



REFRESH

Fall 2015

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Just Beet It · Raising the Bar on Our Standards*



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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

DALE WOODBECK

Steady Growth, Strong Community and a Successful Year

Hello, Lakewinds' owners. I hope you had a wonderful summer, enjoying the season's bounty and your favorite outdoor activities.

As the season winds up, we move into autumn and our fiscal year ends, I'm happy to share with you some good news about our co-op's financial wellness. The fiscal year ended on June 30, just as we finished the first year of operation at our new Richfield location. Our sales in Richfield exceeded our plan by a considerable margin, 42 percent. (For those of you wondering, we based the sales plan on a forecast from a third party trade area study.) We're so pleased with our warm welcome to the neighborhood.

We experienced growth in our other stores too, with a same-store sales increase of 5 percent. This is a solid growth rate, particularly in the face of increasing competition for natural and organic shoppers in the grocery world.

We were also profitable for the fiscal year. We posted positive pre-tax income in Richfield for eight of the twelve months during the first year of operation, including the last six months in a row. This is a great trajectory for a new store in a new suburban co-op market.

Minnetonka and Chanhassen continued to contribute to our success as we exceeded our net income projection by a factor of two.

We've added close to 3,000 owners since Richfield opened, with more than 2,000 of those at the new store. This also exceeded our plan for new owner equity.

Our strength is due in large part to our top-notch staff on the frontlines. I hope that our owners are as proud as I am of the stellar people operating our stores. They've helped make this third location a reality, ever since the planning process began years ago. Today we see those results in a new building, fully furnished, with great staff operating it—even as we see continued success at our two existing stores. This year's results are due to significant hard work and diligence.

In closing, I'd like to thank you all for supporting our co-op. Your constant support makes it possible to operate a values-based, community-owned, good-food business. Thanks again!

Quality Standards

Only the Best Local, Organic & Sustainable Products

If you find it at Lakewinds Food Co-op, you can trust it's good. For 40 years, it's been our mission to bring you products that are safe, healthy, humanely raised and created using environmentally responsible practices. Our standards are high—much higher than most grocery stores. By researching everything we sell and eliminating things that don't make the cut, Lakewinds makes healthy, ethical shopping easy.

Of course, we're not the only ones with lofty standards. When you see products with the "USDA Certified Organic" seal, that's proof those items meet the highest standards in the natural foods industry and are free from GMO's. Products carrying the "Non-GMO Project" seal are tested throughout production

to ensure they contain no GMO's. We strongly support transparency in labeling. You should know that Lakewinds and other co-ops around the country are fighting for your right to know what's in the things you buy and eat.

While we're very careful, sometimes products and ingredients change without our knowledge. If you find something at Lakewinds that falls short of our standards, please let us know.

For more details about our products, see the specific standards for each of our departments and review the list of ingredients we ban from our shelves at Lakewinds.coop.

AMY CAMPBELL
SR. MARKETING MANAGER

OUR PROMISE TO YOU



..... Lakewinds will only sell foods that are wholesome and safe to eat.



..... We promote fresh, locally sourced, organic foods and products whenever possible.



..... All our products are thoroughly researched and evaluated. They will never contain artificial preservatives, colors, flavors, sweeteners, high-fructose corn syrup, added antibiotics or hormones, parabens or hydrogenated fats.



..... We share good information about our products to help you choose wisely.



..... We always put the health of our customers and our communities first.

New at the Co-op

Fall Picks, from Pumpkin Seeds to Honey Clover Gouda



SHAWNA ANDERSON
SR. PURCHASING
MANAGER

1. Evo Hemp Bars

Organic, raw and made with fewer than 10 ingredients, Evo Hemp Bars provide twice the protein of traditional fruit and nut bars. Each bar is packed with hemp protein, which is easy to digest, and complete. They're also gluten free and Paleo friendly.

\$2.69/ea

2. Tiny but Mighty Popcorn (Local)

The biggest new thing in popcorn is tiny... but mighty! This tiny popcorn grown in Iowa doesn't have any hulls to get stuck in your teeth. Ancient heirloom varieties grow like a bush with multiple stalks rather than with single tall stalks. Non-GMO Project Verified.

