



# Refresh

summer 2016

HEIRLOOM TOMATOES

DIY ICE CREAM TOPPINGS

BUILDING AN AWESOME BURRITO

THE ART OF THE BUTCHER



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952-697-3366

**RICHFIELD**  
6420 Lyndale Ave. S,  
Richfield, MN 55423  
612-814-8000

**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

## Our Shared Investment IN OUR CO-OP

Big changes in Minnetonka! We recently completed a remodeling of our Minnetonka deli to add a burrito bar and make-to-order sandwiches. We've also expanded our grab and go selections. The beef and the pork in our burritos are from the same local producers that you see featured in our meat departments. Try them out!

We continually reinvest in our stores in order to keep up with trends and the ever-changing product offerings from our many vendors. During the current budget cycle, much of that investment was in Minnetonka. We replaced aging salad and hot bar fixtures, added a new roast chicken and hot entrée fixture, and some new grab and go fixtures. We also renovated the storefront over the winter.

**Investing in our  
co-op is a recipe  
for long-term  
success.**

The Minnetonka and Chanhassen stores are both more than 10 years old. We have lots of equipment that will soon need to be replaced - a perfect opportunity to bring our owners new options like our burrito and sandwich bars.

Owners will see improvements in the Chanhassen store beginning this summer. You'll see a renovated storefront and a remodeled deli as we progress through the fiscal year (July-June). We don't forget our other stores, though, as we have plans to continue to make improvements in Minnetonka and Richfield.

Year after year, your investment is what makes our co-op a great place: the people, the products, the quality, and the food system we want to support. Thanks for spending your hard-earned grocery dollars at Lakewinds.

# SUMMER EVENTS AT LAKEWINDS



**SUNSCREEN SWAP**  
All Lakewinds Locations  
(More info on page 13)



**LAKEWINDS  
EMPLOYEE PARTY**  
All stores close at 4 pm



**INDEPENDENCE DAY  
HOURS**  
All stores close at 4 pm



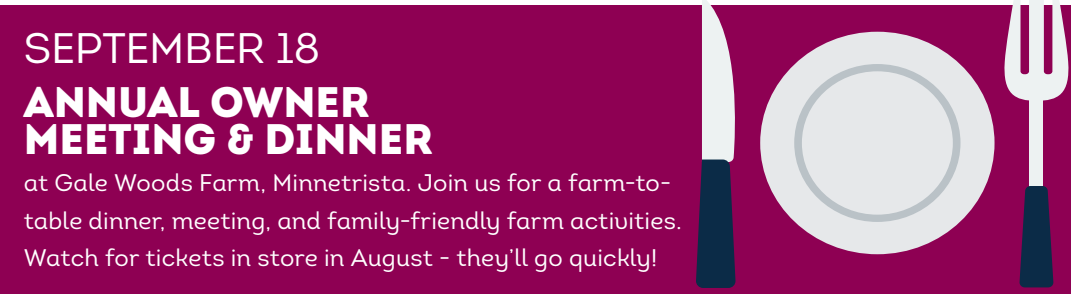
**MINNESOTA GARLIC  
FESTIVAL**  
Hutchinson, MN



**EAT LOCAL  
FARM TOUR**  
Details at  
facebook.com/EatLocalFarmTour.coop



**KID'S FOOD FEST**  
All Lakewinds locations



**SEPTEMBER 18  
ANNUAL OWNER  
MEETING & DINNER**  
at Gale Woods Farm, Minnetrista. Join us for a farm-to-table dinner, meeting, and family-friendly farm activities. Watch for tickets in store in August - they'll go quickly!

See latest updates and events at [lakewinds.coop](http://lakewinds.coop) and on our Facebook page.



# What's New At Your Co-op



## BIRCHWOOD CAFÉ GRANOLA

\$9.99/lb

We are excited to announce we now carry granola from Birchwood Café, a Minneapolis food landmark since 1926.

This delicious granola has only 7 ingredients, all locally sourced, including coconut and almonds from Bergin Fruit & Nut Co., a local distributor and roaster, and organic rolled oats and sunflower seeds from Whole Grain Milling in Welcome, Minnesota.



## BLACKEYE ROASTING CO. NITRO COLD BREW COFFEE

\$3.99/ea

Blackeye's Cold Brew Coffee is now available in a can! Roasted in Minneapolis and brewed in St. Paul, a can of nitro cold brew is the perfect pick-me-up on long, hot summer days.



