



# RE FRESH

fall 2016

local apples, global flavor  
eat more plants  
more ways to love coffee  
activated charcoal 101





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Richfield, MN 55423

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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.



## Update from the GENERAL MANAGER

### Making our Co-op BETTER TOGETHER

We're happily hard at work at Lakewinds. Already this year we've rolled out three successful programs to bring you more of the delicious foods and convenience you expect while supporting the local organic economy.

**1) TC Farm Pork.** We carry a variety of pork from TC Farm, a sustainable family farm located about an hour from Minneapolis. TC Farm works with five Minnesota pork producers to supply us with an exclusive line of pasture-raised pork.

**2) Seed to Seed Farm Tomatoes.** We helped Seed to Seed Farm fund a high tunnel tomato-growing operation both through our grant program and a low-interest loan directly to the farmer. The loan will be paid back through a discount on tomatoes we purchase over the next three years. These certified organic heirloom tomatoes started arriving in stores in early August. We hope you've tried them!

**3) Sandwiches and Burritos.** When we remodeled our Minnetonka store, we added something special: a made-to-order sandwich and burrito bar. Due to the tremendous response, we're already planning to add similar options in Chanhassen and Richfield.

### The job of improving our co-op is never done.

To that end, Lakewinds commissioned a shopper survey. The feedback was overwhelmingly positive and very useful as we plan future changes. Here's some of what we heard.

> Shoppers are looking for better pricing, but they also love the knowledge and service provided by Lakewinds' staff. We work hard to balance the competing goals of service and price. Our recently implemented Co-op Basics program is one way we're meeting that need. Co-op Basics are certified organic products offered at everyday low prices.

> We learned that our shoppers spend their dollars at a variety of different stores. To give our owners more reasons to shop with Lakewinds, we are looking at ways to enhance our rewards programs, offer surprise deals during the week, and expand our selection of local products.

With your support, we're doing great things. Thanks for spending your hard-earned dollars at Lakewinds.

DALE WOODBECK

# LAKEWINDS 2016

## COMMUNITY REPORT

\$60,500 TO LOCAL FARMS



## LAKEWINDS ORGANIC FIELD FUND

Grants were awarded to 10 farms and farming organizations in Minnesota, Wisconsin and Iowa. From high tunnels to honey production, cultivators to kids' education, projects funded reflect our commitment to local, organic and sustainable agriculture.

### NEIGHBORHOOD FOREST

Lakewinds sponsored the donation of over

**3,000**

trees to kids at local schools

### TECH DUMP ELECTRONICS RECYCLING EVENT

**OVER 16,000 LBS**

of old electronics were dropped off by our shoppers. You diverted **8 tons of waste** from the landfill!

### LAKEWINDS DONATED

seeds, plants and a truckload of compost to **5 schools** and community gardens

### RESULTS:

- fresh produce for **1,900 free meals** a day
- **300+ pounds** of produce to the food shelf
- nutrition education
- life skills





# Local Apples

## — GLOBAL FLAVOR —

Fall is in the air, a wonderful time of year when organic apples fill the trees and our produce bins. Our apple season is short and sweet: mid-September through mid-October is prime time to enjoy the best of Minnesota-grown apples. Whether you prefer your apples sweet or savory, here are two handpicked international recipes to get more local flavor on your fall menu.

**Jill Holter**

Community Relations & Events Specialist

**PERUVIAN  
PORK STEW**

## PERUVIAN PORK STEW WITH APPLES, CHILIES AND LIME

Serves 6

### What you need:

2 tablespoons olive oil  
4 pounds trimmed boneless pork shoulder, cut into 2-inch pieces  
2 large white onions, chopped  
4 large, firm apples, peeled, cored and roughly chopped  
3 seeded and chopped ancho or other mild dried chilies  
3 bay leaves  
Pinch of ground cloves  
1/4 cup fresh lime juice  
4 cups chicken stock  
Steamed rice (for serving)  
1/4 cup chopped cilantro

### Instructions:

Heat oil in large skillet and brown pork on all sides, working in 2 batches. Remove pork, then sauté onions and apples in pan with the chilies, bay leaves and cloves, about 10 minutes.

