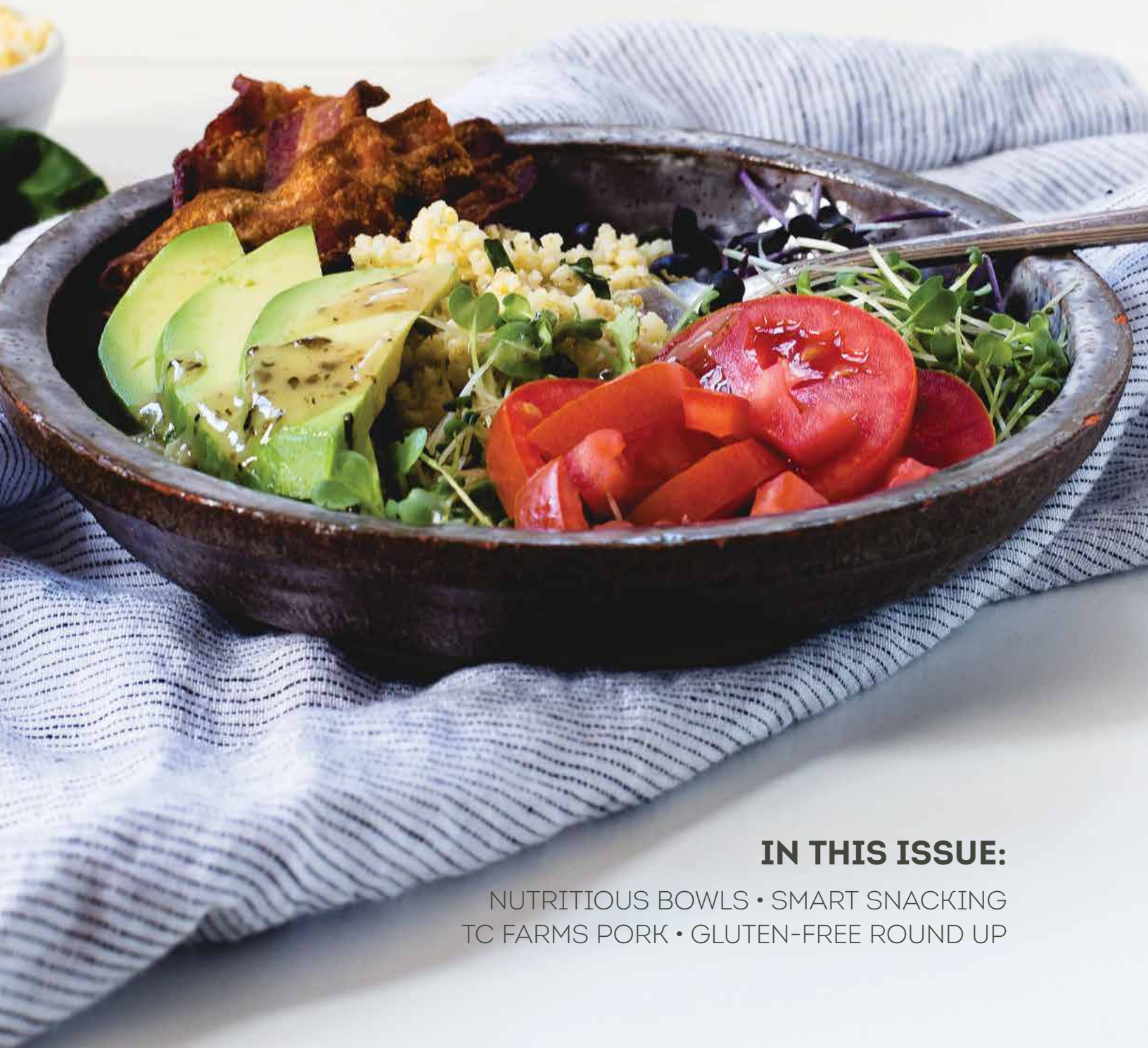




# REFRESH

SPRING 2016



## IN THIS ISSUE:

NUTRITIOUS BOWLS • SMART SNACKING  
TC FARMS PORK • GLUTEN-FREE ROUND UP





**GENERAL MANAGER**  
Dale Woodbeck

**SR. MARKETING  
MANAGER**  
Amy Campbell

**EDITOR**  
Renee Whisnant

**DESIGN**  
Jacqui Boyum

**MINNETONKA**  
17501 Minnetonka Blvd.,  
Minnetonka, MN 55345  
952-473-0292

**CHANHASSEN**  
435 Pond Promenade,  
Chanhasen, MN 55317  
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

### ACT LOCAL!

Think global, act local. That's an apt shorthand for Lakewinds' approach to re-localizing our food system. We want to have a positive impact on soil health, water resources, carbon sequestration and healthy local foods. And we're doing it by creating new options for Lakewinds' owners one farm at a time. Here are just three examples.

We recently completed the latest round of Lakewinds Organic Field Fund (LOFF) grants, one of the pillars of our commitment to supporting local farmers. Lakewinds makes grants directly to local farms and organizations engaged in organic agriculture.

**“LOFF has made  
a big difference in  
just five years.”**

We've helped farmers improve their facilities to comply with food handling and safety regulations. We've provided funds for portable fences to accommodate rotational grazing on farms. We've funded improvements to a chicken feeding system to accommodate larger quantities of organic feed. And we've helped farms transition to organic

certification. Our LOFF program is earning the respect of the small-scale farming community precisely because it has impact on local farms. Act local!

As you'll read in this issue, Lakewinds is bringing a new line of locally sourced organic pork to our meat cases. Through this program, our partner TC Farms expects to convert 300 acres to organic production to provide animal feed. As the program grows, additional acreage will be transitioned to certified organic production. Act local!

