



ReFresh

Sustainable Celebrations Start Here

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Meet Mason
*Richfield Meat Manager
at Lakewinds*



WINTER 2021-2022

Hello, Everyone!

How does Lakewinds build the local food economy? It starts with shoppers like you keeping it local. Over the last year, Lakewinds has sold \$16 million of food from local farms, ranches, fisheries, and other producers. That's a sizable boost to local producers.

Between drought and COVID, farms that sell to restaurants and markets have had two really rough seasons, putting stress on our local food system. On the other hand, farms that sell through wholesale, retail, and CSAs (Community Supported Agriculture, which is direct to consumer) have seen nice sales increases.

Our core business is retail grocery, so that \$16 million in local sales is Lakewinds providing an outlet – a market – for local foods. But our support goes far beyond sales:

- **Local Emergency Assistance Farmer Fund.** LEAFF buys produce from BIPOC farmers that were selling to restaurants and farmers markets – sales that plummeted during COVID. LEAFF produce is then delivered to a variety of sites where fresh food is scarce. Our partners include the Hmong American Partnership, Latino Economic Development Center (home of Shared Ground Cooperative), The Good Acre, and The Food Group.
- **Community Giving Round Up.** Lakewinds shoppers contribute about \$200,000 every year by rounding up at checkout. Every month, this money goes to a different nonprofit organization involved in supporting the local food economy.
- **Lakewinds Organic Field Fund.** Over 10 years, LOFF has awarded over \$595,000 in grants to small-scale, organic farms, with plans to make another \$100,000 in grants in 2022. Farmers use LOFF grants to make capital improvements that would otherwise be difficult or impossible to fund, improving their efficiency and profitability. *Get the full story at Lakewinds.coop/community.*

This co-op we've built together is an amazing thing. We all get great food, PLUS we have a big collective influence on the system that provides that food. And your shopping dollars make it all possible.

Thanks, friends, for supporting Lakewinds.



Dale Woodbeck

Dale Woodbeck
Lakewinds General Manager



GENERAL MANAGER

Dale Woodbeck

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MINNETONKA

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CHANHASSEN

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Chanhasen, MN 55317
952-697-3366

RICHFIELD

6420 Lyndale Ave. S
Richfield, MN 55423
612-814-8000

Lakewinds Community Calendar



DECEMBER

Season of Gifting Sales

All December Long

Watch for sales on some of the season's most original and most-wanted gifts. From apparel to toys to jewelry and beyond, you're sure to find a gift for everyone on your list. Get sale details in stores, in our e-newsletter, and on social media.



DECEMBER-JANUARY

Holiday Hours

December 24 - January 1

December 24 | Open 8 am - 4 pm
December 25 | Stores are closed
December 31 | Open 8 am - 6 pm
January 1 | Stores are closed



JANUARY

Supplement Sale

January 20 - 23

Take 25% off all supplements during our annual winter supplement sale. Stock up on multivitamins, probiotics, protein powder, kids' gummy vitamins, and more clean, healthy essentials for you and your family. Sale is in store only, while supplies last.



JANUARY

LOFF Applications Open

January 2022

Calling all local, organic, and sustainable producers: Applications for our 2022 Lakewinds Organic Field Fund (LOFF) grant program open in January. Request grant funds to help with farm projects that improve efficiency or safety, boost environmental stewardship, transition to organic, or other projects that benefit the farm. **To learn more and apply, visit Lakewinds.coop/community.**



Join the Lakewinds team

Want to be part of an organization committed to benefitting workers, communities, and our food system as a whole? Our member-owned co-op is hiring. Lakewinds provides outstanding opportunities and benefits, including:

- Competitive wages
- 15% discount on most items
- Gain shares in profitable quarters
- Paid time off

Full-time benefits start at just 30 hours a week and include comprehensive health and dental care, 401(k) investment with employer contributions, and paid parental leave.

Visit Lakewinds.coop/about-us/careers

Fair Trade: More Than a Label

Many farmers around the world are underpaid for their work. This is especially true for those growing popular commodities like coffee, bananas, and chocolate. A fair trade certification is one solution: a clear signal that the farmer who produced the item you're buying was justly compensated.

