



# REFRESH

Winter 2016

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**MOVING?**

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lakewinds@lakewinds.com  
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Letter from the  
**GENERAL MANAGER**

DALE WOODBECK

The Ownership-Community Connection

Ownership is a big deal at Lakewinds. The 20,000 families that have invested \$90 in the co-op are the owners of Lakewinds. We're a community owned enterprise that exists to serve our owners. Our profits stay in the community, our wages stay in the community, and our grant funds support a wide range of community organizations and small scale agricultural producers.

In fact, any profits that we earn from sales to our owners are returned to those owners as patronage dividends. Elsewhere in this newsletter, board member Tim Reese describes the process and the amount of money distributed to our owners over the last fiscal year. Between your monthly discounts and your cash and equity patronage dividends,

**“Lakewinds returned 3.1% of sales to its owners.”**

That equates to \$1,122,000, of which \$682,000 was paid out in cash.

The co-op system of returning profits to owners rewards you for shopping at the store you own – Lakewinds. Our staff works hard to give you more reasons to support the co-op by providing high quality products and superior service.

Your patronage helps us provide one of our signature programs, Lakewinds Organic Field Fund (LOFF). Through LOFF, Lakewinds grants money directly to organic farms and to the grassroots organizations that support them. Farmers tell us that LOFF has been critical to the success of their farms.

LOFF supported 11 recipients in 2015. In 2016, LOFF will make up to \$40,000 available for supporting organic farms in Minnesota and Wisconsin. We really are making a difference.

Each of your shopping dollars helps us build our local food system, while rewarding you year after year with discounts and dividends. What a great set-up!

Thank you for supporting the co-op – and a stronger community – every time you shop.

# Lakewinds LEARNING

Only the Best Local, Organic & Sustainable Products

Education is one of our key cooperative principles at Lakewinds, whether in our stores, via local TV appearances or in the classroom. Our Minnetonka store is located right across the street from Groveland Elementary School, where we've enjoyed a terrific partnership over the years with the students, staff and families.

That partnership continues this school year. Lakewinds had the privilege to help Maryrose Adamek's third-grade class purchase a Tower Garden hydroponic growing system. The system is part of a unit on seeds, germination, hydroponic growing, organic food, plants, harvest and nutrition – merging science, math and health into a unique learning experience.

Lakewinds Board member Ryan Sweeney, a hydroponic farmer himself (Localize Basil, LLC) joined Jill Holter (Lakewinds events and

community coordinator) to work with students the week they planted their seeds. Weeks later, we returned with salad ingredients, a simple homemade vinaigrette dressing recipe and a demonstration. The students built delicious and nutritious salads using lettuce, chard, parsley and basil they harvested that very morning.

These third graders got a hands-on lesson about what goes into growing healthy food. "They were so eager to harvest and eat the fruits of their labor," said Adamek, "when often kids are skeptical about trying new foods!" Some of the kids even went back for third (and fourth) helpings of the salad. We hope these valuable lessons on healthy eating will stick with these students far into the future.

BY: JILL HOLTER



# What's New at YOUR CO-OP

Winter Wonders, from Fresh Eggs to Maple Syrup

## 1. Comfort Community Foods Organic Eggs (Local)

These organic eggs are from birds raised in small flocks on family farms around Mora, Minnesota. The group's free-range birds have access to pasture every day when weather allows and are fed only certified organic, soy-free feed.

\$4.99/ea

## 2. K'ul Chocolate (Local)

Made in the Seward neighborhood of Minneapolis, K'ul bean-to-bar chocolates are named for the Mayan word for energy. Pronounced "cool," the name reflects the company's belief that chocolate is not candy but food. Their unique chocolates and energy bars come in four flavors: Endurance, Maca & Fruit, Peanuts & Currants and Saltsation.

\$2.59/ea

## 3. B&E's Trees Organic Bourbon Barrel-Aged Maple Syrup (Local)

B&E's Trees was founded in 2011 when Bree Breckel and Eric Weninger began harvesting maple syrup on 64 acres of woodland in the Driftless Region of Wisconsin. Their aging process produces syrup with mellow sweetness and hints of bourbon and woody, smoky notes from the oak barrels. Available in half pints and pint flasks.