A final example: Lakewinds is providing a loan to one of our produce producers, another LOFF recipient. Using these funds, our partner is installing a high tunnel to extend the season and increase the availability of local heirloom tomatoes in all our stores. We expect to see results from this partnership in August. Act local!

As an owner, you can be proud of the work your co-op is doing in the small-scale agricultural world of Minnesota, Western Wisconsin, and Northern Iowa. We couldn't do it without you. Thanks for supporting your co-op.



*Coupon in  
Newsletter*

### Local Food News **HERITAGE PORK FARM PARTNERSHIP**

Chop and ham lovers, rejoice! We're excited to announce a new exclusive partnership between Lakewinds and TC Farms (formerly True Cost Farm) to bring pasture-raised pork to your shopping carts and tables. This local pork comes from slow-growing, heritage hogs that are allowed to root and burrow in the pasture – the way pigs are supposed to.

The Minnesota farmers raising these hogs are in the process of becoming certified organic. Through this partnership, Lakewinds is financially supporting TC Farms during their transition to ease the burden of going organic. Helping organic farmers is one way Lakewinds fulfills our promise to promote fresh, locally sourced, organic food whenever possible.

This pork is simply a healthier choice. TC Farms pigs are pasture raised on grass and non-GMO grain – and never given soy feed, growth-enhancing drugs or antibiotics. As a result, the meat has excellent marbling and flavor and is higher in Omega 3s, antioxidants, Vitamin E and iron than conventional pork.

Look for TC Farms pork products in our Deli and Meat Department this month.

Our butchers provide packages ready to grab and go, as well as fresh cuts like chops and roasts and smoked, uncured products like ham and sausages in the exact amounts you need.

This pork is really something special. Once you try it, you'll taste the difference.

