

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.



SUMMER
is **CALLING**

Co-op Farm
Tour is Back
PAGE 4

Next-level
Grilling
PAGE 6

Functional
Summer Drinks
PAGE 12

GENERAL MANAGER LETTER

Hello everyone! Lately I've been contemplating the many reasons Lakewinds is so special. One essential component is YOU – all the amazing owners who contribute to the co-op's continued success. I feel incredibly lucky to be part of such a diverse group of people aligned around shared values. Each of us engages with the co-op differently, but we are all united in care and concern for our community, being conscientious about the products we share, and the impact those have on our environment.

Whether you're a founding member of our co-op who has helped us grow for almost 50 years or you have recently joined, I want to thank and celebrate you. Your commitment to Lakewinds, conveyed through the choice to shop locally and prioritize purchasing well-sourced, high-quality products, matters. You're contributing not only to Lakewinds' business goals, but also to the success of our hard-working team and the farmers, ranchers, and producers dedicated to providing these unique offerings. In every season, but especially at this time of year, all of these ideals come together in the best expression of the magic of Lakewinds.

Please join me and the Lakewinds team in toasting the success we've built together. Here's to you and this incredible co-op!



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Lakewinds General Manager

GENERAL MANAGER

Greg Dick

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Twin Organics
Northfield, MN



Gale Woods Farm

SUMMER CALENDAR



JUNE

Call for Board Candidates

June 1 - 24

Are you passionate about our co-op community and the local food system? By applying to run for a seat on the Lakewinds board, you can get more involved. Our board of directors impacts how the co-op operates by helping guide financial decisions, collaborating on initiatives such as the Lakewinds Organic Field Fund, and more. Board members serve terms of three years.

Learn more and apply online at Lakewinds.coop/BoardApplication from June 1 - 24. You must be a Lakewinds owner in good standing to be eligible to run.

JULY

Independence Day

July 4

Our stores will close at 4 pm on Independence Day and reopen July 5 at 8 am. We hope your celebrations are fun, safe, and full of tasty local food!

Co-op Farm Tour

July 13, 10 am - 4 pm

Meet passionate sustainable and organic farmers, learn where your food comes from, and enjoy a day of free, family-friendly fun. For more details, see pages 4-5 of this issue, pick up your guidebook at the customer service desk, and visit CoopFarmTour.com to plan your adventure!



AUGUST

Annual Meeting Lunch Tickets on Sale

Aug. 12 - 31

The Lakewinds Annual Meeting is just around the corner! While it's free for owners to attend the event, boxed lunch reservations are \$5 for adults and free for kids 10 and under (your reservation helps us minimize food waste). See lunch options and get your tickets at Lakewinds.coop/AnnualMeeting starting Aug. 12.

SEPTEMBER

Annual Election & Bylaws Updates

Sept. 1 - 15

Make your voice heard during our annual board election. Vote in store or online to elect three members to the Lakewinds board in early September.

On this year's ballot, the board of directors is proposing small language updates to modernize the co-op's bylaws – and that requires approval by owners. Recommended changes will be outlined and explained on the website and at the stores' customer service desks starting in early August, so owners will have more than one month to review.

Watch your mailbox for our election mailer or go to Lakewinds.coop/Election in late August for all the details.

Annual Owner Meeting

Sept. 15, 1 - 4 pm

Join us on Sunday, Sept. 15 at Gale Woods Farm in Minnetrista for our co-op's annual meeting. It's an opportunity to reflect on another great year, hear about upcoming plans, and celebrate the community we're building together. Come for the business meeting and stay for a free day of fun at the farm. Reserve the boxed lunch of your choice when you purchase a \$5 ticket by Aug. 31.

Learn more at Lakewinds.coop/AnnualMeeting starting in July.



Big River Farms
Marine on St. Croix, MN

Meet the Folks Behind Your Food

The Co-op Farm Tour Returns

Looking for family-friendly adventures this summer? Here's a day trip with something fun for everyone. Since 2011, the Eat Local Co-op Farm Tour has connected co-op shoppers to the farmers at the heart of our local food system.

