



**LAKEWINDS**  
FOOD CO-OP

# REFRESH

Lakewinds Owner Newsletter  
Fall 2014

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*Fermented Foods for Fall*  
*Bite Into Apple Season*  
*Healthy Grab & Go Meals*



## LETTER FROM THE GENERAL MANAGER: Local farms, local products, local ownership

We're off and running in Richfield. As of early August, we have about one month of operations under our belt. I can report that sales at the new store are running well ahead of the projections. The response from the community around the store has been overwhelming. Many, many new owners have joined the co-op. We are thrilled at the opportunity to grow the community of co-ops in the Twin Cities.

Lakewinds owners have also supported our stores in Minnetonka and Chanhassen. As we ended the fiscal year on July 31, we were very close to hitting our sales budget. In an increasingly competitive market, what really differentiates us is that we are community-owned, with all of our income staying in our communities. We either distribute our income back to our owners as patronage dividends or retain the earnings to do good work in our communities.

A primary example is Lakewinds Organic Field Fund. We help organic farms get

established and grow, we help farms that want to transition to organic production, and we help immigrant farming programs in the Twin Cities. Along with grant funds, we often buy from these farms, providing the long-term support that really counts.

Another example is a new project launched in partnership with a local farmers market. They invited us to purchase organic produce wholesale from the local farmers who supply the market. Through this effort, we've added three new farms to our collection of local suppliers and added new offerings at our stores.

Co-ops like Lakewinds have been supporting local and organic agriculture since our inception. We're the originals: Local by definition.

Dale Woodbeck  
General Manager



### WE NEED YOUR SUPPORT!

Here's a special note for our owners that shop at the Minnetonka store. Highway 101 between Minnetonka Boulevard and Wayzata will be completely closed for construction (for 15 months) beginning in mid-September. If you use 101 to get to the store, please start planning your alternate route. We really need your support during the road closure. Be a dedicated co-op owner! Overcome adversity! Support Lakewinds!

# Community Connections: Lakewinds Gives Back



IN 2014 THE GRANT FUND  
TOTAL WENT OUT TO 8 FARMS  
IN MINNESOTA & WISCONSIN

### LAKEWINDS ORGANIC FIELD FUND (LOFF)

Since 2012, Lakewinds committed to support the strengthening of the local farming community through our grant program (LOFF). It's designed to support and assist farmers working toward organic certification, help create new organic farms and land trusts, and develop farm education programs for young generation and immigrant farmers.

### EDUCATION

Lakewinds community is at the heart of our co-op model. Whether it's a scout troop, senior group, or middle school health class, we love to introduce the co-op to people by hosting a store tour. We dedicate time to help individuals and groups learn more about the local farmers and producers who grow and make the organic products that fill our co-op shelves. This year we've been busy visiting area schools, support groups, farmer's markets, senior centers and community events to teaching kids how to make their own healthy snack choices, how anyone can shop the co-op on a budget, making holidays and occasions fun AND nutritious, and how to navigate the growing world of special diets. Whether inside the walls of our co-ops, or out in the community, sharing our passion and knowledge with you is what we do best!

### PATCH THE PLANET

Each time you use a reusable bag at Lakewinds, you receive a Green Patch worth five cents that can be donated toward local environmental non-profits. The quarterly donations

are made to environmental organizations that work toward preserving the land and water for future generations.

### YOUR REUSABLE BAGS GAVE:

**\$6,000**

Alliance for Sustainability   Fresh Energy   Great River Greening   Woodlake Nature Center

### DONATIONS

Annually, Lakewinds gives gift cards, food donations and cash to a variety of groups. School fundraisers, youth outreach efforts, health and wellness foundations, fitness events, safety camps, animal rescue organizations, nature center education efforts, and community dinners and celebrations - these partnerships and more are the ways we get involved in the neighborhoods surrounding our co-ops.