Combine all ingredients in a dutch oven or slow cooker. Simmer on the stovetop at least an hour, or in slow cooker 4-6 hours on high, until meat is very tender. Remove stew, reduce liquid if desired, and serve over cooked rice with chopped cilantro.

Adapted from New York Times Cooking

## INDIAN CHAI SPICE APPLE HAND PIES

Serves 6

### What you need:

2 large, firm tart apples (try Haralson or Keepsake), peeled and diced  
2 tablespoons brown sugar  
2 tablespoons butter, melted  
Pinch of salt  
Chai Spice mix (2 teaspoons each cinnamon, cardamom, ginger, fennel seed, plus 1 teaspoon black pepper)  
2 rounds of refrigerated pie dough  
1 egg beaten with 1 tablespoon cold water  
Cinnamon sugar

### Instructions:

Preheat oven to 400°. Line 2 baking sheets with parchment paper. Toss apples with brown sugar, butter, salt and spice mixture.

Unroll pie dough, cut each round into 6 wedges. Lay half of the wedges onto the prepared pans. Place 1/4 cup of the apple mixture on each wedge, top with remaining dough, then press edges together with a fork. Brush egg wash on each pie and sprinkle with cinnamon sugar. Cut 2 slits into top of each pie.

Bake at 400° for 20-25 minutes until golden brown and bubbly. Cool 15 minutes before eating.

INDIAN CHAI  
HAND PIES



## GROWER SPOTLIGHT: BREEZY HILL ORCHARD

Breezy Hill Orchard in Maple Lake, Minnesota, is a certified organic family farm located an hour west of the Twin Cities. Here's their rundown of apple varieties you may find at Lakewinds this fall:

**Honey Gold** – sweet, a good storage apple  
**Regent** – crisp and juicy  
**Connell Red** – hardy and good late-keeper  
**Snow Sweet** – sweet/tart, snow-white flesh

**Haralson** – tart and crisp, perfect for pie  
**Northwestern Greening** – great for sauce  
**Keepsake** – crisp, hardy and aromatic  
**Macoun** – strong-flavor, mellows with age





# EAT MORE PLANTS

## EAT FOOD. NOT TOO MUCH. MOSTLY PLANTS.

These seven short words by food crusader and author Michael Pollan have been an aspirational guide to the complicated and confusing question of how we should eat to be healthy. Let's break down what it means.

**Eat food.** The key term here, of course, is "food." We need to make hard distinctions between real food and food-like products. Eating food that your great, great grandmother would recognize as food is a simple guide.

Shopping at the co-op makes this easy; during harvest season we bring in produce that was harvested not long ago, from not far away and without chemicals. We don't carry products that contain high fructose corn syrup, antibiotics or artificial colors, flavors or preservatives among many other banned ingredients.

**Not too much.** Our world today is so busy, causing the need for quick meals, which are usually processed. These simple carbohydrates cause an insulin spike followed by a blood sugar crash cycle that makes us hungry again. When you

eat better quality food, you don't need as much of it. Lean in by shopping the co-op's perimeter departments, where we are committed to creating and sourcing whole foods that fit in with your busy lives. We've got pre-cut and peeled organic veggies, organic zoodles and made from scratch meals that are ready for you to heat and eat.

**Mostly plants.** Most traditional diets - whether Mediterranean, Asian, Indian or Mexican, use meat as a flavoring. By eating a plant-based diet, you'll be consuming far fewer calories, since plant foods (except seeds) are typically less "energy dense" than the other things you might eat. When eating meat, choose pasture-raised local meats that contain a higher level of nutrients.

It's all a matter of balance. We can learn much from cultures that emphasize the simple joy of eating real food; food that has been raised with care and integrity, to nourish our bodies and the land.