**Ben Fern**  
Lakewinds Meat & Seafood Category Manager

### WHY IT'S DIFFERENT:

- **Lakewinds Exclusive**
- **Minnesota pasture-raised = healthier fats**
- **Non-GMO, non-soy and transitioning to organic fed**
- **No antibiotics or growth hormones**
- **Pigs are raised with respect**





1



# Meet our 2016 GRANTEES

On March 1st, the Lakewinds Organic Field Fund selection committee awarded a group of 10 farms and farming associations a total of **\$60,500** in grant funds. Chosen from among 27 applicants, this year's LOFF recipients are leading the way to a more local and sustainable organic food supply for our region. We're proud to support this year's grantees, and wish them much success as they strengthen their operations and the local farming community as a whole.



2

## Beez Kneez

Minneapolis, MN  
**\$5,000**

**Project:** Increase capacity to produce mustard products and improve efficiency of bottling honey through purchase of better processing equipment.

5



## Joia Food Farm

Charles City, IA  
**\$2,000**

**Project:** Purchase a cultivator for organic row crop production and complete organic certification.



8

## Turnip Rock Farm

Clear Lake, WI  
**\$5,000**

**Project:** Enclose current vegetable packing shed to help pass GAP/GHP certification and make it usable during winter months or expand winter produce offerings.

9



## Urban Roots

St. Paul, MN  
**\$7,500**

**Project:** Expand organic food and farming education for 60 diverse and low-income youth on St. Paul's East Side.

10



## Cartledge Family Farm

Aniwa, WI  
**\$8,000**

**Project:** Transition 150 acres from conventional to sustainable organic agriculture, repair erosion, improve soil condition and integrate buffer areas.

3



## Blackbrook Farm

Amery, WI  
**\$8,000**

**Project:** Build a new, larger walk-in cooler to store crops and increase offerings to markets year-round, allowing future expansion to wholesale businesses.

4



## Fox & Fawn

New Germany, MN  
**\$3,000**

**Project:** Project: Third and final year of funding for the diversified planting of new and uncommon crops for this region including nuts, berries and other fruits.

6



## Crazy Boy Farm

Rush City, MN  
**\$6,000**

**Project:** Set up fencing for an intensive rotational grazing system, corral and sorting and loading area that will provide healthy conditions for livestock and expand CSA offerings.

7



## MOSES

Spring Valley, WI  
**\$8,000**

**Project:** Fund Farmer-to-Farmer Mentoring Program, pairing 35 newer farmers with experienced organic farmers as mentors.



# Build Your Own Bowl



## 1 Starch

Rice  
Quinoa  
Farro  
Noodles  
Sweet Potato

## 2 Protein

Chickpeas  
Tofu  
Nuts  
Chicken  
Fish  
Beef  
Lentils

## 3 Toppings

Raw Vegetables  
Roasted Vegetables  
Leafy Greens  
Kimchi  
Seeds

The sky is the limit!

## 4 Sauce

A good dressing sets the tone for your meal – spicy, salty, tangy, or creamy.

A store-bought dressing or a squeeze of lemon or salsa is great, or amp up the flavor with a homemade dressing.

Meal bowls are a popular food trend right now, and for good reason! They couldn't be easier to prepare. Take one day a week to cook a batch of quinoa, roast some vegetables, make salad dressing and store it all in the fridge. You have everything you need to throw together lunch or dinner when you don't know what to make or are pressed for time.

These versatile meals help everyone eat healthier, whatever their diet restrictions or taste preferences. Just follow the basic formula of:

## starch + protein + toppings + sauce

The combinations are endless!

**Amy Haggerty**  
Marketing Specialist

## Sriracha Lime Sauce

### Ingredients

1 cup Greek yogurt  
1 tbsp sriracha  
juice from 1 lime  
1 tsp salt

**Instructions:** Whisk ingredients together.

## Bowl Bonus: *Put an egg on it*

With just 70 calories and 6 grams of protein, a perfectly fried, boiled, or poached egg turns your bowl into a meal that keeps you full for hours.