## HOUSEMADE GAZPACHO

\$9.99/quart • \$5.99/pint

Lakewinds Deli now offers gazpacho, a Spanish tomato-based soup served chilled with fresh, local vegetables and herbs. Made with tomatoes from Living Waters and cucumbers and bell peppers from Featherstone Farms.

Stop in for a cool, refreshing bowl of soup this summer.



## TC FARM BACON

\$16.99/lb

Local, pasture-raised, nitrate and nitrite-free bacon is perfect for summer brunch and BLTs (tip: pair with Seed to Seed heirloom tomatoes)! Until now, you've never tasted bacon like THIS. The raising of this heritage pork results in about 400 acres of farmland a year transitioning to Certified Organic. Bonus!



## MANNA ORGANICS ORGANIC MANNA BUTTERS

\$12.99/lb

Manna Organics is a family-owned and operated company based in Lisle, Illinois.

Their Manna Butters are Certified Organic and gluten-free and made by hand in small batches. Don't miss these choice flavors: Coconut Cashew, Fig & Nut, Dark Chocolate Pecan & Cashew Bliss.



## FEATURED LOCAL PRODUCER:

### Spirit Creek Farms

Lakewinds is proud to carry products from Spirit Creek Farm, a family business located in Cornucopia, Wisconsin. Andrew and Jennifer Sauter Sargent run their farm and business from their solar-powered home on 70 acres near Lake Superior's South Shore. Their namesake Spirit Creek runs through 40 forested acres, with the remaining 30 acres farmed for the last 20 years. Spirit Creek is committed to local, sustainable and organic farming.

Lakewinds offers a variety of lacto-fermented products from Spirit Creek, including Purple & Green Sauerkraut, Kim Chi and their seasonal Curtido & Mustard Sauerkraut. Lacto-fermented vegetables contain lactobacilli, a probiotic which aids digestion. To maintain the integrity and nutritional value of the vegetables, Spirit Creek does not pasteurize or heat-process their products. Nearly all of their ingredients are from growers in the upper-Midwest, primarily northern Wisconsin.



## GOOD KARMA FACIAL CARE

\$17.99 - \$59.99/ea

Good Karma is owned and formulated by Cynthia Ransom, a Traditional Naturopath from Minneapolis. Her line combines therapeutic, natural ingredients with a powerful blend of seven unrefined, cold-pressed oils. Staff favorites include the super-rich, skin-calming Four-in-One Face Cream and the silky, hydrating Purifying Facial Cleanser.





# BITE INTO HEIRLOOM TOMATO SEASON

**Celebrating a favorite flavor in a special partnership with Seed to Seed Farm**

There's nothing like the taste of a big, juicy heirloom tomato in the summertime – on a BLT or sliced thick with a pinch of salt. Through a unique partnership with Seed to Seed Farm in Balsam, Wisconsin, Lakewinds is bringing this seasonal delicacy to our stores in a big way ... and as early in the season as possible.

The effort is part of Lakewinds Organic Field Fund or LOFF, our co-op's annual investment in sustainable organic agriculture throughout the region.

**Using a LOFF 2016 grant of \$8,000, Seed to Seed Farm purchased a 15,000-square-foot high tunnel**

to improve their organic heirloom tomato operation. This thoughtful investment benefits the soil and extends the growing season, producing juicy tomatoes 3 to 4 weeks ahead of the rest of the market and well after they start to trickle away.

Seed to Seed's tomatoes will be sold exclusively at Lakewinds stores. In fact, this special arrangement means Lakewinds gets a discount on heirloom purchases for the next three years, savings we are excited to share with our owners and customers.

by Amy Campbell  
Sr. Marketing Manager

**COMING TO  
STORES  
MID JULY**



## RUSTIC TOMATO AND CARAMELIZED ONION TART

- 1 pie crust (9"-10")
- 1 large red onion, thinly sliced
- 2 tablespoons butter
- 1 tablespoon olive oil
- teaspoon salt
- teaspoon pepper
- 1 cup grated cheese (a mixture of parmesan, gruyere and fontina works well)
- 3 large heirloom tomatoes (thickly sliced)
- Salt and pepper to taste
- Handful of fresh basil (thinly sliced)