**Amy Campbell**

Sr. Marketing Manager

### SHAVED ROOT VEGETABLE SALAD

**Serves 4**

#### What you need:

4 tablespoons hazelnuts, divided  
1/4 cup fresh orange juice  
1 tablespoon fresh lemon juice  
2 tablespoons vegetable oil  
2 teaspoons hazelnut oil  
Kosher salt and freshly ground black pepper  
1 medium red beet, peeled  
1 medium golden beet, peeled  
1 small turnip, peeled  
1 carrot, peeled  
2 radishes, trimmed  
1/4 cup (loosely packed) flat-leaf parsley

#### Instructions:

Crush 2 Tbsp. hazelnuts; place in a small bowl. Whisk in orange and lemon juice, vegetable oil, and hazelnut oil. Season vinaigrette to taste with salt and pepper.

Thinly slice beets, turnip, carrot, and radishes using a mandoline or V-slicer. Place red beet slices in another small bowl and remaining vegetables and parsley in a medium bowl. Spoon 3 Tbsp. vinaigrette over red beets; pour remaining vinaigrette over vegetables in medium bowl. Toss each to coat. Season with salt and pepper.

Arrange red beets on a platter; spoon over any vinaigrette from bowl. Top red beets with remaining vegetables. Drizzle salad with any remaining vinaigrette; garnish with remaining 2 Tbsp. hazelnuts.

Adapted from bon appétit



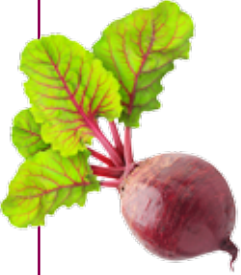





# EXPLORING

## Your Roots

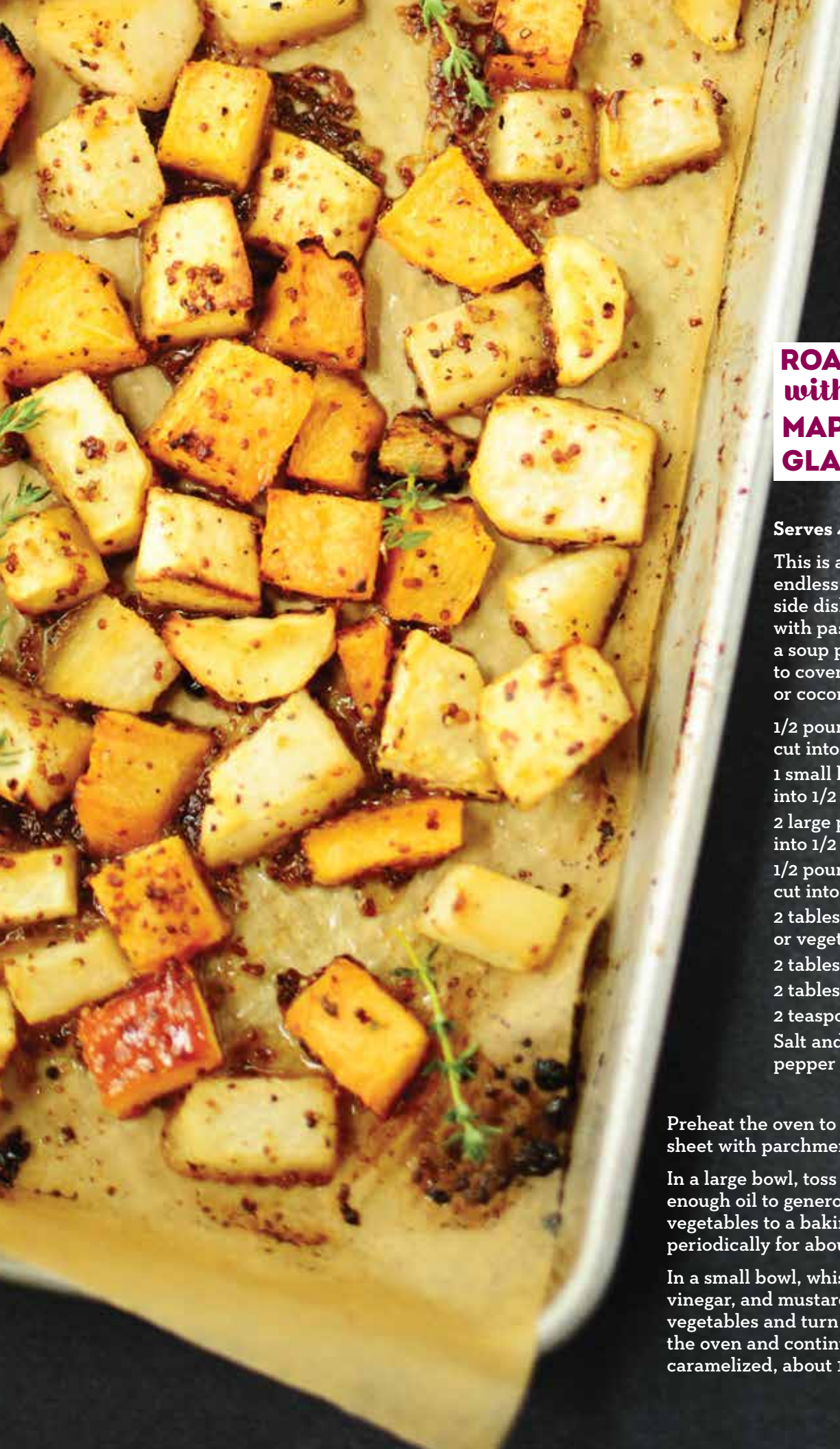
When it comes to fall vegetables, I root for those parsnips, kohlrabi, rutabagas, and celery root. Unlike the delicate garden vegetables of summer — sweet peas, vine ripe tomatoes, tender lettuces — kale and cabbage don't need to be enjoyed right away. Fall is a relaxed season for any cook; nature's way of acknowledging that come summer's end, there's always too much to do.