### FOOD SHELVES

Lakewinds proudly partners with three food shelves in our communities ICA (Minnetonka), PROP (Chanhassen), VEAP (Richfield). Every day, we donate bakery, produce and grocery surplus items as part of food rescue programs. Shoppers at Lakewinds can also participate by purchasing food shelf donation bags (for people or pets) in stores or donating cash in the collection boxes at each register as part of Lakewinds Change for Hunger program. This program annually raises more than \$20,000.



EACH YEAR, THESE EFFORTS  
GAVE MORE THAN:

**\$87,000**

TO OUR NEIGHBORS IN NEED



Thank you for your involvement and support of Lakewinds so we can make these community initiatives a reality to serve our communities.

# Meet who makes it:

-GRAY  DUCK-

# Chai



AVAILABLE AT ALL  
LAKEWINDS LOCATIONS

\$8.99 for 32 ounces



AMY CAMPBELL  
SR. MARKETING  
MANAGER

As Minnesota's seasons change, our senses and tastes tend to follow. We seek out warm and cozy fall flavors that take our taste buds into a happy place. Chai tea does just that with its many layers of spicy flavor: cinnamon, clove, cardamom, black pepper and ginger. It's been cherished for centuries in India to preserve health and increase peace of mind. Take your first taste of Gray Duck Chai and discover what real chai tea should taste like.

Two years ago, Minnesota natives Katey Niebur and Jon Alden started Gray Duck Chai. Katey, originally from Hastings, graduated from the Culinary Institute of America in New York, traveled to Seattle and fell in love with the culture of great coffee and chai. Jon, a Minnetonka native, worked in several top San Francisco restaurants while finishing his education in Information Technology.

Like many Minnesotans, they eventually made their way back to the Midwest. When Katey couldn't find chai as good as that served in coffeehouses in the Pacific Northwest, she made her own from scratch. One chilly

September day in 2011, Katey brewed Jon his first cup of chai, and the rest is history. They had something special and knew they had to share it. They immediately started brewing and testing recipes in Katey's kitchen.

Today, Katey and Jon brew Gray Duck Chai in small batches out of a cooperative commercial kitchen in St. Paul surrounded by like-minded local food producers. Organic, Fair-Trade Assam black tea is steeped, organic spices are milled by hand, fresh raw ginger is minced, and just enough caramelized unrefined cane sugar is added to balance the spicy flavors.

Gray Duck offers two blends: Nine Spice, an example of the traditional chai you find on the streets of India, and Burnt Sugar + Ginger, which features soft tones of sweet cinnamon and caramel. Each batch comes in a beautiful amber bottle that helps keep the product fresh.

Take a moment to sit back and enjoy this ancient brew locally crafted with love.

## RECIPES

### 1 HOT CHAI TEA LATTE

1 part Gray Duck Chai  
1 part hot milk or milk substitute  
*(we recommend Cedar Summit Whole Milk)*

### 2 ICED CHAI TEA LATTE

2 parts Gray Duck Chai  
1 part milk or milk substitute

### 3 MANGO-BANANA CHAI SMOOTHIE

1 cup vanilla yogurt  
1 whole banana, frozen  
1 whole mango, frozen  
1 cup Gray Duck Chai

### 4 CHAI WAFFLES

2.5 cups all-purpose flour	1/2 tsp vanilla
2 tsp baking powder	4 Tbsp butter, melted
1/2 tsp salt	1 cups milk
4 eggs, separated	1 cup Gray Duck Chai
2 Tbsp sugar	

Whisk flour, sugar, baking powder, and salt together in a bowl. Pour milk, chai, and vanilla extract into the flour mixture: stir until just combined. Fold egg yolk and butter into batter. Beat egg whites until soft peaks form. Fold the beaten egg whites into the batter. Preheat a waffle iron and coat with cooking spray. Pour batter onto waffle iron and cook until crisp and golden brown, about 2 minutes.