### Instructions

- 1) Place pie crust on rimmed baking sheet or round pizza pan. Set aside.
- 2) In a large skillet, heat butter and oil over medium heat. Add sliced onion, season with salt and pepper, and cook for 20-25 minutes, stirring occasionally, until soft and caramelized to a light brown.
- 3) Leaving a 1-inch border on crust, sprinkle cheese, layer with onions, and top with tomatoes. Add a pinch of salt and pepper. Fold edges of crust up over the edge of tomato mixture. If desired, brush with a mixture of beaten egg and milk.
- 4) Bake at 425° for 10 minutes, then turn oven down to 375° to finish baking (10-15 more minutes). Top with sliced fresh basil and serve in wedges, warm or at room temperature.

by Jill Holter  
Community Relations & Events Specialist



# Solid Cold

• Local Craft Ice Cream Craze •



## DIY Co-op Toppings

Local ice cream is a delicious part of the growing craft food and drink movement. There's nothing better than ice cream made right here in the Twin Cities, with the freshest local cream and milk. Pick up a pint (or 3) of your favorite flavor, or grab some vanilla and try one of our topping ideas here. Either way, the ice cream tastes like it was made at home, because it is!

### Triple-B

- 1 cup blackberries
- 1/4 cup sugar
- 2 tablespoon balsamic vinegar
- 1 tablespoon chopped basil

Mash together 1 cup blackberries in a bowl with 1/4 cup sugar. Stir in balsamic vinegar and basil. Top ice cream with 1/4 cup of the berry topping.

### Rhubarb Ginger Compote

- 2 cups fresh chopped rhubarb
- 1/2 cup sugar
- juice of one orange
- 1/4 cup water
- 1 tablespoon fresh ginger, minced or grated

Over medium heat, simmer all ingredients 10 minutes, stirring gently a few times. Cool, then serve over ice cream.

### Choco Coco Shell

- 2 cups chopped chocolate, bittersweet or semi-sweet
- 1/4 cup refined coconut oil

Add chocolate and coconut oil to glass bowl. Microwave (or place over simmering water on stovetop), stirring every 30 seconds until smooth. Pour gently over ice cream, allow to harden 30 seconds—then crack and eat!

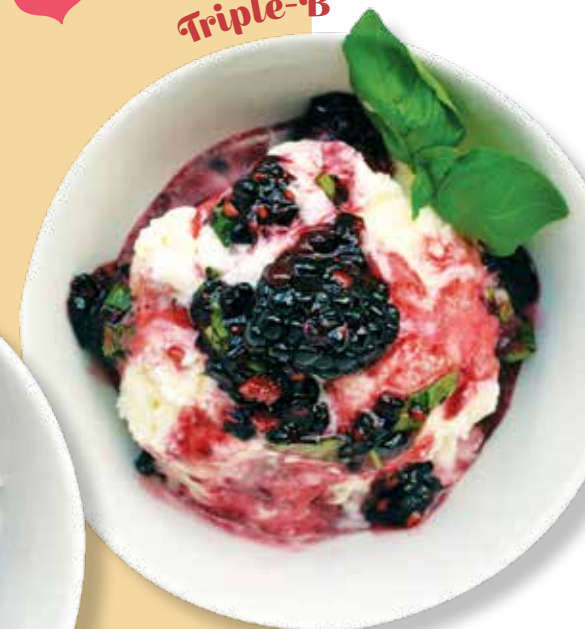


## Frozen, Delicious & Local

Our freezers are stocked with locally made ice cream, sorbets and dairy-free alternatives. Check out Izzy's, Pumpphouse Creamery or Luv for starters!



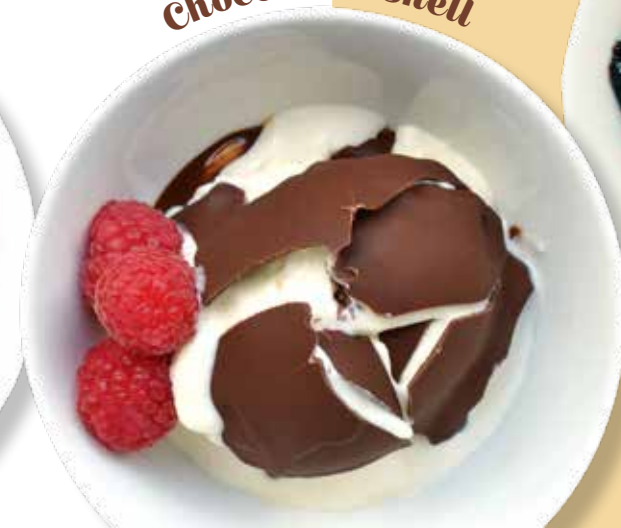
Triple-B



Rhubarb Ginger Compote



Choco Coco Shell





# The Art OF THE BUTCHER

What goes into the products you find in the Lakewinds Meat Department? Great talent, ethical practices, close partnerships, and a passion for quality. We source and handle all our products according to uncompromising standards, so you can trust every cut is safe, flavorful and humanely raised. See what makes Lakewinds meat so good.

