



ReFresh

Winter 2018



*Powered by plants
page 8-9*

PURE PLANT POWER · RAMEN DONE RIGHT
HEALTHY NEW YEAR · MORE MAKER TO MARKET

Letter from the General Manager



Hi everyone,

January is a time of reflection and planning at Lakewinds. We've finished 2017 on a strong note, thanks to all of you choosing to spend some part of your grocery budget at the co-op. As we enter 2018, we're eager to improve your shopping experience and increase Lakewinds' engagement in our local food community.

We've learned from our shopper surveys that a resilient local food system is important to you, so one of our top priorities is to deepen our relationships in the local food economy. We want our friends and neighbors engaged in smaller scale efforts to succeed. Here is how we plan to focus on this:

- Amplify the message that part of our mission is to prioritize equity for our local farmers and food producers, who often rely on second and third jobs to make ends meet. If we want resiliency, we need equity.
- We're moving into our second year of Maker to Market, a six month accelerator in which independent food businesses turn their best concepts into market-ready products. The Good Acre, a food hub and our partner in this program, offers relationships with local farms, a commercial kitchen facility, and storage for product makers. Lakewinds provides funding for kitchen time, as well as technical expertise on labeling,

marketing, and how to work with retailers. We also offer retail shelf space for the final products, and access to our in-store demo program.

- Lakewinds Organic Field Fund (LOFF) is in its eighth year. LOFF provides direct funds to organic farms for a variety of projects to help those farms better provide the food that our local markets desire. Over the first seven years, we've provided \$250,000 in grants to 48 farms in Minnesota, western Wisconsin, and northern Iowa.

In stores, our capital budget keeps the business running as efficiently as possible. Our big project for 2018 is to replace the lighting in Minnetonka and Chanhassen with LED lights, improving the look and feel of the two stores as well as saving money for the co-op because of increased energy efficiency.

We can only do these great things because of the commitment that each of you continues to make to express your food values by shopping the co-op. Thanks so much for your support!

A handwritten signature in black ink that reads "Dale Woodbeck".

DALE WOODBECK

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MINNETONKA

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952-697-3366

RICHFIELD

6420 Lyndale Ave. S
Richfield, MN 55423
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2018 Maker to Market



MAKER TO MARKET

People are hungry for new and exciting local foods. But building a food business from scratch isn't easy. Entrepreneurs need a lot more than fresh ideas, they need help sourcing good ingredients, scaling production and marketing, and getting their product into the hands of people who will love it.

We believe building a thriving food economy is a collective effort. So we stepped up. Lakewinds Food Co-op and The Good Acre collaborated to create Maker to Market, a homegrown food accelerator, now in its second year of turning delicious ideas into market-ready businesses using organic, Minnesota produce.

Healthy impact all around.

Our purpose is simple: bring new and diverse slow food products to the world as we strengthen our food community as a whole. We help independent food makers hit the ground running. We source ingredients from small, local, and disadvantaged farmers to nurture our local food economy. And we give our owners and customers amazing new choices. It's a win-win-win.

Bringing everything together.

This first-of-its-kind slow food accelerator unites all the tools and support entrepreneurs need to succeed, including:

- Financially subsidized access to The Good Acre commercial kitchen and food storage facilities
- High quality organic produce sourced from underserved Minnesota farmers
- Mentorship from food professionals
- Connections and guidance for navigating large-scale food production and marketing

- Six months retail placement at all Lakewinds Food Co-op stores in 2018
- Ongoing support to bring products to other local co-ops and grocery stores

Evaluation criteria

Applications are open January 15 through February 16, 2018. Maker to Market is open to local and regional food makers, with preference given to Twin Cities metro area and surrounding communities. Products will be evaluated on the following:

- Produce-based product that aligns with the Minnesota growing season
- Taste and appearance
- Uniqueness of product and market potential
- Scalability of production
- Cost/SRP
- Shelf life (7 days minimum)
- Adheres to Lakewinds Product Standards
- Commitment to sourcing from The Good Acre whenever possible
- Not currently selling at retail



Ready, set, apply! Applications will go live on January 15, 2018 at makertomarketmn.com.



↑
PERFORMANCE

The
New

Save the Date

Save the date for a healthier 2018! **January 20th** is Supplement Saturday at Lakewinds, when health seekers can save **25% on all supplements** from our wellness department.

Save \$13 on a bundle of the basics. A pack of our top three supplements is **on sale for \$19.99** while supplies last.

