



REFRESH

Summer 2015

In This Issue:

*Summer Is In Season · Urban Agriculture
Meet True Cost Farms · The Ketchup Project*



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MOVING?

Email us at
lakewinds@lakewinds.com
with your new address.



LETTER FROM THE GENERAL MANAGER:

DALE WOODBECK
GENERAL MANAGER

Making Progress Inside Our Co-op and Out

What do you get when you bring together an accomplished chef, a co-op, and a bunch of smart farmers? In the case of Lakewinds, a better kind of ketchup.

Lakewinds is working with the Crow River Chapter of the Sustainable Farming Association (SFA-CR) on a project that helps local farmers and gives our customers new choices. It began with an abundance of tomatoes. We know farmers who are selling tomatoes to schools to process for lunches throughout the school year. At the end of August those sales are finished, but there are still tomatoes to harvest. The SFA-CR board, of which I am a member, discussed ideas for how to keep those tomatoes out of compost piles—as well as how to help local, organic farmers find new markets for their produce. This much-loved condiment can help achieve both.

SFA-CR ketchup is made with no sugar (just a little honey) and with locally grown organic tomatoes, garlic, onions, and other ingredients. One of our SFA-CR board members is an accomplished chef with experience developing food products. She connected us with a commercial kitchen,

where we produced a test batch of the ketchup. We've already lined up farms to produce the ingredients for a larger ketchup run this fall. Regular Lakewinds shoppers would recognize many of these growers.

You'll see the new ketchup at Lakewinds this fall. It's likely you'll see the new ketchup being used and sold at several local restaurants.

This new enterprise is about more than ketchup. It's a project that gets farmers, producers, and co-op retailers working together to bring more local and organic food to our community. Along with our time and expertise, Lakewinds provides a market for selling these products - one of the most important aspects of the project.

With your support, Lakewinds is redefining what it means to partner with local and organic farms. That's an effort we can all be proud of.

2015 Eat Local Farm Tour:

July 18th, 2015

This summer, experience your food in a new way: directly from the source. The Eat Local Farm Tour is a unique opportunity to explore the diverse farming operations in our area, meet the families that bring fresh foods to our tables, and inspire future generations to support local, sustainable agriculture. The Eat Local Farm Tour is a celebration of the real people behind the food.

On July 18, nearly 20 local farms open their gates and barn doors to the public, ready to share their knowledge and stories with you. The tour is free for all to attend and is self-guided, which means you will need to pick up a tour handbook at your local food co-op to guide your local farm experience. The handbook provides descriptions and operating hours of participating farms, maps of suggested routes, and restaurant recommendations in case you want to make a day of it. Look for the Farm Tour handbook at Lakewinds by mid-June.

The tour is put on annually by Twin Cities area food co-ops who believe supporting local growers is vital to providing healthful food and protecting our environment. In 2013, \$30 million flowed to local growers and producers from the system of Twin Cities

area foods co-ops. The Eat Local Farm Tour sponsors include: Eastside Food Co-op, Just Food Co-op, Lakewinds Food Co-op, Linden Hills Co-op, Mississippi Market Natural Foods Co-op, People's Food Co-op, River Market Community Co-op, Seward Community Co-op, The Wedge Community Co-op, St. Peter Food Co-op and Valley Natural Foods.

Tips for Farm Visitors

- Visit farms only during their set open hours
- Because GPS can be spotty in rural areas, check your directions on Google Maps before heading out
- Bring a cooler to store all the farm-fresh food you find
- Stay on established paths and don't pick produce without the farmer's permission
- Swing by the local food co-op for snacks and drinks
- Leave pets at home

JILL HOLTER
EVENTS & COMMUNITY
COORDINATOR



2015 PARTICIPATING FARMS:

URBAN LOOP

The Beez Kneez
Growing Lots Urban Farm
Stone's Throw

NORTHFIELD LOOP

Simple Harvest Farm
Humble Pie Farm
Shepherd's Way Farm
Singing Hills Goat Dairy
Thousand Hills Cattle Co.
Gardens of Eagan

ST. PETER AREA LOOP

East Henderson Farm

STILLWATER LOOP

Star Prairie Trout Farm

Buttermilk Falls CSA
& Folk School

Steady Hand Farm

a member of Hungry Turtle Farmers Co-op

Fresh Pastures
Neighborhood Farm

a member of Hungry Turtle Farmers Co-op

10th Street Farm & Market

Big River Farms

Whistling Well Farm

White Pine Berry Farm

a member of Hungry Turtle Farmers Co-op

Women's Environmental
Institute (WEI)



New at the Co-op:

Fresh Summer Picks, from Kabobs to Cold Brew

1. Meadowkaas Young Gouda

Meadowkaas is a semi-soft, young gouda cheese from Holland. It's only available for three months of the year, so get it while it lasts! Don't miss out on this decadent delight: buttery, creamy, salty, perfect.