Lakewinds is committed to supporting farmers at home and abroad. That's why all of the chocolate that you'll find at Lakewinds is certified Fair Trade or prohibits child labor and other unfair labor practices.

Learn more at Fairtrade.net/about

Homegrown Impact

GIVING LOCAL ORGANIC FARMERS A LEG UP

Our co-op's grant program, the Lakewinds Organic Field Fund (LOFF), was created to help local sustainable and organic producers move their farms forward. Since 2011, Lakewinds has awarded over \$595,000 to more than 70 regional producers. It's just one of the ways we affirm our commitment to the local farming community and to building a more sustainable food system.



\$100,000
AWARDED
TO 15 FARMS

This past year, **over \$100,000** was awarded in LOFF grants to 15 farms to help with diverse projects, including construction and infrastructure improvements, purchasing tools and implements, and securing supplies to scale up production. We caught up with some of the 2021 LOFF grant recipients to find out how the funds impacted their farm businesses.

♥ THANK YOU

Your support and patronage of the co-op makes this grant program possible. Thank you! Find out how other 2021 LOFF recipients used their grant funds and watch the LOFF recap video at Lakewinds.coop/LOFF2021.

Learn more about the grant program, including the application and selection process, at Lakewinds.coop/community.



MHONPAJ'S GARDEN
HUGO, MINNESOTA

Mhonpaj Lee, owner
AMOUNT AWARDED: \$8,000

- ▶ Project: Infrastructure improvements, including a permanent deer fence and construction of a new culvert to provide better access to their farmland.

Mhonpaj says: "It's just so beautiful that this small project that Lakewinds could do makes a huge impact. This grant not only breeds the future generations, it breeds a lifestyle. This will last through the next generation."



SEVEN SONGS ORGANIC FARM
KENYON, MINNESOTA

Melissa Driscoll, owner and manager
AMOUNT AWARDED: \$8,000

- ▶ Project: Construct a greenhouse addition on an existing packing shed in 2021 for use in the 2022 season.

Melissa says: "My greenhouse will remove nursery functions from my big hoop house. This means that my big hoop house can grow other items, such as early greens, and I can grow the very local part of my business that serves Kenyon and Zumbrota."



BLUE FRUIT FARM
WINONA, MN

Jim Riddle, co-owner
AMOUNT AWARDED: \$8,000

- ▶ Project: Install a solar-powered, nontoxic, nonlethal, silent laser system to deter birds and prevent crop loss.

Jim says: "Birds, especially robins and cedar waxwings, love to eat our fruit! Over the years, we have used fake owls and hawks, sound devices, and overhead netting to protect our crops. The laser system adds one more tool to our toolbox."



Wrap REUSE REPEAT

Get more sustainable gift wrap ideas at Lakewinds.coop/blog

Of the estimated 4.6 million pounds of wrapping paper used each year in the U.S., just half gets recycled. This gifting season, we can all make a dent in waste by adopting more sustainable habits. Try these eco-friendly holiday wrapping ideas that avoid single-use wrapping paper – better for the planet, still festive for the season.

TIED UP IN TEA TOWELS

Use colorful tea or hand towels as gift wrapping. Not only do they look beautiful, they keep on giving in the kitchen.

• Check out: *Aegean Breeze by Coccinella*

BOUND IN A BANDANA

A bright printed bandana adds a splash of fun (and function) to any small gift. Tie securely with twine or a matching ribbon.

• Check out: *Hemlock Bandanas*

FESTIVE IN FLOUR SACKS

Everyone can use white flour sack towels. And as gift wrap, they add a touch of rustic elegance – folded, tied, or bound with a reusable ribbon.

BEAUTIFY A BROWN BAG

Paper grocery bags are a blank canvas for creative gift-givers. Turn it inside out and use natural elements or twine to decorate. Cut veggies or fruit in half and use them as stamps with the kiddos to create fun, artistic, personalized gift wrap.