Fall's root vegetables are having their day as our farmers are harvesting a range of super-nutritious and flavorful varieties. Root for these roots!

**Beth Dooley**, Local Food Lover & Writer

	<p><b>Beets:</b> You just can't beat beets for vibrant colors and sugary essence. They're great shredded into a salad raw, once cooked enjoy them warm or at room temp.</p> <p>Roasting beets intensifies their flavors: rinse well, cut a few slits in the root with a sharp knife, and roast on a baking sheet in a 350 degree oven until easily pierced with a sharp knife, about 45 min. to an hour. Once they're cool enough to handle, their skins will slip off easily. Try chopping and tossing with a little blue cheese or with shredded orange zest and a splash of walnut oil.</p>
	<p><b>Celery root:</b> Don't be put off by the looks of this whiskery, knobby root. Whack into its tough exterior and you'll find a clean, crisp, white flesh that tastes of celery, anise, and hazelnuts. It's not as sweet as a carrot and is far less starchy than a potato. Shred and dress it with a dressing of mayonnaise and mustard for a salad the French call remoulade. Boil and mash it with a little butter or olive oil, or cube and toss into a pan to roast.</p>
	<p><b>Kohlrabi:</b> Peel back those spikes and leaves and you have a cross between a mild radish and a turnip. Kohlrabi adds crunch to salads and slaws. When cooked, its flavor is closer to mild cabbage, so try it in stir-fries and sautés. Boil and smash it into mashed potatoes; shred it and toss with your favorite vinaigrette or creamy dressing for a coleslaw.</p>
	<p><b>Parsnips:</b> Parsnips resemble white carrots, but are sweeter, earthier, and more complex. They're delicious simply boiled then pureed with a little butter and a sprinkle of chopped thyme. Chop and sauté them with chopped apples and cook until just tender, about 10 minutes, season with a bit of chopped rosemary.</p>
	<p><b>Rutabaga:</b> The workhorse in a farmhouse kitchen, 'bagas are deliciously versatile. They store beautifully and figure nicely in roasts, purees and stews. Under their ruddy red-orangish peel, they're pale orange with a spicy turnip flavor that adds color and zip. Peel, chop and sauté rutabagas in butter for several minutes, then add a little cider and a sprinkle of sugar and salt for a side dish. Boil and mash them into potatoes for color and a robust taste.</p>
	<p><b>Turnips:</b> Every year more varieties of turnips head our way - yellow, red, pearly white. These roots are great peeled and sliced for dips and are fabulous in sautés, soups, mashed. Try them maple glazed - saute sliced turnips in a little oil until tender, about 3 to 5 minutes, then drizzle with a little maple syrup.</p>





## **ROASTED ROOTS with MAPLE MUSTARD GLAZE**

### **Serves 4**

This is a very basic dish that has endless possibilities. Serve it as a side dish to roasted chicken, toss with pasta or into rice, turn it into a soup pot with just enough stock to cover and add a splash of cream or coconut milk.