\$12.99/lb

2. EXO Cricket Flour Protein Bars

A complete and plentiful source of protein, crickets produce 100-times less greenhouse gases than cows. 80% of the world eats insects regularly, so see what you're missing! Each bar contains 10 grams of protein. Gluten-free, grain-free, soy and dairy-free.

\$2.99/ea

3. Organic Gemini TigerNut Horchata

Enjoy the benefits of TigerNuts in a refreshing drink. "Original" Horchata is made with only four ingredients: Water, Organic TigerNuts, Organic Medjool Dates and Pink Himalayan Salt. Also available in Chai.

\$6.59/ea

4. Blackeye Roasting Co. Cold Brew Coffee

Now on tap! Blackeye Roasting Co. takes organic, fair-trade coffee and roasts it in the Twin Cities to create their cold brew coffee. Enjoy yours straight out of the tap or on ice to stay cool in the summer heat.

\$4.99/lb

5. Caribbean Shrimp Kabobs

Delicious shrimp kabobs house made with fresh pineapple and Pickapepa Sauce. Our butchers have many new ideas to inspire your backyard barbeque, so stop by and check out their latest creations.

\$16.99/lb





6. Pacha Soap

These handcrafted soaps are made with a blend of organic plant oils and pure essential oils. But Pacha doesn't just make soap: it's on a mission to educate people in poverty on the importance of handwashing. Through its Raise the Bar campaign, Pacha gives one bar of soap to someone in need with every purchase.

\$19.99/lb

7. WTRMLN WTR Cold Pressed Juice

It's summer in a bottle! With just two ingredients, watermelon and lemon, this refreshing drink is ideal to hydrate all your summer activities. It has as many electrolytes as coconut water, with high doses of Vitamin C and Lycopene.

\$3.99/ea

8. Organic Gemini Tigernuts

TigerNuts are not nuts but actually tubers – small root vegetables that comprised up to 80% of our Paleo ancestors' diets around 2 million years ago. A perfect on-the-go snack. Nut-free, gluten-free, vegan, raw & Paleo.

\$5.69/ea

9. Turmeric Mango Tango & Maca Maca Bang Bang Smoothies

Delicious new dairy-free smoothies are now in the deli. Try our energy boosting Maca Maca Bang Bang made with coconut water, pineapple, banana and maca root or support your natural inflammatory response with Turmeric Mango Tango made with almond milk, mango, banana, pineapple, coconut oil, cinnamon and turmeric.

\$6/ea

Summer In Season:

Lakewinds Local Produce Farms

For Minnesota, summer is THE season, with the year's greatest bounty of farm-fresh produce. Buying locally is one of our top priorities at Lakewinds. This not only ensures our customers get the freshest fruits and vegetables, but it fuels the local farm economy and benefits the environment by reducing food miles traveled. Get to know some of the local farms that supply our stores and look out for these fresh-picked seasonal selections.



Featherstone Farms

Rushford, MN

Founded in 1994 by Jack Hedin and Jenni McHugh, this 250-acre certified-organic farm gets its name and inspiration from the Featherstone Township homestead where Jack's great-grandfather farmed and planted trees in the 19th century.

What's In Season

- **Asparagus** (In Stores May-June)
- **Sungold Cherry Tomatoes** (In Stores July)
- **Sweet Corn** (In Stores July)



Sin Fronteras Farm & Food

Minneapolis, MN

A start-up family farm in the Twin Cities specializing in fresh, healthy Latino foods, Sin Fronteras grows produce using organic practices and non-GMO seed.

What's In Season

- **Habanero** (In Stores Mid-July)
- **Jalapeño** (In Stores Mid-July)
- **Serrano** (In Stores Mid-July)



Keewaydin Farms

Viola, MN

Founded in 1976 as a dairy farm, this third-generation family farm is now certified organic, operated by Rufus Haucke with help from his children Karma and Aurora. The family strives to preserve the land for future generations of organic farmers.

What's In Season

- **Purple Beans** (In Stores June)
- **Heirloom Cherry Tomatoes** (In Stores July)
- **Pickling Cucumbers** (In Stores July)



Harmony Valley Farm

Viroqua, WI

Harmony Valley is a family-owned organic farm thriving after four decades. Owner Richard de Wilde goes above and beyond organic, placing great value on soil fertility and fostering a healthy and natural growing environment.