\$3.59/ea

3. Organic Naked Bulk Pumpkin Seeds

These dry roasted and salted pumpkin seeds come from an organic family farm in the Willamette Valley of the Pacific Northwest. And they're healthy for you—pumpkin seeds are rich in vitamin E, an excellent source of vitamin B and full of antioxidants.

\$16.99/lb

4. Organic Valley Grassmilk Yogurt (Local)

The milk used in Organic Grassmilk Yogurt comes from cows that eat only fresh grass and dried forages, never supplemental grains or soybeans. Crafted in small batches, this unique-tasting, cream-on-the-top yogurt is available in plain or vanilla 24-ounce containers and is a good source of naturally occurring Omega-3's.

\$4.99/ea



1



2



3



4



5



8



6



7

5. Gardein Mini Crispy Crabless Cakes

Serve these meatless treats as an appetizer or add them to salads or tacos. Made with Non-GMO canola and soy, they provide 9 grams of protein for each 3-cake serving. You can also try the Golden Fishless Fillet from Gardein for another meatless seafood option. Both products are available in the frozen aisle.

\$4.49/ea

6. Marieke Honey Clover Gouda (Local)

Cheesemaker Marieke Penterman has been making award-winning Gouda cheese from Thorp Wisconsin since 2007. Honey Clover Gouda contains herbs and seeds, raw cow's milk from the family farm and organic honey to create sweet, earthy, grass-like flavors. Serve with your favorite local apples, apple pies and cobblers.

\$19.99/lb

7. Chicken Masala & Mango Curry Meals to Go

Enjoy the latest additions to our Meals to Go offerings, which are made fresh in our deli. Made with organic spices and organic rice, these meals are the perfect serving size for two people. Our Chicken Masala is made with Greek yogurt and all-natural chicken, while the Mango Curry is made using organic mangoes.

\$9.99/ea

8. Aura Cacia Body Soak (Local)

Body Soak combines marine salt with mineral-rich clay & essential oils, transforming your bath into a soothing indulgence. And it's beautiful to look at, with four luxurious blends available in glass jars.

\$12.99/ea

The Bulk Department

A Shopper's Best Friend

RACHEL INMAN
BULK MANAGER & BUYER

Fall Harvest

Local Apple Farms

DAVID GIEDD
PRODUCE MANAGER



SAVE THE DATE:
November 14
10% Off Bulk

Whether you're looking to save some pennies, save on packaging waste or experiment with new ingredients on a small scale, shopping the bulk aisle is a great idea. Here are a few of our top picks for fall.

1. Sunrise Flour Mills Turkey Red Wheat Flour and Red Fife Whole Wheat Flour

These local, heritage flours are significantly different than modern wheat flours—and may even be safe for some people who have gluten sensitivities. (\$3.99/lb)

For those on gluten-free or Paleo-friendly diets, coconut flour (\$4.39/lb) and almond flour (\$11.99/lb) are good options.

2. Minnesota Wild Rice

KC's Best wild rice, which is technically a seed, is hand harvested from the headwaters of the Mississippi. Not only is this a local, family-owned business, but the rice isn't farmed like most "wild rice" today, it's truly grown in the wild. \$11.99/lb

3. Kombucha On Tap

Our local Kombucha on tap not only tastes great, but is full of healthy probiotics that help improve gut health and aid digestion. Bring your own container from home or buy one at the co-op. \$3.29/lb

4. 32-Bean Soup Mix

For cool nights, try 32 bean soup mix from North Bay Trading. It's local, family owned and operated, and they use only Non-GMO

ingredients. If you eat meat, this is easy to make in a crock pot with a ham bone. There's a wild rice soup mix, too.

32 bean - \$5.79/lb · Wild rice soup - \$7.99/lb

5. Triple Chocolate Toffee

Chocolate lovers, this one's for you. Sweeten your day with toffee covered in chocolate—dark, milk and white—for a delectable chocolate treat with a creamy outside plus a satisfying crunch. \$10.99/lb

6. Power Seeds - Hemp, Chia and Flax

Small in size but big on health benefits, power seeds can add extra oomph to your diet. Whether you add seeds to smoothies, yogurt, oatmeal, granola or another recipe, you can buy the "just right" amount from the bulk bins. Hemp seeds \$16.99/lb and chia \$6.99/lb.