1/2 pound rutabagas,  
cut into 1/2 inch pieces  
1 small kohlrabi, trimmed and cut  
into 1/2 inch pieces  
2 large parsnips, trimmed and cut  
into 1/2 inch pieces  
1/2 pound celery root, peeled and  
cut into 1/2 inch pieces  
2 tablespoons sunflower  
or vegetable oil  
2 tablespoons maple syrup  
2 tablespoons apple cider vinegar  
2 teaspoons whole grain mustard  
Salt and freshly ground black  
pepper to taste

Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper or oil it.

In a large bowl, toss together the vegetables with enough oil to generously coat. Transfer the vegetables to a baking sheet and roast, turning periodically for about 30 minutes, until soft.

In a small bowl, whisk together the syrup, vinegar, and mustard. Drizzle the glaze over the vegetables and turn to coat them then return to the oven and continue roasting until they are caramelized, about 10 minutes more. Serve hot.



# Getting Dirty to Get Clean

## ACTIVATED CHARCOAL

It may seem counterintuitive to scrub black powder over your skin or teeth. In fact, the word “charcoal” probably makes you think of summer cookouts rather than a cleansing detox. But “activated charcoal” is a little different. This amazing material has super-absorbency and antibacterial properties that make it ideal for purifying skin and body. The “activation” comes from a special process in which charcoal is exposed to gasses at high temperatures. This process gives the charcoal a very porous surface that acts as a magnet, binding with chemicals and toxins to remove them.

**Amy Haggerty**  
Marketing Specialist





## WHITEN TEETH

Activated charcoal's natural adhesive qualities help it bind with surface-staining culprits like coffee, tea, wine and plaque and take them off your teeth when you spit it out. Tip: to avoid a messy bathroom sink, brush in the shower!

### Our pick:

Invitamin Charcoal Tooth & Gum Powder

## DEEP-CLEAN SKIN

Used in a cleanser or mask, activated charcoal pulls excess oils and toxins out of the skin to calm inflammation, minimize pores, and restore your skin's natural pH balance.

### Our picks:

Invitamin Charcoal Cleansing Cream,  
Alaffia Facial Cleanser,  
Pacha Clarifying Charcoal Bar

**Acne spot treatment!** Mix activated charcoal and aloe vera to create a paste. Apply a thick dab of the spot treatment to blemishes with a cotton swab to remove toxins, reduce redness, and dry out and heal the skin.

## ALLEVIATE DIGESTIVE PROBLEMS

The tiny pores in activated charcoal trap chemicals and toxins in the stomach and intestines, which is why it's used to eliminate excess gas and to treat food poisoning. Keep in mind: you need to drink adequate amounts of water when ingesting charcoal to assist in flushing out toxins. Do not consume activated charcoal within two hours of vitamins or medications because it will keep the body from absorbing them.

### Our picks:

Nature's Way Activated Charcoal,  
Country Life Activated Charcoal

Activated charcoal can be messy! Be sure to use the powder where it won't stain clothing, carpet, or other vulnerable surfaces.



# #NOWTR

NATURAL WONDERS, FI

## HEMP

Now making a comeback in the U.S. after 60-some years, hemp is a miracle plant: a great source of fiber for textiles, paper and building materials, as well as seeds and oil for food and beauty products. Kentucky leads the way in production, but one day hemp may be grown in significant quantities here in Minnesota. Hemp is a sustainable crop that adds nutrients to the soil and is able to grow compactly on less land. Because it's naturally resistant to most pests, it needs little to no pest control. High in protein, omega-3 fatty acids and GLA and low in carbs, this nutty seed packs a nutritional punch.

