

LAKEWINDS
FOOD CO-OP

ReFresh

FRESH. LOCAL. ORGANIC. SUSTAINABLE.

Savor
the Season

SHOWSTOPPING
SCALLOPS

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BEST OF
WINTER WELLNESS

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WINTER 2024-25

Hello everyone,

One of the most fulfilling aspects of being a longtime grocer is contributing to your cherished holiday celebrations. There is an electricity and excited anticipation at Lakewinds as we enter this festive time of year. We know there are always unforeseen trends and new expressions of the food you'll prepare for family and friends. This, for us, is an invitation to meaningfully connect with you to help realize your vision. The experience of coming together around great food to make lasting memories is priceless, especially this time of year. We welcome the opportunity to help elevate your celebration.

Outside of preparing delicious meals for my own family, one of my favorite holiday traditions is meeting with you in the stores as you shop – helping you find that last elusive ingredient on your list, talking turkey roasting techniques, or learning about your prized food traditions. More than once, what you've shared with me has been incorporated into my holiday table!

Lakewinds is deeply committed to exceeding your expectations in every way, specifically by providing you with a wonderful shopping experience. We appreciate the trust you place in your co-op and are committed to repaying it with knowledgeable, experienced, and smiling support. Please look to us to help you make the most of this special time, as we celebrate every opportunity to serve you.

We look forward to connecting with you at the co-op this season!



Greg Dick
Lakewinds General Manager

GENERAL MANAGER

Greg Dick

EDITORS

Jena Olson

Sr Communications Manager

Renee Whisnant

Marketing Manager

Baylee Meichels

Social Media & Design

Aubre Suttle

Events & Community

Eric Young

Marketing Assistant

Ray Norris

Marketing Assistant

Hecnel Loponte

Marketing Assistant

DESIGN

Meghan Palmer

Nichole Robison

PHOTOGRAPHY

Leigh Loftus

RECIPES & FOOD STYLING

SheCooks.Design



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

DECEMBER

December 24

Stores close early at 4 pm.

December 25

Stores are closed and will reopen at 8 am on December 26.

December 31

Stores close early at 6 pm.

JANUARY

January 1

Stores are closed and will reopen at 8 am on January 2.



Lakewinds Organic Field Fund Applications

January 1 - 31

Applications for the 2025 Lakewinds Organic Field Fund (LOFF) grant program open in January. Local sustainable and organic farmers can request grant funds to help with projects that improve farm efficiency or safety, boost environmental stewardship, help them reach new markets, or complete other projects that benefit the farm.

Since LOFF'S creation in 2011, we've awarded \$889,183 in grants to more than 95 local farms. These contributions help build a local food system that values smaller-scale agriculture, soil health, sustainability, and environmental responsibility – while supporting our owners' desire for high-quality, organic food.

Learn more about LOFF and see past recipients and projects at Lakewinds.coop/LOFF.



Lettuce Celebrate 50 Years of Lakewinds!

2025 is a tremendous milestone for Lakewinds ... our 50th anniversary! Since 1975, we've brought the farm to you: supporting local growers, providing sustainably raised food, and offering the highest-quality products and service for you and your family. We're full of gratitude for everyone who's been on the journey with us. Get ready to celebrate in ways big and small throughout the year!



SMALL CHANGE, BIG IMPACT

When you make a purchase at the co-op, you have the option to round up to the nearest dollar to raise money for local nonprofits. While those extra cents may not seem like a lot, when multiplied by thousands of people, the impact is impressive!

TOTAL STATS

+1.6
MILLION

TOTAL
DONATED

58

TOTAL
ORGANIZATIONS
SUPPORTED

Round Up totals since 2015

RECENT STATS

\$194,123

DONATED

\$16,523

AVERAGE MONTHLY
TOTAL DONATED

43 cents

AVERAGE ROUND UP
AMOUNT

30%

OF TRANSACTIONS
ROUNDED UP

Fiscal year of July 2023
through June 2024

RECIPIENT HIGHLIGHTS



HMONG AMERICAN FARMERS ASSOCIATION (HAFA)

\$13,876.81 raised in January 2024

"Round Up contributions allowed HAFA to purchase an electric tractor that is shared among our farmers and enhances our sustainable practices. Thank you for creating a vibrant, just, and sustainable food system."

- Janssen Hang, *Executive Director*



HUMANITY ALLIANCE

\$13,966.18 raised in February 2024

"Lakewinds members' generosity provided the financial support for [us] to prepare and deliver over 7,428 ready-to-enjoy, healthy meals to our neighbors in need, helping combat chronic diseases that are tied to food insecurity."