# What's New

## AT YOUR CO-OP



### PEACE COFFEE POLLINATOR BLEND

\$12.99/lb

As with the arrival of pollinators in our gardens, each spring we anticipate the arrival of Peace Coffee's Pollinator Blend. This year's seasonal blend is full of amazing flavors: orange blossoms, sweet red berries, hibiscus and honey. Yum!



### PANACHE FRESH APPLE JUICES

\$2.99

Made with Minnesota-grown apples using sustainable methods as certified by the Food Alliance Midwest, these fresh juices are the perfect drink to take with you on a spring day. We have two varieties: one infused with organic mint, the other with organic ginger.



### BANH MI & QUINOA SPRING ROLLS

\$13.99/lb

Stop by our deli for a 2-pack of these fresh vegetarian spring rolls. Inspired by Vietnamese Banh Mi sandwiches, our Banh Mi Spring Rolls are made with crispy baked tofu and quick-pickled veggies and served with a hot and tangy dipping sauce. Our Quinoa Spring Rolls are packed with fresh vegetables and quinoa and come with cashew dipping sauce. All spring rolls are made without gluten and are available in the grab & go case.



### FIERCE FERMENTS FIRE TONIC

\$14.99/8 oz • \$24.99/16 oz

Fierce Ferments was started in 2014 by three friends in Minneapolis. Their amazing Fire Tonic is a traditional family recipe made with organic raw apple cider vinegar and immune-boosting ingredients like ginger, horseradish, garlic and habanero peppers. Do your digestive system a favor!



### HERB MARINATED PORK CHOPS

\$10.99/lb

Check out our meat department for scrumptious bone-in pork chops from local TC Farms. Marinated in olive oil, white wine, organic garlic and fresh organic herbs, these chops are just the thing for a delicious spring meal on the grill.



### SEVEN SUNDAYS MUESLI SQUARES

\$1.99

Take your muesli on the go! Muesli Squares are the newest product from Minneapolis-based Seven Sundays. These soft-baked bars are made with coconut oil and are gluten-free, Non-GMO Project Verified, and free of refined sugars.



## COMING SOON TO MINNETONKA LAKEWINDS SANDWICH & BURRITO BAR:

Lakewinds is so excited to announce that our Minnetonka Deli is expanding to include a new burrito and sandwich bar! (Stay tuned for the opening next month, and watch for updates on Facebook.)

- Features meat and produce from local farms, such as Ferndale, T.C. Farms and Blooming Prairie
- Includes chef-created, housemade sauces such as roasted poblano pepper crema & lemon tarragon aioli
- As always, items will meet our high product standards, including organic produce and nitrate and antibiotic-free meat





# Smart snacking

All-day energy doesn't come from a pill or a can. It comes from real food! Stock up on nature's secret stash of revitalizers – complex carbs, protein, and fiber – with this fresh batch of healthy anytime snacks. Stashed in your desk, bag or car, it's the energy rebound you need around the clock.

**Amy Campbell**  
Sr. Marketing Manager

**9AM**

## Avocado on Whole Grain Toast

Avocados are sky high in omega-3s, the good fats your brain needs to power up.



**11AM**

## Walnuts & Dried Mango

Walnuts have the highest omega-3 concentration of any nut. Pair them with dried mango for extra antioxidants in an irresistible sweet treat.



**1PM**

## Dark Chocolate Almonds

Craving sweets after lunch? Reach for dark chocolate! Cacao has a high concentration of nutrients that help fight stress and boost energy.



## Mindful Energy

Anytime you're feeling sluggish, water and tea are excellent ways to hydrate and combat fatigue. A brisk 10-minute walk also helps you feel more awake, providing a natural energy boost that lasts up to two hours.

**3PM**

## Almond Butter & Apple

What a perfect pairing: full of protein and heart healthy fats. Because they digest slower than carbs, you get a steady stream of energy for hours.



**5PM**

## Beef Stick

For a quick protein boost on the drive home, grab a beef stick – a great stopgap before dinner.