After a one-year hiatus, the tour is back! The new format includes 16 farms across the Twin Cities, eastern Minnesota, and western Wisconsin, including new participants and longtime favorites. The farms are offering exciting activities such as guided tours, farm goods for sale, farming demonstrations, refreshments, games, and pick-your-own berries. All farms will be open to the public on July 13 from 10 am - 4 pm.

This choose-your-own-adventure-style tour is perfect for families, friend groups, and foodies alike. Visit local sustainable, organic, and regenerative farms to learn about their practices and hear about their contributions to the local food system. The lineup is diverse: rotationally grazed cattle ranches, U-pick fruit farms, no-till vegetable farms, an organic incubator farm, urban learning farms, and more.

It's a free, self-guided event, so no need to sign up!



Scan the QR code or pick up your guidebook at the customer service desk to start planning your adventure! Get all the details at CoopFarmTour.com.



TOUR LOCATIONS

Participating farms are located within 90 minutes of the Twin Cities metro area, so you can visit 2-3 farms (or more) during the tour!



SHARE YOUR PICS

Post photos and video of your adventure on social media using #CoopFarmTour and tag the farms you visit!



TOUR BY BIKE

Look for the suggested bike route for visiting the urban farms! See the guidebook for details or go to CoopFarmTour.com.

BROUGHT TO YOU BY



TOUR TIPS

GRAB A GUIDEBOOK

Preview activities and recommended itineraries in your guidebook or online at CoopFarmTour.com. Carry the map with you or download it on your phone on tour day in case your plans change on the fly.

MAKE A PLAN

Create a loose schedule for your day, including lunch at your favorite co-op or farm-to-table restaurant. GPS and cell service can be spotty in rural areas, so check your directions before heading out.

PACK LIKE A PRO

Wear sturdy, comfortable shoes that can get dirty. Bring a cooler and some cash for tasty farm goods you want to purchase. Throw in sunscreen, a water bottle, and a hat or shades to stay cool and hydrated.

RULES TO KNOW

Pets aren't allowed on the tour and bringing them could be unsafe. While you're at the farm, stay on designated paths and don't pick produce or touch animals without farmers' permission.

DON'T FORGET THE SNACKS

Pick up snacks for the road from a nearby co-op. And make a playlist of your favorite summer songs or podcast episodes to make the drive more fun.



See you at the farm!



GRILLING BONE-IN PORK CHOPS

is truly a sensory experience: the sound of the sizzle, the aroma of the meat, and of course the delicious flavor when it's ready!



Pastures a Plenty Pork

Sows enjoy deep-bedded pens and outdoor access for a comfortable, naturally stress-free environment. Feed is rotationally grown on grazed pastures for holistic land management.

MEAT | \$6.99-9.49/LB ♥ **LOCAL**
See coupon on back.

Driftless Potatoes

Locally grown by farming brothers, these organic spuds are perfect for making smashed potatoes, potato salad, hash browns and more. Look for them on shelves in late summer.

PRODUCE | ♥ **LOCAL**

HERBY GRILLED PORK CHOPS

INGREDIENTS

- 4 bone-in pork chops
- ½ cup olive oil
- 2 cloves garlic, *minced*
- 1 Tablespoon Dijon mustard
- 1 Tablespoon honey
- Zest and juice of one lemon, *divided*
- 2 Tablespoons fresh basil, *minced*
- 2 Tablespoons fresh chives, *minced*
- 1 Tablespoon fresh thyme leaves, *minced*
- 1 teaspoon salt
- ½ teaspoon freshly cracked black pepper

In a small bowl, combine olive oil, garlic, mustard, honey, lemon zest, herbs, salt, and pepper. Mix well. Place the pork chops in a large bowl or baking dish and pour half of the marinade over them. Toss to coat evenly. Refrigerate for at least 1 hour or up to 12 hours. Reserve the remaining marinade.

Preheat the grill to high heat. Remove the pork chops from the marinade, brush off any excess, and discard the used marinade. Grill the pork chops with the lid closed for about 5 minutes on each side, or until the internal temperature reaches 145°. Let them rest for 5 minutes before serving. Add lemon juice to the reserved marinade and spoon it over the grilled chops before serving.