TOTES AWESOME

A reusable shopping bag from the co-op is a thoughtful substitute for paper or plastic gift bags – the green-living gift everyone can use.

• Check out: *Lakewinds Chico Bags*



HEMLOCK BANDANAS

Artfully designed and made from 100% cotton, these bandanas are beautiful yet tough. Simple, versatile, stylish.

GIFTS | \$13.99



LAKEWINDS CHICO BAGS

Avoid unnecessary waste with this go-to reusable tote. Chico is B-Corp-certified, made from recycled post-consumer plastics, and carbon-neutral.

AT CHECKOUT | \$6.99



AEGEAN BREEZE BY COCCINELLA

This company unites a passion for artful homewares with pride in their Turkish heritage. Their Aegean Breeze linens are made from durable, 100% Turkish cotton.

GIFTS | \$15.99 ♥ LOCAL

ONE STOP CO-OP GIFT BASKETS

Not sure what to get for everyone on your list? Let us take the pressure off. Make their holiday with a bundle of sustainably made, thoughtfully selected items from the co-op. From kids to foodies, from friends to family, we help you check off everyone on your gift list in one stop.

Localvore Gift

Share your love of local with choice food from artisanal makers. These gifts delight the taste buds while supporting the local food economy.



BEEZ KNEEZ HONEY

Local Beez Kneez honey is extracted from honeycombs using a pedal-powered "honey cycle" at their farm in western Wisconsin.

GROCERY | \$12.99 ♥ LOCAL

EICHTEN'S SUMMER SAUSAGE

Bison summer sausage is delicious, protein packed and low fat. Its smoky, tangy flavor pairs well with sharp cheddar and grapes.

MEAT | \$17.99/LB ♥ LOCAL

FIKA COFFEE

Eye-opening artisanal coffees roasted in Lutsen in small batches. "Fika" means "a moment of quiet indulgence in an otherwise hectic day."

GROCERY | \$11.99-\$25.99 ♥ LOCAL

➤ **MORE IDEAS:** Local cheeses, jams, or crackers

Self Care Gift

Everyone could use more time to rest and relax. This winter, give the gift of precious "me" time: hand moisturizer, bath salts, face masks, tea, and gummies that promote restful sleep.



ROOTS ESSENTIAL BATH SALTS

This woman-owned local company makes clean body care products, including fragrant bath salts that support relaxation and well-being.

WELLNESS | \$9.99 ♥ LOCAL

LOCAL TEAS

Brew Rishi, WellCova, or Sacred Blossom tea for soothing and delicious self-care from the inside out.

GROCERY | \$7.99-\$14.99 ♥ LOCAL

➤ **MORE IDEAS:** Hand moisturizer, candles, facial masks, Sleepyhead gummies from Winged



Kids Gift

Treat the littles on your list with books by local authors, colorful puzzles and wooden toys, and bright, cozy outdoor wear.

LITTLE WOODEN WONDERS

Made in Chanhassen, these handmade wooden toys provide old-fashioned enjoyment. 100% chemical-free, lead-free, and biodegradable.

SEASONAL GIFTS | \$20.99 ♥ LOCAL

SKIDA HATS

These hats, headbands, and neckwear are made from recycled materials when possible, with patterns that maximize fabric use for minimal waste.

SEASONAL GIFTS | \$21.99 - \$35.99

➤ **MORE IDEAS:** Luke's Toys, books, and puzzles

PEACE COFFEE

Local and B Corp-certified, Peace Coffee has long-term partnerships with farmer co-ops to purchase organic coffee beans at fair prices.

GROCERY | \$11.49 - \$12.99
6 BULK | \$13.49/LB - \$15.99/LB ♥ LOCAL

FAIR ANITA

These sustainably stylish items are made from recycled materials by a locally based company that empowers women artisans around the world by paying fair prices for their goods.

SEASONAL GIFTS | \$7.99 - \$35.99 ♥ LOCAL

ECO LIPS

This organic, local lip care is as clean as it comes: made with plastic-free packaging in a facility powered by solar.