7. Evening in Missoula Loose Leaf Tea

This herbal blend includes chamomile, rosehips, raspberry and papaya leaf, spearmint, passion flower and more. \$34.90/lb

8. Dried Mango Slices

Dried mango is a sweet, chewy, tart treat that's also a good source of vitamin A. \$13.99/lb

9. Steel-cut Oats

Steel-cut oats are a delicious breakfast staple. They take longer to cook than rolled oats, but they are deliciously nutty and chewy. \$1.69/lb

10. Garam Masala

This savory Indian spice mix can be used alone or with other seasonings. Add to marinades, salad dressings, sautéed vegetables, soups, stews and more. \$26.99/lb



TIPS FOR SHOPPING BULK

- We provide plastic bags and containers for bulk food items. However, we invite you to bring your own containers to prevent waste. Please weigh your container prior to filling it so the cashier can subtract this from the weight of the product.
- Make sure to write the "PLU" number of the product on the white stickers provided or use the easy-weigh scale, which prints the information for you.
- Please do not mix different bulk foods items together in one bag or container because cashiers need to ring these items separately. Each item has a different price and PLU.
- Want to try a sample before buying? Just ask a friendly employee for help!

Nothing says fall like a fresh Honeycrisp, hot apple pie or refreshing apple cider. Ensuring our customers get clean and sustainably grown produce and fueling the local farm economy are two of our top priorities at Lakewinds. Get to know some of the local orchards that supply our stores and learn about the practices they use to provide you with the best possible seasonal selections.



Cedar Hill Orchard, Hutchinson, Minn.

Cedar Hill Orchard was established in 1991 by Scott and Linda Sederstrom and their daughters. Utilizing IPM and implementing organic methods (whenever possible) for pest control, they grow Honeycrisp, SweeTango and Haralson apple varieties.

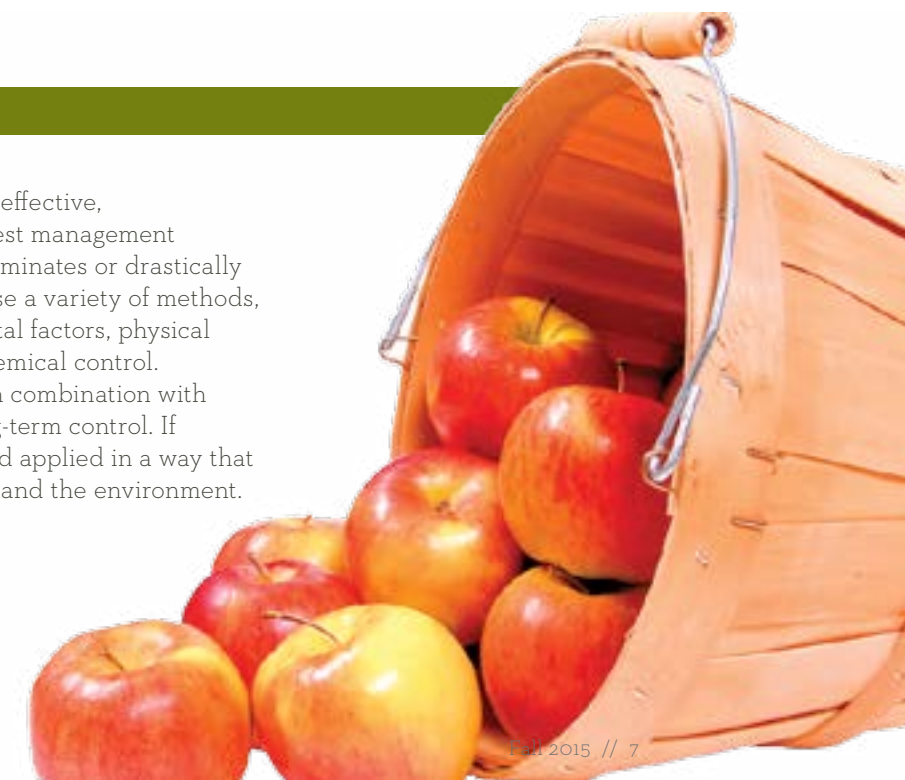


Plum Crazy Orchard, Buffalo, Minn.

