



**LAKEWINDS**  
FOOD CO-OP

# REFRESH

Lakewinds Owner Newsletter  
Summer 2014

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Hello, Richfield

Meet Grant Recipient Bossy Acres

Summer Produce Roundup

Behind the Meat Counter

### Minnetonka

17501 Minnetonka Blvd  
Minnetonka, MN 55345

952-473-0292

### Chanhassen

435 Pond Promenade  
Chanhassen, MN 55317

952-697-3366

### Richfield

6420 Lyndale Ave S  
Richfield, MN 55423

612-814-8000



# LETTER FROM THE GENERAL MANAGER

## A TIP OF THE HAT TO LAKEWINDS OWNERS

Thank you, Lakewinds Owners! We needed to raise \$1.8 million in owner loans to support our bank loan for the new Richfield location and we met our goal. I've talked with many of you as you considered lending money to your co-op. You told stories about what Lakewinds has meant to you and your families - and how you want to help make that experience available to others in the metro area. Your response has been heartwarming.

The Richfield store will get a lot of attention as we get it up and running this summer. Part of my role as your General Manager is to make sure that Richfield performs to our projections and expectations. It is also my role to make sure that our existing stores get the time and attention they need for continued success. Here are a couple of ways I'll fulfill that role.

**Training:** Our growth has created opportunities for staff in all three of our locations. At least thirty staff members will move from Chanhassen or Minnetonka to Richfield, many as managers or leads. This creates opportunities in Chanhassen and Minnetonka as we fill those positions. Retail training will be emphasized in all locations to help us bring you the shopping experience you expect from Lakewinds.

**Investment:** Using our capital spending budget, we will continue to invest in our

Minnetonka and Chanhassen locations. We typically allocate 1% of sales to investing in our stores and we will continue to do so for the next fiscal year.

All this means that no matter which Lakewinds location is your destination, you can expect a great shopping experience. Thanks to your support, we are preparing to support more local producers and continue to do the good work that we do as a community-owned enterprise.

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

Dale Woodbeck  
General Manager

# HELLO RICHFIELD



## The Journey to a new Lakewinds Store

Nearly 40 years ago, a little food co-op started in Minnetonka. In the decades since, that co-op grew and changed and moved and grew some more. Eventually a second store opened in Chanhassen. Now, on June 28th, Lakewinds history is made again when our doors open at 64th & Lyndale in Richfield.

With this milestone, Lakewinds becomes the first co-op in the Twin Cities to open a third location. It's a proud moment. What an exciting journey it's been—one we're thrilled to see come to fruition. We can't wait to show everyone our beautiful new co-op!

Richfield is a new community for Lakewinds, and we're already getting to know the faces and families in the neighborhood. We are pleased to report that many Richfield neighbors became Lakewinds owners long before our opening weekend. It's proof of a shared passion for fresh, local, organic food, and cooperation between customers, companies and growers who share our values. That's a huge motivation to put our very best into the Richfield store.

The site of our newest coop has a special place in the farming history of Richfield. The area's "rich fields" provided the fruits and vegetables for the city of Minneapolis, and every day wagons and trailers were pulled by horses into the busy downtown area. At one time, there was a stand on the current Lakewinds site that sold tomatoes and other produce. As time went on, trucks replaced the wagons, and gradually, houses and industry replaced the farms. Eventually, this particular site became the beloved Lyndale Garden Center, carrying on the tradition of supplying plants for residents of Richfield, Minneapolis, Edina and Bloomington.

Progress brings the story full-circle. Once again, this spot will be dedicated to "Bringing

the Farm to You." Ground was broken at the building site last summer, and we set up an Owner Loan Campaign to help fund store construction. When we set an ambitious goal of raising \$1.8 million, our owners responded with enthusiasm, meeting and surpassing that goal. A long, cold winter slowed construction, but spring brought better weather and speedy progress.

As with our other full-service locations, the Richfield Lakewinds will offer a wide variety of organic and natural products, many of them sourced from local farms and producers. But there are some surprises, too. The store promises exciting new features to meet the needs of this unique neighborhood and community.