*Not included in supplement sale.

Here's our rundown of the best nutritional extras for every health goal.

Performance

Give your body the fuel it needs, made from the best ingredients. Keeping up your protein, nutrients, and electrolytes when you're active is crucial to feeling good and seeing the results of your hard work.

Protein Powder: Orgain Organic Protein

Vanilla or Chocolate (2 lbs) · \$39.99

21g protein per serving, 1g sugar

Nutritionally dense pea protein meets brown rice protein for a complete amino acid profile. This is plant-based fuel for your workout or just getting your protein RDA.

Bar: RX Bar

Variety of Flavors · \$2.59

12g protein per serving

Made from a short list of simple and familiar ingredients, RX bars are free

from sweeteners, dairy, gluten, and confusion.

Drink: Nuun Electrolyte Powder

Mango Orange or Fresh Lime · \$6.99

1g sugar, 10 calories each

Electrolytes are tiny charged particles that are lost during exercise. The four main electrolytes are sodium, potassium, magnesium, and calcium. Replenish them with Nuun right after a workout or to stay hydrated throughout the day.

Immune Support

Support your immune system this winter with our food based vitamins, herbal blends, powerful probiotics, and anti-inflammatories. We have a range of remedies to promote wellness and defend against chilly weather woes.



←
SUPPLEMENT
BASICS

↑
IMMUNE SUPPORT

Healthy Years

Shire City Fire Cider

\$13.99 - \$23.99

This zippy apple cider vinegar-based tonic is packed with powerful ingredients, including honey, citrus, ginger, garlic, turmeric, and habanero pepper. Try a shot mixed with apple juice in the morning if you feel a cold coming on, or after a meal to assist with digestion.

Wellness Formula

Source Naturals · \$12.49 - \$23.99

A traveler's best defense! Packed with zinc, Echinacea, garlic, ginger, and vitamins C, D, and A, plus heaps of other immune boosting herbs, take at the first sign of stress or imbalance.

Manuka Honey Drops

Wedderspoon · \$8.99

These lozenges are made from pure New Zealand honey thanks to bees that pollinate the Manuka bush. Historically, this honey has been used for sore throats, to aid digestion and fight infections. It has a tremendous nutritional profile, including enzymes that work as an antibacterial.

Supplement Basics

Vitamin D3

Nutrigold · \$16.99 - \$19.99

The so-called “sunshine vitamin” is ideal for northern folks who don't get enough sun in wintertime. Vitamin D is important for the absorption of calcium and phosphorus, which supports bone and immune health and has a role in mood regulation.

Omega 3

Nordic Naturals · \$17.99 - \$43.99

Unless you are eating fish twice a week as recommended, chances are you aren't getting enough omega-3s. Omega-3s are responsible for fighting inflammation – the cause of many common ailments – while supporting heart, bronchial, joint, immune, and skin health.

Probiotics

Dr. Ohhira's · \$12.49 - \$58.99

Did you know our bodies contain more bacteria than human cells? With the majority of the human immune system tied up with our digestion, maintaining a good balance of gut bacteria can uplift every system in your body. That's the purpose of probiotics. These probiotics are shelf-stable as an added bonus too.

New at the Co-op

Beef & Potato Pasty

Meat Department · \$5.99 ❤️

Made in-house with Thousand Hills grass-fed beef, potatoes, onions, and rutabaga, our pasty is the perfect comfort food for the cold winter months. Find our version of this traditional, English meat pie in our frozen meat section.

❤️ Look for Local



Raw Bistro: Bistro Strips

Packaged Grocery · \$8.99 - \$9.99 ❤️

Furry friends deserve a healthy new year, too. Raw Bistro sources premium ingredients like Thousand Hills grass-fed beef, Kadejan Farms free range chicken, and Ferndale Farms free range turkey to make these amazing pet snacks. They contain organic ground flaxseed, rich in the omega-3 fatty acid for a healthy heart, skin, and coat.



Field Theory Hemp Hearts

Wellness · \$11.99 ❤️

These Hemp Hearts are grown right here in Minnesota by the first approved Industrial Hemp Grower in the state. Packed with vitamins, minerals, and omega-6 and omega-3 fats, hemp hearts are an excellent source of protein and iron.

Usage Tip: Add to cereal or granola.