WELLNESS | \$2.49 - \$5.79 ♥ LOCAL

➤ **MORE IDEAS:** Alter Eco chocolate bars; Andes Gifts scarves, hats, or mittens; DZI felted ornaments

Fair Trade Gift

Be sure your gifts support the safety, dignity, and prosperity of workers and a healthy environment as well. With these Fair Trade-certified choices, you don't have to guess.



MEET A CO-OP MAKER



PETER IS A CASHIER AT OUR CHANHASSEN LOCATION and our co-op's resident greeting card artist. When the small watercolors Peter donated to the "Art for Shelter" fundraiser sold out quickly, he was inspired to turn his watercolors into original greeting cards, some made in collaboration with his daughter. Look for his beautiful designs at all Lakewinds stores.

Get more great gift ideas at Lakewinds.coop/blog

Pass the PARTY

A well-rounded appetizer spread adds flavor to any winter gathering. We've collected a few of our favorites – with something for everyone.

BAKED BRIE WITH FIG SPREAD

Baked brie is a must-have for any serious cheese-lover's plate. When cooked in the oven, this mild, buttery cheese transforms into an intensely creamy spread perfect for crackers, crudité, and even berries.

RECIPE AT [LAKEWINDS.COOP/RECIPES](https://www.lakewinds.coop/recipes)

VEGAN TEMPEH SWEDISH "MEATBALLS"

A regional favorite reimagined for vegans and meat minimalists. These meat-free and dairy-free Swedish meatballs are sure to be a hit at your holiday gathering or game night.

RECIPE AT [LAKEWINDS.COOP/RECIPES](https://www.lakewinds.coop/recipes)

Bracelets from Fair Anita

RAISE THE BOARD

Hosting for the holidays? Elevate your appetizer game with a top-notch charcuterie board. With our step-by-step tips and co-op ingredients, it's easy to build a spread customized to your tastes, dietary needs, and party plans.

PLANNING TIPS:

- If serving other food, plan on about 3-5 oz. of charcuterie per person.
- Serve charcuterie meats and cheeses at room temperature for the best flavor.
- To keep perishable items fresh, keep a ready-to-use stash of your ingredients handy to refill as needed.

CROSTINI WITH BEEF AND CHIMICHURRI SAUCE

MAKES 12-14 CROSTINI

- 1 lb. Peterson flank, sirloin, or tenderloin steak
- 1/2 teaspoon kosher salt
- 1/2 teaspoon fresh cracked black pepper
- 1 Tbsp. olive oil
- 1/2 cup crème fraîche
- 1/2 teaspoon fresh garlic, *finely minced*
- 1 teaspoon lemon zest
- 1/4 teaspoon kosher salt
- 1 Tbsp. scallions (green parts only), *finely minced*

- 12-14 slices of Breadsmith crostini
- 1/4 cup Mama Kicks chimichurri sauce
- 2-3 Tbsp. Morning Sun Farms broccoli microgreens

1. Preheat oven to 225°, pat steaks dry with paper towels, and season with salt and pepper. Place on a wire rack set in a rimmed baking sheet and place in oven. Cook until meat thermometer registers 120°, about 20-25 minutes.
2. Next, heat oil in a 12-inch skillet over medium-high heat until just smoking. Sear steaks, flipping every 1 minute, until a brown crust forms on both sides, about 4 minutes total. (Do not move steaks between flips.)

Return steaks to the wire rack and let rest for 10 minutes.

3. Meanwhile, make the sauce: Combine crème fraîche, garlic, lemon zest, scallions, and kosher salt.
4. Move steaks to a cutting board and slice as thin as possible, going against the grain.
5. To assemble, arrange the crostini on a large, flat platter. Top each with a slice of steak, 1/2 teaspoon of chimichurri, and a dollop of sauce, then top with a few microgreens and serve.



PETERSON CRAFTSMAN MEATS

Peterson cattle are pasture-raised and rotationally grazed in Osceola, WI, with a focus on soil stewardship and animal welfare.