GRILLED HERBY POTATOES WITH CHARRED SCALLIONS

INGREDIENTS

- 2 pounds medium-sized yellow or gem potatoes, *cut into 1-inch pieces*
- ⅓ cup fresh herbs, such as parsley, chives, basil, and thyme, *chopped*
- 2 garlic cloves, *minced*
- ¼ cup extra-virgin olive oil
- 2 teaspoons kosher salt
- ½ teaspoon freshly cracked black pepper
- 1 bunch green onions
- 3 Tablespoons sour cream
- 2 Tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ½ bunch chives, *minced*
- 2 Tablespoons parsley, *minced*
- Salt and pepper, *to taste*
- Lemon wedges, *for serving*

Boil the potatoes in salted water until tender but not fully cooked, about 10-14 minutes. Drain well. Place a towel over the potatoes and shake them vigorously in the colander – this gives them rough edges that will crisp on the grill. In a large bowl, mix together herbs, garlic, olive oil, salt, and pepper. Add the drained potatoes and green onions, tossing gently to coat.

Preheat the grill to medium-high heat. Lightly oil the grill grates with an oiled towel. Remove the potatoes from the bowl with a slotted spoon and set aside the bowl and oil left within. Grill the potatoes (cut side down) and green onions until tender and charred, about 7-8 minutes for potatoes (less time for onions).

For the sauce, combine sour cream, lemon juice, mustard, chives, and parsley in a bowl. Mix well and season with salt and pepper. Chop the charred onions into 2-inch pieces and return them to the first bowl with the remaining herb oil and grilled potatoes. Add the dressing, toss well, and adjust seasoning if necessary. Serve with additional lemon wedges.



PRO TIP

Cut potatoes in large enough pieces that they won't fall through your grill grate.

YOUR NEW FAVORITE GRILLABLES

These bone-in chops are deliciously balanced with a marinade that complements rather than overpowers their light, juicy taste. For a side, try grilled potatoes. With a crispy crunch and pleasing char, these are the spuds you need in your life this summer!



Spinach chickpea salad



Spinach-feta turkey burger

DELI SIDE +
HOUSEMADE MEAT

SHORTCUT TO DINNER

Mix and match a housemade meat item with a deli side for a full meal in about 15 minutes!



Herb-garlic chicken breast



Southwestern slaw

Try one of our favorite combos!



MEAT COUNTER
Herb-garlic chicken

DELI
Quinoa mint tabouli salad

For a one-inch-thick chicken breast, grill for 5 minutes per side over medium-high heat until the internal temperature reaches 165°. Enjoy the flavors – and your extra time.



Fresh & Fast

Each day we're dicing, stirring, and sautéing new items just for you! Find them in the deli case, on grab-and-go shelves, and in the hot bar and salad bar – all made without artificial flavors, colors, or preservatives.



Maya's Summer Favorite

Deli Category Manager Maya Diedrich says her favorite lunch starts with Caesar salad. "When I'm in the mood for protein, I'll top it with a piece of deli grilled salmon or baked tofu from the salad bar!"



New Flavors

New sandwiches and wraps are debuting soon – including a sweet and spicy tofu wrap on an organic Stacy's tortilla, a vegetarian muffuletta, and a smoked turkey ciabatta with chipotle mayo.

MEET *the* MEAT TEAM

When it comes to grilling, the Lakewinds meat team knows the ins and outs, the back stories, and the tips. They visit farms to connect with farmers and ranchers and learn about their practices. They care about the animals' living conditions, the prosperity of farmers, and the sustainability of our local food system. From the soil microbiome to the brats on your plate, this team takes pride in how the sausage is made – literally!

About 85 percent of the meat sold at Lakewinds is local, so the team is able to visit many farms and see firsthand how farmers care for animals, land, and the environment. They verify that meat standards are upheld, including that animals receive no added hormones and no antibiotics. Talking to farmers connects our team to the food and grows appreciation of how important farmers are to our community.

Centered on Sustainability

"The farmers we work with use regenerative agriculture. They're not only investing in soil health, which in turn helps grow the food, they're growing plants that sequester greenhouse gases," explains Joe Schaecher, meat department manager at our Minnetonka store. "Take Peterson farms. They have these huge, open fields, and they let their cows roam around, graze on pastures, and they have different structures for the type of weather so the animals are comfortable. And then they move them down the road to a different pasture so they have fresh grass."