\$14.99 (8 oz) & \$24.99 (16 oz)



## 4. Carbonated St. Paul Switchel (Local)

Coming soon — St. Paul Switchel on tap! We're pleased to offer carbonated switchel in addition to the bottled variety from our drink cooler. Long enjoyed by farmers to stay hydrated and energized, switchel is made with apple cider vinegar, local Bare Honey wildflower honey and fresh ginger. It's a great way to replenish electrolytes and reap the benefits of its simple ingredients in wintertime.

\$3.29/lb

## 5. Grass-fed Beef Pot Roast (Local)

This is classic comfort food at its best. Our hearty grass-fed chuck roast is slow roasted and paired with sweet and savory organic carrots and organic potatoes. The roast comes in an oven-safe container, so it's ready to heat and serve at home. Serves 3 to 4.

\$9.99/lb

## Announcing BLOOMING PRAIRIE BEEF

Lakewinds' latest addition to our wonderful meat department is Blooming Prairie Natural Beef. Blooming Prairie's competitively priced cuts are raised without growth hormones or antibiotics, fed only grass, hay and grain, pastured on local family farms and are humanely processed.

Blooming Prairie beef is "single-animal sourced," which means our butchers cut beef from one or two whole animals at a time per store. You can trust that the sirloin steak, ground beef, chuck roast and other cuts are of the highest quality and adhere to our product standards.



## Ingredients TO AVOID

**Stripping alcohols** (ethanol, methanol, isopropyl alcohol, alcohol denat, SD alcohol) are in many acne-fighting products, yet they remove the skin's protective "raincoat."

Without those natural layers, alcohols can cause irritation and excessive drying.

They also prematurely age skin, leading to over-drying and brown spots when alcohols react with sunlight.

**Parabens**, which can be synthetic or natural, are used as preservatives in all kinds of cosmetic products from skin creams and lotions to deodorants and shampoo. They can cause allergic reactions and skin rashes, and some studies even link them to hormonal changes in the body.

**More to avoid:** Synthetic preservatives or fragrances, soaps with ingredients like triclosan, and antiperspirants containing aluminum.

If your beauty case is full of these "red flags," don't freak out! There are many safe and healthy alternatives. With some help from the Lakewinds Wellness staff, I've discovered products I love in every category of body care.



# Makeup CLEAN UP

A Guide to Healthy Beauty & Body Care

Most of us are accustomed to checking ingredient lists on the foods we buy. But what we put onto our bodies is just as important as what we put in, from makeup to shampoo to cleansers. So why does deciphering all those unfamiliar chemical ingredients have to be so daunting?

When I began cleaning out my medicine cabinet and makeup bag, I turned to Lakewinds, where all body care products adhere to the highest safety standards. Instead of going it alone, I shop confidently knowing that whatever I find in the wellness department is healthy and clean.

If you're taking a closer look at your beauty routine, steer clear of ingredients of concern, some of which I outline on the opposite page. Find the full list at [Lakewinds.com](http://Lakewinds.com).

## FACE

There are several amazing natural lines out there. Organic Evan Healy products have given me the clearest, healthiest skin I've had in years. The line is divided by skin condition, so it's easy to find what you need. Since my sensitive skin is dry in some spots but oily in others, I went with their Blue Line. The creamy cleansing milk left my skin clean and refreshed. The lavender Hydrosoul toner calms any redness, which I then follow with the Blue Chamomile Day Moisturizer. Hydrated but not greasy. Perfect.

Especially in winter, I use the rosehip serum for extra moisture, along with the eye cream to reduce inflammation. And for those pesky blemishes, I am hooked on locally made Vika's Essentials Acne TNT. All Vika's recipes are based on Ayurvedic principles. I've never used a spot treatment this effective, and it's all natural!

## BODY

Many soaps, body washes, shaving creams and lotions contain toxins. You can clean up your act at Lakewinds with Dr. Bronner's organic shaving soap, Acure body lotion, and locally made SunLeaf soap. It lathers well without preservatives or petrochemicals, and doubles as a moisturizing shampoo.

## MAKEUP

I stopped using makeup for a while after I found out about the harmful things in department-store cosmetics brands. So finding products I could trust again was a relief. Mineral Fusions is a breath of fresh air, made from micronized minerals so it actually sits on the surface of the skin instead of being absorbed. I love the foundation and powder – a very natural feel with full coverage and no "cakey" look. Even better, since the makeup stays on the surface, it allows skin to breathe and doesn't clog your pores. And without the fillers common in other makeup, you don't have to apply nearly as much. Lightly brushing and blending with natural, eco-friendly Honeybee Garden tools is nearly foolproof (this from someone who knows almost nothing about makeup application!).

