

LAKEWINDS
FOOD CO-OP

ReFresh

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SPRING 2025



FRESH. LOCAL. ORGANIC. SUSTAINABLE.



Hello everyone,

Since 1975, our co-op has been guided by a commitment to values that go beyond just being a successful business. We are dedicated to the entirety of our mission – changing the food system through community engagement, sourcing the highest quality products locally, reducing our impact on our environment, and being an excellent place to work and shop. Your continued loyalty to Lakewinds keeps us successful, allowing us to continually make strides in this mission.

This critical work is made possible by the UNBELIEVABLY passionate, dedicated, and experienced teams working at our co-op. Each of our teams contributes to great outcomes in our stores and in our communities, always working collaboratively to ensure we're practicing our values.

Over the last 50 years, our approach to the business has evolved to maximize value to our owners while expanding our commitment to service. We aspire to provide you an awesome shopping experience that's rich with genuine connections: to amazing food, to our shared values, and to expert employees you can trust. When you choose to spend your grocery dollars with Lakewinds, it allows us to do great things together.

This authentic connection between you as an owner and everyone working at the co-op is the synergy that will carry us into the next 50 years and beyond. Thank you for contributing to something truly special. Happy Spring!



Handwritten signature of Greg Dick

Greg Dick
Lakewinds General Manager



ON THE COVER
Special thank you to Lauren, category manager.

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Visit Lakewinds.coop/ReFresh for this and other online newsletters.

SPRING CALENDAR

MARCH

Minnesota FoodShare Month

March 1 - 31

Round up in March to support your store's closest food access partner: ICA, PROP, or VEAP. Help us reach our goals to unlock additional Lakewinds donations that support WeCAN, Bountiful Basket, and Tubman's food shelf.

Want to create change with more than just change? Purchase a food shelf donation card at checkout in \$5, \$10, or \$20 amounts to give in greater quantities. Beyond our Round Up totals, Lakewinds will donate up to \$5,000 per store as we reach our goals throughout the month. *Ask a cashier for details.*

Lakewinds Organic Field Fund (LOFF) Grants Awarded

Mid-March

Every spring, Lakewinds' LOFF grant program brings targeted financial support to local farmers as they prep for the growing season. Grants help fund specific goals and projects, like installing caterpillar tunnels and irrigation or implementing livestock watering systems.

See the full list of our 2025 LOFF recipients and learn about their planned projects beginning in mid-March at Lakewinds.coop/LOFF.

APRIL

Earth Week

April 20 - 26

Earth Day: April 22



Join us for a week-long celebration of Earth Day with planet-friendly specials that help you reduce your eco-impact. Don't forget to bring your reusable bags in April, when credits are doubled to 10 cents per bag. You can multiply the good by donating your bag savings to April's Round Up recipient, Sisters' Camelot.

MAY

Spring Plant Sale

Early May

For the first time ever, the Lakewinds Plant Sale will be at all three of our store locations! Get ready for growing season with soil, herbs, organic veggies, and other garden essentials, while supplies last. Look for details in late April in your email inbox and social media updates.

Memorial Day Store Hours

May 26

Stores will close early at 6 pm in observance of Memorial Day, resuming normal hours on Tuesday, May 27.



Spring Meat Sale

May 4 - 31

Grilling season heats up with our annual Spring Meat Sale! Enjoy deep discounts on sustainably raised meats, perfect for summer socials, park picnics, and backyard barbecues. With only the highest quality meats and seafoods raised according to our strict standards, you can shop with peace of mind. See the schedule at Lakewinds.coop/MeatSale starting in April.

Sale is in store only, while supplies last. Lakewinds owners can use their 5% monthly discount for even bigger savings, just let the cashier know at checkout.





Bite into Breakfast

A nourishing morning meal can make the whole day better. These egg bites are just the thing: easy to make ahead of time, packed with protein and veggies, and full of flavor. It's a delicious choice for leisurely weekend brunches and weekday breakfasts alike – simply reheat and eat.