"We see [local farmers] use their farms for educating other farmers and people in their community," says Joe. "It's so important, it's the future of our planet."

The farmers care about animals and the environment, and also about producing high-quality, delicious food. "Peterson beef is top notch," says Ben Fern, meat category manager. "It eats great every time. Plus, they do their farming the old-fashioned way with no shortcuts."

Invested in Learning

Staff strive to see different types of farms, learn about various sustainable practices, and hear about the challenges that farmers face. A number of meat team members recently visited Superior Fresh, an aquaponic farm that provides lettuces and salmon to the co-op. "The way they talked about the intricate processes to raise the fish, it's apparent that they really care," says Aaron Buchanan, meat cutter at our Chanhassen store. "They want to make a difference in the food system, it's the future of sustainability."

Focused on Flavors

In addition to connecting with farms, the meat team keeps a sharp focus on the food and flavors, which change seasonally. Part of Ben's job is to determine what housemade recipes will be available at the meat counters throughout the year. That decision is driven by last year's sales, customer preferences at each store, and the weather. This year's mild spring meant that ready-to-grill items were available earlier than in past years, including marinated chicken, kabobs, and steak.

"In spring and summer, my favorites are kabobs," says Ben. "I like all the different colors of the vegetables, and they're pretty easy to make. There's a good variety."

"Peterson bone-in steaks – it's the best grilling experience," adds Joe. "We only carry them in the summer, but we'll have T-bones, porterhouse, bone-in ribeyes ... it's the epitome of grilling."

"One thing that's been entering my rotation is the bacon-wrapped pork tenderloin," says Aaron. "They're made into individual medallions. They look so good, it's impressive. The bacon holds up, there's great flavor, and the tenderloin itself is tasty and juicy."

Between the delicious flavors, focus on sustainability, connections with farmers, and ongoing learning, the meat staff is deeply invested in every item on the shelf and at the counter, so you can feel good about what's on your plate.

Get inspired at Lakewinds.coop/FireUpTheGrill.



TIPS FROM OUR EXPERTS

1

Buy a thermometer and constantly temp your food for the best results.

2

For a more affordable steak option, look for chuck eye steak – great flavor that's more cost-effective than similar cuts.

3

Use cedar planks for grilling your salmon to take the flavor up a notch.

4

For the best brats, use a pretzel bun and skip the ketchup – just add your favorite mustard.

5

Ask our meat staff to spatchcock your whole chicken for easy, even grilling.



Everyone loves s'mores. But tending a fire on a steamy summer day? Not so much. With this recipe, you get the best of s'mores without the heat. Decadent chocolate sauce and gooey marshmallows blend together with a tangy, classic cheesecake base. It may be your new favorite dessert!

Ooey, Gooey Summer Treats

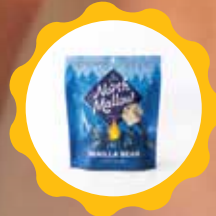
Meet Hecnel,
Marketing Assistant



SUNDAY NIGHT CHOCOLATE SAUCE

The perfect weekend indulgence, these fine chocolate sauces are great for baking, dipping, or drizzling. Sunday Night donates 1% of sales to the National Alliance on Mental Illness.

GROCERY | \$8.99 ♥ LOCAL
See coupon on back.



NORTH MALLOW

Up your s'mores game! These marshmallows are sweetened using cane sugar and agave nectar for a natural confectionary flavor. Look for vanilla, chocolate chip, and caramel varieties.

GROCERY | \$6.99 ♥ LOCAL



STONY CREEK DAIRY BUTTER

The family behind Stony Creek has been farming since the 1800s. They pasteurize and process their milk and butter on site, ensuring their dairy is some of the freshest on the market.