## HAIR

If you're worried about "bad hair days" from ineffective natural products, try Acure's Repairing Shampoo and Conditioner, which leaves hair soft and manageable. Made from plant-derived oils and fatty acids, the shine is impeccable.

Cleaning up your body care and wellness routine takes some effort. But the good news is you're not alone. Trust the products at Lakewinds and lean on their knowledgeable staff. The personal care industry is working to clean up its act thanks to pressure from consumers. Just like with food, we're all in this together!

BY: AMANDA PAA

# Meet Who MAKES IT

Veriditas Botanicals

The founder of Veriditas Botanicals, Melissa Farris, is part chemist, part herbalist, part innovative business owner and 100% environmentalist. She is the U.S. agent for S.A. Plantes Aromatics du Diois (SAPAD), one of the largest selling EO cooperatives in the world. Farris is also an author who has taught at the Cancer Centers of America, the Mayo Clinic, Bastyr University and elsewhere.

## Q: HOW DID YOU DISCOVER YOUR LOVE FOR ESSENTIAL OILS?

I got interested in herbalism in London and discovered essential oils and medical aromatherapy in France and Germany. When I moved to Seattle to study, I spent a lot of time camping and hiking in the Pacific Northwest. I grew to feel connected with the plant world living outside so much. One day, I picked up a book by Hildegard Von Bingen, a 12th-century Abbess, herbalist, and feminist. She coined the word “Veriditas,” which means “when the greening power of the plant enters your body and heals it.” She has been my biggest influence in most of my belief systems.

## Q: HOW DO YOU BALANCE YOUR MANY ROLES?

I’ve had amazing mentors and I’m trying to take the best of their knowledge and ethics and stay true to organics. I like to be with plants and with people. I’ve formed my company around this model: We have a demo team that goes to stores and educates folks on how to use essential oils – no other company does that.

## Q: WHAT WOULD YOU LIKE PEOPLE TO KNOW ABOUT ORGANIC ESSENTIAL OILS?

When you walk up to a Veriditas display, it represents more landmass than 30 [grocery] stores. 5.5 million pounds of roses make 1 liter of rose oil. One 5 ml bottle of jasmine alone takes 6,000 flowers. That’s how much organic farming landmass your purchase supports.

## Q: WHAT ARE THE BEST ESSENTIAL OILS FOR WINTER?

All people have different needs. Is it pain, sinus, dental care? Look at the Wellness Formulas first – Immunity Boost, Sinus Congestion, Cold Sore Treatment, GumDropps. When you get into the single oils, study the reference card found in stores by the display. It takes time and patience to learn.

## Q: HOW SHOULD SOMEONE GET STARTED USING ESSENTIAL OILS?

Apply a drop on the inner arm first and wait 24 hours to make sure you’re not allergic. Some people have a reaction to common essential oils such as lavender or tea tree (do not try this with clove or cinnamon bark). Take extreme care and dilute properly with children and the elderly. Cooking with essential oils is awesome; they help digestion by feeding good bacteria and fighting bad bacteria.

Essential oils are great at rebalancing the bacterial flora. But beware of marketing companies that advise too high a dosage. This can cause harmful side effects. When you’re dealing with constitutional issues, you move to herbs. Essential oils aren’t a cure-all. They’re awesome at what they do but don’t forget about organic herbs, plants, organic food and exercise.

BY: RENEE WHISNANT



## Essential Oils FOR BEGINNERS

**Lavender:**  
helps soothe burns, sunburns, scrapes and cuts and eases itching

**Peppermint:**  
aids digestion, can be applied to skin to help ease muscle aches & pains

**Rose Otto:**  
may firm and even skin tone and minimize pores, lines and wrinkles

**GumDropps:**  
calms inflammation, disinfects gums and promotes dental health

**Mental Clarity:**  
helps increase focus and productivity and may ease headaches

**Good Samaritan:**  
potent blend of antimicrobial essential oils is strong against bacteria

Find out more at  
[veriditasbotanicals.com](http://veriditasbotanicals.com)

# Mood FOODS

An Energizing Winter Shopping List

## DARK LEAFY GREENS

Chard, kale, spinach and romaine are greens high in folate and magnesium, both found to improve energy and focus.