"You'll find products and services that set us apart from other local grocery stores and co-ops," says store manager Greg Dick. An on-site sushi chef, a fresh fruit and vegetable juice machine, and an open-style deli, kitchen and butcher shop are just some things that will be new to Lakewinds. "We're also excited about the Peace Coffee shop inside the store and a beautiful indoor-outdoor café. This building is designed based on history and experience in our other stores, with an eye to being the most efficient and friendly co-op shopping experience anywhere."

If you've driven down Lyndale in Richfield lately, you've seen one feature that's hard to miss: our new outdoor mural. This bright and beautiful painting along with a second one inside our café, tell the story of both Lakewinds and the local community.

Thank you for your support on this amazing journey. Please stop by and see what's new at the Twin Cities' newest co-op. We look forward to meeting you.



# COMMUNITY CONNECTIONS

MEET OUR NEW GRANT RECIPIENT BOSSY ACRES



FIND LAKEWINDS OUT AND ABOUT THIS SUMMER



The Lakewinds Organic Field Fund grant program invests directly in farms and farming organizations, providing essential funds to strengthen organic and sustainable agriculture in our region. One of this year's eight grant recipients, Bossy Acres, recently dropped us a line to let us know how they're using their grant funds this season.

Dear Lakewinds Owners and Friends,

As organic vegetable farmers entering into our third season, Bossy Acres was beyond thrilled to receive the Lakewinds Organic Field Fund grant for our Food Safety and Quality Improvement Program. The funds have enabled us to invest in key areas of our operation including:

**1 Winstrip greenhouse flats:** These very durable flats are

specifically designed for proper plant ventilation and air pruning of roots. They will easily last us 15-20 years compared to the flimsy, inexpensive flats we've been using. We've already seen the tremendous results in the health, cleanliness, and overall quality of our transplants.

**2 Harvest totes:** Stackable, ventilated, and very durable, these harvest and post-harvest totes will not only last us a decade or two, they'll improve our long-term storage of root crops, tubers, squash, and more. In previous seasons, we only had wax-coated boxes to store our produce, which resulted in poor ventilation, loss of moisture, and ultimately, ruined product.

**3 Perforated tote/box liners:** Another very useful addition

to our post-harvest handling, these liners ensure proper air ventilation, moisture control, and cleanliness of our product during storage and transport.

**Pressure washer:** A great investment in support of clean, high-quality produce, especially root crops. This tool helps us uphold a high level of cleanliness in our products and in our pack shed and equipment as well.

Big thanks to Lakewinds Food Co-op for investing in beginning farmers like us. Your support allows us to invest in our future and in our community.

Best,

Karla Pankow and Elizabeth Millard

Bossy Acres

Connecting with members of our community is a big part of Lakewinds' mission. We love seeing our owners, shoppers, neighbors and friends face to face and sharing our passion for local, organic and sustainable food.

These connections don't stop at the door of our stores. Each summer, we take part in some of the season's most enjoyable events all over the West Metro. We'll be sharing great food, cooking ideas and more of what makes our communities a great place to live. Mark your calendars and come say hi!

### **Kingfield Farmer's Market, Minneapolis**

One Sunday each month, Lakewinds will sponsor cooking demonstrations from local restaurants and chefs in Minneapolis's Kingfield neighborhood, with a focus

on seasonal, organic and local foods. The market is open from 8:30 a.m. - 1:00 p.m. Look for Lakewinds on June 15th, July 20th, August 17th and September 21st.

### **Arboretum Toast and Taste Event**

Join Lakewinds on July 16th for this scrumptious get-together. "Toast and Taste in the Gardens" is an annual arboretum fundraiser featuring a variety of fresh, local and healthy cuisine and regional wines and local brews.

### **Minnesota Garlic Festival**

This is a Lakewinds and Minnesota favorite! Join us on Sunday, August 9th for this much-loved event held in Hutchinson. You'll find a world of tasty treats made with Minnesota's own organic garlic crop. Lakewinds will be on hand with delicious

samples from our kitchens.

### **James J. Hill Days**

Come out to Wayzata on September 6, 7, and 8 and be part of this long-running community tradition. There will be food, music, games, art, fireworks, races and more. See you in the Lakewinds tent.

### **Apple Day**

This celebration of Minnesota apples is held in Excelsior on September 20th. Lakewinds will be handing out samples, providing great info on apples and participating in the Pie Baking contest.