- Greg Pavett, *Executive Director*

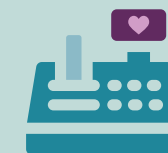


THE GOOD ACRE

\$17,168.81 raised in April 2024

"Thank you again for spotlighting our Pay What You Can program for your April 2024 Round Up campaign! The funds are going a long way in helping us offer CSAs at a price that works for each household."

- Brenna Cook, *Development Coordinator*



Currently, around one third of register transactions are rounded up. Imagine the impact if we got to half of all transactions! The next time you check out, remember the big difference small donations make. **Learn more at Lakewinds.coop/RoundingUp.**

BONE BROTH

3 Ways

Treasured around the world for its nutritional benefits, bone broth is filled with protein, collagen, and nourishing amino acids. Sip the broth as is or use it as a base for recipes like ramen and hot & sour soup.



1

SLOW COOKER BONE BROTH

- One large or two medium slow cookers (to equal 7 quarts or more)*
- 4 lbs. chicken bones (back, feet, wings) or pork bones
- 1 large onion (with skins), quartered
- 4 large carrots, cut into 2-inch pieces
- 4 celery stalks, cut into 2-inch pieces
- 1 head garlic, cut in half crosswise
- 1 Tablespoon olive oil
- 2 teaspoons salt, divided
- 1 Tablespoon black peppercorns
- 1 bay leaf
- ¼ cup apple cider vinegar
- 8-10 cups cold water

Preheat the oven to 400°. On a rimmed baking sheet, toss the onion, carrots, celery, and garlic with the olive oil and 1 teaspoon of salt. Place the chicken or pork bones on the sheet and sprinkle with the remaining teaspoon of salt. Roast for 45 to 50 minutes, turning the ingredients occasionally, until the bones and vegetables are golden brown.

Transfer the roasted bones and vegetables to a slow cooker that's 7 quarts or larger.* Add about 1 cup of water to the baking sheet to deglaze, scraping up any browned bits. Pour this liquid into the slow cooker along with the peppercorns, bay leaf, and apple cider vinegar. Add enough cold water to just cover the ingredients – about 8 to 10 cups, depending on the size of your slow cooker.

Cover and cook on high for 4 hours, then cook on low for an additional 8 to 10 hours (up to 24 hours for a richer broth). After cooking, let the broth cool for about 45 minutes. Strain it into a large container, discarding the solids. Refrigerate the stock overnight. The next day, skim the solidified fat from the top (save it for another use, if desired). Strain the stock again through a cheesecloth-lined strainer into a clean container.

Store the broth in the refrigerator for up to 1 week or freeze for up to 6 months. If freezing, leave some room at the top of the container to allow for expansion.

Makes 8 to 10 cups.

**If using one medium slow cooker, halve the recipe. If using two medium slow cookers, make the full recipe but purchase smaller bones, so you can add some to each cooker. You can also use a large stock pot on your stovetop. For safety reasons, never leave simmering broth unattended.*