## Sourcing

When looking for new partners, Lakewinds Meat and Seafood Buying Manager Ben Fern goes to the source. He tours each operation to see where the animals live, graze and roam, learns what they eat, and observes the interaction between the farmer and animals. As a matter of ethics and quality, we only buy from partners who raise their animals humanely. A farm that looks great on paper doesn't always hold up under inspection.

## Distribution

We use "Cold Chain Distribution" to ensure meat is maintained at a safe temperature from butchering to processing to delivery. While it's rare, our managers do occasionally turn away a shipment that fails the cold test. Often the meat department shares surplus product with our deli, offering the highest quality product for soups, hot bar or meals to go — a smart way to minimize waste.

## Single-Sourced Animals

A pound of conventionally processed ground beef may come from between 20 to 100 different steers. But at Lakewinds, one package contains beef from only one animal. The ribeye, sirloin, soup bones and short ribs in the case come from the same animal as the ground beef next to it. We embraced this method long before the USDA made it a requirement this year.

## Our Butchers

What drives a person to work in the butcher shop? At Lakewinds, it's passion — for good food, good practices, and providing the best experience possible. All our butchers go through an apprenticeship program, working under a veteran butcher to get to know each steak, rib and fish filet. It's a rigorous process, starting with proper handling and wrapping, moving to sausage-making and prepping recipes, with the final all-important step of cutting meat.

by Jill Holter  
Community Relations  
& Events Specialist

There has to be talent behind the counter. There has to be trust between the manager, employee and customer. That's how we can source and sell the very best, because we hire and train the best butchers in town.

# #NOWTRENDING

## #Burrata

Made from either cow or buffalo milk, burrata is a variety of fresh mozzarella cheese formed into a pouch and filled with soft, stringy curd and cream. Cutting into a ball of burrata releases the creamy interior, and eating burrata is often described as "eating fresh milk." Pair it up with heirloom tomatoes and basil, or try it with herbs, greens and even fruit.

Watermelon and Arugula Salad: Cover a plate with arugula and drizzle with olive oil and lemon juice. Place one large or several small balls of burrata on top of greens, then surround with cubes of watermelon. Finish with freshly cracked black pepper.

Heirloom Tomato and Fresh Herbs: Using whole herb leaves, toss together basil, parsley, cilantro, tarragon, chervil, chives, dill, lemon balm — whatever's in your garden or at the co-op. Surround a ball of burrata with the herb salad and wedges of colorful heirloom tomatoes. Drizzle with a fruity olive oil-and-balsamic vinegar dressing and sprinkle with salt and pepper and serve with crusty bread.

## #Radishes

This annual garden favorite is more than a salad ingredient. There are numerous varieties of radishes: French Breakfast, Daikon, Cherry Bell, Easter Egg and Watermelon (sometimes called Beauty Heart). From mildly sweet to very spicy, there's a radish to please every palate and a preparation for plenty of meals and snacks. Did you know you could even eat the greens?

Appetizer: For a light and simple starter to any meal, take sliced baguette or crackers, spread with Hope Creamery Hi Fat butter, top with thinly sliced radish, and finish with a sprinkling of flaky sea salt.

Roasted: Cut radishes in half, toss with olive oil, salt and pepper, place cut side down on a baking sheet and roast in the oven at 450° for 18-20 minutes, stirring occasionally. Finish with a squeeze of fresh lemon juice and some minced chives.

by Jill Holter  
Community Relations  
& Events Specialist

## #Beyond the Cuke

What can you pickle? Nearly everything! Go beyond cucumbers and try onions, carrots, cauliflower, radishes, peppers, zucchini, beans or asparagus. No hot canning or special equipment necessary.

This basic brine recipe makes enough for 2 quart-size jars of pickles.