EGG BAKE BITES

- 8 eggs
- ¼ cup whole milk, half-and-half, or nondairy milk
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ lb. (about 1 cup) housemade breakfast sausage
- ¾ cup (about 3 oz.) red bell pepper, *finely minced*
- 1 cup hash browns
- 1 cup fresh spinach, *thinly sliced*
- 3 green onions, green and white parts, *thinly sliced*
- 4 oz. LaClare garlic herb goat cheese, *crumbled*
- ½ teaspoon crushed red pepper flakes, *optional*

Preheat oven to 375°. Generously grease a 12-cup muffin pan with butter, oil, or spray. In a skillet over medium heat, brown the sausage until it's cooked through, about 10-12 minutes, then set aside.

In a 4-cup measuring cup with a spout (to make it easier to pour), whisk together the eggs, milk, salt, and pepper, until just combined.

Mix together in a separate bowl the breakfast sausage, hash browns, bell peppers, spinach, and green onions. Evenly divide into each muffin cup (about 2 Tablespoons total in each). Sprinkle with red pepper flakes if using. Add 1 Tablespoon goat cheese on top of each.

Carefully pour the egg mixture over the toppings, filling each cup about ¾ full (just over the top of the add-ins and cheese).

Bake for about 20 minutes until puffy and golden brown around the edges.

Remove from the oven and cool in the pan for 5 minutes. Run a small rubber spatula or knife around the edges and remove the egg bites from the pan. Serve immediately, or cool completely and store in the fridge or well-sealed in the freezer.



ACRES OF EDEN EGGS

This small-scale, organic family farm in Fergus Falls pasture-raises hens following regenerative practices, which focus on soil health, biodiversity, and water management.

GROCERY | \$6.99 ♥ LOCAL



HOUSEMADE BREAKFAST SAUSAGE

The Lakewinds meat team makes delicious ground breakfast sausage fresh daily, using local, sustainably raised pork and a blend of house seasonings.

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



LACLARE GARLIC AND HERB GOAT CHEESE

This herby, savory blend adds extra flavor to your favorite egg dish. Hyper-local LaClare Creamery uses goat milk from dairies all within 10 miles of their Wisconsin facility.

SPECIALTY CHEESES | \$4.49 ♥ LOCAL
See coupon on back.

Deli Breakfasts to Heat & Eat

Stop by Lakewinds for delicious breakfast items made from scratch by our Deli team.

Find scones, quiche, and more, ready to bake at home and enjoy fresh out of your oven. Your day's most important meal is covered, with minimal cleanup!



Roll into Spring

Spring rolls are a traditional dish eaten this time of year to celebrate the return of fresh vegetables, with origins in Chinese and Vietnamese cuisine. While it's still a bit early to get local veggies in the Midwest, spring rolls are always in season!

There are three versions to try, including a crunchy and classic fresh variety, a decadent dessert version, and one that uses prepped ingredients.



OCEAN'S HALO SPRING ROLL WRAPS

Ocean's Halo supports ocean conservation by donating to 1% for the Planet and Monterey Bay Aquarium's Sea Otter Program.

GROCERY | \$4.29



KADEJAN ROTISSERIE CHICKEN

This family-run network of poultry farms maintains high standards for animal welfare, including clean, spacious barns for chickens to live comfortably.