What's In Season

- Red & Gold Beets (In Stores June)
- Red Dandelion Greens (In Stores July)
- Seedless Watermelon (In Stores July)



Hungry Turtle Farmers Co-op

St. Croix Area, WI

A cooperative of small family farms in Western Wisconsin, Hungry Turtle helps participating farms stay on the land to improve the local food system. Members aim to provide customers with the highest quality, sustainably grown foods.

What's In Season

- Green Beans (In Stores June)
- Bulk Salad Mix (In Stores June)
- Bulk Purple Carrots (In Stores August)



Kitchen Inspiration:

Summer Squash Ribbon Salad

Ready for a giant dose of early-summer flavor? This gorgeous salad is just the thing. Fresh summer squash and zucchini are made into ribbons (or make them into noodles if you have a spiralizer), then tossed with a vibrant avocado-basil dressing. Tiny radishes and hemp seeds add crunch and color, topped with wonderful fresh mint. Enjoy!

Summer Squash Ribbon Salad

Serves 5

1 pound of summer squash & zucchini
(the ideal size is 6-7 inches tall, as straight as possible)
1 small avocado
1/4 cup olive oil
1/2 teaspoon salt, divided
3/4 cup packed basil leaves
2 cloves garlic
2 tablespoons lemon juice
1 tablespoon water
3 tablespoons minced radishes
2 tablespoons minced green onion
2 tablespoons minced mint leaves + a few additional for plating
2-3 tablespoons hemp seeds or pine nuts

Directions:

Prepare the sauce by combining avocado, olive oil, 1/4 teaspoon salt, basil, garlic, lemon juice and water in a food processor; blend until smooth. Taste test and adjust salt and lemon juice as necessary. It will be quite thick, but that's okay because the water from the squash will make it thinner once tossed.

Cut the ends off the squash and zucchini. Using mandoline slicer or a wide vegetable peeler, work from top to bottom of each squash/zucchini to slice into ribbons (about 1/16- to 1/12-inch thick). Place ribbons and radishes in large bowl. Add 1/3-cup dressing to the bowl and mix in with your hands, coating them and separating as you go. Sprinkle with remaining salt, green onion, mint leaves and hemp seeds. Mix again. Add dressing and mint to taste. Serve at once—this salad is best eaten as soon as it's prepared, as the vegetables will start to lose their water if it sits for a long period of time.



AMANDA PAA:

Amanda is a food writer, recipe developer and photographer in the Twin Cities who loves simple, seasonal food and inspiring others to cook. Read her blog at heartbeetkitchen.com and pick up her cookbook, *Smitten with Squash*.



Celebrating 40 Years:

Share Your Lakewinds Memories

In 1975, the Minnetonka Buying Club officially became Lakewinds Natural Foods Co-op. This fall we celebrate our 40th anniversary, and we need your help!

After four decades, thousands of stories and memories have grown up around our co-op and the communities we serve. Owners, employees, shoppers, neighbors, farmers, producers and friends all play an important role in shaping the co-op Lakewinds has become.

Please join us by sharing your Lakewinds memories. It could be a personal story, an old photo, a favorite recipe or even a food item – anything that captures what “Lakewinds” has meant to you over the years.

Please share your item by August 1st, 2015 to be included in our commemoration via mail, email or social media. We'll feature many of your contributions on our Facebook and Instagram pages, in our 40th Anniversary newsletter, and maybe even a video production.

We can't wait to hear from you!

Mail: Lakewinds Business Office
Attn: 40th Anniversary
6321 Bury Drive, Suite 21
Eden Prairie, MN 55346

Email: marketing@lakewinds.com
“40th Anniversary” in subject line

Facebook: facebook.com/LakewindsFoodCoop

Twitter & Instagram: use #Lakewinds40

SAVE THE DATE:

Lakewinds 40th Anniversary Celebration

All three Lakewinds locations

Saturday, September 19th, 2015

JILL HOLTER
EVENTS & COMMUNITY
COORDINATOR



Co-op Kids:

News & Events for Our Youngest Shoppers

CO-OP CONVERSATIONS

Recently, we asked a few questions of some of our youngest shoppers. Their answers? Pure, unexpected fun.



Benjamin • Age 3

What's your favorite vegetable?

"Watermelon. And carrots."

What do you want to be when you grow up?

"A firefighter"



Natalie • Age 5

What's your favorite thing at Lakewinds?

"SMOOTHIES!"

What's your favorite vegetable?

"Cucumbers with salt"



Camilo • Age 2

What's your favorite thing at Lakewinds?

"Bananas" and "Trains"—we're guessing this refers to his favorite thing at Lakewinds, and his future plans, in that order.