Maazah Chutney

Refrigerated Grocery · \$9.99 ❤️

Sisters Sheilla and Yasameen make their mom's chutney recipe in small batches out of Minneapolis. This gourmet "goes-with-anything" condiment is made from simple ingredients like cilantro, apple cider vinegar, ginger, garlic, and walnuts. Maazah (which means flavor in Farsi) adds a bright kick to anything and everything.



Matchaah! Matcha Shots

Packaged Grocery · \$3.99 ❤️

Headquartered in Minneapolis, Matchaah shots are made with premium matcha tea & available in Raspberry & Lemon. Enjoy up to six hours of "calm alertness" from one serving of matcha, along with antioxidants and other natural benefits.



Harissa Turkey Meatballs

Deli · \$14.99/lb ❤️

Stop by our deli for a delicious new recipe featuring local Ferndale turkey and Maker to Market product Caldo harissa. Made with almond meal, this Paleo-friendly recipe is a healthy option for the new year. Serve with harissa tomato sauce over zucchini noodles from our produce department.



Meet Who Makes It

Frozen · \$11.99 ❤️

Like many of us, Karen and Peder saw eating more veggies and avoiding processed grains as the path to a healthier life. But if that meant sacrificing the ultimate comfort food – pizza – was it even worth it? Their conundrum led to a delicious discovery: cauliflower-crust pizza with the perfect combination of crust, sauce, cheese, and toppings. So began Little Red Hen. Lakewinds loved the pizzas so much, we made them a Maker to Market product in 2017. Find Little Red Hen exclusively in our stores.

Pure Plant POWER



Seeking more natural nutrition and less meat in your life? Pick from the greatest plant-based foods on the planet, from tofu to seitan to pea protein burgers. With options this tasty, every day can be Meatless Monday.

Curried Lentil Walnut Burgers

1 cup uncooked brown or green lentils
1/3 cup diced dates
1/2 cup walnut pieces
1 tablespoon grainy mustard
1 teaspoon curry powder
1 teaspoon salt
3/4 cup bread crumbs
Grapeseed or canola oil for frying
1 butterhead lettuce

Simmer lentils in a medium sauce pan, covered, in 3 cups water until tender (around 20 minutes). Drain any remaining liquid. In blender, pulse lentils, dates, walnuts, mustard, curry, and salt until combined, but plenty of texture remains. Toss in a bowl with bread crumbs until combined. Form into small 2 inch patties and fry in oil in a skillet over medium heat until browned on both sides. Serve in lettuce cups with Maple Mustard Curry Sauce.

Maple Mustard Curry Sauce

2 tablespoons grainy mustard
1 tablespoon Dijon mustard
2 tablespoons maple syrup
1 teaspoon curry powder
1/2 teaspoon salt

Whisk all ingredients until combined.



Soy What?

Wildwood Sprouted High Protein Tofu

15g protein per 3 oz serving

Choosing a non-GMO, fermented, or sprouted soy product avoids the over-processing that gives soy a bad reputation. Wildwood Sprouted Tofu is made from organic sprouted soy beans, which means they have a higher nutritional content and a complete amino acid chain. Tofu can be marinated and flavored like meat . . . the options are endless.



Mean Beans

Banza Pasta

14g protein per 2 oz serving

Our top pick from the pasta aisle, Banza is gluten-free, high in protein, and made from organic garbanzo beans. These noodles have twice the protein, four times the fiber, and half the carbohydrates of a regular wheat pasta. Protein content aside, this noodle tastes phenomenal, and even holds up as leftovers in the fridge.



Gluten Spree

Upton's Naturals Chorizo Seitan

15g protein per 2 oz serving

Despite popularity of gluten-free foods, gluten is loaded with protein, low in fat, and a notable source of phosphorus, iron, and selenium. Many meat substitutes on the market are made with gluten wheat proteins because the texture and flavor mimics meat so well. Try preparing Upton's Chorizo Seitan in a breakfast hash with your favorite veggies. No bun intended.



Featured on cover

Appease Peas

Beyond Meat Burger

20g protein per 4 oz patty

It's gluten-free, soy-free, dairy-free, and vegan. It looks, feels, and tastes like a burger, down to the organic beets that "bleed" when prepared. Whether you are a vegan with a burger craving or an omnivore looking for a mindful meal, the Beyond Meat Burger is a protein-packed alternative to your standard beef patty.

Protein Snack Pack

When there isn't time to prepare a hot meal, grab these portable snacks for road trips, in between classes, or lunch breaks. They pack enough protein to keep you going throughout the day.