## ORGANIC SAVINGS

It's no secret food prices are on the rise, leaving families with hard choices when shopping for organic products. To help make your dollars go further at the co-op,

### we've lowered prices on over 75 products

throughout our grocery department with our new Co-op Basics program.

All products we currently offer in this program are from the Field Day brand and are certified organic. While all organic items are free of GMOs, Field Day goes the extra mile to certify

their products as Non-GMO Project Verified.

Look for amazing deals on Co-op Basics products (look for the purple tags!) throughout our stores: like organic canned beans for \$1.49, organic canned vegetables for \$1.69, organic peanut butter for \$4.99, and organic cereal for \$2.99. More Field Day products will find their way into the grocery department as they become available. It's another way Lakewinds is looking out for our owners and customers.

**Shawna Anderson**

Sr. Purchasing Manager

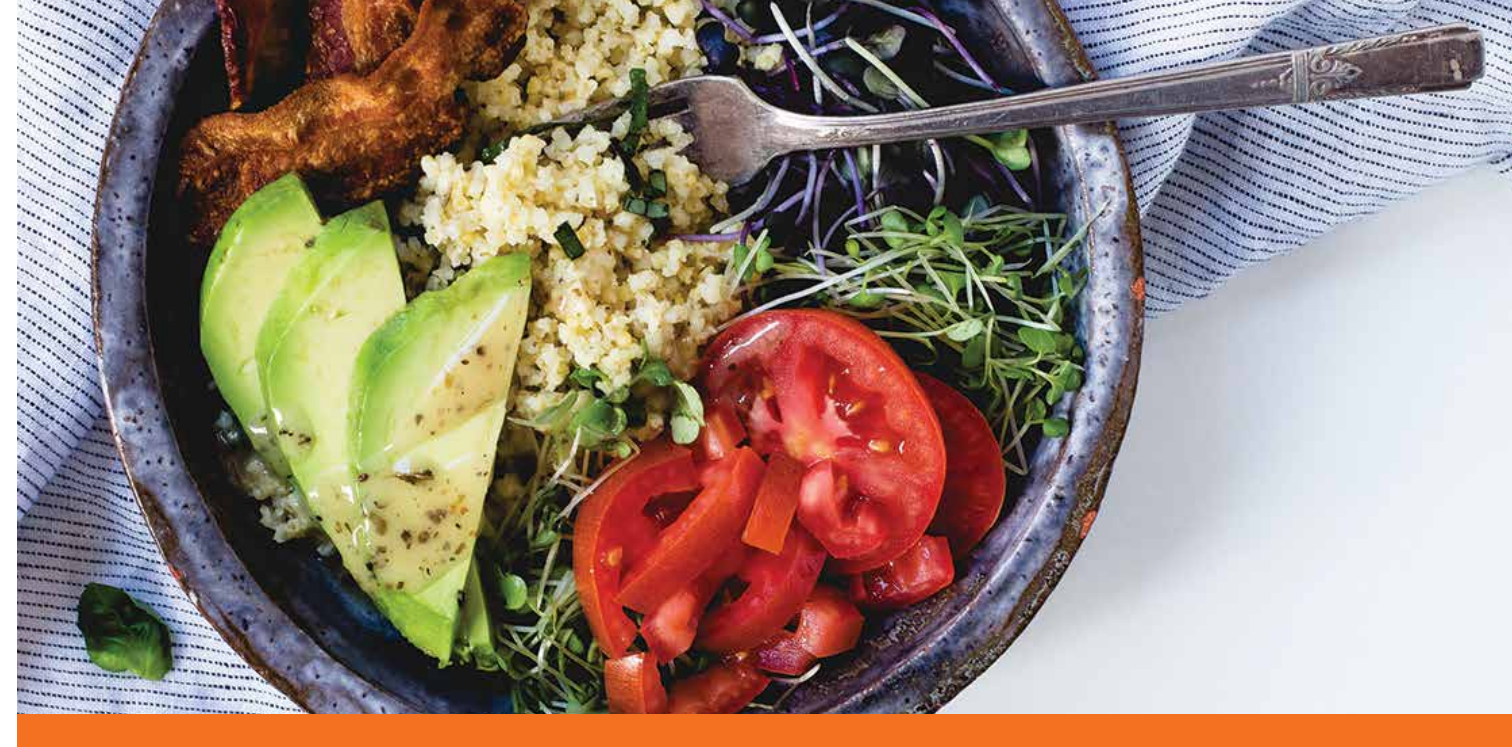


## COOPERATIVE PRINCIPLES IN ACTION

Did you know that Lakewinds is a member of National Co-op Grocers (NCG)?

**NCG represents 148 food co-ops operating over 200 stores in 38 states.**

This organization helps natural food co-ops strengthen purchasing power and ultimately offer more value to their owners and shoppers. An example of a core Cooperative Principle, this "Cooperation Among Cooperatives" is what gave rise to the Field Day brand, helping Lakewinds and other NCG member co-ops to put organic products within everyone's reach.



## Bacon, Avocado & Tomato GRAIN BOWL

A healthy bowl of goodness is a sum of tasty add-ins and nutrient packed grains. Here's a gluten-free twist on the typical BLT Sandwich, using millet, local micro-greens, avocado and hydroponic tomatoes. Use this recipe as a base with whichever gluten-free grains you enjoy, but we've used millet for its cost effectiveness (about \$1.85 per pound compared to quinoa's \$7 per pound) and subtle flavor. Using locally made Lemon Herb Dressing and fresh basil, there's a flood of freshness throughout the bowls!