Aleida • Age 5

What's your favorite thing at Lakewinds?

"The kid carts!"

Do you like vegetables?

"Mmm hmmm, asparagus and bananas."



JILL HOLTER
EVENTS & COMMUNITY
COORDINATOR

AMY HAGGERTY
MARKETING SPECIALIST



Molly • Age 8 mos

What's your favorite thing at Lakewinds?

By the look on her face and the crumbs on the floor, Mom confirmed that Breadsmith's Pumpkin Muffin is Molly's favorite thing. Molly confirmed by waving her arms and smiling big!



Atticus • Age 5

What's your favorite thing at Lakewinds?

"This." (holds up Grass Run Farms Smoky Sweet Beef Stick)

Do you like vegetables?

"Yep, green peppers."
("Cooked with tamari," adds Mom)



KID'S EVENTS & FEATURES:

Kids Food Fest 2015: Save the Date

Saturday, **August 22nd** is Lakewinds Food Co-op's annual Kids Food Fest. Join us at this fun family event for tasty samples, prizes, giveaways and more. It's a great way to end the summer and kick off a new school year. Celebrate our theme "Superfoods for Super Kids" and come dressed as your favorite super hero!

Co-op Explorers Program

If you're 12 or younger, you're all set to become a Co-op Explorer! Stop by the Customer Service Desk (with an adult) at any of our three Lakewinds locations and ask to join the Explorers Club. You get your own Explorers card, good for one free organic banana every time you shop at the co-op. It's our way of saying thanks for being a co-op kid!

Meet Who Makes It:

True Cost Farm | Montrose, MN

It started small: a couple of planter boxes inside Jack and Betsy McCann's Chicago apartment. That humble beginning has grown into a 20-acre farm outside Minneapolis, where historic methods of raising chickens are flourishing again, along with the highest quality, sustainably raised eggs and meats.

After many years working in IT, Jack, an Eden Prairie native, moved back to Minnesota with his wife Betsy following a shared dream of starting a hobby farm where they would live and eat off the land. They purchased land in Montrose along with several varieties of slow-growth heritage chickens. Over the course of several years, they experimented with the taste of different breeds, all pasture-raised and with organic feed. They settled on a breed unknown to most of the chicken-eating world: the Freedom Ranger (also known as a Red Ranger).

Meat like this is not easy to find in a food system largely driven by volume and cost. Now True Cost's Freedom Rangers, along with their pork, beef, eggs and handmade sausages, are coming to Lakewinds. We're proud to be the first to offer True Cost products, in stores the week of July 9th.

4 Principles that Guide True Cost Farm:

Environment: True Cost uses no chemicals or other substances hazardous to the environment. Farm waste is composted to help build soil and rebuild wildlife. The farm is full of frogs, snakes, birds and other species that thrive due to the restored Minnesota prairie.

Health: True Cost's animals are raised on open pasture with room to roam and to eat green, growing grass. They are fed only non-GMO organic/transition grains and never fed antibiotics or hormones. In turn, they have higher levels of nutrients, specifically Vitamin A, which is often lacking in a typical Western diet.

Respect: The team's farming practices respect life, land and generations to come. Most of all, True Cost respects the animals. When you're raising animals for their meat, the least you can do is give those animals a healthy, happy life.

Taste: Freedom Ranger chickens are a slow-growing breed with better texture and taste than conventional breeds, many of which are genetically manipulated to grow as fast as possible. Look forward to rich flavor instead of bland meat.



FOUR TIPS FOR COOKING A HERITAGE CHICKEN:

1. Great Grilling: Heritage boneless breasts and thighs cook up just about the same as you are used to. They have a texture that's a bit firmer than other chicken, but it shouldn't be tough if thighs are cooked to 180° and breasts to 165°. Make sure to allow the meat to rest for 5-10 minutes in a covered bowl.

2. Low & Slow Wins the Day: Want the best BBQ wings or drumsticks? Patience is the key to cooking these breeds of chicken. Slather them in sauce and cook them on low in your slow cooker for 4-8 hours. Once the texture is how you'd like it, crisp up the skin on the grill or a broiler.

3. Use Fat: Coat drumsticks in coconut oil and/or lard to create a crisp skin and cook using a rotisserie in the oven or on the grill. If cooking on a grill, make sure to place a shallow baking pan underneath to catch drippings. Chicken should cook until the thickest part of the thigh reaches 165° (20-30 minutes per pound).

4. Stew On It: Homemade broth is one of the hottest health food trends and heritage chickens make the BEST broth we've ever had. Place a whole or cut-up chicken in a pan or slow cooker with just enough water to cover and simmer on low for about one hour per pound. Strain the resulting stock for later use and use the meat in other recipes.