- Peeled Peas Please
- K'ul Superfood Endurance Bar
- Vega Protein Bar
- Wasabi Chickpeas
- Perfect Protein Deli Salad (contains dairy)

BOLD ON A BUDGET

What if you could make super-nutritious family meals in under 30 minutes using ingredients that cost around \$15 (or even less)? We say: have at it. With these deliciously easy dinners plans, the whole family wins. Please note: prices don't include pantry staples such as olive oil, salt, and pepper.

1. SHRIMP PESTO PASTA

\$15.10

Serves 4

8 ounces angel hair pasta

1 jar pesto

1/3 pound peeled and deveined shrimp

1 cup frozen peas

Bring a large pot of water to a boil, add pasta and cook according to package directions. In a medium skillet, heat olive oil and add shrimp. Season with salt and pepper and cook, turning once, until just pink. In a large bowl, toss shrimp, pasta, 1/2 cup pesto, 2 tablespoons olive oil and peas, turning to coat well. Salt to taste.



\$ 15.10



2. SWEET POTATO FAJITAS

\$14.75

Serves 4

- 1 large sweet potato
- 1 green bell pepper
- 1 yellow onion
- 8 mushrooms
- 1 jalapeño
- 1 zucchini
- 2 teaspoons bulk fajita seasoning
- 1 package flour tortillas

Cut sweet potato, bell pepper, and onion into strips. Dice jalapeño. Place in a large bowl and toss with 2 tablespoons olive oil, fajita seasoning, salt, and pepper. Heat a large skillet, and add seasoned vegetables. Cook over medium high heat until potatoes start to soften. Add sliced mushrooms and zucchini. Reduce heat to medium and cook until all vegetables are just tender. Serve warm in flour tortillas.

3. SHEET PAN CHICKEN, POTATOES AND BRUSSELS SPROUTS

\$12.50

Serves 4

- 4 chicken thighs
- 1 pound small red or yellow potatoes, quartered
- 1/2 pound Brussels sprouts, trimmed and halved
- 1 tablespoon bulk garlic herb seasoning
- 1 lemon

On a large rimmed sheet pan, arrange chicken, potatoes, and Brussels sprouts. Drizzle with olive oil and season with garlic herb blend, salt, and pepper, turning to coat. Finish with the juice of one lemon. Roast at 375° for 30-40 minutes until chicken is done.



TRANQUIL TABLE

When life feels overwhelming, remember: there's a strong connection between food and mood. Keep these attitude-adjusting foods handy when stress strikes for a wave of calming feelings that keep worries at bay.



Bone Broth

Did you know intestinal disorders often coincide with depression and anxiety? That's the gut-brain axis at work. Maintaining a healthy gut is complicated, but this gut-healing food is not. Grass-fed bone broth is high in glycine, an amino acid with calming properties – a great base for a warming winter soup.



Oats

Turkey and bananas aren't the only foods that contain tryptophan. Oats have plenty as well, with the added benefit of B-vitamins and lots of fiber. A bowl of warm oatmeal can boost levels of serotonin, a neurotransmitter that contributes to feelings of wellbeing and happiness.



Ghee

Ghee has been studied for its anti-inflammatory, gut-healing, and brain-boosting properties, mostly traceable to the substance butyrate. This short-chain saturated fat feeds and rejuvenates the cells lining your gut, helping your body do its thing with less effort.



Tea

The substance L-theanine is a stress-relieving compound in tea. Instead of a midday coffee – a stimulant that interferes with blood sugar and spikes your stress hormones – substitute naturally calming rooibos, chamomile, turmeric or green tea.



Grass-Fed Meat

Omega-3 fatty acids have been shown to help control inflammation, which can be a factor in feelings of anxiety. Try omega-rich foods like Alaskan salmon and grass-fed beef to decrease inflammation and help cortisol and adrenaline from spiking.



Maca Root

Maca root powder is believed to have more phytonutrients than nearly any fruit or vegetable – including magnesium and iron, two important nutrients for controlling anxiety. Add it to foods or beverages to enhance stamina and energy.



Seaweed

Seaweed is rich in nutrients, including magnesium and tryptophan. It's a great mood-boosting alternative to whole grains for those sensitive to gluten.



Bowl Game



Ramen Done Right

Throw out those flavor packets . . . instant noodles have nothing on this beloved traditional soup. Ramen should be savory, fresh, cozy and satisfying: a wholesome broth paired with a sturdy rice noodle, protein, fresh veggies, seasonings, and sauces. Ditch the Styrofoam cup and make your own at home.