### **Penn Fest Open Streets**

On Sunday, September 21st, Richfield marks the end of summer by taking over a long section of Penn Avenue. Bring your family, your bikes and your appetite and look for the Lakewinds tent for fun and food brought together by Lakewinds in Richfield.

For a full list of events visit:

[lakewinds.com/community/events](http://lakewinds.com/community/events)



# SUMMER PRODUCE

## HOW TO STRETCH THE SEASON'S BOUNTY WELL INTO WINTER

The joys of summer in Minnesota are intense but fleeting. Which is why Minnesotans savor every last bite of fresh, local produce, knowing it will soon disappear. Why can't the amazing tastes of summer last longer? They can, with a little planning. Enjoy your favorite produce in the cold months by freezing your fruit, vegetables and even herbs. Here are some of our favorite ways to enjoy summer flavors at their peak of freshness—and for months to come.

### Enjoy Fresh

You can use chives anywhere onions are called for, or sprinkle chive blossoms on a tossed salad. Add mint leaves to cold summer drinks and jellies or toss chopped mint in with new potatoes and sweet peas. Rosemary is a nice addition to focaccia, tomato sauce, pizza and pork.

### Freeze for Later

Wash herbs. Pat dry. Leave out overnight to dry completely (a cooling rack works best). Place freezer bags or containers, taking out as much air as possible. Seal, label and date.

## Herbs



### Enjoy Fresh

So delicious and sweet, we love to eat them as they are! But they're also wonderful in fruit salads, on yogurt or ice cream, in smoothies, in a warm raspberry crisp or pie.

### Freeze for Later

Gently rinse berries in cool water. Drain well and arrange on a lined tray. Place tray in freezer for 30 minutes. Transfer to freezer bags or containers and label with date.

### Enjoy Fresh

Greens are abundant at farmer's markets and in CSA boxes, and will be throughout the summer. Use kale, spinach and other dark leafy greens in salads, sautés or stir-fry dishes.

### Freeze for Later

Puree raw greens in your blender, and freeze in 1 cup portions to use later for smoothies and to stir into soups.

## Greens



### Enjoy Fresh

We love broccoli roasted. Toss florets with olive oil and sprinkle with coarse salt. Spread onto a baking sheet and roast at 450° until edges are browned and crisp.

### Freeze for Later

After cleaning broccoli, cut off the thick stem and set aside. Separate florets into pieces no more than 1.5" thick. Peel stems with a vegetable peeler and chop into half-inch pieces. Blanch broccoli by boiling in water for 2 minutes. Drain and place into a bowl of ice water for 3 minutes. Drain thoroughly. Spread broccoli pieces onto a baking sheet and place in freezer for 1-2 hours. Transfer to freezer bags or containers and label with the date. Keep for up to one year.

### Enjoy Fresh

Nothing says Minnesota summer like tomatoes! Pair them with basil, plentiful right now, and fresh mozzarella or burrata, add a drizzle of fruity olive oil and a splash of balsamic vinegar for the classic Caprese salad.

### Freeze for Later

Skip the lengthy blanching and peeling process. Core whole tomatoes and drop several into large freezer bags. When you're ready to make sauce or soup, thaw and the skins will slip right off!

## Tomatoes





# THE BOARD VIEW

## OUR VIBRANT TWIN CITIES FOOD CO-OPS

We are extremely proud of the products, services and values of Lakewinds. But up until now, our real impact in the community has been difficult to measure. CDS (Cooperative Development Services) recently prepared a report that sheds light on the contribution of Lakewinds and all 14 food co-ops in the Twin Cities region.

91,000 member-owners and 50,000 non-member shoppers supported these co-ops with \$179 million in sales during the past year. Although these sales represent only 2.3% of the total food sales in the region, they generate an enormous impact in our food chain. 30% of the sales were local products compared to an average of 6% in conventional grocers. The local purchases put \$30 million directly in the hands of local producers—many of whom are quick to report that they would not be in business were it not for the upfront and continuing support of food co-ops.

Minnesota and Wisconsin have the highest number of food co-ops in the nation. These two states comprise one of the highest concentrations of organic farms in the entire U.S. That has an echo effect. We're raising the bar for other regional food stores, which increasingly offer organic, gluten-free, local, and fair-trade products for their customers.

Democratic ownership is what differentiates food co-ops from other food stores.