### Instructions

- 1) Make a brine using 2 cups white vinegar, 2 cups water,  $\frac{1}{2}$  cup sugar (or less), and 4 tablespoons sea salt.
- 2) In a large sauce pan, bring brine to a simmer.
- 3) Place washed and sliced or chopped vegetables into jars. Using a wide-mouth funnel, ladle hot liquid into jars and leave 1/2 inch space at top. Screw lids on tightly and immediately turn upside down on counter top. After one hour, transfer to refrigerator. Great after a few days, terrific after a few weeks.

Flavorful add-ins: Whole heads of dill. Sliced onion. Peeled garlic cloves. Chili flakes or whole dried chilies. Bay leaves. Pickling spice blend. Mustard seed or celery seed. Peppercorns.



# CO-OP QUALITY PET CARE

TO KEEP PETS HEALTHY AND HAPPY,  
LAKEWINDS HAS YOU COVERED.

Humans aren't the only ones who enjoy wholesome, healthy food. At the co-op, you can find food and treats for your four-legged family members, too.

Our pet products adhere to the same quality standards as our people products. Pet food, treats and supplements are minimally processed and contain:

- No artificial colors, flavors or preservatives
- No sweeteners or high-fructose corn syrup
- No added hormones, parabens or hydrogenated fats.

We also have pet products that are environmentally friendly, such as:

- Biodegradable, flushable, sustainably grown cat litter
- Biodegradable pet waste bags

by Renee Whisnant  
Assistant Marketing Manager



## SWITCHING PET FOODS? DON'T GO COLD TURKEY

According to Village Animal Hospital in Minnetonka, when you try a new food for your pet, you should take a gradual approach. To start, add only a few bits of the new pet food mixed in with the old. Increase the ratio of new to old food gradually over 7 to 14 days, allowing your pet to adjust. See your veterinarian for advice specific to your pet, particularly if your pet is sensitive to dietary changes or has special needs.

# SUMMER SUN & BUG CARE

Pro: Warm Minnesota weather is here.  
Con: Harsh UV rays and bugs are, too.  
Try these proactive tips and remedies to stay healthy without the chemicals as you enjoy all the wonders of summer.

**SAFER SUNSCREENS.** During these longer days, the sun's rays are stronger, especially between 10 am and 4 pm. When covering up or shade is not an option, be sure to use a sunscreen that protects you from both UVA and UVB rays. Your skin absorbs up to 60% of what is applied to it, so your go-to suncare products should never contain synthetic preservatives or oxybenzone and avobenzone, chemicals that are labeled as hormone disruptors.

**OUR PICKS:** Badger, Goddess Garden and Acure sunscreens

**SOOTHE THE BURN.** If you do get sunburned, cool and reduce inflammation with an aloe vera gel or lotion, diluted apple cider vinegar or lavender hydrosol.

**OUR PICKS:** Lily of the Desert 99% Aloe Gelly, Veriditas Lavender Hydrosol and Braggs Organic Raw Apple Cider Vinegar

**NO MOSQUITO ZONE.** The warmth and humidity signals the return of Minnesota's state bird, the mosquito, along with other unwelcome pests. Keeping them away, especially from children who are prone to scratching, is a top priority. While all bug repellents have pros and cons, a repellent containing eucalyptus citridor (lemon eucalyptus) or geranium oil is your best DEET-free option.

**OUR PICKS:** Veriditas Bug Off! Repellent Concentrate, Badger Anti-Bug Balm

**EASE THE ITCH:** Excessive itching and picking can cause permanent damage to skin. Heal bug bites naturally and stop the itch by applying a cool, damp teabag or inflammation-reducing essential oils.

**OUR PICKS:** tea bags, Veriditas Botanicals Bug Bite Eraser

by Amy Haggerty  
Marketing Specialist



## Sunscreen Swap June 18th · 11 am

We're so proud of our sunscreen product standards, we'll **SWAP** you for the one you're currently using for **FREE**.  
Limit one per household.

While supplies last!







## Building an Awesome Burrito

Deli & Cheese Category Manager, Lisa Kollodge, is the one to thank for our amazing new burrito and sandwich recipes at our Minnetonka store. She talked to us about the joys and challenges of using traditional recipes and local products.