MEAT | \$16.99 - \$32.99/LB
♥ LOCAL



MAMA KICKS CHIMICHURRI

This bright, herby, tangy sauce is excellent on grilled meat, adds zip to vegetables, and dips well with almost anything.

GROCERY | \$8.99
♥ LOCAL



MORNING SUN FARMS MICROGREENS

These flavorful, nutrient-dense microgreens are great in salads, smoothies, and appetizers. The best part? They're available locally year-round.

PRODUCE | \$8.99
♥ LOCAL

RAISE THE BOARD



STEP 1: CHOOSE YOUR BASE

Wooden cutting boards, marble cheese trays, and chalkboards make a great canvas. Don't forget to grab a few cheese knives!



STEP 2: ANCHOR YOUR BOARD

Arrange 1-3 small ramekins across your board. Fill with olives, spicy pepper jelly, candied nuts, dried fruit, or (our favorite) Velvet Bees local honey butter.



STEP 3: PLACE YOUR CHEESES

Arrange 3-5 different cheeses. We recommend a hard cheese, a soft cheese, and something fun or unexpected like a blue or herby cheese.



STEP 4: PLACE YOUR MEATS

Include 2-3 varieties of sliced, cured meats. Depending on the meat, lay them flat or roll them to make them easier to grab, and place them in with your cheeses.



STEP 5: SITUATE THE CRACKERS

Use a few types of crackers, crostini, or slices of crusty bread to fill in your board. Don't forget your friends with special diets: local gluten-free crackers from Flackers are a good bet.



STEP 6: FINISHING TOUCHES

Liven up your board with fresh herbs or fruit, such as sliced apples or pears, strawberries, figs, dates, or little bunches of grapes.

SEE MORE AT [LAKEWINDS.COOP/BLOG](https://www.lakewinds.coop/blog)



Meet Jennifer
events & community relations
coordinator for the co-op,
along with their mom, Carol

+ Local Flavors



**MINNESOTA NICE SPICE
TWIN CITIES RUB**

This multipurpose spice blend captures the spirit of the Twin Cities: slightly sweet and mildly spicy with an outdoorsy smokiness.

GROCERY
\$6.99 ♥ LOCAL



**R&R CULTIVATION
MUSHROOMS**

These fresh gourmet mushrooms are grown in an indoor facility in Roseville so you can enjoy them fresh all year round.

PRODUCE
\$4.99 - \$10.99 ♥ LOCAL



**RED LAKE NATION
WILD RICE**

Cultivated on the Red Lake Nation in northern Minnesota, this wild rice is the only wild rice harvested, packaged, and distributed on Native-owned lands in the U.S.

**PACKAGED | \$5.99 - \$8.99
& BULK \$7.99/LB ♥ LOCAL**

WILD RICE & MUSHROOM HOT DISH

Wintertime has its own official dish in Minnesota (don't call it a casserole!). Traditional "hot dish" is the ultimate Midwestern comfort food, filled with rich and satisfying ingredients to warm you – mind, body, and soul. This version includes another beloved food found only in this part of the world – wild rice harvested by hand on the Red Lake Ojibwe reservation – along with local mushrooms to add depth and umami. What a way to savor the season!

INGREDIENTS

- 2 1/2 cups vegetable stock
- 1 cup Red Lake Nation Wild Rice, rinsed and drained
- 3 Tbsp. butter divided, plus more to grease casserole dish
- 3 Tbsp. oil divided, plus more as needed
- 1/2 lb. R&R Cultivation Mushrooms, preferably a mix of varieties, thinly sliced (if using portabello, remove gills, if using shiitake, remove stems)
- 1 Tbsp. tarragon
- 4 cloves garlic, chopped
- 1 jar pimentos, drained
- 3 (14-ounce) cans cannellini or garbanzo beans, drained (reserve 1/2 cup of the liquid)
- 2 small leeks, white and light green parts only, washed and finely diced (about 2 cups)
- 1 small fennel bulb (about 2 cups or 6 oz), with stalks thinly sliced & fronds to garnish
- 2 teaspoons anchovy paste
- Pinch red pepper flakes (optional)
- 5 oz. (about 4 cups) Lacinato kale, chopped
- 2 Tbsp. sherry vinegar
- Kosher salt and fresh cracked black pepper to taste
- 3/4 cup panko bread crumbs
- 1/2 cup (2.5 oz) grated Asiago cheese
- 3/4 Tbsp. Minnesota Nice Twin Cities Rub

INSTRUCTIONS

Combine stock and wild rice, bring to a boil, then reduce heat, cover and simmer until tender, about 50-60 minutes. Drain and set aside.