## Fermented Foods: Ancient Method, Today's Kitchen

After decades of fighting bacteria in our food, now we seek it out. Fermentation is a natural process in which bacteria and yeasts feed on the sugars in food to create the preservative lactic acid, essentially keeping the food alive as our ancestors did throughout the centuries. It was used as a method of preservation and a secret weapon to good health. When fermenting, the nutrients and healthy bacteria remain intact, making the foods full of probiotics. That makes them easier to digest and creates new flavors that didn't exist before.

You may know several of the most common fermented products in your kitchen, such as pickles, vinegar, yogurt, cheese, soy sauce, and wine. But have you tried the new staples? Kombucha, kefir, miso, chutney, tempeh, and

kimchi all offer exciting tastes you don't want to miss.

### Find it at Lakewinds

- Live cultured sauerkraut, vegetables and kimchi—organic and locally sourced from Spirit Creek Farm in Wisconsin
- Fermented raw coconut water cultured with a comprehensive blend of probiotics from Tula's Coco Keifer in Medina
- Kombucha made in small batches locally with 100% organic and fair trade ingredients from Nessalla in Madison, Wisconsin

### Fermenting 101

Fermenting at home is inexpensive and easy to do. J.D. Fratzke, Executive Chef at the Strip Club Meat & Fish Restaurant in St. Paul, shared with us his recipe for sauerkraut. Try this on grilled bratwurst or sausage.

- 1 head white or purple cabbage
- 3/4 cup sea salt
- 1 tablespoon caraway seed (for Bavarian-style kraut)

Shred cabbage. In a large bowl, toss together cabbage, salt, and caraway (if you're using it). Using your hands, a mallet or a potato masher, pound and mash the cabbage to release the liquid. This should take 5-10 minutes. Place the mixture in a non-reactive container (large glass jar, or a crock). Cover with a layer of plastic wrap and then weigh it down with something heavy like canned food. Leave on your kitchen counter in a cool place for 3-4 weeks. If foam forms on the top, just remove it with a spoon and replace the plastic wrap. A few bubbles are a normal part of the fermentation process.



## Bite Into Apple Season: Know your Co-op Labeling

We wait all year for it—apple season! That fantastic time of year when our stores fill up with delicious Honeycrisp, McIntosh, Haralson and more from local farms Cedar Hill Orchard, Pepin Heights, Fairhaven Farms and Plum Crazy Orchard. As you're eyeing up all the varieties, you may notice that some of our apples are labeled as IPM. But what is IPM, is it safe and why do we have it in our stores?

One of our priorities as a co-op is to buy from as many local producers as possible. For many of our local partners—orchards in particular—it can be too costly to operate as an organic enterprise. Certification can be a long and expensive process, including a high cost of labor and tough pest management challenges.

Integrated Pest Management (or IPM) offers a less costly alternative to organic farming. The concept is to apply knowledge about natural pest control that's been passed on for generations. Pesticides, herbicides, and chemicals have not been

around forever and there are many other natural, sustainable solutions that are less harmful to the environment, humans and animals. IPM does not exclude pesticides and herbicides but rather applies them as a last resort, making it friendlier to both the consumer and environment.

### IPM consists of four farming stages established by the EPA:

- 1. Determining "Action Thresholds"** or guidelines for when pest control is needed. If there are a manageable amount of pests and they do not affect the majority of the health and success of the crops, there may be no action needed.
- 2. Identifying malignant pests**, as opposed to living things that are benign and sometimes valuable to the ecosystem. In some instances, IPM creates natural habitats for beneficial creatures that naturally rid crops of malignant pests.
- 3. Prevention.** One of the most basic types of prevention

is crop rotation. It's the main reason why you don't see a lot of organic farms, if any, with monocultures. Growing the same crops in the same place repeatedly allows invasive pests to breed and overtake entire crops.

**4.** The final element is **Control**, which is only taken once pest suppression is deemed necessary. One natural solution is to release pheromones that prohibit the specific pests from breeding. However, when all natural attempts have been exhausted, an herbicide or pesticide may be used. An herbicide or pesticide that targets a specific weed or pest is always chosen first.