## MAPLE

Harvested every spring from the abundant forests of Minnesota and Wisconsin, maple syrup is a classic fall flavor with many surprising uses. Add maple syrup to barbecue sauce or chili for a touch of smoky sweetness, or toss mixed nuts in maple syrup and cayenne before roasting. Stanley's Sugarbush Maple Butter makes for mouthwatering toast and oatmeal. The company's Maple Mustard brightens up a favorite sandwich, and is amazing as a rub on slow-cooked pork roast. -See feature on new products page 16.





# RENDING

## FROM HEMP TO VINEGAR

### LUXURY FATS

When sourced from grass-fed and pasture-raised animals and simply processed, fat is your friend. Traditional fats have been used for generations and are making a comeback with home cooks and restaurants alike. Pork lard will transform your homemade French fries and pie crust. Beef tallow is excellent for roasting sweet potatoes and frying eggs. Duck fat adds beautiful flavor to gravy, stir fries and baked goods. Look for Epic brand oils in the grocery aisle or try lard from TC Farms Pork in our meat department.

### APPLE CIDER VINEGAR

Raw, unfiltered apple cider vinegar ("ACV" to those in the know) belongs in every kitchen. Try a splash in your chili pot, use it in salad dressing, or deglaze a pan of fried root vegetables. Warm it gently with some honey and water for a refreshing nighttime drink. The health benefits are surprising as well. A tonic of equal parts cold water and ACV can settle an unruly stomach and soothe heartburn or indigestion. A rinse of ACV in the shower will remove buildup on hair and leave it soft and shiny. A spritz of water and ACV can even soothe the fiercest of sunburns.

**Jill Holter**

Community Relations & Events Specialist



# Back to the Grind

## MORE WAYS TO LOVE COFFEE

Coffee drinkers the world over know the REAL most important meal of the day. Holding a warm mug of your favorite joe, the mouthwatering smell and, of course, the caffeine buzz are essential parts of the daily routine.

Everyone has their favorite roast and brewing method. But did you know coffee can be repurposed and even recycled to create revved up recipes, household helpers and DIY body care? We run down some of our favorite local coffees – and amazing ways to use them.

**Mary Jacobs**

Marketing Assistant

**Jacqui Boyum**

Graphic Designer





## REVVED UP RECIPES

• **Dry Meat Rub:** Mix up this easy-to-make dry rub to add spicy, smoky and slightly sweet notes to beef, pork or poultry.

1/4 cup finely ground dark-roast coffee

1/4 cup ancho chili powder

1/4 cup brown sugar tightly packed

2 tablespoons salt

2 tablespoons smoked paprika

1 tablespoon ground cumin

• **Chili:** Add a cup of fresh-brewed coffee to your favorite chili recipe for a welcome zing of complex flavor.

• **Espresso Brownies:** Whisk a dash of finely ground espresso in with the ingredients to give your brownies an extra kick.

## BODY BUZZ

• **Body Scrub:** Use leftover coffee grounds mixed with unrefined coconut oil to make a body scrub that will leave your skin tighter, brighter and ready for the day. It also makes your shower smell great.

• **Coffee Shampoo:** Wash your hair with brewed coffee once a week on dry hair for amazingly shiny locks. Coffee's acidity removes oils and buildup from hair and can also give brunettes a boost in brown shades.

• **Coffee Bar Soap:** Used coffee grounds add wonderful smells and exfoliants to a DIY soap recipe of cocoa butter, shea butter, and vanilla extract.

## HOME BREWS

• **Odor control:** Make a sachet of coffee and keep it in your fridge to mask unwanted food smells.

• **Composting:** Throw the filter, grounds and all, into your compost as food for the worms doing the work in there.

• **DIY disposal care:** Run some grounds down the kitchen drain to sharpen and deodorize garbage disposal blades.

• **Winter walkways:** "Salt" your walkways with coffee grounds. The acid makes ice melt quicker, and the texture provides extra traction.

## LOCAL COFFEE ALL-STARS

At Lakewinds, you'll find only the best organic, Fair Trade-certified beans that are locally roasted in and around the Twin Cities. Our amazing local and regional suppliers not only roast some mean beans, they're working to make a better world.

### Peace Coffee - Minneapolis, MN

Delivering coffee all around the Twin Cities area by bicycle.