DELI | \$14.99 ♥ LOCAL

Veggie



Fruit



Chicken



VEGGIE SPRING ROLLS

- 1 carrot, *peeled and cut into 3-inch matchsticks*
- 1 English cucumber, *cut into 3-inch matchsticks*
- 1 cup purple cabbage, *thinly shredded*
- 4 green onions, *thinly sliced*
- 2 cups spring greens salad mix
- ¼ cup mint leaves, *thinly sliced*
- ¼ cup cilantro leaves
- ¼ cup fresh basil leaves, *thinly sliced*
- 4 oz. thin rice noodles (also called rice vermicelli)
- 1 teaspoon toasted sesame oil
- 2 avocados
- 8 (8-inch) round rice paper wraps

DIPPING SAUCE

- 3 Tablespoons tahini
- 1 Tablespoon sweet chili sauce
- ½ Tablespoon Mama Kicks gochujang sauce, *optional*

In a small bowl, whisk together the tahini and sweet chili sauce. Add water if needed to make the consistency thinner. Whisk in the gochujang if you like it spicy. Peel, slice, and chop the first eight ingredients and gently toss together in a bowl. Make the noodles per package directions, rinse and drain them, place in a bowl, and toss with sesame oil and 1 Tablespoon of the dipping sauce, then set aside. Slice each avocado half into 8 separate half-moon pieces.

Place a rice paper wrapper into warm water for about 5 to 10 seconds. The wrapper should still

be quite firm — it will continue to soften as you fill. Place the dampened wrapper onto a clean, large cutting board or counter.

Start by placing 4 slices of avocado cross-wise down the middle of the wrapper. On the part of the rice paper closest to you, lay down a small line of the vegetable mixture, then top with the noodles (arranging all in the same direction), leaving a border of at least 2 inches.

Roll per the directions below and serve with the remaining dipping sauce.

FRUIT SPRING ROLLS

- 4 oz. thin rice noodles (also called rice vermicelli)
- 2 cans coconut milk
- 8 (8-inch) round rice paper wraps
- ¼ cup fresh mint leaves, *finely chopped*
- 8 medium strawberries, *thinly sliced*
- 1 mango, *pureed*
- 2-3 kiwis, *cut in thin strips*
- ½ cup toasted coconut flakes, *crushed*

DIPPING SAUCE

- 2 tablespoons fresh mint leaves, *chopped*
- ¼ cup honey
- ¼ cup fresh lime or lemon juice (about 2 limes or lemons)
- ½ cup plain yogurt, *dairy free if desired*

Bring coconut milk to a simmer and add the rice noodles. Simmer for 5 minutes, stirring frequently, until the noodles are soft. Drain the noodles, saving the coconut milk for another use if desired, and allow noodles to cool. Whisk together the dipping sauce and set aside, then slice and prep the remaining ingredients.

Soak a rice paper sheet in warm water for about 5 to 10 seconds. Put the rice paper on a clean countertop. Line up 3-5 slices of strawberries in the center of the rice paper. Add 1 - 1 ½ Tablespoons of pureed mango, then 2 slices of kiwi. Sprinkle with mint and about 1 Tablespoon of coconut flakes. Add about ¼ cup of the noodle mixture on top of the fruit. Roll per the directions at right and serve with dipping sauce.

CHICKEN SPRING ROLLS

Our chicken spring rolls use rotisserie chicken, sliced veggies, and herbs for extra flavor. After rolling, you can sear them to crisp up the roll and add even more crunch! Get the full recipe at Lakewinds.coop/Recipes.



THIS IS HOW WE ROLL

Carefully roll like a burrito by pulling the wrapper over the top, then tucking in the sides and continuing to roll.

You want it reasonably tight, but not tight enough to break the wrap. Be gentle, but firm.



Beyond the BAG

WHY BUYING BULK MATTERS

Meet Ari, Joker, and Angel (L to R)
Lakewinds bulk replenishers



Since our co-op's earliest days, Lakewinds has provided shoppers with the sustainable option of bulk buying.

Five decades later, that tradition continues in all our store locations. You'll find aisles brimming with more than 100 bulk ingredients, from grains to spices to coffee. Lakewinds replenishers Ari (Minnetonka), Joker (Richfield), and Angel (Chanhassen), who manage these aisles, are here to answer your bulk-buying questions – and share why it matters today.