With insight into the IPM process, you can make educated choices about how to nourish yourself and your family. It's about priorities: is strict organic certification most important to you? Is buying produce from local farmers your first preference? There's no wrong answer. We're here to help you decide for yourself.

AMY HAGGERTY  
MARKETING  
SPECIALIST



# Healthy, Local Eating On the Go

We've all heard it before: eating healthy local foods is not only good for our bodies, it's good for the community. But, if you're like most parents, a hectic schedule can stand in the way of this worthy goal. Between dropping kids off at school, work, and extra curricular activities, it may seem impossible to prepare or cook anything healthy, much less local.

But it doesn't have to be so hard. Our rundown of "on-the-go" food ideas gives you the benefits of eating healthy, local food no matter how busy your day is.

## 1 Break-faster

Three fail-safe ways to avoid skipping the most important meal of the day.

- Keep preservative-free, whole-ingredient Fresh Bars from FiveFriendsFood on hand to grab as you walk out the door.
- Build a parfait the night before with Rochdale yogurt, berries, and Lakewinds granola.
- Already out the door? Our deli has grab-and-go yogurt parfaits made in house with honey-sweetened greek yogurt, berries and our own bakehouse granola.  
(Now open at 7 am)

## 2 Portable Snacks

Keep these yummy picks in your car, at your desk or in your child's backpack as an alternative to unhealthy snacking.

- Our bulk bins are the perfect place to find portable snacks: Bergin's nut and trail mixes are a great protein boost.
- Bring home some organic Featherstone carrots from our produce department.
- Grass Run Farms beef sticks are a great throw-in-your-bag snack.