**This bowl is gluten-free, nut-free and dairy-free!**

- 1 cup dry millet (or quinoa) rinsed
- 1 3/4 cup water
- 1/4 teaspoon salt
- 1/3 cup "The Salad Girl"
- Lemon Herb Dressing
- 6-8 slices of cooked bacon, chopped
- 1 medium tomato chopped
- 1 large avocado, sliced or diced
- 1 small package of micro-greens
- fresh basil, finely chopped

In a medium pot, bring water and salt to a boil. Add millet and cook for 16-18 minutes, until grains are soft but not mushy. (Taste to test if done.) Most of the water should be absorbed, but drain to be sure. Add millet back to pot and put a lid on, letting steam for 5 minutes. Fluff with a fork.

Stir dressing into the warm millet. Taste, and adjust salt if needed.

Divide millet, bacon, avocado, tomato, and micro-greens between bowls. Drizzle with additional salad dressing and minced basil.

**Created by: Amanda Paa**



Amanda Paa is a Minnesota blogger and cookbook author of "Smit-ten with Squash". She loves creating recipes that highlight fresh, simple, in-season ingredients.

SAVE THE DATE

★ 9th Annual ★

## GLUTEN-FREE ROUND-UP

**SATURDAY, APRIL 23RD  
FROM 11 - 3**

AT ALL LAKEWINDS LOCATIONS

**RECIPES • SAMPLES  
IDEAS & MORE**





# Meet Veronica Penson of Richfield Lakewinds

## EMPLOYEE SPOTLIGHT

Veronica Penson has worked at the Lakewinds store in Richfield since the day it opened (and even before!). She told us how she came to Lakewinds, why she loves her work, and why work IS her family.

### Where are you from, originally?

I was born in Chicago, the oldest of six kids. I came to Minnesota in 1990 and lived with my sister for a few months until I got my own apartment. I have a daughter and a grandbaby!

### How did you land a job at Lakewinds?

I live across the street. When I saw a sign about jobs available, I called the number and applied for every single department in the store. The day of the interviews, I got up at 4:45 a.m. I don't have a car, so I took three buses to get to the Lakewinds business office in Eden Prairie. I arrived an hour early and waited. That day, I talked to every department manager. My field is housekeeping, so that's the job I really wanted.