Richard Brown started his orchard as a hobby back in 1985, planting just a few trees. Six years later, the Plum Crazy name was born when he expanded, planting then-new Honeycrisp apples plus five acres of plums. He no longer has plums but still enjoys planting new or not-yet-popular varieties of apples, including Chestnut and KinderKrisp.

WHAT DOES IPM MEAN?

Integrated Pest Management (IPM) is an effective, environmentally sensitive approach to pest management frequently used by apple farmers that eliminates or drastically reduces the use of pesticides. Farmers use a variety of methods, including beneficial insects, environmental factors, physical controls such as mulch and traps and chemical control. Pesticides are used as a last resort and in combination with other approaches for more effective, long-term control. If pesticides are used, they are selected and applied in a way that minimizes their possible harm to people and the environment.



What's Trending

Just Beet It

JILL HOLTER
COMMUNITY & EVENTS
COORDINATOR



Beets are having a moment—in gardens, restaurants, magazines and at the co-op!

The healthy facts can't be denied: at only 59 calories per cup, beets are high in fiber and potassium, rich in antioxidants and phytonutrients, a good source of vitamin C and are an anti-inflammatory.

Beets are a hardy root vegetable, typically in season from June through October. Fall beets can be stored for several weeks if you happen to have a root cellar or basement canning closet. Cool, dry and dark places are the best for storage—check them every few days and use before they start to get wrinkled. Pickling and canning also extend the bounty of beet season.

Beets' flavors range from earthy and robust to sweet and mellow. The dark reddish purple ones are more familiar and tend to have that traditional "beet" flavor. Golden beets are often milder, and the Chioggia beets, with light red skin and bright red and white striped flesh, are the most tender and sweet.

Don't throw those green tops into the compost! Beet greens, especially early in the season, are a delicious and nutritious green to steam, sauté, chop and add to soups or puree and add to breakfast smoothies.

Look for local, organic beets at Lakewinds from Harmony Valley Farm in Viroqua, Wisconsin.

RECIPE: GOLDEN BEETS & BRUSSELS SPROUTS

Golden beets are perfect to combine with other vegetables, since they retain their vibrant color without coloring the other vegetables as purple beets do.

Serves 4

Ingredients:

4 medium golden beets

12-15 Brussels sprouts, trimmed and halved

1 shallot, peeled and sliced

2 tablespoons olive oil

1 teaspoon salt

1/2 teaspoon black pepper

2 teaspoons fresh thyme

1/2 cup toasted walnuts (optional)

Directions:

Simmer beets in a large pot of water until barely tender, 30-45 minutes. Cool, then peel and cube.

Preheat oven to 375 degrees.

On a large sheet pan, place beets, Brussels sprouts and shallots. Drizzle with olive oil, then sprinkle with salt and pepper and toss to combine, spreading them in a single layer.

Roast in the oven for 30 minutes, tossing once or twice during roasting. When vegetables are tender, remove from oven, sprinkle with fresh thyme, toss again, sprinkle with optional walnuts and serve.

4 Simple and Delicious Ways to Prepare and Serve Beets



Raw - Grated or thinly sliced, toss with olive oil, orange or lemon juice, salt and pepper and chopped fresh parsley, cilantro or chives. Chili powder adds a nice layer of spice. Serve on whole leaves of kale or romaine.



Pickled - Roast and slice or cube beets and place into jars with a spoonful or two of pickling spice. Then pour a brine of vinegar, water, salt and sugar into the jars and seal. Store in the refrigerator for up to several weeks.



Roasted - Wash and trim beets, wrap loosely in foil and roast in your oven at 375 degrees for about an hour, or until beets are easily pierced with the tip of a paring knife. Remove from the oven and allow them to cool. Remove skins with a knife, or rub off with your hands under cool running water. Season with salt and pepper.



In a salad - Add roasted beets, sliced or cubed, to green salads or with other raw or roasted vegetables. Dress the beets in your favorite vinaigrette while still warm for maximum flavor impact. Classic pairings are beets with bitter greens (arugula, dandelion, endive), tangy fresh cheese (goat or blue) and toasted nuts (hazelnuts or walnuts).



Dates to Remember

For Information & Updates, visit Lakewinds.com



SEPT. 26

ONE-DAY MEAT SALE

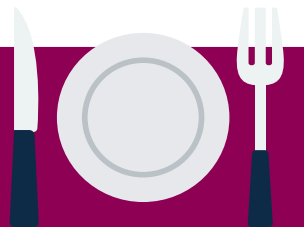
Stock up and save, with big discounts on antibiotic and hormone-free fall meat favorites.