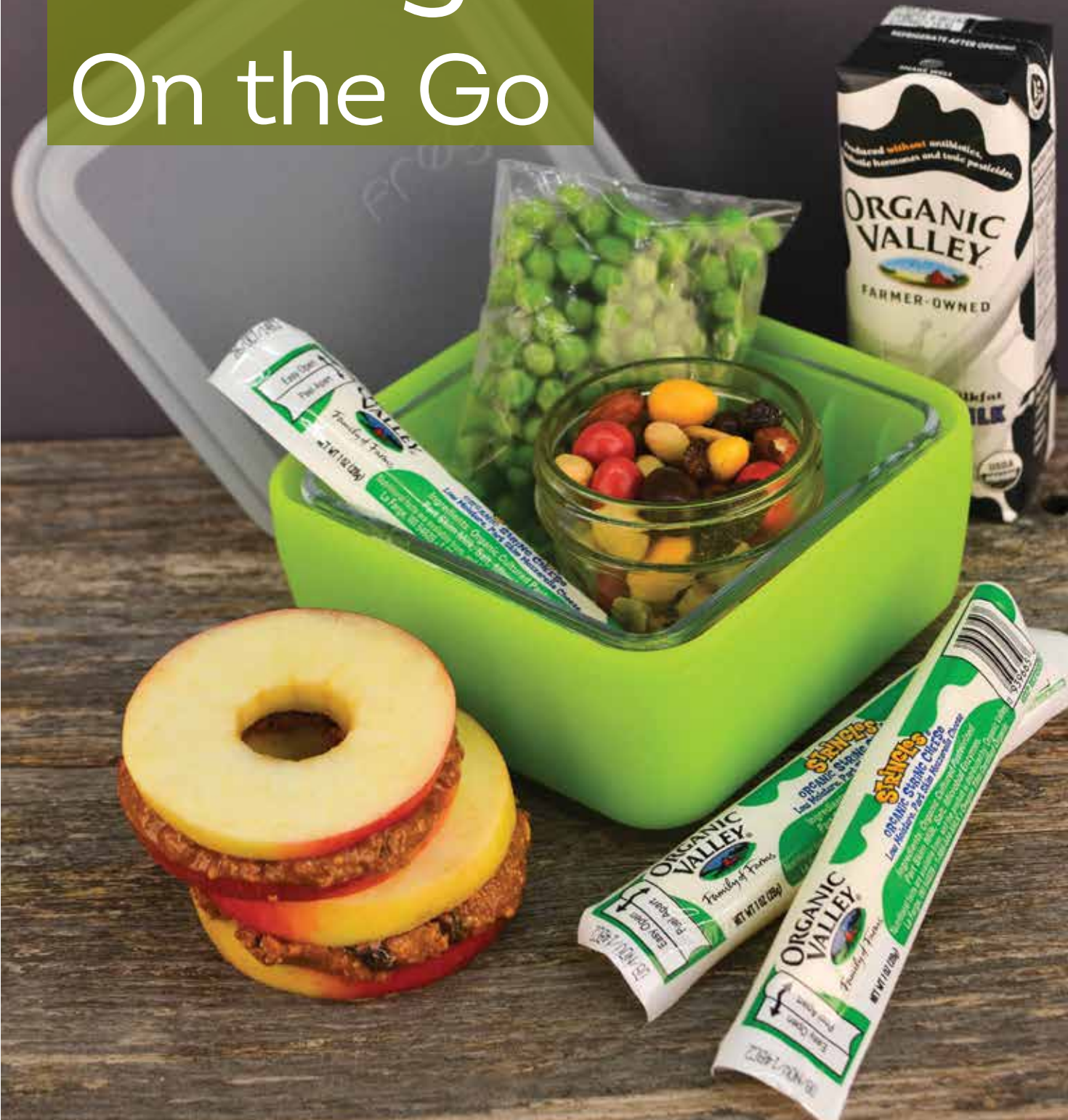
## 3 Lovable Lunches

Get school lunches in the bag with just a little prep.

- Store Organic Valley string cheese in the freezer, then throw it in the lunch bag so it's thawed and ready to eat.
- Small bags of Sno Pac frozen peas go right in a lunch box along with other items you want to keep cool. The peas act like an ice pack and are ready to eat by lunch.
- Apples are a great snack on their own, but thinly sliced and paired with Buddy's Nut Butter or Sunbutter, they also make a delicious sandwich. Tip: brush apple slices with lemon juice to prevent browning.

### What's For Dinner?

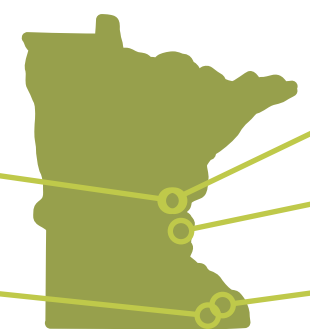
A healthy family meal doesn't always have to be hot or home-cooked. Sometimes pairing a few snack items together can make a complete meal. If you have all the ingredients on hand, it only takes a few minutes to assemble.



## FROM FARM TO FORK

Five Friends  
Made in small batches  
in Minneapolis, MN

Snopac Peas  
From Caledonia, MN



Buddy's Nut Butter  
Made in small batches  
in Minneapolis, MN

Bergin's Nut & Trail Mixes  
From St. Paul, MN

Featherstone Farm Carrots  
Organically grown in Rushford, MN

LEE WALLACE  
CEO &  
QUEEN BEE



## Meet Peace Coffee: Now Open at Lakewinds in Richfield

We at Peace Coffee are very excited about our newest coffee bar located inside the Lakewinds Food Co-op in Richfield. This collaboration draws on both of our strengths. Lakewinds provides an inviting shopping experience, bringing high-quality natural foods to their owners and local community. At Peace Coffee, we are experts at crafting an exceptional cup of coffee from tree to table. Together we aim to create a top-notch experience for visitors to the new store.

A little about Peace Coffee: we roast our coffee in the heart of South Minneapolis, just off of Lake Street. All the coffee that we buy is fairly

traded—as well as organic and delicious—meaning that each pound supports sustainable communities everywhere we do business. Our staff travels regularly to visit our producer partners, to learn about their realities and to strengthen our relationships. Seeing first-hand all the hard work that goes into processing coffee as it travels to us inspires us to deliver the best possible product into our customers' hands.