### What did you enjoy most about creating the burrito & sandwich bar?

By focusing on local products and traditional flavors, we're doing something unique. The Barbacoa takes 36 hours of marinating in a traditional guajillo chile marinade. It challenges the kitchen, but you can taste the difference. We have a roasted poblano pepper infused into sour cream. We had enough confidence to make our tzatziki dairy-free – it maintains the flavor while meeting special dietary needs.

### What item are you most proud of?

I love the radish salsa, it's become a hit beyond what I could have imagined. People say, "What is that? Wow!" The peppery flavor of the radish really enhances the flavor of the meats.

### What is the biggest challenge?

Timing! We could have made it easier but wanted to keep traditional recipes and local ingredients. From Blooming Prairie beef to TC pork and Caves of Faribault cheese, it's really fun. The local growers provide for us in larger

quantities – now we're ordering Beez Kneez mustard in gallon jugs.

### Why was it important to you to use as many local ingredients as possible?

We are a local, from-scratch kitchen and that will never change. We love putting our local farmers in the spotlight. These people are fascinating and we're able to tell their story along with ours, which is brilliant. At first I was worried we'd have an issue having enough beef, but then realized, "We can buy another cow." Literally. Because of our relationship with Blooming Prairie, we can do that. And TC Farm, what a great story. We bought the pigs, raised them on local farms with local growers who grew the feed they were fed. How cool is that?

### How is the deli team doing with the change?

The staff has really embraced the changes in the Deli. We're on our feet for hours and hours and learning new things. Consistency is paramount, and I have a lot of respect for the cooks in that kitchen who follow those recipes every day to a T and keep the integrity and standard of our food.

After 30 years as a restaurant operator/owner, implementing new programs with new recipes is both challenging and fascinating every single day. It's an incredible job and we're all working hard to make it happen.

## THE BOARD VIEW

SARAH CARROLL  
BOARD OF DIRECTORS



## Everyone is Welcome

I recently asked a friend what she thought about the Minnetonka makeover. The burrito bar is awesome, Field Day products are a bargain, the meat sale is epic, but my thoughtful friend told me she most appreciated the new signage ... Everyone Is Welcome.

We set high standards for our products, our producers, and our partners, and we hope everyone feels at home, like they belong, at any of our three Lakewinds stores. Member or visitor, you belong, and we are grateful for your patronage.

And for those who want to go deeper as part of our co-op family, there may be a place for you on our Board of Directors. Our team is now recruiting the next generation of Lakewinds leaders. Will you consider joining us? Here are the details.

- Nine directors serve for a 3-year term. Three seats are open this year.
- We take our job seriously. We ensure that Lakewinds maintains cooperative values and remains a successful business.

- We respect the management team. Board governance requires a careful balance between establishing policies and expectations, and then letting the experts manage the stores.

- We provide professional development. New directors attend a one-day training and receive ongoing support.

### CALL FOR BOARD APPLICANTS

Read about the qualifications, expectations, and how to apply at [Lakewinds.com](http://Lakewinds.com). Come to our next meeting on June 27 at 6:30 pm to meet us and learn more. Timeline:

- July 1, applications due
- August 25 - September 18, voting in stores and online
- September 18, new directors announced at the annual meeting
- September 24, first training opportunity
- October 15, term begins

Thanks again for supporting Lakewinds!  
Enjoy the summer of '16!

## BOARD OF DIRECTORS

Stephanie Matz (President)  
Katie Bloomstrom  
Sarah Carroll  
Kari Broyles  
John DePaolis  
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](mailto: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



# Our Promise to You

- Feel 100% confident in the quality and safety of your food. No exceptions.
- Shop the freshest local, organic, sustainable products and brands out there.
- Find plenty of balanced, thoroughly researched product info to help you make the best choices for your health.
- Forget about artificial preservatives, colors, flavors, sweeteners, high-fructose corn syrups, added hormones, parabens and hydrogenated fats. You won't find any of those around these parts.
- Get used to someone putting your health and safety above everything else.

## \$2 OFF

BAG OF NATURAL PLANET  
DOG OR CAT FOOD

**Valid: June 20, 2016 – August 31, 2016**

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

**PLU 20182**



## \$2 OFF

QUART SIZED GAZPACHO  
FROM DELI GRAB & GO

**Valid: June 20, 2016 – August 31, 2016**

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

**PLU 20184**



## \$2 OFF

PUMPHOUSE CREAMERY  
ICE CREAM

**Valid: June 20, 2016 – August 31, 2016**

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

**PLU 20186**