2

PORK MISO RAMEN

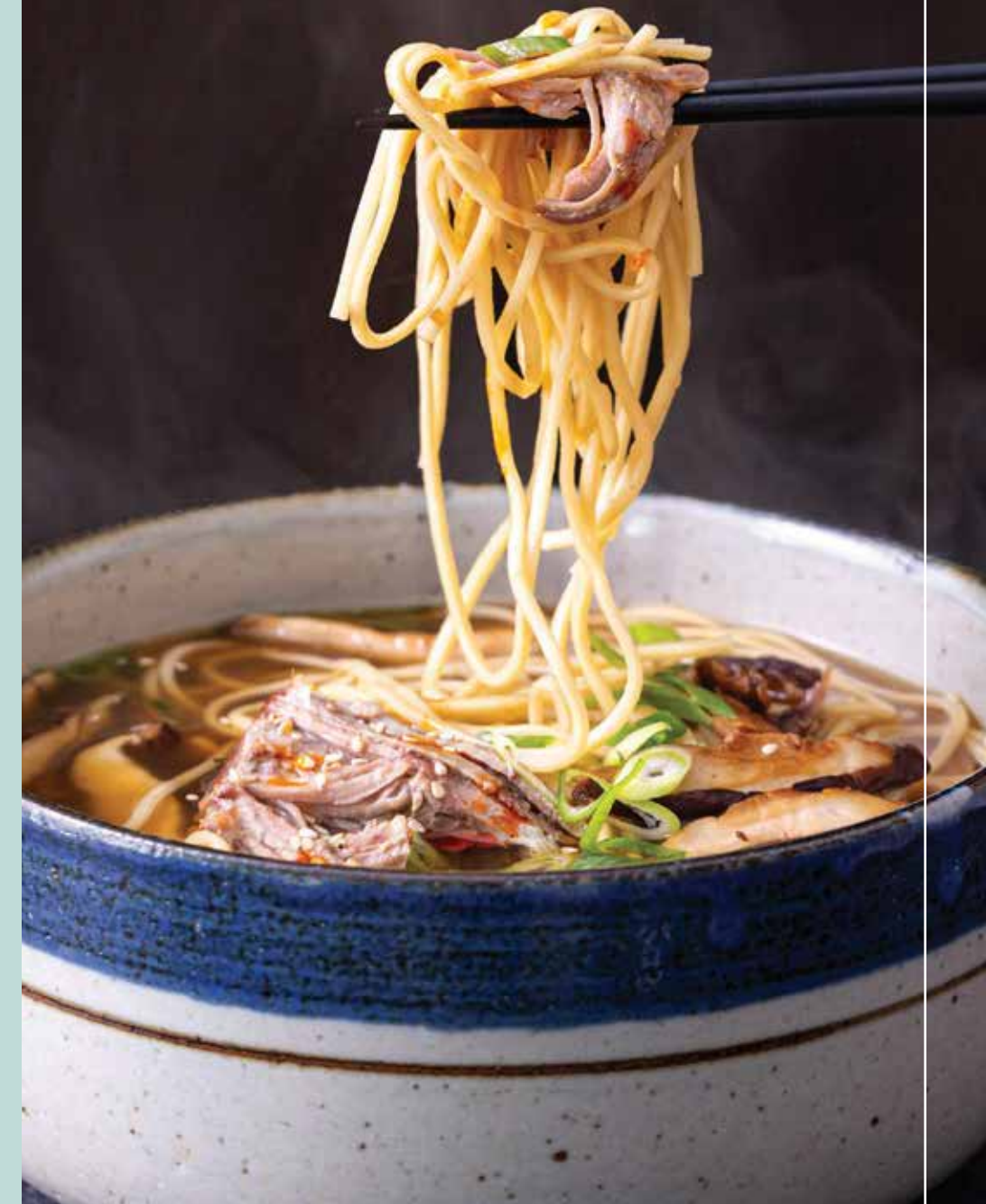
- 4 Tablespoons vegetable oil, divided
- 6 oz. boneless pork chop or pork loin, cut into thin 2-inch strips
- Salt, to taste
- 1 bunch green onions, white and green parts, cut in 2-inch pieces
- 12 oz. shiitake mushrooms, stemmed and thinly sliced
- 2 teaspoons fresh ginger (about 2 inches), finely grated
- 2-4 cloves garlic, finely minced
- 4 cups bone broth (see recipe) or chicken or vegetable broth
- 2 cups water
- 1 piece of kombu
- 2 teaspoons soy sauce
- 2 Tablespoons white miso
- 9 oz. dry ramen noodles
- Toasted sesame seeds
- Sesame oil, to taste

Season the pork with salt and thinly slice. Heat a large soup pot on medium and add 1 Tablespoon of oil. Sauté the pork until it's cooked through and set aside. To the same pot, add 1 Tablespoon of oil, add the green onions, and season with salt. Cook, tossing the onions for 2 to 3 minutes until charred. Set aside with the pork.

Heat the same pot over high, add 2 Tablespoons of oil and shiitake mushrooms and stir-fry until mushrooms are well browned, about 7 to 10 minutes. Add the ginger and garlic and cook for 30 seconds.

In a separate sauce pan over high heat, bring the bone broth and water to a boil. Add the kombu, reduce heat, and simmer. After about 5 minutes, remove the kombu. Add the soy sauce and miso, then season with salt and pepper to taste. Add the noodles and cook for 3 to 4 minutes until tender.

Place the pork, green onions, and mushrooms into bowls, then cover with the broth and noodles. Top with sesame seeds, drizzle with sesame oil, and serve.



3

HOT & SOUR SOUP

On cold winter nights, this hot and sour soup is warming and nourishing.

Find the recipe at Lakewinds.coop/Recipes.



EASY *Elevated* ENTRÉE

Whether it's a cozy date night in or a festive holiday gathering, seared sea scallops make your dinner deliciously special. Sautéed in brown butter and topped with herbs, these scallops deliver melt-in-your-mouth flavor with minimal prep.



HOPE CREAMERY BUTTER

A beloved taste of Minnesota, Hope has been handmaking their European-style, artisanal butter fresh each week for decades.