As a mission-based company, we think a lot about our values. And a member-owned co-op dedicated to sourcing delicious organic and natural products is right in line with our philosophy. We aspire to

engage and educate our community on topics dear to our hearts, from global trade to supporting rural communities to how to brew a tasty cup of coffee at home.

As the newest addition to the Lakewinds community, we look forward to learning from owners how we can better serve you. Stop by to say hi, try one of our seasonal specialty drinks, and let us know what you think.

**Psst...don't forget your owner exclusive coupon in this issue!**



## The Board View: Growing Healthier Farms

It's harvest time in Minnesota and the availability of locally grown products is sure to peak in the next few weeks. If you haven't been to the new Richfield store yet, be sure to check out the sign that indicates the percentage of our products that are local and/or organic. At last check, we were at 75 local items and around 95% organic. As we move through the fall, it will be exciting to see how high we can push that local percentage.

During this season I'm reminded every time I shop why I serve on the board of your co-op. I'm proud of the excellent job Lakewinds does supporting the local agriculture community. I've been market gardening and farming in the Twin Cities area since the mid-90s and currently manage Gale Woods, an educational farm owned and operated by Three Rivers Park District.

Over the years I have met some incredibly dedicated and creative farmers that sell products at Lakewinds, through CSAs and at other co-ops in the Twin Cities. Farmers like Greg Reynolds at Riverbend Farm in Delano and Richard DeWilde of Harmony Valley in Viroqua, Wisconsin, who have proven their environmental and financial sustainability over decades of success. These wise agrarian veterans have shared their knowledge and trained dozens of young farmers who are now changing how food gets to our plates—young

farmers like Ryan Sweeny who sells his urban-grown, hydroponic basil at our stores. These growers are part of a local food network that is helping to address significant environmental, community and personal health issues.

As a Lakewinds owner, you are part of this network. And by supporting these growers, you are also part of the solution. In addition to funding them directly with your purchases, your support powers the Lakewinds Organic Field Fund, which awarded \$25,000 to eight farms in 2014. LOFF grants make a big difference for farmers like Tim Kirkman of Fox & Fawn Farm in New Germany whose award is helping him try out new crops that may be more resilient in our changing and unpredictable climate.

When I attend farming conferences, I'm encouraged by the number of young farmers I see setting out to grow food in ways that are healthier for the environment and their customers. As you see the bounty of locally-grown produce on our shelves through the fall harvest, you should feel proud. You're helping to make our local food system more resilient and healthy now and into the future.

TIM REESE  
BOARD MEMBER



**LAKEWINDS**  
FOOD CO-OP

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



**SAVE THE DATE**

**LAKEWINDS 2014 ANNUAL OWNER MEETING**

MONDAY, OCTOBER 13TH • 6 PM – 9 PM

Minnetonka Community Center • 14600 Minnetonka Blvd

Invites and ticket info will be mailed in September

**LAKEWINDS KID'S DAY!**

SATURDAY, SEPTEMBER 13TH • 11 AM – 3 PM

Minnetonka • Chanhassen • Richfield

Super Foods for Super Kids

Come dressed as your favorite Super Hero!

Samples – Demos – Giveaways – Activities – Fun!

**\$1 OFF**

ANY PEACE COFFEE DRINK  
RICHFIELD LOCATION ONLY

Valid Through: December 31, 2014

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted.



**\$1 OFF**

ANY ACURE SHAMPOO  
OR CONDITIONER

Valid Through: October 31, 2014

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted.

PLU 20080



**\$1 OFF**

BOTTLE OF  
GRAY DUCK CHAI

Valid Through: October 31, 2014

Valid one-time use per member-owner only. Not valid on prior purchases. Sales tax is not discounted.

PLU 20082