### Kickapoo - Viroqua, WI

Family-owned roaster out of Wisconsin.

### Just Coffee - Madison, WI

Coffee powers their campaign for global economic democracy.

### Equal Exchange - St. Paul, MN

A true Fair Trade coffee bean sourced from small-scale farms around the world.

### Alakef / City Girl - Duluth, MN

Sources coffee from female-run farms and gives back to support them.

### Big Water Coffee Roasters - Bayfield, WI

Open since 2007, they roast 60,000 lbs of coffee each year in their Bayfield-based café.



# WHAT'S NEW

## At the Co-op



### APPLE STUFFED PORK CHOP

\$9.99/lb

Perfect for a cool fall day, these local pork chops are stuffed with a flavorful blend of organic bread, local apples and apple cider, organic vegetables and organic chicken broth. So much seasonal goodness in one dish. Find in our meat department.

LOCAL



### BAKER'S FIELD FLOUR

\$4.29/ea

Because Baker's Field Flour is stone milled to order in Northeast Minneapolis, you know you're getting the freshest, highest quality flour available. All the grains are grown in Minnesota using organic practices. Choose from bread flour or whole-grain flour in 2-lb bags.

LOCAL





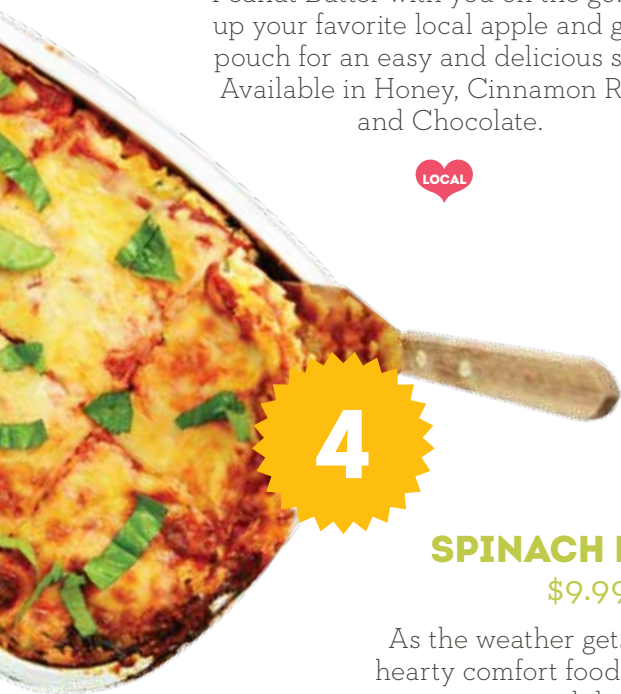


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### BUDDY'S PEANUT BUTTER POUCHES

\$1.19/ea

Now you can take locally made Buddy's Peanut Butter with you on the go! Slice up your favorite local apple and grab a pouch for an easy and delicious snack. Available in Honey, Cinnamon Raisin and Chocolate.



4

### SPINACH LASAGNA

\$9.99/lb

As the weather gets cooler, we crave hearty comfort foods like lasagna. Our vegetarian spinach lasagna is full of fresh, organic spinach and whole milk ricotta cheese. Basil, eggs and parmesan cheese round out the ricotta flavor, complemented by a hearty red sauce we make from scratch. Find in our deli grab and go.



5

### BAKER'S FIELD BREAD

\$4.29 - \$7.99/ea

Brought to you by Steve Horton, Baker's Field Breads creates naturally leavened artisan breads in their Northeast Minneapolis bakery. They use only high-quality grains from Minnesota and South Dakota, which they mill into flour and ferment prior to baking. Get to Lakewinds to try their Table Loaf, Seeded Loaf, Filone, Complete (Whole Grain), Hundred (Rye) and Pan Brioche.



### MEET WHO MAKES IT: Stanley's Sugarbush

Terry Stanley has been making maple syrup since 1990 on the edge of the North American Hardwood Forest in the glacial lakes region of west central Minnesota. For seven years, Terry has delivered his syrup to Lakewinds himself, bringing our customers the deliciously sweet syrup they love and trust.