## FATTY FISH

Salmon, sardines, tuna and trout are all high in Omega 3 fatty acids, which our bodies don't produce naturally. These essential fats are important for brain function and play a role in producing dopamine and serotonin.

## PASTURE-RAISED EGGS

Protein and fat found in eggs provide crucial energy when busy days seem more tiring than usual.

## DARK CHOCOLATE

An ounce or two per day can help improve blood flow to the brain and aid concentration. Who needs a better reason to eat chocolate? Plus it's Fair Trade and organic.

## TEA

Black and green teas contain moderate amounts of caffeine as well as antioxidants and other substances that may increase energy and concentration.

## CITRUS

Oils found in the peels of oranges, lemons, limes and grapefruit are invigorating and uplifting. Diffuse your own citrus essential oils at home or add grated citrus peel to salad dressings and sauces.

The short days and long nights of winter can wear on even the hardiest northern souls. On the days we feel our least energetic, foods found at Lakewinds can play a role in boosting moods and providing a much needed energy lift and mental focus. Add these to your grocery list this winter as part of your weekly meal plan ... and say goodbye to winter blahs.

## THE BOARD VIEW

TIM REESE  
BOARD OF DIRECTORS



## Cooperative Investment in the Future

I've been reflecting on the year just ended, taking stock of the past and looking ahead. On a global scale, 2015 was a tumultuous year. In some ways it feels like the past is catching up to us. Big issues like climate change and racial inequity are with us because of a historical tendency toward short-term thinking. The solutions require us to do some hard work now to secure a better future. As much as ever, it seems, cooperative solutions are a necessity. Cooperative investment in the future is a wise course for our society. Lakewinds, as your cooperative grocer, takes this to heart.

As an owner of Lakewinds, you have chosen to invest in your co-op. Your purchase of a share provides Lakewinds with capital to strengthen the balance sheet and reduce our reliance on external debt. As a result, we have a healthy debt-to-equity ratio just 18 months after opening a new store. Your elected board is charged with protecting and expanding your investments and I am happy to report that, even in a time of increasing competition, your co-op is financially healthy.

As an owner, you see a return on your investment in a number of ways. In 2015, the monthly discount provided \$507,832 in cash back to our owners. The co-op also returns all profit from sales to our members each year in the form of a patronage dividend, amounting

to \$550,000 in 2015. \$110,000 of that was issued in cash (provided at check-out beginning last September) and \$440,000 was reinvested into equity. The equity is our investment in the future, enabling us to hold down our debt and keep stores financially healthy.

As an owner, you are also investing in the future of your community. Not only are our stores places where you can shop with confidence in the integrity of the products, they also add value via cooperative solutions. The Lakewinds Organic Field Fund (LOFF) is a prime example. In 2015, we awarded \$55,572 in small grants to local farmers. These grants enable them to expand infrastructure, experiment with perennial crops, and achieve organic certification. If you haven't seen the video of gratitude from these farmers check it out at [lakewinds.com/community/loff](http://lakewinds.com/community/loff).

The LOFF 2016 call for proposals is out now and we are excited to make awards again this winter. This kind of investment in the future is the cooperative difference. As an owner of Lakewinds, you are part of the solution. Thank you for your patronage in 2015 and cheers to a cooperative 2016!

## 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 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

# Co-op CALENDAR

Saturday

**FEBRUARY 6 · 11 AM TO 3 PM**

**Beauty & Skin Care Event**

10% off Hair and Body Care Products

Wednesdays

**JAN 13, FEB 10 & MARCH 9**

**Wellness Wednesdays**

5% off Entire Wellness Department

Friday

**FEBRUARY 5**

**Lakewinds Organic Field Fund  
Grant Applications Due**

Recipients will be Announced Mid-March

Saturday

**APRIL 23 · 11 AM TO 3 PM**

**Gluten-Free Round Up**

All Locations

**\$1 OFF**  
ANY VERIDITAS ITEM

**Valid: January 12 – March 31, 2016**

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

**PLU 20164**

**50¢ OFF PER LB**  
BLOOMING PRAIRIE STIR FRY  
OR STEW MEAT

**Valid: January 12 – March 31, 2016**

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

**PLU 20166**

**50¢ OFF**  
ONE DOZEN  
COMFORT COMMUNITY EGGS

**Valid: January 12 – March 31, 2016**

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

**PLU 20168**



LAKEWINDS.COOP | MINNETONKA | CHANHASSEN | RICHFIELD

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