**In Stores
July 9th**

Community Connections:

Growing Healthy Food for Neighbors in Need

This summer, Lakewinds is launching two partnerships with the goal of spreading fresh, healthy, locally-grown food to more people in our community. These two projects are just the beginning. Through our donations to Farm for All and Bet Shalom gardens, Lakewinds is working to increase access to healthy food to everyone in our communities. We're privileged to help launch these efforts, and look forward to a bountiful growing season.



FARM FOR ALL

Loaves and Fishes operates several dining sites around the Twin Cities where anyone experiencing food insecurity can come for a hot, healthy meal served with compassion and dignity. This program requires an abundance of fresh produce to make the most nutritious meals possible.

To help fill this need, Lakewinds is partnering with Loaves and Fishes on a metro-wide community garden project. Lakewinds has donated all the organic seeds and starters they need to plant two acres of gardens on four farm sites around the Twin Cities. As the produce is harvested, it will be transported to Loaves and Fishes dining sites by volunteers throughout the summer and well into the fall.

Through the Farm For All project, we nurture the health of Loaves and Fishes guests as we engage thousands of volunteers who will learn about food insecurity and help solve a real problem in our community.



BET SHALOM

From its inception, Bet Shalom Congregation in Hopkins has promoted participation, inclusivity and community. One way they express these values is through an active giving partnership with the ICA Food Shelf. Frequent food drives produce donations to help serve their neighbors in the Hopkins and Minnetonka area.

This summer, Lakewinds is increasing those donations by contributing plants and seeds for a vegetable garden on the Bet Shalom property. Starting with a 20' x 20' plot, this garden will increase in size annually with all produce being donated to ICA, where demand for fresh foods is very high.

Members of the Bet Shalom congregation also have a chance to participate in the garden. Their summer preschool program, youth community volunteer projects, landscape staff, and seniors will help plant, weed, water, nurture and harvest what they grow.

JILL HOLTER
EVENTS & COMMUNITY
COORDINATOR

THE BOARD VIEW:

RYAN SWEENEY
BOARD OF DIRECTORS



Urban Agriculture

Urban agriculture isn't a new idea. In fact, many of the world's earliest civilizations grew and sustained themselves by cultivating food close to their population centers. That's in stark contrast to the industrial food system of today, where production is increasingly centralized and the voices of individual consumers are drowned out by the constant hum of big agri-business. But rather than be discouraged, we can work to cultivate a more sustainable and democratic food world. Urban Agriculture is a great place to start.

We live in a special corner of the country, which boasts a high concentration of small family-owned farms supported by a robust co-op community. But fresh, local food is still scarce in urban environments. Increasing demand, coupled with concerns about climate change and unsustainable agriculture practices, have given rise to new innovations in Urban Agriculture.

In cities across the country, seeds are being sown in unlikely places: rooftops, old warehouses, abandoned lots, and even shipping containers in the heart of our cities.

Technological advances are at the forefront of this movement, allowing for precise environmental controls, real-time monitoring, and year-round production even in the most inhospitable environments (like Minnesota winters).

Facilitated by improvements in hydroponics and L.E.D. lighting, the growth of indoor agriculture means lower environmental impact. A typical indoor hydroponic farm uses about 90% less water than a traditional farm. Urban Agriculture is also a great way for people to connect with their food. Knowing where and how your food is grown is a powerful community-building tool and an important step towards local food independence.

When I talk with other urban farmers across the country, they are amazed by our vibrant co-op community here in Minnesota and our abundant availability of local food. This isn't a coincidence. It's the result of our owners supporting the co-op model. By voting with your dollars, you help to decentralize and democratize our food system.

Have a delicious summer!

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 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.





6321 Bury Drive, Suite 21
Eden Prairie, MN 55346
lakewinds.coop

UPCOMING EVENTS



**40th Anniversary
Celebration**

Sept 19, 2015



**Eat Local
Farm Tour**

July 19, 2015



**Kids Food
Fest**

Aug 22, 2015

\$1 OFF/LB
TRUE COST FARM CHICKEN

Valid: June 1 – August 31, 2015

Must purchase at least 1 lb. Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted. For owners only. Valid at all Lakewinds locations.

PLU 20122

\$1 OFF
A LAKEWINDS DELI SMOOTHIE

Valid: June 1 – August 31, 2015

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted. For owners only. Valid at all Lakewinds locations.

PLU 20124

50¢ OFF
WTRMLN WTR

Valid: June 1 – August 31, 2015

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted. For owners only. Valid at all Lakewinds locations.

PLU 20126