A COOPERATIVE TRADITION

Our commitment to bulk shopping is deeply rooted in our cooperative history. Back in the 1970s, a small group including Edie Stodola and Helen Davis worked together to create the Minnetonka Buying Club, which purchased staple ingredients and whole grain breads in bulk to get the best deal. Since then, our selection has multiplied many times to provide shoppers with a wide variety of high-quality, local, and organic foods. The bulk aisle is a testament to the co-op's enduring traditions – as convenient and sustainable today as in 1975.



Minnetonka bulk aisle, circa early 2000s

“We have so much more than just basic ingredients in the bulk aisle,” says Ari. “Next time you’re here, take a look at everything we have – you just might find your new favorite snack!”

FRESH AT HAND

Bulk products are frequently replenished, ensuring optimal freshness. Angel says that when filling bins, the team always moves remaining product to the front, so nothing sits and gets stale.

“With bulk products, often it’s ground to order,” adds Joker. “Things like flours, nuts, herbs, and spices are a lot fresher in the bulk department. It’s often a more affordable option, too.” This means you’re getting the most out of your food, in both taste and nutritional value.

A SUSTAINABLE CHOICE

“The bulk aisle is a more earth-friendly approach to grocery shopping, using less plastic for products,” says Ari. “You can pick exactly the amount of product you need,” adds Joker. Lakewinds offers a wide variety

of products in bulk, including grains, nuts, snacks, coffee, tea, herbs, spices, and more. This simple act of buying bulk instead of prepackaged goods can make a significant impact.

“Since most, if not all, of our [bulk] products come in compostable and recyclable materials, we have less waste – and so do the customers!” says Ari. By reducing packaging waste, you help reduce your carbon footprint and save precious resources. See more bulk aisle info and tips at Lakewinds.coop/BulkTips.

Overpoured? Or grabbed the wrong item?

No problem! Joker says the best thing to do is put a twist-tie on it, seal it up, put the PLU on it, and leave it near the bin it came from. Our friendly bulk staff will take care of it!

BIG TASTE

Low Waste

In honor of Earth Day, this recipe is made with ingredients that can be found without plastic! From bulk aisle grains and lentils to veggies and a few items in glass bottles, this recipe is nutrient-rich and better for the planet, too!



BULK AISLE GRAIN BOWL

- 2 Tablespoons olive oil
- 1 teaspoon kosher salt
- 2 small zucchinis, *cut thinly into rounds*
- 1 cup red bell pepper, *chopped*
- 1 small onion, *sliced*
- ¼ cup julienned sundried tomatoes
- 1 cup bulk soft white wheat berries, *rinsed and drained*
- 1 cup bulk French lentils, *rinsed and drained*
- 4 cups water

SAUCE

- ⅓ cup olive oil
- 3 Tablespoons lemon juice
- 1 garlic clove, *minced*
- 1 teaspoon Dijon mustard in a glass container, such as Delouis
- 1 teaspoon honey
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- 2 teaspoons sesame seeds

Preheat oven to 425°. Add the wheat berries and lentils to 4 cups of salted water. Bring to a boil, reduce to a simmer, and cook for about 30 minutes until tender. Strain if needed.

Meanwhile, on a rimmed sheet pan, toss the olive oil, zucchini, bell pepper, onions, and salt to coat. Roast for 20-25 minutes until tender and browned on the edges. Stir in the sundried tomatoes.

In a separate small bowl, whisk together the sauce ingredients. In a shallow bowl, add the lentil-wheat berry mixture to one side and some vegetables on the other side. Drizzle with the sauce and serve.



WHOLE GRAIN MILLING SOFT WHEAT BERRIES

These prized organic grains are grown and milled in Welcome, MN, along with popular organic corn chips and wholesome flours and baking mixes.

BULK AISLE | \$1.49/LB ♥ LOCAL
See coupon on back.

With these eco-friendly hacks for cutting down household waste, it's easy being green!