REFRIGERATED GROCERY
\$8.99 ♥ LOCAL

See coupon on back.

SCALLOPS WITH BROWN BUTTER

12 sea scallops, *patted dry*
Cayenne pepper, *to taste (optional)*
Kosher salt and pepper, *to taste*
1 Tablespoon olive oil
2 Tablespoons butter
2 teaspoons fresh thyme leaves
Zest and juice of one lemon

Use a very sharp knife to lightly score the scallops on both sides in a cross-hatch pattern. Season the scallops with cayenne, salt, and pepper. In a medium skillet, heat olive oil and butter over medium-high heat until the butter is frothy and shimmering.

Add the scallops to the skillet and sear for 1 minute without moving them. Use a spoon to baste the scallops as they cook. Gently flip the scallops and sear for an additional 1 minute until golden brown and cooked through. Add the zest, lemon juice, and thyme to the pan. Swirl the pan to coat the scallops.

Divide scallops onto plates. Drizzle with the browned butter-citrus sauce and serve. Serves four.



We follow strict third party standards so you can feel good about your seafood.

PLANT BASED & PROTEIN PACKED

This stir-fry is packed with protein thanks to chickpeas, and the broccoli brings an extra punch of nutrients and flavor! Add an herb-infused sauce for a flavorful, nutritious comfort-food meal.

BROCCOLI CHICKPEA STIR-FRY

3 Tablespoons avocado or coconut oil
1 ½ lbs. broccoli, *cut into 1-inch pieces*
½ teaspoon kosher salt
1 bunch green onions, *white parts thinly sliced*
1 can chickpeas (aka garbanzo beans), *rinsed and drained*
3 garlic cloves, *thinly sliced*
1 jalapeño pepper, *minced*
3 Tablespoons soy sauce
1 Tablespoon maple syrup (or agave)
1 Tablespoon sesame oil
Handful of fresh basil (Thai basil when available)
Cooked rice for serving

Heat the oil in a large skillet or wok over medium-high heat. Add the broccoli, season with salt, and cook undisturbed for 2 to 3 minutes until it starts to brown. Stir in the green onions, chickpeas, garlic, and pepper. Cook for another minute, stirring occasionally, until the garlic is fragrant.

Add 3 Tablespoons of water to the skillet, cover, and reduce the heat to medium. Steam the broccoli until it turns bright green and is fork-tender, about 2 to 3 minutes. Adjust the heat if needed to prevent burning.

Meanwhile, in a medium bowl, whisk together the soy sauce, maple syrup, and sesame oil. Pour the sauce into the skillet, tossing everything to coat evenly. Let it simmer for about 3 minutes to combine the flavors. Stir in fresh basil and serve hot over rice.



SKINNY STICKS MAPLE SYRUP

This Wisconsin family-owned company taps maple trees close to home to create this local syrup.

GROCERY | \$9.99 - \$14.99 ♥ LOCAL

See coupon on back.

Whole Body Winter Wellness

This season can be delightful: waking up to a world covered in snow, snuggling up with hot chocolate and a good book, gathering with friends and family. But when it takes a toll in the form of colds, dry skin, and chapped lips, the co-op is here for you. At Lakewinds, you'll find body care that's free from parabens, phthalates, triclosan, and dozens more ingredients. So you get the nurturing support your body needs inside and out – and peace of mind, too.



Meet Jaime,
Richfield produce manager

“When our customers shop for skin care, they know our products are clean, free of any synthetic ingredients, and never tested on animals. There is a plethora of worrisome ingredients out there, and we pride ourselves on having more strict ingredient standards than most stores. We do the work so our customers don't have to.”

- Abby Ayers, wellness category manager

❄️ Happy skin despite the chill

Whether you're snowshoeing, skiing, ice skating, or enjoying a winter walk, cold air can sap moisture. These hardworking products can help you stay moisturized from head to toe.

BeeSpa is a locally made, ultra-moisturizing cream for hands and feet that's a longtime staff favorite.

WELLNESS | \$12.99-\$29.99 ❤️ LOCAL

Acure's Ultra Hydrating overnight

dream cream is a lovely, fluffy moisturizer that soaks in overnight. As a bonus, Acure is Climate Neutral Certified.

WELLNESS | \$19.99

Hyalogic Pure HA serum is designed to hydrate, soothe, and refresh your face, while helping to lessen the appearance of fine lines.

WELLNESS | \$35.99

Evan Healy's lip balm has organic shea butter to help repair dry, cracked lips. It moisturizes and locks in beneficial oils with no greasy feel.