OCT. 1

DR. MICHAEL MURRAY WELLNESS EVENT

Minneapolis Marriot Southwest, more information in our wellness department and on our website. Free event!



OCT. 15

ANNUAL OWNER DINNER & MEETING

Minnetonka Community Center. Watch for the official invite in mailboxes the week of September 15.



OCTOBER

OWNER APPRECIATION MONTH

Don't forget your 10% discount! Replaces monthly 5% discount, no coupon necessary.



NOV. 14

ONE-DAY BULK SALE

10% off everything in the bulk department.



NOVEMBER & DECEMBER

TURKEY, SIDES & PIES ORDERS FOR THE HOLIDAYS

Order forms in meat and deli, early November.



DEC. 5

HOLIDAY PREVIEW STORE EVENT

Taste of the holidays with Lakewinds signature items, all Lakewinds locations.



DECEMBER

LOFF APPLICATIONS AVAILABLE

On our website, lakewinds.com. Download by visiting the community page.



THE BOARD VIEW

TRACY KOCHENDORFER
BOARD OF DIRECTORS

Active Co-op Ownership

Autumn brings to mind harvest, fall colors and back to school. Raspberries give way to apples, green turns to gold and schedules shift for many.

Our co-op reflects the seasons. From produce to deli, new and remembered sensory delights await. Annual meeting season is upon us too. One of the ways cooperatives differ from other purveyors of grocery items is democratic control. Every owner has an equal say in choosing members of our co-op's board of directors. The board acts on behalf of co-op owners in tandem with our general manager to oversee and ensure a financially sound, principled and focused organization based on policies developed by the board and carried out by the general manager and employees.

Even if you aren't particularly interested in governance matters and/or don't know any of the candidates, we encourage you to read through and evaluate the candidate profiles and exercise your right and privilege to vote in the upcoming election. We also invite you to attend the annual owner meeting in October. You will hear directly from our co-op leadership about the year in review and what lies ahead. You will see a video featuring recipients of grants from our Lakewinds Organic Field Fund – funded by your dollars. You will be served delicious, local and seasonal food and have the opportunity to

meet and break bread (gluten-free or otherwise!) with other owners and board members. You will be welcomed and appreciated and likely feel more connected to Lakewinds and the larger community.

Even if you don't vote in the election and can't attend the annual meeting, we encourage you to remember that you are voting with your dollars and participating in something bigger than yourselves every day, which brings to mind a haiku:

**Spending food money?
Lakewinds is more than our stores.
Support what you own.**

Not only is Lakewinds a trusted source for food and wellness items, we (and by extension, you) are an active partner with our communities, producers and suppliers, as described elsewhere in this issue and on our website. Other businesses do some of this too, of course, but sometimes their connections aren't as authentic or direct, and all of their owners generally don't have as fundamental and influential a connection with those businesses as you do with the co-op. Your vote and your ability to form relationships and speak directly with your general manager, board members and employees impacts decision making in significant ways. Now that's something that never goes out of season!

BOARD OF DIRECTORS

John DePaolis (President)
Katie Bloomstrom
Sarah Carroll
Caroline Hermes
Tracy Kochendorfer
Fred Ladner
Stephanie Matz
Karyn Penn
Brenda Pfahnl
Tim Reese
Ryan Sweeney

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



THANK YOU OWNERS!

OCTOBER IS
OWNER APPRECIATION MONTH

10% off one shop in October,
plus great owner-only deals!

\$1 OFF

AURA CACIA BODY SOAK

Valid: September 1 – December 31, 2015

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

PLU 20142



50¢ OFF/LB

DRIED MANGOES IN BULK DEPT.

Valid: September 1 – December 31, 2015

Must purchase at least 1 lb. Valid one-time use per member-owners only. Not valid on prior purchases. Valid at all Lakewinds locations.

PLU 20144



50¢ OFF/LB

BEETS

Valid: September 1 – December 31, 2015

Must purchase at least 1 lb. Valid one-time use per member-owners only. Not valid on prior purchases. Valid at all Lakewinds locations.

PLU 20156



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

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