1 quart chicken broth
1 pack Dumpling & Strand fresh ramen
Shredded chicken

Shredded carrots
Chopped scallions
2 soft-boiled eggs
Fresh cilantro
Toasted sesame oil
Tamari or soy sauce
Hot sauce

Bring broth to a simmer in a medium pot. Add ramen and cook, gently separating threads, until just tender. Divide ramen and broth into two bowls.

Season to taste with sesame oil, tamari, and hot sauce. Top with chicken, carrots, scallions, halved eggs, and cilantro.



Perfect Ramen Egg

Bring water to a boil. Add eggs. Cook for exactly 6 minutes and 30 seconds. Remove and cool with cold water. Peel and slice eggs in half for a glorious finishing touch.

PALEO DELI

Do you Paleo? This diet is based on the notion that for optimal health, modern humans should go back to eating real, whole, and unprocessed foods. While finding the time to cook from scratch can be hard, that's where Lakewinds Deli comes in. We have many Paleo-friendly prepared foods to grab and go, from fresh salads to savory side dishes.

Emerald Kale



Parsnip & Roasted Squash



GRAB & GO PALEO

Emerald Sesame Kale
Sprouts
Cauliflower Mash
Roasted Cauliflower
Moroccan Chicken
Creole Yams
Rosemary Potatoes
Raw Kale Delight
Apple Mint Beets

Herb Roasted Mushrooms
Maple Glazed Carrots
Green Bean Amandine
Roasted Potato Kalamata
Garden Salad
Parsnip and Roasted Squash
Grilled Chicken with Zoodles

Moroccan Chicken



The Board View



'Tis the season for gratitude and good food! The last few weeks I have spent evenings with family, surrounded by delicious, fresh, organic foods, and grateful for all my blessings. I've also had the privilege to support a robust program for reducing food insecurity in North Minneapolis at Pillsbury United Communities (Pillsbury). As a result, on my list of gratitudes I add a job that allows me to be of service to a community in need, and being involved with Lakewinds Food Co-op, which supports this work at every turn.

Every year, Pillsbury holds a Harvest Fest meal that is free of charge, prepared fresh by our in-house chef, and filled with family activities. For the last two years, Lakewinds has sponsored this meal and made it extraordinary. The quality of the food is not lost on a community whose main source of groceries are convenience stores and fast food restaurants. Thanks to Lakewinds, we were able to provide over 50 families free meals, turkeys, and Thanksgiving meal baskets.

Pillsbury is also opening a wellness-centered grocery store

in North Minneapolis called North Market. Again, with the support of Lakewinds staff, we have created a model that is community centered and focused on creating jobs, and have often pulled in best practices from Lakewinds to help support the work we do. In addition to being a traditional grocery store, it also is outfitted with a Wellness Center, a health education space, and an in-house butcher! This store is made by the community and for the community, and we could not be more excited to get it going with Lakewinds' support. North Market will officially open its doors on December 12.

So, this year I not only give thanks for my family and health, I give thanks for you, Lakewinds members! You make programs like the monthly round-up, Lakewinds Organic Field Fund, Maker to Market, North Market, and Harvest Fest possible. Thank you for all you do, and from all of us on the Lakewinds Board, we wish you the happiest of holidays!

- Naomi Sadighi

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



Upcoming at Lakewinds

January	January 20	February 2	March
<p>Maker to Market</p> <p>applications open in January, with finalists announced by April 1st</p>	<p>Supplement Saturday</p> <p>is January 20th, when all supplements 25% off</p>	<p>Lakewinds Organic Field Fund</p> <p>applications close February 2, with grants awarded mid-March</p>	<p>Minnesota Food Share Month</p> <p>round up at the registers in March to support your local food shelf</p>

\$2 OFF

MAAZAH CHUTNEY

VALID: JAN 1 - MARCH 31, 2018

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

PLU 20228



\$2 OFF

16 OZ FIRE CIDER

VALID: JAN 1 - MARCH 31, 2018

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

PLU 20229



\$1 OFF

A PACKAGE OF BANZA

VALID: JAN 1 - MARCH 31, 2018

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

PLU 20227



\$1 OFF

BEYOND MEAT THE BEYOND BURGER

VALID: JAN 1 - MARCH 31, 2018

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

PLU 20226