REFRIGERATED | \$7.99 ♥ LOCAL

No-Bake S'MORES CHEESECAKE BARS

FOR THE GRAHAM CRACKER CRUST
2 packages of graham crackers (about 16 crackers)
3 Tablespoons coconut sugar or brown sugar
8 Tablespoons (½ cup) butter, melted

FOR THE CHEESECAKE FILLING
16 ounces (two 8-oz. bricks) cream cheese, at room temperature
½ cup coconut sugar or brown sugar
1 cup sour cream
1 teaspoon vanilla extract

FOR TOPPING
Sunday Night classic chocolate sauce
1 bag North Mallow vanilla bean marshmallows
2 graham crackers, broken into ½-inch chunks
Frontier smoked salt

Spray a 9x9-inch square baking dish with cooking spray and line it with parchment paper. In a food processor, pulse the graham crackers until they turn into crumbs. Add the coconut or brown sugar and melted butter and process until well combined. Press into the bottom of the prepared baking dish to form an even layer. Tip: Use the flat side of a dry measuring cup to firmly press down the crust.

Wipe out the food processor and add the cream cheese, sugar, sour cream, and vanilla extract. Process until the mixture is smooth and creamy, scraping down the sides of the bowl as needed. Pour over the prepared crust and spread evenly.

Heat the chocolate sauce until it's pourable, either in the microwave or on the stovetop. Drizzle about half of the sauce over the cream cheese filling. Use a skewer or knife to make chocolate swirls through the filling.

Arrange nine marshmallows evenly over the top of the cheesecake. Sprinkle the graham cracker chunks on top of the marshmallows. Finish with a light sprinkle of smoked salt. Cover the dish and refrigerate for at least 8-12 hours or until the cheesecake is set.

When ready to serve, use a knife to loosen the edges of the cheesecake bars. Slice into squares, wiping the knife clean after each slice for neat cuts.

THE BOARD VIEW

WHY LOCAL MATTERS


As an incoming board member over the past several months, I've been impressed with what I've seen at our Lakewinds Food Co-op. I've been amazed at the passion and talent of the employees serving our community and shoppers and the engagement and support of our owners. What's been most eye opening, however, is seeing the strong interdependence between Lakewinds and the local community. Lakewinds strongly relies on the community, just as the community relies on Lakewinds.

Most of my career in retail and in consumer goods has been about taking a brand and sharing it with as many people as possible, often nationally. Since joining the board, I've learned that sometimes local goods are meant to be treasured only by the local community, because of the high product or nutritional quality that comes from being local and staying financially feasible. This underlines the importance of local businesses – their value to people, their positive impact on the food system, and their economic purpose.

It is said that for every dollar spent with a local business, two-thirds stays in the local community, compared to only roughly one-third at a national retailer. That means the more you spend at local businesses, the more you elevate your community. One of the ways Lakewinds demonstrates this is through the Lakewinds Organic Field Fund. Thanks to Lakewinds owners, we are able to financially support, highlight, and celebrate local farmers and makers.

As you shop this summer, I hope you appreciate the impact of your contributions to Lakewinds and the local community. Your dollar not only empowers people, it also builds our food system and a sustainable local economy.



 Peter Nguyen
Lakewinds Board Member



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PRSR STD
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TWIN CITIES, MN
PERMIT NO. 27734

Cool as a
Cucumber



Hot Honey
Lemonade



Berry
Joyful

**SIPPIN'
ON
SUMMER**

There's nothing like kicking back on the patio with a refreshing drink. Check out these cool ideas for hydrating, nonalcoholic beverages that taste amazing – and have a functional bonus! Find the recipes at Lakewinds.coop/Recipes.

**SPECIAL OWNER-ONLY
COUPONS**

Take a photo and show the coupon on your phone at checkout – no clipping needed.

\$2 OFF

PLU 22343

One Sunday Night
chocolate sauce

Valid June 1 to August 31, 2024

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.



20% OFF

PLU 22347

One meat item from the meat
department, up to \$5 off

Valid June 1 to August 31, 2024

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last. Excludes seafood.



\$2 OFF

PLU 22345

One Trace Minerals mineral
drops (2, 4, or 8 oz.)

Valid June 1 to August 31, 2024

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last.



\$2 OFF

PLU 22349

One \$10 deli purchase

Valid June 1 to August 31, 2024

Valid one-time use per member-owner only. Not valid on prior purchases. Valid for in-store shopping at all Lakewinds locations, while supplies last. Does not apply to sushi, beverage bar, Breadsmith, cheese, or Lakewinds Bakehouse items.