WELLNESS | \$9.99

❄️ Hair care to battle dry winter air

When indoor heating and cold weather dry out your hair, hair oil can protect strands and help prevent breakage.

Zatik hair serum is made for fine, delicate hair. It has essential fatty acids, oils, and plant extracts to smooth and hydrate hair and soothe your scalp.

WELLNESS | \$13.99

Pranarom Strong Roots follicle and scalp support is an essential oil blend with seed oils, rosemary, and lavender that relieves the scalp and encourages hair to grow.

WELLNESS | \$14.99 ❤️ LOCAL

❄️ Back to the (supplement) basics

There are numerous supplements and blends that support immunity, but don't forget the essentials. Vitamin C, vitamin D, and zinc are key for the winter when we have fewer daylight hours and are fending off germs. "There are lots of trendy products, but those are the tried-and-true top three," says Jeremy White, wellness department manager at our Richfield store. "They cover a lot of bases for immune support."



See more ideas at
Lakewinds.coop/WinterWellness

Making a Local Impact Together

Season's Greetings to all our Lakewinds Owners. As I begin my fourth year with the Lakewinds board of directors, I'd like to share a few key areas of focus for our board.

One goal is to highlight what's happening in our local food system. Last summer, the board visited Prairie Drifter Farm in Litchfield. This small organic farm, owned by Joan and Nick Olsen, grows a variety of vegetables and fruit. We were inspired by their commitment to sustainable farming, including fostering healthy soils, creating pollinator habitat, and enhancing biodiversity on their land. They support local schools, providing fresh, locally sourced ingredients for student meals. Recently, Prairie Drifter Farm received a LOFF grant to upgrade their greenhouse. Next year's applications open on Jan. 1, 2025 - learn more at Lakewinds.coop/LOFF.

Our board is also striving to ensure that Lakewinds continues to be an awesome place to work. I'm pleased to share that 71% of Lakewinds staff are full-time employees, 39% have worked for Lakewinds for more than 5 years, and turnover is far below industry average. Every time I shop, I am impressed by the staff's knowledge and dedication to exceptional customer service. Lakewinds is a mission-driven organization, with a mission of: "We are a member-owned cooperative that provides the highest quality of natural and organic products at a good value. We are committed to outstanding service and leading the way in education and community participation." As a board, we are dedicated to representing our owners and helping Lakewinds bring this mission to life every day.

I want to thank all our member-owners for your continued support of the co-op. Because of you, Lakewinds had a record year in 2024 and is growing its influence in the food system to bring more local, healthy food to all families.



Katie Semersky

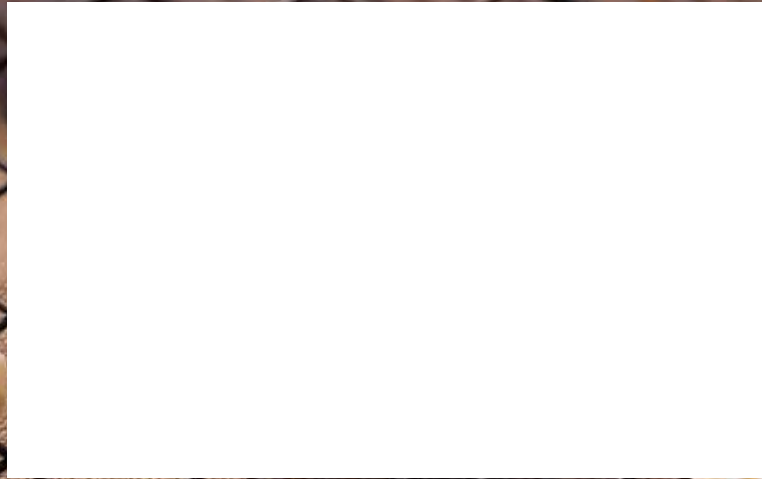
Lakewinds Board Member





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

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Citrus Cookies

It'll be love at first bite! These buttery, tender cookies are melt-in-your-mouth delicious. Made with a tangy, creamy lemon curd filling, they're a bright addition to any cookie tray. **Find the recipe 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 22363

One bottle of Skinny Sticks maple syrup

Valid Dec. 1, 2024 to Feb. 28, 2025

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.



\$1 OFF

PLU 22367

One package of Hope Creamery Butter

Valid Dec. 1, 2024 to Feb. 28, 2025

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.



\$5 OFF

PLU 22365

Per pound of fresh sea scallops (limit \$10 off)

Valid Dec. 1, 2024 to Feb. 28, 2025

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.



25% OFF

PLU 22369

One body care item (limit \$10 off)

Valid Dec. 1, 2024 to Feb. 28, 2025

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.