You and Lakewinds' 16,000 other active owners have supported the growth of food co-ops in our region for 40 years. Owners like you help realize co-op values by voting for your co-op boards and simply by shopping. Every dollar you spend is an investment in local producers, helping them maintain the highest quality of products, and providing fair trade and fair value for work. Part of your earnings are reinvested and part is returned to you as a patronage dividend.

As a cooperative, we have a set of principles and values that permeate all of our actions. We look at owner participation as having four pieces: "Own, Use, Serve, and Belong." OWN your share in Lakewinds, USE and SERVE Lakewinds with your food dollars and involvement, and BELONG to a community that focuses on quality food and strong values.

Thanks to you, Lakewinds and all our region's co-ops are having a measurable impact on our communities and our local food chain.

The full report is available online at <http://www.cdsus.coop/new-events/2014-04-07/cds-case-study-cooperative-local-foods-system>.

Doug Engen  
Board President



# BEHIND THE MEAT COUNTER

## QUALITY PRODUCTS & OLD FASHIONED SERVICE

What makes Lakewinds meat department special? It's little things, like sharing our knowledge with customers, and big things, too—like building relationships with producers to ensure everything we sell meets our co-op's high standards.

Every day, our butchers put care into making your next meal delicious, nutritious and humane. Cutting, preparing and packaging meats in the traditional way is not a thing of the past at Lakewinds. Our professional butchers are skilled in the art of preparing fine cuts with minimal waste. Educating customers about lesser-known cuts of meat is another important service we offer. From the nutrient-rich qualities of organ meats, to slower cooking methods for less-expensive cuts, Lakewinds butchers know their stuff.

We care deeply about where our meat comes from and how it's raised. At Lakewinds, you'll find grass-fed, certified-organic and all-natural meats in a variety of

cuts, all free of antibiotics and added hormones. Our butchers cultivate relationships with local producers and vendors who share our commitment to humane animal treatment and sustainable farming or ranching practices. These relationships not only provide a higher-quality product than is available in a conventional market, they help regional farmers keep money in their communities. Providing local, healthy meat often means better pricing as well as more versatility and freshness in cuts.

Supporting sustainable seafood practices is also important to us. Our seafood offerings change with the season, based on wild caught and harvested catching—ensuring you get the healthiest, freshest seafood possible.

Not sure what's for dinner? Our butchers make the decision a little simpler by preparing fresh and delicious ready-to-prepare items for our customers. For every house-

made sausage, chorizo and meatball, our butchers create a signature spice blend or mix using the same high standards of product quality. Fresh vegetables, herbs and spices are prepared daily for stuffing and breading blends. We also craft rubs and brines to use in your own kitchen and on your grill.

Preparing and selling the best organic meat is a tradition we proudly uphold at Lakewinds. Stop by the meat counter to see how we do it next time you're in store.



## Did you know?

You can purchase 100% grass-fed eighth, quarter and half cuts of beef and pork right from our meat counter.

Stocking up on larger cuts can save you dollars per pound. For details, talk to our butchers.



**LAKEWINDS**  
FOOD CO-OP

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Eden Prairie, MN 55346  
lakewinds.coop



## July 19, 2014

EXPLORE YOUR LOCAL FARMS as they open their doors for the 2014 EAT LOCAL FARM TOUR. Enjoy a fun day full of learning and discovery through meeting farmers, taking tours, engaging in family activities, trying samples and buying goods on-site. Pick up the helpful 2014 FARM GUIDE at your local co-op to learn more.

[facebook.com/eatlocalfarmtour.coop](https://facebook.com/eatlocalfarmtour.coop) #eatlocalfarmtour

**\$1 OFF/LB**  
GERBER ALL NATURAL BONE-IN CHICKEN BREAST FROM MEAT DPT  
**Valid Through: August 31, 2014**  
Must buy at least one pound. Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted.  
**PLU 20016**

**\$1 OFF**  
BUGBAND BUG WRISTBAND  
**Valid Through: August 31, 2014**  
Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted.  
**PLU 20032**

**\$1.99/PACKET**  
HIGH MOWING ORGANIC SEEDS  
WHILE SUPPLIES LAST  
**Valid Through: August 31, 2014**  
Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted.  
**PLU 20024**