In a large, heavy skillet, heat 2 Tbsp. butter and 2 Tbsp. oil over medium-high. Add the mushrooms and sauté until browned, about 8-10 minutes. Add tarragon, garlic, and a pinch of salt and sauté another minute. Lower heat if needed to prevent burning garlic. Transfer the mushroom mixture to a bowl and add the pimentos and cooked wild rice.

In a separate bowl, mash 2 cans of beans with some of the liquid, leaving it a bit chunky. Transfer it and the remaining can of drained whole beans to the mushroom bowl and combine.

In the empty skillet, heat the remaining butter and oil over medium. Stir in leeks, fennel, and a pinch of salt; cook and stir until soft and lightly browned. Add anchovy paste, stir and cook 3 minutes. Add kale, red pepper flakes, and 3 Tbsp. of water, cover and cook 5 minutes, stirring occasionally, until kale is tender. Add sherry vinegar to deglaze the pan (scrape up any browned bits) and cook until the vinegar has evaporated. Transfer the mixture to the mushroom bowl and combine. Pour all ingredients into the prepared casserole dish.

In a medium bowl, combine the panko bread crumbs, asiago cheese, and Minnesota Nice rub. Sprinkle on top of casserole, drizzle with olive oil, and bake uncovered until golden, about 20 to 30 minutes. Let cool slightly before serving. Top with fennel fronds for garnish.



CASHEW CRUSTED SALMON

- 8 oz Superior Fresh Atlantic salmon fillet
- 1/2 Tbsp. olive oil
- 2 Tbsp. honey cashews, crushed (recipe below)
- Rosemary for garnish, if desired

Place salmon on a baking sheet lined with foil, flesh side up. Rub the salmon with olive oil, sprinkle with a pinch of salt and pepper, and spread crushed cashews over the top, covering salmon completely. Let the salmon sit at room temperature while the oven preheats to 400°. Bake for 18 minutes, remove from oven and let rest for 5 minutes. Use a spatula to slide the meat off the skin (the skin should stay on the foil), garnish with rosemary if desired, and serve.

HONEY CASHEWS

To make the cashews, spread 1 cup of raw cashews on a baking sheet lined with foil, drizzle with warmed honey and sprinkle with salt. Bake at 350° for 3-5 minutes, stir, bake for another 3-5 minutes until brown, remove, and cool before chopping.

 Find raw cashews in our bulk department!



ReFresh is Even Better in Your Inbox

Here's an easy way to be eco-friendly: Receive our quarterly newsletter by email and help us save paper and postage.

To get your digital issue of ReFresh, just go to [lakewinds.coop/digital](https://www.lakewinds.coop/digital) and update your preferences. Thanks for making Earth-friendly choices – and staying up to date on all things Lakewinds.



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SPECIAL OWNER-ONLY COUPONS

20% OFF

One Skida hat, headband, or neck warmer

Valid Dec. 1, 2021 to Feb. 28, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.

PLU 22149



\$5 OFF

One meat purchase of \$20 or more from the meat department

Valid Dec. 1, 2021 to Feb. 28, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations. Applies only to meat; **excludes seafood.**

PLU 22155



\$3 OFF

One 12-oz. bag of Fika Coffee

Valid Dec. 1, 2021 to Feb. 28, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.

PLU 22153



20% OFF

One package or one bulk aisle purchase of Red Lake Nation wild rice

Valid Dec. 1, 2021 to Feb. 28, 2022

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations.

PLU 22151