Now Lakewinds is proud to offer Stanley's latest creations: Maple Mustard and Maple Butter. Available in the grocery aisle, Maple Mustard is made with high-quality ingredients like apple cider vinegar and turmeric – perfect for dipping, spreading and many more uses. Stanley's Maple Butter is a decadent spread perfect for toast, baked sweet potatoes or waffles. Find it in the cooler alongside our other local butters.



# LAKEWINDS

## Event Calendar



### OCTOBER IS OWNER APPRECIATION MONTH

Enjoy 10% off one shopping trip, plus a free 3-oz pack of Just Coffee's "Lakewinds Blend" (look for the coupon on the back of this newsletter).



### NOV. 12TH IS 10% OFF BULK DAY

Stock up for the holidays and recipes. Hundreds of items: from coffee, tea, herbs, oils, honey, grains, beans, treats and more!



### COMMUNITY GIVING ROUND UP

Applications for 2017 are due by December 1, 2016. See [Lakewinds.com](http://Lakewinds.com) for details.



### ACCEPTING LAKEWINDS ORGANIC FIELD FUND APPLICATIONS

The applications period is open from December 1, 2016 to February 3, 2017, with grants awarded in March 2017.



### HOLIDAY HOURS:

Thanksgiving: Closed all day on November 24th  
Christmas Eve: Stores close at 4 pm on December 24th  
Christmas: Closed all day on December 25th  
New Year's Eve: Stores close at 6 pm on December 31st  
New Year's Day: Closed all day on January 1st



## THE BOARD VIEW

STEPH MATZ  
OUTGOING PRESIDENT



### Preparing our Co-op for Shared Success

THANK YOU to all of you owners who participated in our annual board election either by taking time to cast your vote or by submitting an application. Lakewinds was fortunate again this year to have an excellent slate of talented candidates eager to serve. With four of the current Board members wrapping up terms, it is reassuring to know that Lakewinds is in such dedicated and capable hands.

I'm often asked about the role of the Lakewinds Board. (Hint: our role is not selecting delicious local cheeses!) Our policy governance model allows the Board to focus on strategy and big-picture issues while leaving day-to-day operations and management to the general manager and his team. Leading the organization is done by thoroughly evaluating Lakewinds performance against our organizational purpose – what we refer to as the “Ends.” As good stewards, our Board periodically assesses whether the Ends are an accurate reflection of where Lakewinds is and what the vision is for our future. In 2014, the Board reworked the Ends language and here is the result:

Because of Lakewinds, the co-op's owners, employees, suppliers, and our communities will have:

- A sustainable, profitable business
- A preferred retail employer
- Increased authentic relationships
- Increased understanding and support of cooperatives, and
- A healthier food system

Earlier this year, the Board came together for a day-long meeting where we worked to take our leadership to the next level. During this productive gathering, we got to the heart of our Ends and developed specific outcomes that align the Board's expectations with the operations team. We discussed how our co-op is fulfilling the Ends and how best to lead Lakewinds' strategic direction within that framework. In that way, we clearly define success for everyone at Lakewinds.

My best,  
Steph Matz

## BOARD OF DIRECTORS

Tim Reese (President)

Kari Broyles

Sarah Carroll

Karyn Penn

Ryan Sweeney

Electee 1

Electee 2

Electee 3

Electee 4

\* Election results not available at time of print.

## 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](mailto: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

FOR BEING AN OWNER

ENJOY A POT  
OF COFFEE  
ON US

Redeem this coupon at the customer  
service desk at any Lakewinds location for a  
**FREE** 3 oz pack of Just Coffee Lakewinds Blend

While supplies last. One per household.

**\$1 OFF**  
LOAF OF BAKER'S FIELD  
FLOUR OR BREAD

**Valid: September 20 - November 30, 2016**

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

**PLU 20194**



**\$1 OFF**  
A DELI MEALS TO GO

**Valid: September 20 - November 30, 2016**

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

**PLU 20196**



**\$1 OFF**  
AN INVITAMIN PRODUCT

**Valid: September 20 - November 30, 2016**

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

**PLU 20198**