Use Veggie Scraps

Reduce waste by changing how you prep your veggies. Scrub carrots instead of peeling them. Use the stems from broccoli and cauliflower. Use leaves from beets, carrots, and celery in salads. Repurpose hard-to-eat bits like onion skins and kale stalks by adding them to a homemade veggie stock. And instead of tossing out celery and scallion bottoms, you can simply place them in a dish of water near sunlight to grow more food.

Shop Plastic-free

Plastic packaging may seem unavoidable. But with a bit of planning, alternatives to plastic waste abound. Skip the separate bags for veggies and just wash them well at home. Or bring small multi-use cotton sacks for produce. Shop for dried grains, beans, and pasta in the bulk aisle using clean mason jars from home. (Unsure how to weigh and label? Our staff is happy to help.) At the meat counter, opt for items where your selections can be wrapped in waxed paper. For pantry items, choose condiments and other essentials that come in glass or cardboard.



Adopting these hacks at any scale contributes to a cleaner planet. Every little bit helps!

BOARD LETTER

Signs of Abundance

Spring is upon us! As the days get longer and the birds get louder, I'm reflecting on my first season serving on the Lakewinds board. Just as there are signs of growth outside, there are so many signals of abundance inside the stores.

Here are some of the small details I noticed while walking the aisles on a recent grocery run:

- The signs and cues throughout the beautiful, colorful produce department that remind me where our food has come from and who has grown it.
- The employee in the wellness department who knows everything about the high-quality, organic products on the shelf and can help me find just the right one.
- The incredible diversity of options in the bulk aisle and the opportunity I have to build small habits daily toward a more sustainable future.
- The reminder at checkout to consider supporting our Community Giving Round Up partner and all the ways that Lakewinds helps us support our local community.

My challenge to you on your next visit to your favorite Lakewinds store is to look around and notice the ways the co-op aligns with your values – abundant reminders of how lucky we are to have it in our neighborhoods. Happy Spring!

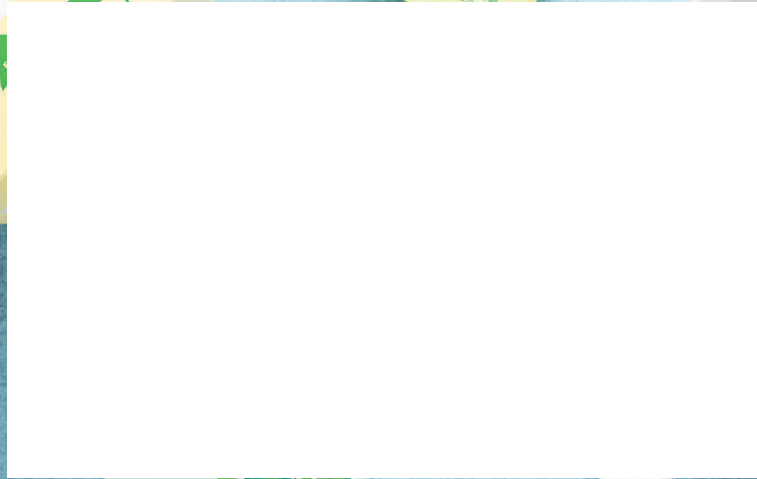


Emily Anthony
Lakewinds Board Member



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GREEN SWAPS
Improve your household's sustainability with eco-friendly swaps, including lunch boxes made from recycled materials, bamboo paper products, and compostable items.

Owner-Only Coupons | Take a photo and show the coupon on your phone at checkout – no clipping needed.

\$1 OFF PLU 22375
Per pound of housemade bulk ground pork sausage
Valid March 1 to May 31, 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.



20% OFF PLU 22371
One purchase of bulk aisle wheat berries, rye berries, or quinoa (limit \$5 off)
Valid March 1 to May 31, 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.



20% OFF PLU 22373
One Klean Kanteen item
Valid March 1 to May 31, 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 22377
One LaClare goat cheese item
Valid March 1 to May 31, 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.