A couple weeks later I got a call: They wanted me to work at Lakewinds! I got up in the dark again, took three buses, and spent the day at orientation. Every day after that, I walked across the street to see how they were doing on "my store." I started two weeks before the grand opening to get it clean and beautiful for the customers.

### What's your favorite thing about working at Lakewinds?

I worked alone before, but now I work with the biggest and best family. I have a lot of respect for the people here, because they respect me. My favorite part is cleaning the parking lot. I wash out the trash cans, hose off the shopping carts, and use the blaster to clean sidewalks. Outside is the first thing the customer sees, and I want it to look the best.

### Do you have a favorite day at work?

The meat sale! I helped bag up and carry out so many bags of meat. Seeing happy people buying good food is a good day. My other favorite was a day of really hard rain. I walked people out to their cars with an umbrella, carrying their grocery bag for them. Everyone was so glad I did that.

### Favorite Lakewinds Food?

My doctor says I'm healthier than ever since I started working at Lakewinds. All the food is so good! I love the Asian Noodle Salad from the deli; I could eat it every day. I also love the Jerk Chicken. I'll cook the Jerk Chicken with spinach, green peppers, onions, cauliflower and carrots. Delicious!

I am blessed to have this job. I want to be with the people here at Lakewinds because they are my family. Being at work is what I want to do.



# THE BOARD VIEW

RYAN SWEENEY

BOARD OF DIRECTORS

## Lakewinds Values in Action

As hints of spring appear, farmers across our region are hard at work preparing for the upcoming growing season. For many family-owned farms, margins are tight, making it a challenge to provide high-quality, locally grown organic food to our area. With ever-increasing land prices, high overhead due to scale, and myriad other expenses, farmers often have little left at the end of the year for crucial capital expenditures to improve or expand their operations.

The Lakewinds Organic Field Fund (LOFF) was established in 2012 with the goal of helping local farmers and farming associations fund capital-intensive projects that promote sustainable organic farming. These grants allow recipients to complete important projects that otherwise might need to be delayed or never even come to fruition. In the short history of the LOFF, we've funded 27

farms with \$129,000 in awards. This year the selection committee – comprised of Lakewinds Board members, employees, and member/owners at large – picked from among 27 potential projects, our largest candidate pool to date (meet this year's grantees on page 4).

Sitting on the LOFF selection committee has been one of the most rewarding experiences I've had as a member of your Board. Reading through the applications, these farmers' passion for quality food and sustainability is palpable. It reminds me just how special our region of the country is. LOFF is a true embodiment of Lakewinds' values and our commitment to our community. As members of the co-op, each of you can be proud that you are helping to support our local food economy and the farmers who grow our food!

## 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

## Upcoming EVENTS

see lakewinds.coop for details



TechDump  
Electronics  
Recycling Event  
**SATURDAY,  
APRIL 16**

All Lakewinds Locations



Samples, Recipes  
& Ideas  
**SATURDAY,  
APRIL 23**

All Lakewinds Locations



One Day  
Meat Sale  
**SATURDAY,  
MAY 21**

All Lakewinds Locations

Senior Discount Day  
**EVERY TUESDAY**

5% Off for 62 & Older

Wellness Wednesdays  
**APRIL 13, MAY 11, JUNE 8**

5% Off all Wellness Purchases

### 50¢ OFF

ANY FIELD DAY ITEM

**Valid: April 7, 2016 – May 31, 2016**

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

PLU 20170



### \$2 OFF PER LB

TC PORK

**Valid: April 7, 2016 – May 15, 2016**

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

PLU 20172



### \$1 OFF

BANH MI OR QUINOA  
SPRING ROLLS IN OUR DELI

**Valid: April 7, 2016 – May 31, 2016**

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

PLU 20174



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

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