by the salad bar to buy just the right garnishes for your taco or baked potato meal.



8. STAY IN THE LOOP

Here's a no-cost no-brainer: Subscribe to Lakewinds emails or follow us on Facebook for news on one-day flash sales, in-season products and more.

Amy Campbell
Sr. Marketing Manager



THE BOARD VIEW

OUR RECIPE FOR SUCCESS: TRUST

We have much to be grateful for. Lakewinds continues to grow while many food co-ops across the country struggle. Why is that?

At a recent gathering of a group that supports local farmers, I heard the phrase "Relational versus transactional." It was an "aha" moment. Those three words described succinctly what I have experienced in my 20 years as part of the Lakewinds community. I don't go in just to purchase food. Beyond the transaction, there is that element of relationship – with other shoppers, with fellow co-op owners, with vendors as they share their products and stories, with farmers whose pictures appear throughout the store, and with Lakewinds staff as they welcome and guide customers.

There was something else as well: the word trust. It was my initial response when my husband asked why I shop at Lakewinds. It was also our 23-year-old son's answer: "I can trust that I am getting organic and healthy

products." The day before Thanksgiving when I overheard a woman saying "I'm off to Lakewinds," I asked why she chose to shop there. Her simple reply... Trust.

What is it about trust? Trust is a "firm belief in the reliability, truth, or strength of someone or something." A-ha, it all fit. Trust is the foundation for the relational piece of a transaction. It's also the main ingredient for Lakewinds' continued success in spite of all the increased competition. Trust is the foundation on which Lakewinds continues to build its relationships.

With gratitude to all our staff, owners and shoppers, we wish everyone great success in 2017 and beyond.

Warmest wishes,
Karyn Penn



HAPPY 100TH EDITH!

Edith Greene, one of the 3 Lakewinds founders celebrated her centennial birthday in December.



BOARD OF DIRECTORS

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

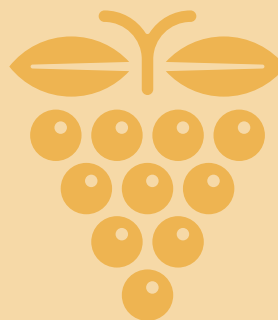
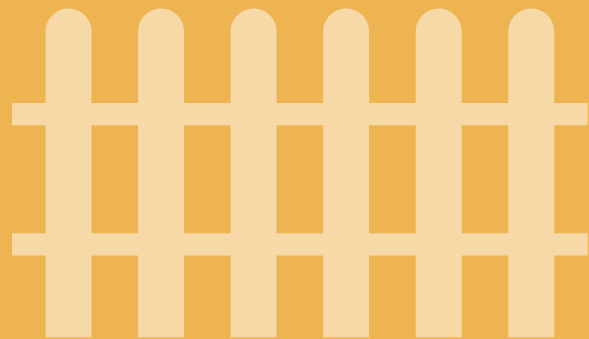
BOARD MEETINGS

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 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



instacart

Instacart now delivers out of all three Lakewinds locations.

Simply order online to have many of your favorite Lakewinds items brought to your door.

Get started at instacart.com

\$1 OFF

ANY SPOON OPTIONAL SIPPABLE SOUPS

Valid: January 11, 2017 – March 31, 2017

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

PLU 20207



\$1 OFF

ANY LOCALIZE HERB

Valid: January 11, 2017 – March 31, 2017

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

PLU 20205



\$2 OFF

1 LITER FIELD DAY OLIVE OIL

Valid: January 11, 2017 – March 31, 2017

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

PLU 20206



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD