



ReFresh



Legacy of Leadership

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SUMMER 2022

Dale Woodbeck
Lakewinds General Manager



WELCOME LETTER

Dale at Lakewinds Chanhassen in 2012

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Hi, Everyone!

This is my final letter as your general manager after my retirement on June 6. I'm now part of a team assisting our board of directors and the new general manager in this important transition for the co-op.

I am grateful for having had the opportunity to lead our co-op. In hindsight, the skills and abilities that I developed through my career, combined with my set of values, all prepared me for my role at Lakewinds. Together — staff, members, and suppliers — we have built a unique community business that is focused on food.

• We've built a culture that works for staff. Over the years, I've met and worked with hundreds of staff members. They generally arrive at Lakewinds with the desire to foster community and positive change in how food is produced and delivered. My job has been to support them by building an experienced, dedicated management group of up to 60 people and implementing programs and systems that facilitate good decision-making in our stores. I feel successful when staff feel like they've contributed to shoppers' positive experiences while helping build a solid local food system.

• We continue to build a base of owners (more than 25,000 households) who support the work of the co-op. Every dollar you spend at Lakewinds supports our vision of being a key influencer in the local food system. I am proud of our ability to provide you with an excellent shopping experience. Your willingness to spend your grocery dollars at Lakewinds allows us to have an impact in many ways, including to:

- › Provide staff with good wages, benefits, and gain share.
- › Continue the Lakewinds Organic Field Fund (LOFF), which has provided over \$675,000 in direct infrastructure grants to more than 80 local farms in the past 11 years.
- › Use Community Giving Round Up funds to support nonprofit organizations that work on local food development and support, with more than \$1,000,000 donated over the past six years.
- › Provide seeds and plants to community and school gardens, which in turn provide produce to feed people and education about growing food.
- › Partner with a variety of Twin Cities food organizations to strategically plan for growing a local food economy.

I have been able to work with several organizations as part of my role at Lakewinds, serving on boards of directors and steering committees of organizations working with us as kindred spirits. We have a great reputation in the local food community because of this work, including with:

Continued

- Sustainable Farming Association of Minnesota (SFA)
- SFA's Crow River chapter board and the MN Garlic Festival
- Minnesota Institute for Sustainable Agriculture (at the University of Minnesota)
- Mill City Farmers Market (MCFM)
- Division of Indian Work
- Renewing the Countryside's Access to Land project (and Farmland Navigators)
- Sharing Our Roots (Northfield, MN)
- Local Emergency Assistance Farmer Fund, with these partners:

- › The Good Acre
- › Hmong American Partnership
- › Latino Econ. Development Center
- › The Food Group
- › MCFM

• We support local farms, ranches, and food makers by providing access to our stores and helping create markets. In 2021, Lakewinds sold \$16 million of local food. One of the great joys of my work has been visiting many of our farmers and ranchers. Putting faces to names and having one-on-one conversations helps cement our commitments to one another.

I will miss so many aspects of my work at Lakewinds, particularly the conversations with staff and customers. I will, however, continue to serve several of the organizations listed above. I will continue to shop at Lakewinds and take pride in knowing that I had a big impact on a really great business. I leave my position knowing that we are strong culturally and strong financially. It's a good time to transition to the next leader, who has strong momentum as they lead Lakewinds to the next level.

Thank you, friends, for placing your trust in me as the steward of our co-op. Thank you for your support and appreciation. Thank you most of all for your kindness.



Dale Woodbeck

Dale Woodbeck
Lakewinds General Manager



Dale at the Lakewinds Minnetonka Store

"Dale and I began our work at the co-op around the same time, and I am so thankful for having had a front row seat to watch his vision, dedication, and passion for our co-op roll out and manifest in such a tremendous positive impact! Dale's contribution to our culture will carry forward and ensure our continued success. Thank you, Dale, for everything you've done for this community!"

- GREG DICK, operations manager



2012



1974

"Dale was a great general manager. He knew everyone's name and would always take the time to say Hi or chat if there was time. One always felt like you were equal to him and never beneath him. Dale will truly be missed."

- AARON JOHNSON, MOD supervisor at our Richfield store



2013

Call for Board Candidates

June 1 - 19

Want to serve your co-op community in a big way? Run for a seat on the Lakewinds board of directors. The board hires and oversees the general manager, approves owner patronage refunds in profitable years, and helps with initiatives such as the Lakewinds Organic Field Fund (LOFF). Board members serve terms of three years.

Find out more and apply online at Lakewinds.coop/Election from June 1 to 19. You must be a Lakewinds owner in good standing to be eligible.

Holiday Hours

July 4

Our stores close at 4 pm on Independence Day. We hope your July 4 celebrations are fun, safe, and full of tasty local food!



Co-op Farm Tour

July 16, 10 am - 4 pm

Explore local sustainable and organic farms as they open their doors for a day of fun, learning, and discovery. Brought to you by your local food co-ops, this year's annual Farm Tour includes over 21 urban and rural farms. Enjoy farming demonstrations, pick your own berries, see farm animals, and more. No need to sign up for this free, self-guided event, just show up!

For more information, pick up a Co-op Farm Tour guidebook at the customer service desk and visit Coopfarmtour.com to get updates and plan your route.



Annual Meeting

Annual Meeting Meal Tickets

Aug. 7 - 27

Reserve your meal tickets for the annual meeting at Lakewinds.coop/AnnualMeeting.

While event attendance is free for owners, we are charging a meal fee this year to cut down on food waste. Lunch tickets are \$5 for adults and free for kids 10 and under.

Annual Election Reminder

Aug. 23 to Sept. 10

Make your voice heard! Cast your ballot in store or online to elect three members to the Lakewinds board in September. Watch your mailbox for our election mailer or go to Lakewinds.coop/Election in late August to learn about the candidates.

Annual Meeting: Save the Date!

Sept. 11, 1 - 4 pm

Join us for our co-op's annual meeting on Sunday, Sept. 11. It's an exciting opportunity for our owners to reflect on an unforgettable year, hear about upcoming plans, and celebrate the community we're building together.

Find the details starting in July at Lakewinds.coop/AnnualMeeting.

HANDPICKED

SUMMER ESSENTIALS

Golden Road



Botanical Lucidity



Booda Butter



Good Made Great Foods



Fat & The Moon



HiBar



Summer Supplement Sale

July 28 - 31

Make your list and mark your calendar for our semi-annual Supplement Sale. From July 28 to 31, save 25% on all supplements, protein powders, omega-3s, probiotics, kids' vitamins, and other essentials. Use your once-monthly 5% owner discount in addition to the sale for even bigger savings.

After another long Minnesota countdown to warm weather, the wait is over. Wherever your summer fun takes you, our wellness department has items to help you feel your best inside and out. Here's a rundown of favorites selected by our wellness team, from hydrating supplements to moisturizing lip balms.

BOODA BUTTER

Packaged in compostable containers or reusable tins, these organic lip and body butters are perfect post-sun care. They moisturize, soften, and give your lips and skin a little extra glow.

WELLNESS | \$5.99 - \$33.99

BOTANICAL LUCIDITY

Stay grounded with local, plant-based elixirs made from sustainable, organic, and foraged ingredients. Serve their Golden Chai or Mushroom Magic flavors over ice for a tasty summer beverage.

WELLNESS | \$2.99 - \$12.99 ♥ LOCAL

GOLDEN ROAD

This local business works with artisans in Guatemala to bring us gorgeous scarves and headbands perfect for summer. Their unique textiles are either handwoven or made from upcycled vintage clothing.

GIFTS | \$1.99 - \$27.99 ♥ LOCAL

FAT & THE MOON

Add shimmer to your summer with these cheek and lip tints, highlighters, and body and facial care products. Using minimal packaging, items are made from clean organic ingredients sourced from regenerative farms.

WELLNESS | \$11.99 - \$27.99

HIBAR

Local company HiBAR makes plastic-free, sustainably crafted shampoo and conditioner bars. They feel luxurious and are great eco-friendly options for traveling, camping, or the cabin. Not sure where to start? Try their three-pack samplers.

WELLNESS | \$6.99 - \$10.99 ♥ LOCAL

GOOD MADE GREAT FOODS

Packed with elderberry and vitamin C, this supplement supports immunity and is vegan, gluten-free, and locally made. The lemon flavor makes a perfect summer refresher served over ice with a squeeze of lemon and fresh mint.

WELLNESS | \$1.79 - \$20.99 ♥ LOCAL

Awesome Sauce

Chef-Inspired Backyard BBQ

Product Features



BOLTON BEE'S SOLARHONEY®

Made by beekeepers who partner with solar-powered farms, this honey brings a unique flavor that comes from wildflowers native to each harvesting site.

GROCERY | \$5.99 ♥ LOCAL



CRY BABY CRAIG'S

By pickling the habaneros, this local hot sauce maker creates a uniquely sharp and zesty flavor that's great on anything.

GROCERY | \$5.99 ♥ LOCAL



LOCAL SWEET CORN

The all-time MVP of Minnesota summer produce! We source our sweet corn from local, organic farms like Featherstone and Harmony Valley.

PRODUCE ♥ LOCAL

Searching for a backyard summer meal for your next gathering? This crowd-pleasing recipe from Chef Maurice Wallace is easy to scale up for however many friends and family show up for the barbeque.

Start by charring marinated chicken breasts over an open flame. Finish by slathering the chicken with a smoky-sweet homemade BBQ sauce and serving with a flavor-packed salad made from grilled sweet corn. Yum!

Grilled BBQ Chicken

INGREDIENTS

¼ cup ketchup
1 Tbsp. light brown sugar
1 ½ Tbsp. apple cider vinegar
1 ½ Tbsp. Worcestershire sauce
1 teaspoon ground cumin
1 teaspoon paprika
1 garlic clove, *grated*
Kosher salt and freshly ground black pepper
4 boneless skinless chicken breasts or
8 boneless skinless thighs (*about 1 ½ pounds*)

INSTRUCTIONS

Mix all ingredients together in a large bowl, then add chicken and marinate for 12 hours. Preheat grill to medium-high heat for 9-10 minutes. Pat chicken dry and cook, flipping halfway, until internal temperature reaches 165°. If using a charcoal grill, the grill marks will appear quickly, so keep a close watch, and when both sides have grill marks move the chicken to the side of the grill to allow it to finish cooking all the way through.

Honey BBQ Sauce

INGREDIENTS

½ onion, *minced*
4 garlic cloves, *minced*
½ teaspoon ground black pepper
½ Tbsp. salt
¾ cup honey
2 cups ketchup
¼ cup tomato paste
⅓ cup cider vinegar
2 Tbsp. liquid smoke flavoring
¼ cup Worcestershire sauce
½ cup packed brown sugar
⅓ teaspoon hot pepper sauce,
or to taste

INSTRUCTIONS for honey bbq sauce

Combine ingredients in a saucepan. Bring to a boil, then reduce heat and simmer for 30 minutes, stirring occasionally. Transfer to a blender (be careful of the steam) or use an immersion blender and blend until smooth.

Summer Corn Salad

INGREDIENTS

4-5 ears of corn, *husked, parboiled**
½ red onion, *finely diced*
½ red bell pepper, *finely diced*
1 celery rib, *sliced*
2 scallions, *thinly sliced*
A handful of cherry tomatoes, *halved or ½ tomato, chopped*
2 Tbsp. flat-leaf parsley, *chopped*
¼ teaspoon red pepper flakes, *or to taste*
Salt and pepper to taste

DRESSING

3 Tbsp. mayonnaise (*optional*)
Juice from half lemon + zest
2 Tbsp. rice or apple cider vinegar
1 Tbsp. creole mustard (*or stone ground or Dijon*)
1-2 Tbsp. Cry Baby Craig's hot sauce
1 teaspoon sweet or smoked paprika
1 clove of garlic, *minced*

INSTRUCTIONS

Holding the corn by the stem, use a sharp chef's knife to carefully slice the kernels off the cob lengthwise, then add kernels and remaining salad ingredients to a mixing bowl and stir gently. Combine the dressing ingredients together in a bowl and whisk. Lightly toss the salad and dressing and serve.

* *To parboil corn, boil for 4 minutes, then place in ice water for 4 minutes to cool.*

Meet Chef Maurice Wallace



Chef Wallace is the kitchen manager at Brasa Premium Rotisserie in Northeast Minneapolis. Before that, he was the head chef at North Minneapolis' Breaking Bread Cafe. His catering business, Wallace Cuisine, specializes in bespoke dining experiences with wine selected by Maurice himself.

Maurice draws a lot of his culinary inspiration from his father. While he wasn't a professional chef himself, his dad knew how to bring people together, whether for backyard cookouts or holiday dinners.

Learn more by finding Wallace Cuisine on Facebook!

NO COOK

SUMMER SPREADS



Summer is too precious to spend hours laboring away inside a hot kitchen. Save time and mess with these no-cook offerings – a smart solution for entertaining, outdoor eating, or just a light, easy meal. These spreads and dips feature eye-popping local flavors that come together in no time.

Beet Dip w/ Labneh & Goat Cheese

INGREDIENTS

- 1/2 lb. beets, *peeled and finely chopped*
- 1 cup pistachios or toasted pecans + more for garnish
- 2 Tbsp. pomegranate molasses
- 1 clove garlic, *minced to a paste*
- 1 Tbsp. za'atar seasoning + more for garnish
- 1 teaspoon ground sumac (*optional*)
- 1 teaspoon ground coriander
- 1 teaspoon Kosher salt + more to taste

1/4 cup extra virgin olive oil + more for serving

Freshly cracked black pepper

FOR SERVING:

- 1 cup labneh or full fat Greek yogurt
- 4 oz. goat cheese
- 1/2 teaspoon Kosher salt + more to taste
- Juice and zest of 1 lemon

INSTRUCTIONS

In a large bowl, combine the beets with the next nine ingredients (through black pepper). In a smaller bowl, combine the labneh, goat cheese, salt, lemon juice, and zest. To serve, pour the labneh/goat cheese mixture onto a serving plate, spread almost to the edge. Carefully layer the beet mixture on top, but do not spread as far as the labneh. Drizzle with olive oil and scatter some extra chopped pistachios and za'atar over the top.

Serve with pita triangles, English cucumbers, and carrots.

MAKE IT LOCAL



FLACKERS

Big on flavor and packed with nutrients, these flaxseed-based crackers have an oh-so-satisfying crunch. Organic, gluten-free, and plant-based snacking never tasted so good.

GROCERY | \$5.99 ♥ LOCAL



GRANDMA'S GOURMETS

As the name suggests, the recipes for these jams, jellies, and pickles came from the founder's great-grandmother. These sweet and savory spreads and pickles make fantastic additions to any snack plate.

GROCERY | \$7.99-\$11.49 ♥ LOCAL



DAWN2DUSK FARM

Farmers Moses and Lonah grow some of the best local organic produce around, while also mentoring farmers and overseeing a farm incubator program. Look for their beans, radishes, and fingerling potatoes at our Chanhassen store.

PRODUCE ♥ LOCAL



See recipes for Gazpacho Shooters, Herby Savory Neufchatel Dip, and Vegan Cashew Dip at Lakewinds.coop/recipes.

RECIPE FEATURE

GRILL BOLDLY WITH GLOBAL FLAVORS

What better way to savor summer evenings than cooking outside? Grilling gives your favorite meat, veggies, fish, and even fruit a smoky flavor and tantalizing char - like this aromatic fish and veggie combo.

Grilled Rock Fish with Indian-Inspired Grilled Veggies

RAITA INGREDIENTS

- 1 cup yogurt
- 2 Tbsp. fresh cilantro, *chopped*
- 1 Tbsp. fresh mint, *minced*
- 2 Persian or English cucumbers, *shredded*
- 1 clove garlic, *mashed to a paste*
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon freshly cracked black pepper

RAITA INSTRUCTIONS

Combine all the ingredients in a medium bowl and mix well.

VEGETABLE INGREDIENTS

- 2 yellow squash, *quartered lengthwise*
- 3 zucchini, *quartered lengthwise*
- 1 small eggplant, *cut in planks*
- 3 Tbsp. olive oil
- 1 teaspoon garam masala
- 1 Tbsp. curry powder
- 1 clove garlic, *mashed*
- 1 teaspoon Kosher salt and fresh-cracked black pepper

VEGETABLE INSTRUCTIONS

In a large bowl, combine olive oil, garam masala, curry powder, and garlic. Toss with the vegetables until well coated. Preheat clean, well-oiled grill on high for at least 15 minutes. Place the vegetables perpendicular to the grates (so they don't fall through). Flip the vegetables when they acquire nice grill marks, about 4-5 minutes. Remove from grill and set aside.

ROCKFISH INGREDIENTS

- 4 rockfish fillets
- 1 Tbsp. olive oil
- 1 Tbsp. curry powder
- 1 teaspoon garam masala
- 1 teaspoon Kosher salt and fresh-cracked black pepper
- Cilantro for garnish

ROCKFISH INSTRUCTIONS

Dry the rockfish well with a paper towel and place in a shallow dish. In a small bowl, add the olive oil, curry powder, garam masala, and salt and combine into paste. Slather onto each side of the fish. Marinate at room temperature for no more than 30 minutes. Grill the fish over high heat for 4-5 minutes per side, until flaky and no longer translucent.

Chop grilled vegetables into bite-sized pieces. To serve, place a smear of raita sauce across each plate, then place the fish on one side and the grilled vegetables on the other. Garnish with fresh cilantro.



Seafood Producers Co-op ALASKAN ROCK FISH

Fisher-owned SPC has been helping independent hook-and-line anglers receive fair prices for their sustainable catch for over 75 years.

MEAT & SEAFOOD \$14.99/LB



Thousand Hills Premade BURGER PATTIES

No time to prep? Get to the grilling sooner with premade grass-fed beef patties from local Thousand Hills. Choose from classic salt & pepper, bacon cheddar, mushroom and onion, and unseasoned varieties.

MEAT (Frozen) \$23.99 (6-pack) ♥ LOCAL

* See coupon on back

Summer of Yum

MIX-AND-MATCH FLOATS

The ice cream float is a classic summer treat with as many variations as there are lakes in Minnesota. Pair your favorite soda with the ice cream, custard, or vegan alternative of your choice to create cool combos. A few of our favorites include a modern spin (berries and ginger anyone?) and throw-back soda fountain flavors like grape and chocolate. Enjoy!

Jeni's Ice Cream
brambleberry

Wisconsin Pop
ginger

Oatly Vegan
chocolate

Olipop
grape

20-Mile Custard
vanilla

Wisconsin Pop
grapefruit



20-MILE CUSTARD

Handcrafted frozen custard made in northwestern Wisconsin from local, organic eggs.

FROZEN | \$7.99 ♥ LOCAL

* See coupon on back

WISCONSIN POP

Local soda with a sweet kick made from organic fresh fruit and organic cane sugar.

GROCERY | \$9.99 (4-Pack) ♥ LOCAL

* See coupon on back

WATKINS SPRINKLES

Watkins' products have been made in Minnesota since 1863 – their gluten-free sprinkles are a co-op favorite.

GROCERY | \$5.99 ♥ LOCAL

COMMUNITY CONNECTIONS



ROOTED IN COMMUNITY

We believe food is a pillar of a strong community. That's why Lakewinds invests in local school and community gardens with donations of organic seeds, plant starts, and compost – over \$8,500 worth last season! Our garden partnerships give community members a hands-on understanding of where food comes from, from seed to harvest. Each season, these gardens supply a bounty of fresh produce to local food shelves and food access initiatives – helping to ensure that all our local families, food shelves, and neighbors have enough to eat.

Here are some highlights from last summer's growing season:



Hope House (Open Hands)

The garden at Hope House (Open Hands) grew **2,350 lbs. of produce** and **donated 40+ bouquets of flowers** to nursing homes and senior centers.



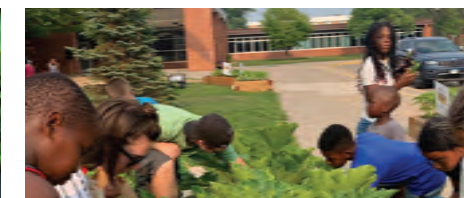
Bluff Creek Elementary

All of the roughly **450 students** at Bluff Creek Elementary helped plant or tend the school's garden throughout the season.



Every Meal's Grow & Give

The three gardens we support in conjunction with Every Meal's Grow & Give initiative produced an impressive **5,000 lbs. of fresh produce**, which was distributed to families free of charge at **local schools and community centers**.



Seeds Feeds

The Seeds Feeds gardens used some of the **3,000+ lbs. of produce** they harvested from school and community gardens to serve more than **1,000 community meals**. They also handed out free produce at community gardening events.



As a coop owner, your support makes our school and community gardens program possible, and many other local giving initiatives as well. Learn more at Lakewinds.coop/CommunityGardens. Thank you!



THE BOARD VIEW

► **Bill Stevens**
Lakewinds board member

Summer is upon us and there's so much to look forward to. Fishing, biking, campfires, longer days, and going outside without five layers of clothing are just a few of the highlights. One of my favorite summer activities is cooking and eating outside. The classic backyard barbecue (or "cookout" as we call it) is a tradition for many of us, and Lakewinds is the perfect place to find everything you need.

For me, the staple of any cookout is the meat, and you'll find abundant choices at the Lakewinds meat counter. Locally sourced hamburgers, chicken breasts, and pork chops are sure to please your family and friends ... but the bratwurst and sausages from Lakewinds will make you a neighborhood legend. The brats are made in-house without unnecessary fillers and preservatives. I highly recommend the pickle and cheddar brats.

The fresh produce that greets you as you walk in the door at Lakewinds will complement any summer cookout. A salad with leafy greens, peppers, onions, carrots, and cucumbers is a healthy and delicious addition to any meal. My family's favorite fruits include farm-fresh strawberries, watermelon, and tomatoes.

We are fortunate to have a wonderful staff at Lakewinds that sources locally grown food for our summer gatherings. I would also like to thank the farmers who pour their hearts and souls into growing or raising sustainable, healthy food that feeds our community, throughout the summer and all year long.



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Eden Prairie, MN 55346
Lakewinds.coop

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SUMMER CELEBRATIONS DELI CATERING MENU

Planning a gathering or a backyard cookout this summer? Our deli team can help you make it great. From salads and entrees to veggie platters and sides, everything is scratch-made using ingredients that follow our high product standards.

More at Lakewinds.coop/food-catering.



SPECIAL OWNER-ONLY COUPONS

Take a photo or show the coupon on your phone at checkout – no clipping needed.

\$2 OFF

One produce purchase of \$10 or more

Valid June 1 to August 31, 2022

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



PLU 22191

\$1.50 OFF

One 20-Mile Custard, Izzy's ice cream, or Oatly non-dairy frozen dessert

Valid June 1 to August 31, 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 22197

\$4 OFF

One Thousand Hills frozen burgers (6-pack)

Valid June 1 to August 31, 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 22193

\$2 OFF

One WiscoPop (4-pack)

Valid June 1 to August 31, 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 22195

